

More engaged customers

4 easy steps

for a state-of-the-art

Digital Marketing Programme

that drives customer engagement

4 easy steps:

1. Upgrade to a **Rocketspark website** managed by RPM
2. Link your customer club to the **Loyalty Marketing Programme** from Resonate Marketing
3. We will show you how to use your **Social Media** to grow your audience
4. Track your **customer engagement KPIs** with our monthly reports

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Step 2. Join our Loyalty Marketing Programme



New Zealand's Favourite Pharmacy Loyalty Program

Pharmacy
Loyalty 

Pharmacy Loyalty

Powered by Resonate Marketing

- **Uses your existing Customer Club** with our set-up advice and staff training guide
- Collects customer email addresses. RPM and Resonate automatically trigger **personalised email messages** from your pharmacy to your loyal customers
- **Welcomes** each new customer, and provides them with **relevant health advice** articles every time they shop
- Builds your email database to send **professionally designed newsletters** and custom event campaigns to your customers at no extra cost!
- Links every email campaign to your website and social media and **drive increased engagement**
- Monthly reports measure new customers, open rates, customer spend, and frequency of shopping visits

Loyalty Marketing - KPIs

- 😊 More than **50%** of all retail sales are to Customer Club members
- 😊 Customer Club Members spend **\$10** more each time they shop
- 😊 The average pharmacy adds **50** new email addresses to their customer database each month
- 😞 **39%** of Customer Club members have **only shopped once** in the last year

GOAL: Our Loyalty Marketing Programme encourages your Customer Club members to shop in your pharmacy more often.

Welcome

thank you



Welcome Karen!

On behalf of the entire team at Pharmacy 53, I want to personally thank you for shopping with us and for being a Loyalty Club member.


As a Loyalty Club member you can enjoy these exclusive benefits:


- Each time you spend \$500 at Pharmacy 53 and Village Homewares you will receive a \$20 voucher to spend instore (Excludes prescription charges)
- Expert health advice straight to your inbox
- Updates on product information & offers
- You'll be among the first to hear about our news, events & special offers

We look forward to seeing you in store again soon, and we would love you to follow us on social media.

Kind Regards,
Nigel

FOLLOW US ON SOCIAL!

 Follow Us on Facebook

 Follow Us on Instagram

thank you



Welcome Karen!

On behalf of the entire team at Sanders Pharmacy, I want to personally thank you for shopping with us and for being a Sanders Rewards Club member.

As a Sanders Rewards Club member you can enjoy these exclusive benefits:

- Earn 1 point for every \$1 spend on retail items. (excludes promotional or sale items)
- Earn 1 point for each script item purchased.
- When you have reached 200 points you will receive a \$10 voucher to spend in store.
- Expert health advice straight to your inbox
- Updates on product information & offers
- You'll be among the first to hear about our news, events & special offers.

We look forward to seeing you in store again soon.

Kind Regards,
Gemma
Owner & Pharmacist

FOLLOW US ON SOCIAL!

 Follow Us on Facebook

 Follow Us on Instagram

Newsletters

Can't read or see images? [View this email in a browser](#)

WILSONS BARRINGTON PHARMACY



Here at Wilsons Barrington Pharmacy we are looking forward to seeing you in store soon.

We are helping you and your family to stay safe and stay well.

When you are in store check out our great range of Face Masks!

Don't forget we are open Saturdays 9am to 4pm and you can also check out our top selling products in our online shop [here](#).

All the best,
From Bevan and the team at Wilsons.

Innoxa Gift Packs



Hurry in for these limited edition Innoxa Gift Packs.

Whatever your skin type we will have one to suit.
Just \$39.95 while stocks last.

It's Allergy Season



If you suffer from allergies you can call in and we will help you with advice and medicines that work.

Flixonase Nasal Spray

Flixonase Allergy & Hayfever 24 hour is a once daily nasal spray used to prevent and treat seasonal allergies & sinus.

Check out our website for more helpful advice.

[Learn More](#)

Passport Photos



If you need to update your Passport or need ID photos for any other reason we are your one-stop shop!

We can print your photos while you wait or email them to you.
Priced from just \$20.
No appointments needed.

We are your Compression Stocking Experts

If you need support stockings for your legs we have a full range and our instore experts can fit these for you.

Contact us to make an appointment or [click here](#) to find out more.



The information in this article is for general information only and should not be construed as medical advice or a substitute for medical treatment. Always read the label. Use only as directed.
If symptoms persist see your doctor or health professional.

