YOUR LIFE
Nutritional Supplements
25 years of health excellence

www.yourlifevitamins.co.za
YOUR LIFE was started by Jonathan Woolf 25 years ago with a small selection of weight loss nutritional supplements. We can boast that we have customers who have been using our products since we started in 1992. 25 years later we have fine tuned our range to include supplements to ease arthritis, varicose veins, immune support, and targeted nutrition for men and women.

All our products are completely natural and herbal and safe to use. They have been formulated in such a way that a consumer is taking in the correct nutrients that they need on a daily basis, even if they are using several product combinations, they cannot overdose on any nutrient.

Read our product testimonies and reviews and be inspired. I am so confident in our products that I guarantee that if you use our products correctly, you will see and feel the difference within two weeks or your money back!!

Regards and God Bless,
Jonathan and Jade Woolf
The human body regenerates itself every second of every day. Everyday, billions of cells die and new cells are regenerated. The source of the building blocks of these new cells are the nutrients we eat daily.

**FACT** Every 5 days we have an entire new stomach lining
**FACT** Every 5 weeks we have an entire new skin covering
**FACT** Every 3 months we have an entire new skeleton
**FACT** Every 4 months we have an entire new blood supply
**FACT** Every year 98% of the cells in our bodies have been replaced

The quality of the nutrients we take in will to a large extent determine the quality of the cell that is regenerated. **CORE NUTRIENTS** are the vitamins, minerals, proteins, carbohydrates and fats that we need to take in daily to sustain our bodies. In short, balanced nutrition is vital to good health.

Chronic degenerative diseases such as cancer, eye disease, diabetes, depression, hypertension, high cholesterol etc can all be linked to nutrient deficiencies and lifestyle factors such as stress. Your Life has developed a balanced nutritional range of products to address these.

**Vitamin, Mineral and Herb** provides all the nutrition the body needs on a daily basis in perfect balance.

**Cell Regenerator** provides targeted nutrition to detoxify the organs, condition the heart muscle, rid the body of toxins and free radicals, build up cells and slow down the aging process.

**Gingko Biloba** addresses the lack of Potassium and Magnesium in diets, it helps cells absorb nutrients and get rid of waste more efficiently.

**Fibre with Probiotics** addresses the lack of fibre in our diets. This is essential for proper digestion.

In the middle of April 2017 I accidentally tore a disk in my lower back. I experienced immense pain and a great amount of discomfort in my back and legs due to the bulging of the torn disk. I drank boxes of pain pills and anti-inflammatories to no avail. Six weeks after the incident my physiotherapist informed me that my back was getting worse and I should make an appointment with a specialist. It was around that time that I was introduced to Your Life. I drank a combination of Your Life Glucosamine, Vitamin Mineral and Herb and Cell Regenerator for a week and all of a sudden the pain and discomfort in my legs were less. After two weeks I experienced no pain and the swelling in my back was gone. I am a very active person with a physically demanding job. Your Life was my last desperate attempt before going to the dreaded specialist. I am absolutely amazed at how well Your Life worked for me and will continue to use it. I recommend it to anyone and everyone. It really is an amazing product! – Sheree S, Western Cape
CORE NUTRIENTS

VITAMIN, MINERAL & HERB
GENERAL HEALTH

It is essential to take in balanced nutrition daily. We do not get sufficient nutrition from our food due to the processing of foods, heating in microwave ovens and the use of pesticides on our crops. Balanced nutrition is essential for growth and cell regeneration in our bodies.

Poor nutrition leads to a gradual “starving” of the body and causes us to binge eat and overeat. This starving leads to poor sleep patterns, general fatigue, faster ageing, poor immune systems and eventually diseases that could have been averted.

Another huge factor in nutrient depletion is stress. Emotional stress causes our bodies to use certain nutrients faster than others and stress also prevents the digestive system from absorbing nutrients. Supplements are therefore essential for good health. Vitamin, Mineral & Herb provides all the nutrients our bodies need in perfect balance.

Your Life’s Vitamin, Mineral & Herb is a combination of 22 vitamins and minerals, 6 amino acids, plant phytosterolins, spirulina and adaptogenic herbs that improve absorption of nutrition and speed up the metabolic rate.

KEY INGREDIENTS
- Vitamins and minerals are essential to cell regeneration
- Amino Acids form proteins that are needed for the body to function properly from brain function to muscle function and cell regeneration.
- Betasitosterol is a plant phytosterolin that balances the bodies hormones. It can reduce cholesterol and improve the metabolic rate.
- Spirulina is a complete protein and provides all the essential amino acids.
- Bioperine increases the metabolism

RECOMMENDED USE
- General Health Tonic – 2 Tablets in morning with meal
- Weight Loss – 1 to 2 tablets 3 times per day with meals
- Colds/Flu – 2 tablets 3 times per day with meals
- HIV/AIDS – 2 tablets 3 times per day with meals. Must use Fight It and Fibre with Probiotics.

