



YOUR LOCAL HEALTH SHOP



# Winter WELLNESS TIPS

Wouldn't it be great if you could sail through the colder months without catching all the viruses your family and friends pass around? You can! How? By building up your immune system.

1

## GET INTO *garlic*



We all know garlic is a definite go-to leading into winter to make sure our immune system is in good shape! It is also good to know that if you happen to catch a cold or mild upper respiratory tract infection, garlic can help reduce the severity of your symptoms. But have you heard about black garlic? It is white garlic that has been aged! It reportedly contains more antioxidants, than fresh raw garlic and if you are worried about garlicky breath - garlic becomes odourless through the ageing process, because of changes to a compound know as allicin which gives garlic its strong smell and taste.



30 caps  
**NOW \$10<sup>95</sup>**

60 caps  
**NOW \$17<sup>95</sup>**

30 Caps Supplier RRP \$17.95  
60 Caps Supplier RRP \$29.95

**GO VITA LOVES:** NutriVital Aged Garlic One-A-Day

2 GO FOR *gold*



60 tabs  
**NOW \$29<sup>85</sup>**

60Tabs Supplier RRP \$45.95

Quercetin is a polyphenolic flavonoid found naturally in many foods, including green and black tea, berries, broccoli and onions. It is prized for its impressive antioxidant activity and its ability to scavenge free radicals, maintain the immune system and support blood vessel and capillary health. It has enjoyed increased popularity in recent years so make sure it is part of your Winter wellness routine.

**GO VITA LOVES:** Herbs of Gold Quercetin Complex which provides 500 mg of quercetin plus bioflavonoids and vitamin C to support healthy immune system function.

3 *Breathe* EASY



The ancient Greeks, Romans and Egyptians all relied on essential oils derived from the peel, seeds, roots, leaves and flowers of aromatic plants to prevent and treat illness. Today, essential oils continue to play an important role in managing a wide range of ailments. Ideal for Winter, this is a blend of lavender, eucalyptus, peppermint, tea tree essential oils, all have been used in aromatherapy to relieve the symptoms of nasal and mild upper respiratory tract congestion. To obtain the benefits, simply add six drops to diffuser or blend six drops with 12g Springfields Unscented Jojoba Cream to make a chest rub.

**GO VITA LOVES:** Springfields Ezi-Breathe, a combination of 100 percent pure lavender, eucalyptus, tea tree and peppermint essential oils.

11 ml  
**NOW \$19<sup>50</sup>**



11 ml Supplier RRP \$22.95

Always read the label. Follow the directions for use. If symptoms persist talk to your health professional.

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## 4 DAILY BONE BROTH essentials

390g  
NOW \$25<sup>85</sup>

Bone broth is a nutrient-dense powerhouse, providing collagen, minerals, essential fatty acids, and amino-acid rich gelatin, which all work to support immune, digestive, skin and muscle health. It is particularly important for fighting inflammation and building and strengthening bones and joints.

If you don't have a day to commit to making it yourself, why not select a high quality pre-made bone broth like **Best of the Bone** an all-natural grass-fed beef bone broth concentrate (slow cooked for 48 hours) that is gluten, antibiotic and dairy free. A tablespoon of the delicious concentrate along with shredded chicken, chopped veggies and seasonings creates an immune-healthy meal in a mug!

**GO VITA LOVES:** Best of the Bone Grass-fed Bone Broth Concentrate.

380g Supplier RRP \$30.40 - See instore for other varieties.



## 6 START the day with porridge

Swap muesli for warming and sustaining porridge at breakfast. Oats support immunity, provide tryptophan (a stress-lowering amino acid) and manganese (a trace mineral for strong bones), plus they contain more fibre for a healthy heart and digestive system than brown rice. Oats lower total cholesterol, protect arteries, and may even stabilise blood sugar. Porridge is versatile, lending itself to all sorts of fruits and toppings - try a drizzle of tahini, chopped Medjool dates and flaked toasted almonds, sultanas and diced apple with a sprinkle of cinnamon and nutmeg, or nut butter and berries. For a lusciously indulgent breakfast bowl, try adding cacao powder, toasted coconut flakes, raspberries and a dusting of coconut sugar - yum!

**GO VITA LOVES:** Organic Road Rolled Oats and Organic Road Raw Cacao Powder



200g NOW \$6<sup>35</sup>

500g NOW \$11<sup>95</sup>

1kg NOW \$21<sup>55</sup>

1kg NOW \$8<sup>75</sup>

200g Supplier RRP \$7.95, 500g Supplier RRP \$14.95, 1kg Supplier RRP \$26.95

1kg Supplier RRP \$10.95

## 5 TOP UP your vitamins C & D

Levels of vitamin C do not have to be very low to cause a decline in immune function, so taking a supplement is smart preventive medicine. Vitamin C works in several ways to strengthen and enhance immune function, not only boosting production of the body's natural killer (NK) cells which engulf invading bacteria and viruses, but also by acting as a natural antihistamine, blocking the inflammatory substances produced by the body in response to mould, pet dander or other allergens. Topping up your levels of 'the sunshine vitamin' - vitamin D - is also recommended, especially during the gloomy grey months of winter.

**30% OFF** NutriVital  
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\*Excludes products currently on special. Offer valid from 14-31 May, 2022. Limit one per customer.

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