This email was sent by bevan@wilsonsbar.com.au or john@wilsonsbar.com.au
Not interested? [Unsubscribe](#) [Webmaster](#) [Feedback](#) [Link](#) [Update profile](#)

In Store Events / Promotions



SHACKLETON'S PHARMACY

CHRISTMAS SHOPPING

12 NOON - 7.00PM

Event

WEDNESDAY 24TH NOVEMBER

COME ALONG FOR A GREAT AFTERNOON OF SHOPPING, PROMOTIONS & STOREWIDE DISCOUNTS.

The more you spend the bigger the gift you receive for FREE.

FREE gift wrapping!

ONE LUCKY CUSTOMER WILL GET THEIR PURCHASE REFUNDED!

Eftpos & Credit cards accepted, or use your credit account.



Email



CHRISTMAS SHOPPING

12 NOON - 7.00PM

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The more you spend the bigger the gift you receive for FREE.

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Facebook / Instagram Post



TIPS TO MANAGE HAYFEVER & ALLERGIES THIS SPRING.

If you're part of the 20% of New Zealanders affected by hayfever and allergies, you'll know all too well how difficult these can be to manage.

Part of effectively managing your hay fever is having a good grasp on what it is, how it's caused and some of the things you can do to avoid hay fever triggers.

Part of effectively managing your hayfever is having a good grasp on what it is, how it's caused and some of the things you can do to avoid hay fever triggers.

What is Hayfever?

Hayfever is another name for seasonal allergic rhinitis. It happens when the body identifies particles in the air as being harmful. In response, your body overreacts in an effort to defend itself, producing anti-inflammatory compounds like histamine and leukotrienes, which cause the sneezing, itching, runny nose and watery eyes.

What causes it?

Common allergens include pollen, dust, pet hair, cigarette smoke, perfume, and mould or fungi. There tends to be more pollen in the air from plants during spring, which is why you may suffer from more severe symptoms during this time.

What are the symptoms?

If you have hayfever, you may experience one or more of these symptoms:

- Congestion or a runny nose
- Itchy and/or watery eyes
- Sneezing
- Fatigue Headaches

If left untreated, these symptoms can be uncomfortable and lead to irritability, poor sleep and difficulty focusing.

Hayfever or Cold?

Although the symptoms of hay fever and the symptoms of a cold can feel similar, the biggest difference is that a cold will cause a fever and body aches. Treatments for both condition are also very different.

How is it treated?

There are a number of effective over-the-counter treatments that your pharmacist can recommend to relieve your symptoms. These include nasal sprays, eye drops, and antihistamine medications. Speak to one of our pharmacists about which products are right for you.

Levrix Antihistamine 5mg Tablets

Levrix is for the treatment of seasonal allergic rhinitis, including persistent allergic rhinitis and Urticaria. Levrix is fast acting and readily absorbed. Levrix relieves:

- Runny Nose
- Itchy Nose
- Skin Allergies
- Itchy Eyes
- Sneezing
- Watery Eyes
- Blocked Nose - Proven nasal decongestion action.

Levrix 5mg Antihistamine

Available in Three Sizes

10 Tablets

Was \$14.99 **Now \$12.99**

30 Tablets

Was \$29.99 **Now \$24.99**

60 Tablets

\$44.99



Call in and ask for your **FREE** sample of Levrix
Strictly Limited Offer – only while stocks last.

In Store Events / Promotions



Email



Facebook / Instagram Post



Web Banner

In Store Events / Promotions

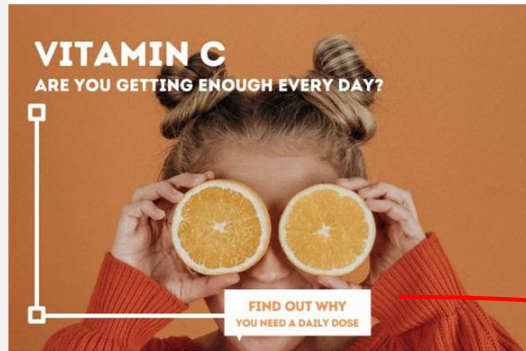


Email



Facebook / Instagram Post

Health Campaigns



Why is Vitamin C such a Super Star?

Vitamin C is linked to a multitude of essential health benefits, such as boosting antioxidant levels, production of collagen, reducing blood pressure and heart disease risk, protecting against gout attacks, improving iron absorption, boosting immunity and reducing dementia risk.

Vitamin C is a water-soluble vitamin, which means it must be obtained through the diet or from supplements. So, if you struggle to get enough of this amazing vitamin through your diet, then a quality supplement is a simple, but effective way to boost your intake.

