



SimplyOrganic



516-554-5381 | www.simplyhealthyandorganic.com

Empower Yourself with Healthy Living

IMMUNITY

Keeping your immune system strong is essential to fight inflammation, ward off disease and promote overall wellness. Taking daily multivitamins and mineral supplements help support your immune system. Deficiencies of zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, and E, can weaken your immune.

Nutriline Vitamin C Supplement

- Plant-based supplement with 500 mg of vitamin C for all-day immune support. Made with acerola cherries, a concentrated form of vitamin C.
- Helps maintain healthy tissues and supports immune system function.
- Also available - kids chewable vitamin C.



Go Shield Gummies

- Gummies with elderberry , vitamin C and zinc – supports immunity

Twist Tubes

- These twist tubes provide a refreshing alternative and excellent source of Vitamins A & C. No artificial colors, flavors, or preservatives. Multiple flavors available. Just add to water and enjoy!



WE CONVENIENTLY DELIVER TO YOUR HOME

FREE VIRTUAL CONSULTS

SimplyOrganic is offering free virtual consults to help you achieve your health goals. Learn ways to boost your immune system, support brain or heart health or maintain a healthy diet. We're here to support our community's health.

Call 516-554-5381 to schedule your free consult or jvmaharajh@gmail.com

IMMUNE BOOSTING TIPS

- Don't smoke.
- Eat a diet high in fruits and vegetables.
- Exercise regularly and maintain a healthy weight.
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress

SimplyOrganic provides an integrative approach to healing from the inside out. We provide health education and awareness about diet and nutrition, exercise and fitness, vitamins and supplements, and encourage a positive lifestyle