I’ve been using the Your Life Supplements for the past 18 years and continue to use it daily. The Your Life supplements are very safe and gives the amount of energy needed for your body. Seven years ago, I was diagnosed with colon cancer. It was a difficult road both physically and emotionally, but with the help of our Saviour Jesus Christ and Your Life supplements, I can declare that I’m healthy and fit. I fully recommend using the following products together with a lot of water, to keep you going daily and to build up your immune system: Fight It; Vitamin mineral and Herb; Winter formula; Happy Bones; Chitoson Fat Trapper; High Protein Drink Mix – Dinah Williams, Swakopmund Namibia

I started with Your Life in 1997. I had malaria and was completely bedridden. I started using the Vitamin, Mineral & Herb, Cell Regenerator and Gingko Biloba. Within two weeks I was up and about, my colour had returned. The doctor’s could not believe the speed of my recovery. I continue to use the Your Life products and at the age of 75 I still work and put in more hours in the day than people half my age. At the age of 50 I developed arthritis in my hands and hips. I used to drag my feet and could not even close my hands. Within four days I could feel a difference and within a month I could close my hands. I have continued using the Glucosamine for 20 years now and am totally arthritis free! – Tokkie Henrico, Piketburg
Cell Regenerator has been formulated primarily as an anti-ageing and anti-disease formula. Every day billions of cells in our bodies die off and are regenerated. The better the cell that is regenerated, the faster the healing process and the slower the aging process. In the case of poor nutrition and toxins in our food, air and water supply, cell regeneration is not as effective and much slower. Many of the diseases that we suffer from later on in life such as heart disease, various cancers, lung disease, eye disease, prostate problems in men, etc originate in poor nutrition and toxins in the body from our environment. Cancer, for example, is a mutation of healthy cells that is sometimes caused by toxins in the body. Another huge factor in nutrient depletion is stress. Emotional stress causes our bodies to use certain nutrients faster than others and stress also prevents the digestive system from absorbing nutrients. Supplements are therefore essential for good health. Smoking, for example, causes a depletion of Vitamin C and causes premature aging.

Cell Regenerator also has anabolic properties help the body build up muscle faster and is therefore a fantastic product for sportsmen and women. It also has potent anabolic, anti-ageing and adaptogenic properties. It also contains powerful anti-oxidants aimed at ridding the body, especially the organs of destructive free radicals and toxins.

**KEY INGREDIENTS**

- **Alpha-Lipoic Acid** is an anabolic amino acid to help the body build muscle faster.
- **CoEnzyme Q10** is a nutrient that helps cells “breathe”. All of the bodies energy is created through aerobic cellular respiration. The heart, liver and kidneys have the highest energy requirements in the body and therefore have the highest concentration of CoEnzymeQ10. In short, it is a vital ingredient to heart, liver and kidney health. It slows down the ageing of the body.
- **Citrus Bioflavonoids** are antioxidants
- **Biotin** is necessary for cell growth and ridding the cells of carbon dioxide
- **Deoxyribonucleic Acid** is a molecule that carries our genetic code used in the reproduction of cells in our bodies
- **Schizandra Berry** is an adaptogen which oxygenates the blood and rids it of toxins.

**NEWSFLASH**

- Eating schizandra berry may protect you against cancer. A study published in the October 2009 issue of “International Journal of Molecular Medicine” investigated the anti-cancer effects of two phytochemicals in human leukemia cells. Schisandrin and schisandrin C, both found in schizandra berry — In the study, schisandrin C prevented the growth of cancer cells.
- **Grape Seed Extract** contains proanthocyanidins that lower blood pressure without side effects. It is also an anti-oxidant.
- **Reishi Mushroom** contains ganoderic acid which stimulate the cells in the body to cause lymphocyte proliferation improve the immune system and also have tumour inhibiting factors.
- **L-Glutamine** is an amino acid that the body produces. However, in times of stress the body needs more L-Glutamine than it can produce and therefore supplements are necessary. It is needed in the anabolic (muscle building) process. It is needed to produce the other 20 amino acids, it balances acidity levels in the kidneys, it is used for cellular energy and it maintains the integrity of the intestinal mucosa.

**RECOMMENDED USE:**

**Health Maintenance:** 2 Tablets in morning with meals
Smokers and detox: 1 tablet 3 times per day with meals
**Weight Loss:** 1 tablet 3 times per day with meals
**HIV/Aids:** 2 tablet 3 times per day for 2 weeks thereafter 1 tablet 3 times per day with meals

**Contents:** 60 Tablets  Retail Price: R149  PV120
GINKGO BILOBA
GENERAL HEALTH, IMMUNE BOOSTER, SPORTS

Ginkgo Biloba is a combination of herbs, special trace elements, micro-nutrients and health building botanical factors to improve overall health and metabolic rate. The main ingredients are Potassium and Magnesium which studies show that these minerals are leading nutrients deficient in the diets of 80% of adults. These minerals are essential for cell integrity and overall well being.