Visit our website to find out more.

[Learn More](#)



[Learn More](#)

The information in this article is for general information only and should not be construed as medical advice or a substitute for medical treatment. Always read the label. Use only as directed. If symptoms persist see your doctor or a health professional.

[Follow Us on Facebook](#)

[Follow Us on Instagram](#)

Links to your website



Links to Health Advice articles on your website



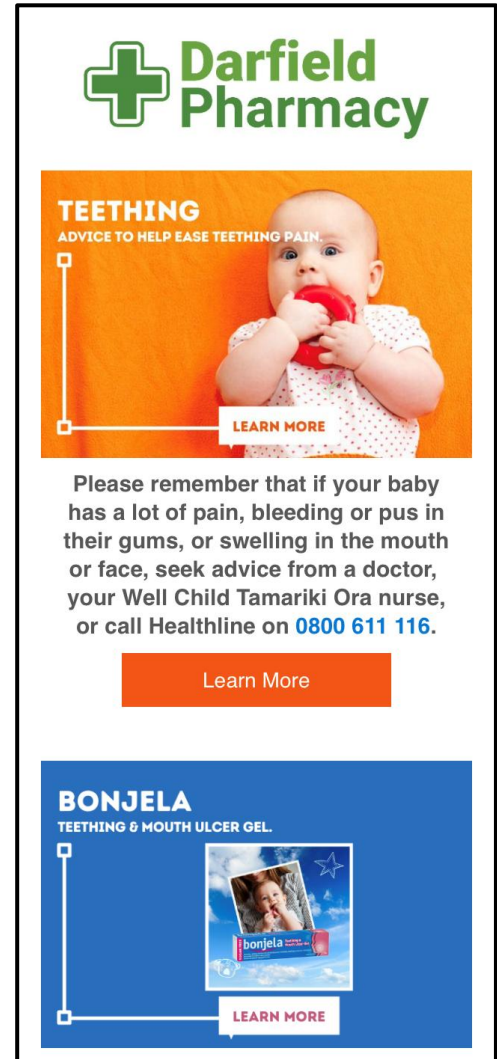
Links to your online shop



Links to your social media pages

50x relevant “health advice” emails are automatically sent to your club customers when they shop

- Every email is personalised with your pharmacy header and footer
- Emails are sent from your email address
- Open rates are high (20% – 50%) due to the relevance of the messages
- Easy “unsubscribe” option



Campaign: Immune

VITAMIN C

ARE YOU GETTING ENOUGH EVERY DAY?



FIND OUT WHY
YOU NEED A DAILY DOSE

Why is Vitamin C such a Super Star?

Vitamin C is linked to a multitude of essential health benefits, such as boosting antioxidant levels, production of collagen, reducing blood pressure and heart disease risk, protecting against gout attacks, improving iron absorption, boosting immunity and reducing dementia risk.

Vitamin C is a water-soluble vitamin, which means it must be obtained through the diet or from supplements. So, if you struggle to get enough of this amazing vitamin through your diet, then a quality supplement is a simple, but effective way to boost your intake.

Visit our website to find out more.

Learn More

LYPO-SPHERIC VITAMIN C

THE LIQUID VITAMIN C SACHETS THAT EVERYONE IS TALKING ABOUT.



FIND OUT WHAT
THEY ARE SAYING..

Learn More

PROBIOTICS.

WHAT IS AN ORAL PROBIOTIC?
WHY WOULD YOU TAKE ONE?



FIND OUT WHY

Probiotics, not just for your Gut.

Throat infections are all too common for some people and you can protect yourself with BLIS probiotics.

Gut health has a huge impact on your overall health. Probiotics (pro = for, bio = life) are beneficial bacteria that assist the body to crowd out bad bacteria. Probiotics improve digestive health, but did you know that these helpful communities live everywhere on your body - inside and out?

The microbes in your mouth, intestines, on your skin and in other nooks and crannies, make up a microscopic ecosystem that we call microbiome.

So rather than just looking after your gut health, there are plenty of other areas that can be cared for in the same way.

Learn More

BLIS PROBIOTICS

INCREASE THE GOOD IN YOU, EVERY DAY.



FIND OUT HOW

BLIS Probiotics help support your immune system with a range of oral-targeted probiotic solutions.

A course of action for the traveller, high dosage for the ultimate athlete, and a two in one (oral & gut) probiotic for optimal performance, BLIS has got your immune support covered.

