



Complete Guard BEFORE PREGNANCY ADOLESCENT YEARS ADULT YEARS MORE MATURE YEARS	<ul style="list-style-type: none"> • Supports optimum health and wellness • Enhances energy levels • Reduces the risk of chronic diseases • Boosts the immune system 	R153.00
Complete Anti-Oxidant BEFORE PREGNANCY THE GROWING YEARS MORE MATURE YEARS THE GOLDEN YEARS	<ul style="list-style-type: none"> • Delaying the aging process • Protecting cells • Promoting optimum health and wellness • Supporting cardiovascular health • Reducing the risk of chronic disease • Boosting and supporting the immune system 	(30) R150.00 (60) R175.00
Complete Loss SACHETS ADULT YEARS	<ul style="list-style-type: none"> • Control caloric intake • Suppress hunger 	R -
Complete Loss CAPSULES ADULT YEARS	<ul style="list-style-type: none"> • Burn fat • Block fat storage • Increase the metabolism • Reduce sugar cravings • Reduce water retention • Increase energy levels 	R235.00
Complete Immune THE GROWING YEARS ADULT YEARS	<ul style="list-style-type: none"> • Boost and support the immune system • Reduce the risk of chronic disease • Promote optimal health and wellness • Enhance energy levels 	R158.00
Complete Boost ADOLESCENT YEARS ADULT YEARS	<ul style="list-style-type: none"> • Assist general well-being during times of increased physical activity • Assist with the supportive treatment of fatigue • Rejuvenate and increase longevity • Increase stamina and energy levels 	R140.00

<p>Complete Senior</p> <p>THE GOLDEN YEARS</p>	<ul style="list-style-type: none"> • Assists in lowering cholesterol and triglyceride levels • Supports the immune system • Has cardio-protective properties • Assists the central nervous system • Helps control blood sugar levels • Increases cellular energy production • Has anti-fungal, antiviral, anti-inflammatory, anticancer, and antibacterial properties • Helps with pain relief • Improves concentration, mental alertness, memory and circulation <p style="text-align: right;">R160.00</p>
<p>Complete Digestive</p> <p>ADULT YEARS</p>	<ul style="list-style-type: none"> • Supportive treatment of indigestion and heartburn • Alleviation of nausea • Support of the immune system • Reduction of fungal infections and lowering of blood cholesterol levels • Assistance in the treatment of diarrhea • Assistance in the promotion of healthy bowel flora and digestive system <p style="text-align: right;">R142.00</p>
<p>Complete Omega 3</p> <p>THE GROWING YEARS ADOLESCENT YEARS MORE MATURE YEARS THE GOLDEN YEARS</p>	<ul style="list-style-type: none"> • Assist with mental focus and cognitive function • Help regulate cell activity and healthy cardiovascular function • Be converted into hormone like substances called prostaglandin's (modulation of inflammation, infection and tumour growth) • Play a very important role during fetal development, early infancy and old age (brain function) • Assistance as building blocks of tissue in the brain and retina of the eye Possibly assist people with Alzheimer's disease and dementia <p style="text-align: right;">R131.00</p>
<p>Complete Joint</p> <p>MORE MATURE YEARS</p>	<ul style="list-style-type: none"> • Supportive treatment of arthritis and other joint problems <p style="text-align: right;">R150.00</p>
<p>Complete Growth</p> <p>THE GROWING YEARS</p>	<ul style="list-style-type: none"> • Promoting optimum health and wellness • Enhancing energy levels • Supporting the immune system <p style="text-align: right;">R135.00</p>

<p>Complete Omega 6</p> <p>THE GROWING YEARS ADULT YEARS</p>	<ul style="list-style-type: none"> • Healthy skin • Smooth joints • Calm nerves • Good circulation <p style="text-align: right;">R133.00</p>
<p>Complete Carbo Load</p> <p>ADOLESCENT YEARS</p>	<ul style="list-style-type: none"> • Aid effective carbo-loading before an endurance event • Increase muscle and liver glycogen stores • Enhance endurance performance by delaying the onset of fatigue <p style="text-align: right;">R163.00</p>
<p>Complete Energy</p> <p>ADOLESCENT YEARS</p>	<ul style="list-style-type: none"> • Sustain energy during training and racing • Spare glycogen stores • Maintain optimal performance • Increase rehydration • Decrease muscle damage and muscle soreness • Accelerate recovery from exercise <p style="text-align: right;">R170.00</p>
<p>Complete Recovery</p> <p>ADOLESCENT YEARS</p>	<ul style="list-style-type: none"> • Restore muscle and liver glycogen stores • Replace fluid and electrolytes lost in sweat • Regenerate and repair processes following the catabolic stress and damage caused by exercise <p style="text-align: right;">R175.00</p>
<p>Complete Meal Replacement</p> <p>ADOLESCENT YEARS</p>	<ul style="list-style-type: none"> • Increase protein and meal frequency, enhance recovery and repair damaged muscles R186.00 • Provide nutritional support for improved lean body (muscles) composition • Make available complex carbohydrates and fibre in order to optimise energy and minimise fluctuations in insulin levels (won't get hungry so quickly) • Supply a relative low fat content