A shortage of Potassium and Magnesium leads to muscle cramps and spasms (especially in sportsmen and women), poor digestion and constipation, headaches, anxiety, poor sleep, hypertension and heart problems.

KEY INGREDIENTS
- Herbs and botanicals to increase metabolic rate
- Potassium and Magnesium helps to lower blood pressure, eases headaches and anxiety and helps to prevent osteoporosis in people who are deficient in these minerals.

RECOMMENDED USE
1 Capsule 3 times per day with meals. Do not take on an empty stomach.

Contents: 90 Capsules Retail Price: R149 PV100

FIBRE WITH PROBIOTICS
DIGESTIVE HEALTH

Good health is all about the absorption of nutrients. Our digestive tracts are simply a delivery system for nutrients. Nutrients are digested, passed into the blood stream and distributed to the cells of the organs, muscles, sinews, and bones.

To maintain good health it is essential to eat sufficient fibre every day. Fibre in our digestive systems ensure the growth of good bacteria (Probiotics). Probiotics digest proteins and form enzymes which are the building blocks of our bodies. Probiotics also fight infection and prevent stomach bugs and cancer in the stomach and colon. Probiotics prevent an overgrowth of fungus that causes candida, one of the biggest culprits of yuppie flu. Fibre also ensures regular bowel movements and prevents constipation. (Make sure you drink enough water)

Your Life Fibre with Probiotics provides the correct balance for a healthy digestive system. Each tablet contains the equivalent of one and a half fruit portions.

KEY INGREDIENTS
- Apple Fibre
- Orange Fibre
- Probiotics

RECOMMENDED USE
- Weight loss, using anti-biotics, constipation – One tablet 3 times per day with a large glass of water.
- Health maintenance – 1 to 2 tablets in morning with a glass of water.
- Leaky Gut Syndrome associated with HIV/AIDS – Use 1 tablet 3 times per day with meals amid use in conjunction with Fight It and Vitamin, Mineral and Herb.
Our biggest challenge in preventing sickness and disease is to avoid stress. Stress prevents our glands from working properly, affects the absorption and processing of nutrients and causes depletion of nutrients. Anti-biotics cause havoc with our digestive systems, cortisone based drugs suppress our immune systems. Pollution adds to environmental stress causing respiratory infections placing even more strain on our immunity, couple this with poor diets and we are sicker now than we have ever been.

The only solution is to sort out our digestion, take in good nutrition and immune boosters to keep our immunity at optimum levels.

**FIBRE WITH PROBIOTICS** – keeps our digestive system healthy enabling proper absorption of nutrients.

**VITAMIN, MINERAL AND HERB** – provides balanced nutrition.

**CELL REGENERATOR** – builds up cells and rids the body of toxins enabling our immune systems to better fight off disease and infection.

**FIGHT IT** – Your Life’s unique combination of plant phytosterols and immune boosting factors that are absorbed straight into the blood stream to boost our immune systems in fighting off viruses and infections.

**WINTER FORMULA** – 500mg of Vitamin C per tablet. Studies have shown that large doses of Vitamin C (2000mg/day) over a short period help to fight colds and flu. Contains herbs that open the air passages and boost immunity.

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**“**Dear Your Life, I just want to tell you how fantastic the Your Life products are. Late Tuesday afternoon, I went looking for Willie, my husband in the garden and as I opened my mouth to speak, my voice was gone. I realized that this is the beginning of the flu and immediately started with 3 Fight It tablets, 3 Vitamin Mineral & Herb tablets and 3 Winter Formula tablets and yesterday I took 2 of each, 4 times during the day and this morning the symptoms had cleared up! In one and a half days, I stopped the flu in it’s tracks. Awesome product! – Tina Goosen, Pretoria

**“**I introduced a colleague of mine who is HIV positive to Vitamin, Mineral and Herb, Schizandra Royale and Fight It. At the time she could not walk she was so sick, her husband had to get sick leave forms for her from the office. After 4 days of taking the products she called me to say she was feeling much better and will not need the sick leave. The following week she was back at work! – Charity Milambo, Zambia
**IMMUNE BOOSTERS**

**FIGHT IT**

**POTENT IMMUNE BOOSTER**

FIGHT IT has been formulated to assist and boost the body’s defenses in fighting infection. FIGHT IT is a unique combination of **natural antibodies and immune system stimulators** to boost the body’s immune system on a massive scale. FIGHT IT has been extremely effective in assisting HIV and AIDS sufferers, boosting their immune system and increasing their CD4 count. FIGHT IT is completely safe and natural and can be crushed into a powder and given to babies. The most potent immune booster ever.

**RECOMMENDED USE**

- **Children 1 month to 4 years** – One tablet per day when sick
- **Children 4 years to 8 years** – Two tablets per day when sick. Should be used with a children’s multi-vitamin and Schizandra Junior.
- **Children 8 years to 12 years** – Three tablets per day when sick. Should be used with Schizandra Junior and/or Vitamin, Mineral and Herb
- **Adults** – 1 to 2 tablets three times per day depending on the severity of the illness. Must be used with Vitamin, Mineral and Herb.
- **HIV/AIDS** – 2 tablets three times per day. Must be used with Fibre and Vitamin, Mineral and Herb.