Learn More

THE IMMUNE SYSTEM

Stay healthy, give it a bit of a natural boost.



LEARN HOW

A Natural Immune Boost.

Natural remedies can help us take charge of our day-to-day health and boost immunity during the season of colds, the flu and sniffles.

Zinc, olive leaf and Echinacea are just a couple of natural remedies that can help boost your immunity.

Take charge of your health and give your immune system a boost.

Learn More

GO VIR-DEFENCE

SUPPORTS A HEALTHY IMMUNE SYSTEM.



FIND OUT HOW

GO VIR-DEFENCE is designed to support recovery from winter ills and chills. GO VIR-DEFENCE supports a strong immune system and the body's defences.

Learn More

Campaign: Joint



JOINT HEALTH

TIPS FOR KEEPING JOINTS HEALTHY

[LEARN MORE](#)

Tips for Keeping your Joints Healthy.

Our bodies are amazing, they do so much without us really having to think about it, like every time you walk, settle into a chair, or hug your child, your bones, muscles, and joints are working to enable you to achieve these tasks.

However, as we age or with excessive use we become more aware of our bones or joints as we begin to experience some discomfort and stiffness in our joints.

Joints are where two bones meet, and its the joints that make the skeleton flexible and allow our bodies to move in many ways. Cartilage between these joints helps to protect and cushion the bones, however over time this can break down causing pain and discomfort.

There are a number of things we can do to support our joints and to try and keep them healthy for as long as possible.

Visit our website for great tips and advice on how to keep your joints in good working order.

[Learn More](#)

GO GLUCOSAMINE

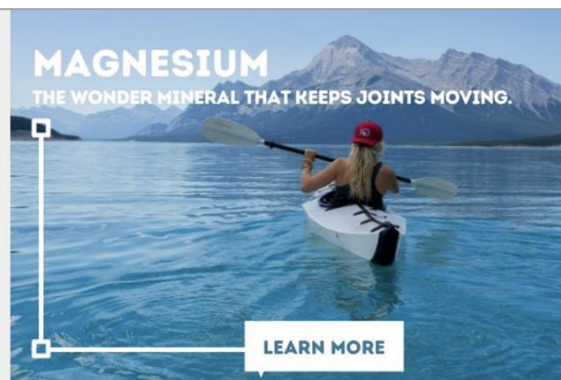
HIGH STRENGTH JOINT CARE FORMULA.



[LEARN MORE](#)

GO GLUCOSAMINE 1-A-DAY is a complete, high strength joint care formula in a convenient 1-A-Day capsule dose.

[Learn More](#)



MAGNESIUM

THE WONDER MINERAL THAT KEEPS JOINTS MOVING.

[LEARN MORE](#)

The Benefits of Magnesium.

Let's talk about a very important mineral - **Magnesium**.

Magnesium is the fourth most abundant mineral in the human body. It plays many important roles in the health of your body and brain.

However, you may not be getting enough of it, even if you eat a healthy diet.

Every cell in your body contains Magnesium and needs it to function. In fact, it's involved in more than 600 reactions in your body, including:

Energy creation: Helps convert food into energy.

Muscle movements: Is part of the contraction and relaxation of muscles.

Nervous system regulation: Helps regulate neurotransmitters, which send messages throughout your brain and nervous system.

To find out more about why Magnesium is such an important mineral go to our website to read our advice.

[Learn More](#)

GO MAGNESIUM 1-A-DAY

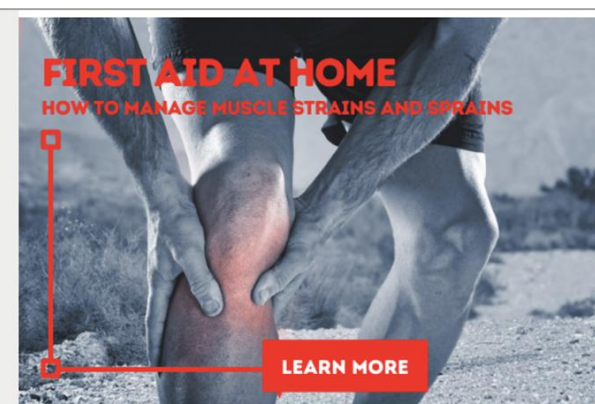
RELAXES THOSE TENSE MUSCLES AND SUPPORTS SLEEP.



[LEARN MORE](#)

GO Magnesium 1-A-Day is a great way of ensuring you get your recommended daily intake of this vital mineral to help keep operating at your best.

