

Omega 3

Kosher and manufactured under the supervision of Badatz Edah Hachareidit



These Omega-3 Fatty Acids are essential; our body does not produce them, therefore it must receive them from the food and from nutritional supplements.

They are necessary for the optimal functioning of every cell in our body, mainly for the proper maintenance of the brain and heart.

A deficiency of Omega-3 Fatty Acids is very typical of Western nutrition, and leads to numerous diseases, defined as diseases of the Western world.

Included among these diseases are heart disease, Cerebral-Vascular Accident (stroke), and Adult Diabetes. A supplementation of Omega-3 Fatty Acids softgels will prevent inflammatory processes, maintain the health of the brain, heart and blood vessels, and strengthen the immune system.

Omega 3 of SupHerb is kosher and manufactured under the supervision of the Rabbinical Court of Justice (Badatz) Edah Hachareidit.

Main Uses:

- Maintaining cardio-vascular health
- Maintaining cerebral (brain) health
- Preventing and treating inflammatory diseases
- Reducing blood lipids (fats) and hypertension
- Treating depression and Seasonal Affective Disorder

Therapeutic Advantages:

- Kosher mega 3 Soft-Gels capsules
- **The gelatin is manufactured from fish scales**

Directions:

1-3 softgel day, with the meal

Vitamin D 1000 IU / 400 IU – Softgel Capsules & Drops

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Today it is commonly accepted that no child or adult receives the recommended dose of Vitamin D for two main reasons: the first, diet lacking in Vitamin D, and the second, high awareness of skin damage and the dangers of prolonged sun exposure without sunscreens. A combination of a diet rich in Vitamin D, a nutrition supplement, and the sun's rays (moderate exposure with UV ray protection) will contribute to required serum Vitamin D levels, to maintain optimal health and to reduce the risk of morbidity.

D-400 Soft gel capsules contain natural Vitamin D3 with added vegetable fatty acid (MCT) which improves the absorption of the vitamin in the body. The capsules are made of gelatin that is produced from fish scales;

Main uses:

- During pregnancy and development of the fetus
- For the prevention of cancer
- To enhance the immune system
- To prevent and treat fatigue and depression
- To prevent and treat autoimmune diseases
- To protect the heart and blood vessels
- To help maintain strong bones and teeth

Therapeutic Advantages

- Contains natural Vitamin D3 oil
- Soft, small and easy to swallow capsule
- Contains vegetable fatty acids which helps absorb the vitamin in the body
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Recommended dosage – Softgel capsules 1000 mg / 400 mg: 1-2 capsules per day, with meals.

Recommended dosage – drops: 1000 mg / 400 mg: 1-2 drops per day, with meals.

Zinci – Zinc Syrup for Children

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Zinci syrup is a natural tasty syrup combining Zinc with Vitamin C, and is designed mainly to support a healthy immune system and to treat diarrhea in children, for quick relief of typical systems.

Zinci syrup contains optimal doses of Zinc and Vitamin C and is based on clinical research studies.

Zinci syrup contains only natural ingredients and has no added preservatives, artificial flavors, fragrances or colors and contains no added sugar.

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Zinc + Vitamin C – combined activity

Each one of these components has a positive effect on the immune system, but positive synergistic action between these two ingredients has been shown. In a research study that examined the effectiveness of Vitamin C combined with Zinc, it emerged that the combination of these two components relieve the symptoms of respiratory system infections and common cold infections and reduce the duration of the illness.

Additionally, a combination of Vitamin C and Zinc reduce the frequency of pulmonary inflammations and diarrhea as a result of infection, particularly in children (6).

Main uses

- To enhance the immune system.
- For the treatment and prevention of common cold infections and characteristic symptoms.
- Relief of chronic diarrhea in children.

Therapeutic advantages

- Quick relief of common cold symptoms.
- Dosage of Zinc and Vitamin C tailored to meet children's needs and based on clinical trials.
- Tasty syrup for children.
- Contains only natural ingredients, no added preservatives, artificial colors, flavors or fragrances
- No added sugar.
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Iron Complex (with Folic Acid, B12 and Vitamin C)

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Formula for the treatment and prevention of anemia. Iron is the most important mineral for producing hemoglobin, the component which carries oxygen in the red blood cells. Iron deficiency leads to anemia.

The Iron Complex formula contains a particularly high dose of gentle iron with folic acid, Vitamin B12 and Vitamin C which helps the body absorb iron.

Recommended dosage

1-2 capsules per day, with meals.

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Main Uses :

- Treatment and prevention of anemia
- During pregnancy and breastfeeding

Therapeutic Advantages:

- Contains a particularly high dose of iron
- Iron bisglycinate – gastrointestinal friendly form of iron without side effects
- A synergistic blend of components to help boost iron absorption in the body

Pregently – Multi Vitamin for pregnant and nursing women

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A rich multi-vitamin-mineral which supplements all the needs of pregnant and nursing women with a dosage of one tablet a day.

During pregnancy the digestive system is more sensitive and therefore, the availability of nutrients essential for the normal development of the pregnancy and for maintaining the woman's health, is of great importance.

A deficiency of certain nutrients may be dangerous, both for the mother and for the embryo.

Main uses:

- For the pregnancy-planning period
- For the pregnancy and nursing period
- Support for and enhancement of the antibiotic treatment.

Therapeutic Advantages:

- Only one tablet a day
- Organically-bound iron for preventing digestive disruption
- High dosage of Folic Acid

Directions:

1 tablet a day, with the meal.

Calcium Citrate + Vitamin D3

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Calcium is the main mineral in our bodies responsible for maintaining bone health and for increasing its density and strength.

Calcium, as a dietary supplement, is also essential for women during pregnancy for the proper development of the fetus, and for preventing phenomena such as hypertension and toxicity during pregnancy.

Vitamin D belongs to the family of fat-soluble vitamins, and is essential for the absorption and assimilation of minerals in the bones and maintaining strong teeth.

A vitamin D deficiency is common in the population due to a vegetarian diet, lack of exposure to sunlight, and use of sun-screen lotions.

The combination of Calcium Citrate and vitamin D ensures especially high absorption and assimilation in the body.

Main Uses

- Maintaining bone health
- Maintaining strong and healthy teeth
- Preventing toxicity during pregnancy

Therapeutic Advantages

- A combination of Calcium with added vitamin D for optimal absorption and assimilation
- Does not neutralize the stomach's acidity, therefore does not interfere with the absorption of other minerals
- Reduces risk for formation of kidney stones

Directions:

2-4 tablets a day, in the evening, before sleep.

Cranberry Extract +Vitamin C

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The active substances in the cranberry extract are those which endow the fruit with its red color. They possess an especially high level of anti-bacterial activity.

The active substances adhere to and line the walls of the urinary tract, and thus prevent the adherence of bacteria which might cause an infection.

Regular consumption of cranberries will ensure the protection of the urinary tract and will prevent inflammations and infections.

Directions:

1-2 capsules a day, with the meal.

Main Uses

- Preventing urinary tract inflammations and infections
- Maintaining digestive system hygiene

Therapeutic Advantages

- Contains a standardized extract of the herb
- An especially high quantity of active substances