**Contents:** 90 Tablets  |  **Retail Price:** R199  |  **PV:** 120

**WINTER FORMULA**

**WINTER FORMULA** is a herbal formulation targeted at colds, flu and sinus congestion. It is a combination of herbs, botanicals, vitamins and minerals **designed to boost the immune system by improving cell integrity which is broken down from colds and flu.**

**KEY INGREDIENTS**

- **Vitamin C** in large doses eases and prevents colds and flu
- **Echinacea** eases the symptoms of colds and flu
- **Eucalyptus Oil** is a decongestant and helps to open the airways in the bronchia and sinuses. It also stimulates the immune system to produce white blood cells.
- **Betasitosterol and Spirulina** contain proteins, amino acids and plant phytosterolins to boost the immune system.
- **Zinc** is a mineral essential for cell integrity.
- **Selenium** is an immune boosting mineral

**RECOMMENDED USE**

- **Maintenance:** 1 Tablet per day with meals
  - **Sinus relief:** Adults: 1 tablet 3 times per day with meals
  - Children: 8 to 12 years – 1 tablet in morning and evening with meals
  - Children: 4 to 8 years – 1 tablet in evening with meals
- **Colds and flu:** Adults: 2 tablets 3 times per day with meals
  - Children: 8 to 12 years – 1 tablet in morning and evening with meals
  - Children: 4 to 8 years – 1 tablet in evening with meals.

Do not exceed the recommended dosage for children 4 to 8 years.

Also consider using Fight It, Cell Regenerator, Gingko Biloba and Vitamin, Mineral and Herb

**Contents:** 90 Tablets  |  **Retail Price:** R149  |  **PV:** 100

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I have suffered with sinus and allergies my entire life. I am allergic to dust, pollen, feathers etc. I have been taking sinus medication for most of my life. Four years ago, Sophia de Bruyn suggested I take Winter Formula. I take one a day, every day and my sinus problems have cleared up. I no longer take any medication for sinus and allergies, I only use Winter Formula. – Dinah H, Northern Cape
Schizandra Royale is the Ultimate “Super Tonic”. It decreases fatigue, improves endurance, improves brain activity, and counters stress. It has great benefits for athletes by improving endurance. Schizandra Royale helps to balance the chemicals in the brain helping people who suffer with Alzheimer’s, epilepsy and ADD/ADHD and hyperactivity. Schizandra Royale has a calming effect on the body, especially in times of stress, and at the same times gives us energy.

KEY INGREDIENTS
- **Schizandra Berry** is an adaptogen. It oxygenates the blood and helps to remove toxins from the blood stream. It also detoxifies the liver. Schizandra Berry counters stress by reducing the levels of stress hormones in the blood.
- Eating schizandra berry may protect you against cancer. A study published in the October 2009 issue of “International Journal of Molecular Medicine” investigated the anti-cancer effects of two phytochemicals in human leukemia cells — schisandrin and schisandrin C, both found in schizandra berry — In the study, schisandrin C prevented the growth of cancer cells.
- **Royal Jelly** is the ultimate brain food. It contains all 22 amino acids and enzymes which stimulate brain activity. It helps to balance chemical imbalances in the brain helping people who suffer with Alzheimer’s, epilepsy and ADD. It is an immune booster and has antibiotic properties. Royal Jelly helps with osteoporosis by improving calcium absorption.
- **Siberian Ginseng** is also an adaptogen. It helps our body cope with Stress, improves the immune system and gives us tremendous energy.
- **Valerian Root** eases stress and has a calming effect on the nervous system.
- **Suma Root** contains vitamins, minerals, electrolytes to help with energy and 19 amino acids for muscle development.

**RECOMMENDED USE**
1 to 2 tablets in morning

**Contents:** 60 Tablets  
**Retail Price:** R249  
**PV150**

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High Protein Drink Mix is ideal for children as a supplement, as well as for elderly or sick people who are not eating properly. It is also helpful for chemotherapy patients or just anyone who wants to gain weight. Simply supplement each meal.

**Retail Price:** R299  
**PV150**

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I started taking Schizandra Royale in 2016 as I was not performing well in my exams. I was struggling to concentrate. In a short time after I started taking Schizandra, I was able to see an improvement in my studies. At the end of my semester, I was getting distinctions! I highly recommend Schizandra for anyone who is writing exams. – Charity Milambo, Zambia
Sportsmen and women need additional nutrients to help their bodies work at optimum levels and thereby enhance their performance. They need to take in more amino acids, proteins, enzymes, and carbohydrates, fats and electrolytes. **VITAMIN, MINERAL AND HERB** – provides balanced nutrition.

