WILD NUTRITION

	Bone health*	Heart health*	Brain health**	PMS**	Fertility****	Healthy thyroid	Post training soreness (DOMS)**	Tiredness and fatigue***	Inflammatiry skin conditions e.g. psoriasis**	Joints e.g. rheumatoid arthritis**	Healthy gut (concerns over bloating or gut discomfort)***	Gut conditions e.g. IBS***	Immunity	Cramping**	Mental health (depression and anxiety)**/***
Daily Multi Nutrient Women	✓	✓		✓		✓		✓					✓		
Daily Multi Nutrient +45******	✓	✓		✓		✓		✓					✓		
Daily Multi Nutrient Men	✓	✓	✓			✓		✓					✓		
High Strength Omega 3*****		✓	✓				✓		✓	✓					✓
Food State Magnesium	✓			✓				✓						✓	✓
Multi Strain Biotic (recommended for post-antibiotic use)											✓	✓	✓		

* These are particular concerns for women during and after the menopause so women's specific supplements are relevant here (lack of oestrogen may increase the risk of osteoporosis and heart disease in some women).

** No recognised health claim but may be useful, especially if diet is lacking in certain nutrients.

*** Advise clients to visit GP especially if experiencing prolonged symtpoms.

**** Pregnant women or those trying to conceive must invest in a specific pregnancy supplement that contains 400µ of folic acid. Men may also benefit from the additional zinc content of supplement specifically tailored to men's fertility ('Food State Fertility' for men and women).

***** Omega 3 acts as a blood thinner so should not be taken with the blood thinning drug, Warferin (prescribed for heart conditions).

****** Women looking fo support through the menopause may want to consider a menopause specific supplement such as 'Botanical Menopause Complex'.