

Quit Fishing For A Vitamin Solution & Hook The Right Supplements For Your Lifestyle

(NAPSA)—Choose the right supplements to suit your lifestyle as recommended by Lynn Labo-ranti, M.S., R.D., continuing education specialist at Pharmavite, makers of Nature Made. For your personalized vitamin regimen go to www.NatureMade.com.

Couch Coach

You're a pro on channel surfing and love comfy cushions, but when it comes to nutrition, you consider yourself a novice. Start with the four basic supplements: Nature Made Essential Multivitamin/Multimineral Man for overall health, Calcium (1,000 mg/day) to support bone health, vitamin E (400 IU/day), an antioxidant that fights free radicals, which can cause premature aging, and vitamin C (500 mg/day), for proper immune system function.

Jockaholic

Your day begins with a morning swim and ends with a game of b-ball. With your daily oxygen intake, you require an antioxidant formula that contains vitamins A, C and E to help regulate the oxidation levels in your muscles. Get plenty of the right nutrients with Nature Made Essential Multivitamin/Multimineral Man, Super B-Complex, Calcium (at least 1,000 mg/day—up to 1,500 mg/day) to support bone and muscle health and CoQ10 for energy production.

Do-it-all-Dude

You're busy with office meetings, lunch with the client and your daughter's softball practice.

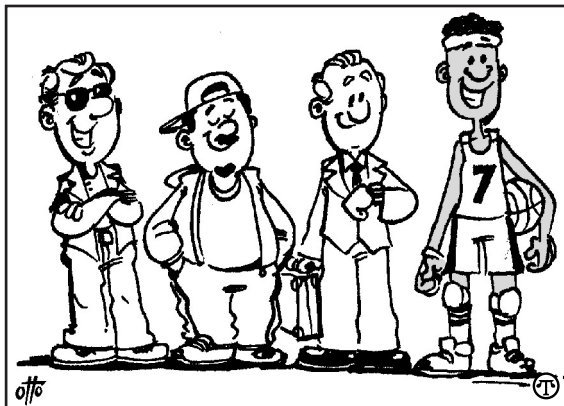
Deciding which supplements you need should be the least of your worries. Try an Antioxidant Formula, which may help slow down the effects of aging; Super B-Complex to support energy production or a Nature Made Stress Pack to ensure that important nutrients are absorbed and not excreted at higher levels during times of stress.

Bad-Boy Bachelor

Nightlife puts you on the prowl and "Miami Vice" still has a place in your heart. Just like the fast cars you drive, make sure to keep your nutrition up to speed as well. Try Super B-Complex and Ginseng for energy, as well as SAM-e to promote positive liver health. Puffing on cigars may cause damage throughout the body and decrease vitamin C levels, so be sure to supplement with Nature Made Essential Multivitamin/Multimineral Man to promote overall health and well-being and Nature Made Vitamin C Chewable or Vitamin C w/Rose Hips.

Losin' the Gut Guy

Tired of wearing sweatpants? Since dieting increases the risk of improper nutrition, try Nature Made Essential Multivitamin/Multimineral Man for overall



What type are you? Choose the right supplement to fit your lifestyle.

health and Calcium Magnesium & Zinc to support bone health, maintain energy and enhance your immune system. If you count carbs be sure to supplement your meals with essential antioxidants found in fruits and vegetables such as vitamins C, E and A.

Cruising Over-the-Hill With Style

Just because your car has a few miles on it doesn't mean you need to put it out of commission. Grease-up those gears and rev up your engine with Nature Made Essential Multivitamin/Multimineral Man 50+ while adding basic supplements like Calcium w/D, vitamin C and E, as well as Super B-Complex for energy. In addition, men over the age of 50 should take Saw Palmetto to promote positive prostate health.