**ADAM #2** – gives you strength stamina and energy

**CELL REGENERATOR** – Contains Vitamins, minerals, enzymes and amino acids stimulating brain function and muscle function causing the neurons to fire faster enabling quicker reflexes. It also rids the body of free radicals and prevents a lactic acid build up. It is an anabolic product helping the body to develop and build muscle faster.

**CHROMIUM NICOTINATE** – Helps the body metabolise Carbohydrates more efficiently getting the sugars out of the blood stream into the muscles faster resulting in more energy. It also causes protein sparing preventing the body from getting energy from muscle, rather from stored carbohydrates.

**SCHIZANDRA ROYALE** – Royal jelly contains all 22 amino acids. Ginseng gives you strength and stamina. Schizandra berry oxygenates the blood helping the body get more oxygen to the muscles and brain.

**HIGH PROTEIN DRINK MIX** is a great way to replace lost electrolytes.

My name is Sydney Zulu and I have been with Your Life since the company started in 1993. I have been using these products every day for more than 25 years. I run the comrades marathon every year and have received my green number for running 10 consecutive years! I am also a Comrades Grand Master as I am over 60 years. The Your Life products give me strength and stamina. I use Vitamin, Mineral & Herb, Adam 2, Cell Regenerator, Schizandra Royale and Winter Formula. I can recommend these fantastic products to any sportsman, you will see the difference in your performance. – Sydney Zulu, Gauteng
The key to losing weight is to increase metabolism and reduce caloric intake. Too many diets, insufficient exercise, skipping meals, poor nutrition and stress all contribute to a slow metabolism. Lose weight with Your Life’s tried and proven natural and herbal programme.

**INCREASING THE METABOLIC RATE**

We need to eat 3 meals per day, this is the way our bodies function. Never skip meals, this leads to a drop in blood sugar levels and a slow down of the metabolism.

**VITAMIN, MINERAL AND HERB** – speeds up the metabolism as it provides all the nutrients needed in perfect balance. It also contains herbs, which are natural diuretics. Just by taking proper nutrition into our bodies, you are not left craving and hungry all the time.

**CELL REGENERATOR** – Speeds up the metabolism and detoxifies the cells of our bodies.

**GINGKO BILOBA** – Speeds up metabolism

**CHROMIUM NICOTINATE** – is a sugar burner. It helps the body burn carbohydrates instead of storing them as fat. This product helps with sugar cravings.

**CHITOSAN** is a fat trapper. It traps saturated fats passing it through our digestive system and preventing the saturated fats getting absorbed.

**FIBRE WITH PROBIOTICS** – prevents constipation.

**TAKE IN LESS CALORIES**

Replace one or two meals a day with our nutritional meal replacement formula mixing it with milk, yogurt, cereal or fruit juice. We also have a simple diet plan to follow. (see our website)

Friedel Eksteen started with the Your Life Weight Loss programme 3 weeks ago. This is what she had to say after 11 days on the programme; “Ek het 2 kg verloor in 11 dae. Ek eet al drie etes maar voel nie heeltyd honger en lus vir tussenin eet nie. Ek het vir Hannes ook gegee hy is baie in sy skik voel baie meer energiek. Hair skin + nail…. Jane se tiener-vel lyk baie baie beter. Ek kan dit amper nie glo nie.”

She has lost 2 kg in only 11 days and does not crave food between meals.
CHITOSAN
WEIGHT LOSS – FAT TRAPPER

Chitosan is a natural fibrous type substance similar to that of plant fibre. It is not digestible and has no caloric value. Chitosan has the ability to “trap” saturated fats six times its mass in the digestive tract, preventing the absorption of the saturated fat and allowing it to pass through our digestive system. Each capsule traps the equivalent of a teaspoon (approximately 2.5 grams) of saturated fats.

RECOMMENDED USE
Take 1 to 4 capsules before eating a fatty meal. It is not necessary to take Chitosan if there is no saturated fat in your meal.

Contents: 60 Capsules  Retail Price: R149  PV110

CHROMIUM NICOTINATE
WEIGHT LOSS & SPORTS – CARB BURNER

Many people lack the trace element chromium in their diets. Chromium plays a vital role in the metabolism of carbohydrates and controlling blood sugar levels. It stabilises blood sugar levels, takes away sugar cravings and gives one increased energy and stamina when exercising. Chromium helps the body metabolise sugar faster getting it out of the blood stream into the muscles giving more energy and prevents the storing of fat building carbohydrates. Chromium helps sportsmen and women burn body fat and prevents muscle loss.

Recommended Use: One to two capsules per day depending on body mass. People weighing below 85kg take one capsule per day, over 85kg take 2 capsules per day.

IMPORTANT NOTE: It is not recommended to exceed 2 capsules (400mcg) per day. Diabetics should consult their doctor before using this product as it impacts insulin production.

Contents: 90 Capsules  Retail Price: R149  PV100

WEIGHT LOSS DRINK MIX

In order to lose weight (body fat) we need to cut back on calories and increase our metabolisms. We gain weight as we take in more calories than we burn up each day. To lose weight we need to reduce these calories and increase metabolism. Lack of exercise, poor nutrition and too much dieting slows down the metabolism.

The Drink Mix is a nutritional formula to use as a meal replacement for weight loss. By replacing meals we are cutting back on calories, by using the Vitamin, Mineral and Herb, Cell Regenerator, Chromium and Gingko Biloba we are able to increase our metabolisms. The nutrients tell the body not to slow down; the herbs get rid of toxins, help with water retention and break down cellulite.

RECOMMENDED USE
Take one level scoop (included) in a glass of low fat milk, natural fruit juice or yogurt and replace one to two meals per day.

Contents: 120 scoops  Retail Price: R299  PV150
LADY EVE is targeted towards nutritional deficiencies in menopausal women. It contains 13 vitamins and minerals and amino acids including the 3 enzymes found lacking in women going through the “change of life”. Lady Eve eases and alleviates the symptoms of menopause such as depression, hot flashes, shortness of breath, dizziness, headaches and heart palpitations. The herbs in Lady Eve balance and regulate estrogen production. Lady Eve is a natural alternative to Hormone Replacement Treatment.

KEY INGREDIENTS
- Vitamins and minerals and amino acids supplement nutrients lacking in the body as a result of menopause.
- Cranberry extract is a source of Polyphenols which balance hormones
- Black Cohosh is a traditional North American Indian plant remedy for menopause and PMS.
- Dong Quai is a well known and effective Chinese remedy for menopause balancing estrogen levels
- Chaste Berry works on the pituitary gland influencing the hormone levels particularly estrogen.

RECOMMENDED USE
1 Capsule 3 times per day.

Contents: 90 Capsules  Retail Price: R149  PV100

My name is Marietjie B from Hartswater in the Northern Cape. I started with Lady Eve in February 2017. I had reached the age of menopause and was getting extremely emotional all the time. My doctor suggested I use anti-depressants, which I was not comfortable with. A friend of mine recommended Lady Eve as ladies my age were having such great results. Within a few weeks a felt fantastic! The depression was gone, the hot flushes and night sweats a thing of the past. I no longer wanted to kill my husband! Thank you Your Life for the fantastic life changing products and thank you Dinah for recommending them to me.

– Marietjie B, Northern Cape

I started using Lady Eve after my success with Hair, Skin and Nail. I was suffering from the affects of menopause. I used to get terrible hot flashes, since taking Lady Eve the hot flashes are a story of the past. I don’t experience them at all. Thank you Your Life for the life changing products!

– Maida Chabula, Zambia
WOMEN’S HEALTH

YOUNG EVE

YOUNG EVE is specially formulated to deal with the causes and symptoms of premenstrual syndrome (PMS) resulting from nutritional deficiencies. It contains a combination of essential vitamins and minerals found to be lacking in women who suffer with PMS. Young Eve also contains the Chinese herb Dong Quai which balances estrogen levels. Dong Quai has been used by the Chinese for centuries to treat the symptoms of PMS.

Young Eve has been found to ease menstrual cramps, irritability, heavy periods and other symptoms of PMS. It also regulates the menstrual cycle.

NOTE: This product should not be used during pregnancy and lactation.

RECOMMENDED USE

1 tablet in the morning with meals. For best results use consistently.

Contents: 60 Tablets  Retail Price: R149  PV120

HAPPY BONES

HAPPY BONES is a specific formula targeted at maintaining a healthy bone structure. It has all the necessary nutrients for the proper absorption of calcium into the bones.

Calcium 1,000mg + Vit D 200IU – essential nutrients for healthy bones.

Magnesium 500mg – essential nutrients for healthy bones.

Chondroitin Sulphate 50mg – a substance produced naturally in the body and necessary for connective tissue elasticity.

Zinc, manganese, Boron, Copper, Vit K, B2, C - vitamins and minerals essential for bone health.

It is essential for women to supplement with Calcium at various stages of their lives. The onset of menstruation, pregnancy and lactation and pre and post menopause. As we age we also lose bone density, this can be remedied by supplements.

Your Life’s Happy Bones is the most comprehensive Calcium supplement to be found.

DOSAGE SCHEDULE

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Contents: 120 Tablets  Retail Price: R149  PV100

Jane Eksteen has been suffering with severe period pains and cramps. These cramps are totally debilitating. Her parents took her to several doctors but nothing helped. She started with Young Eve 4 weeks ago and has no period pains since. Your Life Young Eve rocks !!!!
ADAM #1
FOR A HEALTHY PROSTATE

The prostate gland is only found in men and surrounds the urethra. Most men suffer from an enlarged prostate at some stage of their lives. The symptoms of an enlarged prostate are difficulty and pain when urinating and frequent urination and/or cloudy urine. Most enlarged prostate cases are benign but can cause urinary tract infections known as prostatitis.

One of the causes of an enlarged prostate is environmental stress. Toxins, pollutants and testosterone build up in the gland causing it to enlarge.

The ingredients of Adam #1 are a special combination of vitamins, minerals, essential fatty acids, and amino acids that are known to condition and detoxify the prostate gland resulting in a reduction of swelling and the normalization of the prostate.

Two of the side effects of using Adam #1 is an increase in libido and sperm production and a decrease in hair loss caused by hormonal imbalances.

KEY INGREDIENTS
- **Saw Palmetto Berries** reduce testosterone levels, improve libido in men and increase sperm production
- **Pygeum Africanum** has been proven to reduce swelling of the prostate gland.
- “A clinical trial involving 47 patients with chronic prostatitis studied the effect of taking 100 mg of pygeum daily for five to seven weeks. At the end of the trial, 89% of the men reported a complete remission of symptoms. (Andro 1995)”
- **Urtica Dioica** is a herb that complements and enhances the affects of Saw Palmetto reducing prostate inflammation.
- **Pumpkin seeds** are loaded with essential fatty acids that are vital to prostate health as they detoxify the prostate gland.

ADAM #2
PERFORMANCE AND STAMINA

Adam #2 is a formulation of herbs and honey extracts to increase stamina and performance in men.

KEY INGREDIENTS
- **Siberian ginseng** improves strength, stamina and gives you energy.
- **Damiana leaf** is a mood enhancer.
- **Dong quai** stimulates the sex glands.
- **Bee pollen** enhances physical performance in men.
- **Bee propolis** improves sperm production.
- **Royal jelly** contains all the B-complex vitamins and amino acids.
- **Cayenne pepper** – gets you hot!!

For best results use in conjunction with Adam #1

RECOMMENDED USE
One tablet in the evening or when you feel like it.

Contents: 60 Tablets  Retail Price: R149  PV100

Contents: 60 Tablets  Retail Price: R149  PV100
My son Samuel was diagnosed with Sensory Integration Disorder at the age of three. He has battled with concentration, anxiety and tactile defensiveness his whole life (he is now 11 years old). We put Samuel on Schizandra Junior three months ago and I cannot believe the change in our child! He is performing well at school, 75% average! He no longer has ‘meltdowns’ in the afternoons when he gets home from school and when he is tired and stressed. Even the tactile issues have improved. I can really recommend this amazing product to any parent who has a child who suffers with concentration problems and has anxiety issues. – Jade W, Cape Town

SCHIZANDRA JUNIOR

KIDS: GENERAL HEALTH TONIC & IMMUNE SUPPORT, ADD/ADHD

SCHIZANDRA JUNIOR is the same formulation as Schizandra Royale at one third of the strength. Schizandra Junior is the Ultimate “Super Tonic”. It decreases fatigue, improves endurance, improves brain activity, improves concentration and counters stress. It has a calming affect and reduces anxiety levels. It has great benefits for athletes by improving endurance. Schizandra Junior helps to balance the chemicals in the brain helping children who suffer with poor concentration, listlessness, lack of appetite, ADD/ADHD and hyperactivity. Schizandra Junior has a calming effect on the body, especially in times of stress, and at the same times gives us energy. Schizandra Junior has helped children with epilepsy reducing the number and severity of fits. We have also experienced fantastic results with asthmatic children.

The tablets are uncoated to enable easy crushing for children who struggle to swallow tablets. Crush the tablets and mix with cereal in the morning, or with yogurt.

KEY INGREDIENTS

- **Schizandra Berry** is an adaptogen. It oxygenates the blood and helps to remove toxins from the blood stream. It also detoxifies the liver. Schizandra Berry counters stress by reducing the levels of stress hormones in the blood.
- **Royal Jelly** is the ultimate brain food. It contains all 22 amino acids and enzymes which stimulate brain activity. It helps to balance chemicals in the brain helping people who suffer with Alzheimer’s, epilepsy and ADD. It is an immune booster and has antibiotic properties. Royal Jelly helps with osteoporosis by improving calcium absorption.
- **Siberian Ginseng** is also an adaptogen. It helps our body cope with stress and improves the immune system.
- **Valerian root** eases stress and has a calming effect on the nervous system.
- **Suma root** contains vitamins, minerals, electrolytes to help with energy and 19 amino acids for muscle development.

RECOMMENDED USE
Children 2 to 4 years – half a tablet in morning
Children 4 to 8 years – One tablet in morning
Children 8 to 12 years – Two tablets in morning

Contents: 90 Tablets Retail Price: R149  PV110
“I can live without daily pain.”

I have struggled with a weak ankle since my school days. I sustained an injury playing tennis. Walking for long distances and standing for too long left me with a swollen ankle. I could walk, as long as my ankle was in motion, but sitting down and giving my ankle time to cool off, left me with a lot of pain. Sometimes the pain would subside after 24 hours, or sometimes only after 2-3 days. As I was getting older it became worse, until I went to see a specialist. After cortisone injection, straight into the affected area, actually exacerbated the pain. This was the turning point for me and I decided to do some research on my own. I had visions of ending in a wheelchair even before my retirement.

This was when I was introduced to the Your Life Health Products, plus minus 24 years ago. I started using Glucosamine, to which later on Chondroitin was added. After 2 weeks I felt so much better and later, after the Chondroitin was added, I could even forget that I had lived with a lot of pain for so many years. The stiffness has not totally left, but I can move my ankle after a warm up and I am without pain. – Reni Roodt, Tsumeb, Namibia
**MONK’S #1**

**VARICOSE VEINS & HAEMORRHOIDS, BLOOD CIRCULATION**

Monks #1 is a unique herbal formulation that eases varicose veins and hemorrhoids by reducing vein inflammation, conditioning and strengthening the vein and improving blood circulation.

Burdock Root 50mg Bayberry Bark 50mg Goldenseal 50mg Horse Chestnut 62.5mg Chamomile 50mg

It contains the following herbs: Butcher’s broom conditions veins and eases Carpel Tunnel Syndrome. Horse chestnut reduces vein inflammation and strengthens veins. Bioflavonoid improves circulation. Gotu kola strengthens veins and capillaries. Bilberry extracts improves circulation.

**KEY INGREDIENTS**

- **Burdock Root** helps induce lymphatic drainage and detoxification. As a natural blood cleanser, it has a wonderful effect on the lymphatic system.
- **Butcher’s Broom** is a mild diuretic and reduces vein inflammation
- **Horse Horsenut** strengthens veins reducing fluid leaks to surrounding tissue by reducing both the number and size of membrane pores in the veins. Bayberry Bark is used for the treatment of varicose veins and hemorrhoids strengthens veins and capillaries. It is also used for skin ailments like psoriasis.

**RECOMMENDED USE**

One capsule three times per day while symptoms are present. Maintenance; 2 capsules in morning.

Contents: 90 Capsules  Retail Price: R149  PV100

**“I am a new person”**

Since 1986 I was suffering from high blood pressure (Hypertension). I was treated by a specialist for many years and he told me I would be on medication for the rest of my life. My blood pressure was uncontrollable. Sometimes I had to be admitted to hospital. A friend of mine, Kitty who is a member of Your Life introduced me to Your Life health products. In 1998 I started using the Vitamin, Mineral & Herb, Monks#1 and Gingko Biloba and from then on my blood pressure has been normal. I have a high pressure position in the Namibian parliament and I am still healthy thanks to Your Life.

I also started using Lady Eve and I am now 62 years old and have never experienced any hot flushes and all those symptoms of menopause. For me they worked and I am very thankful for the Your Life natural supplements. – Joyce Namuhuja, Windhoek
HAIR, SKIN & NAIL
SKIN PROBLEMS, HAIR GROWTH, STRONG NAILS

Contains specially combined vitamins, minerals, enzymes, amino-acids and herbs to provide the body with the essential nutrients it needs for thicker, stronger hair, healthy strong nails and a glowing nourished skin. It helps with eczema, psoriasis, alopecia, soft and/or brittle nails, skin blemishes and problem skin.

KEY INGREDIENTS
- Echinacea heals skin wounds and fights bacteria.
- Betasitosterol is a plant extract which helps to balance hormones.
- Horsetail conditions hair, skin and nails, eliminates white spots from nails and controls oily skin.
- L-cysteine & L-methioniine are essential amino acids known to clear up acne and ease skin problems.
- Biotin is a coenzyme and a B vitamin essential for a healthy skin, strong and thicker hair and nails.

RECOMMENDED USE
One tablet three times per day with meals.

I have been using the Hair, Skin & Nail for several months now and cannot believe how my hair has grown! I used to struggle to get my hair to grow and now in a short time the growth is amazing!

I was so worried I was going to lose all my hair, now I can’t stop it growing and growing. – Maida Chabula, Zambia

EYE FORMULA
EYE HEALTH

Eye formula is a unique formulation of herbs and special nutrients targeted at eye health. Eye Formula can improve the vision of people suffering from Age Related Macular Degeneration (ARMD), Retinitis and Glaucoma. ARMD is the leading cause of blindness of people over 55 years of age. The nutrients in Eye Formula are essential for healthy eyes and good eyesight.

KEY INGREDIENTS
- Amino acids improve vision and serve as targeted nutrition to treat ARMD, Retinitis and Glaucoma.
- Bilberry extract is known to stop the progression of cataracts.
- Gingko Biloba improves blood circulation in the eye.
- Zeaxanthin and Lutein are two nutrients essential for eye health, studies have shown that the intake of these nutrients assists with ARMD and other eye conditions.

RECOMMENDED USE
1 to 2 Capsules per day on an ongoing basis.

Dr Dirk Booysen, a leading clinical optometrist developed the YOUR LIFE EYE FORMULA as targeted nutrition for the eyes, to assist patients suffering from ARMD, Retinitis and Glaucoma.
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**CONTACT US**