[Learn More](#)



FIRST AID AT HOME

HOW TO MANAGE MUSCLE STRAINS AND SPRAINS

[LEARN MORE](#)

Managing Muscles Strains and Sprains.

When you move too fast or too intensely muscle strains can occur, and these strains can happen during exercise, or simply within your everyday activities.

Often they result from trying to outperform your current capabilities, not warming up adequately, not using correct alignment or pushing yourself when you're too tired or not properly fuelled. Sometimes, even when you've done everything right, they just seem to happen.

To help your body recover and get yourself back on track, visit our website for great advice and tips on what to do.

[Learn More](#)

FUTURO SUPPORTS & BRACES

WARM & SUPPORT FOR DAMAGED MUSCLES & JOINTS



[LEARN MORE](#)

FUTURO Supports and Braces provide you the correct support, comfort and fit you need, anytime, anywhere.

They help healing by warming and supporting the damaged muscle or joint, providing a reminder to protect this area, and allowing you to return to normal movement or exercise.

[Learn More](#)

Campaign: Baby

YOUR CHILD'S HEALTH

ADVICE FOR TREATING PAIN & FEVER IN CHILDREN.



LEARN MORE

Pain and Fever in Children.

We understand that it's a very worrying time when your little one is in pain or has a fever, which is why our experienced staff are always here to help.

While medicines are not always needed to relieve pain or fever, it's important to know how to provide your child with safe and effective pain relief when necessary.

Read our advice to learn about using medicines safely when looking after your sick child. Go to our website to find out more.

Learn More

PAMOL

RELIEVES CHILDREN'S PAIN AND FEVER.



LEARN MORE

Whether you're at home or out-and-about, kids get aches, pains and fevers at any time. That's why it pays to keep **Pamol** handy – the all-round solution for children's pain and fever relief.

Learn More

TEETHING

ADVICE TO HELP EASE TEETHING PAIN.



LEARN MORE

Tips to Ease Teething Pain.

Teething can be such a miserable time for babies, which can affect the whole household. Fortunately there are several ways to ease their pain and help to calm and settle them.

From the discomfort of teething, right through to caring for your little ones teeth, there is a variety of things you can do to help with pain management and dental care.

Our website provides some great tips and advice.

Please remember that if your baby has a lot of pain, bleeding or pus in their gums, or swelling in the mouth or face, seek advice from a doctor, your Well Child Tamariki Ora nurse, or call Healthline on 0800 611 116.

Learn More

BONJELA

TEETHING & MOUTH ULCER GEL.



LEARN MORE

In New Zealand, **Bonjela** is used as a teething and mouth ulcer gel. It contains a mild pain reliever called choline salicylate which is used to help ease pain and discomfort.

To learn more about **Bonjela** – what it is, how to use it safely and the possible side effects, read our advice.

WARNING: Using too much Bonjela can harm your baby.

Learn More

COLIC

WHAT IS COLIC? WHAT CAN YOU DO?



LEARN MORE

Tips to Relieve Colic.

A sign of infant Colic is ongoing crying without an obvious cause, in an otherwise healthy baby. Fortunately there are a number of things that you can try in order to relieve your baby's symptoms and distress.

Firstly, it is important to seek support from family, friends or health professionals. Colic can be very stressful to manage, but it usually passes by 16 weeks of age.

To find out more about Colic and what you can do to relieve your baby's symptoms go to our website to read our latest advice.

Learn More

RHUGER MIXTURE

SAFE AND GENTLE RELIEF FOR WINDING AND FEEDING PROBLEMS.



LEARN MORE

Rhuger Mixture is a safe, natural product created by an experienced New Zealand pharmacist and it is suitable for babies from two weeks old.

It contains natural Rhubarb and Ginger extracts and provides safe and gentle relief in infants and babies with winding and feeding problems and associated symptoms.

Learn More

Campaign: Cold Flu



COLDS & FLU AREN'T FUN

GIVE YOURSELF A BOOST TO REDUCE THE RISK OF COLDS & FLU

[LEARN MORE](#)

Have you heard of Buccaline?

Viral and influenza-like illnesses are frequently made worse by additional bacterial infections which delay recovery.


Sore throats, runny nose, sneezing and coughing are symptoms of upper respiratory system illness which are often caused by bacterial infections.

Buccaline is an oral vaccine that provides active immunisation against bacterial colds and it's only available from pharmacies following a consultation with a pharmacist.

[Learn More](#)

BUCCALINE

BOOST YOUR IMMUNITY WITH BUCCALINE.

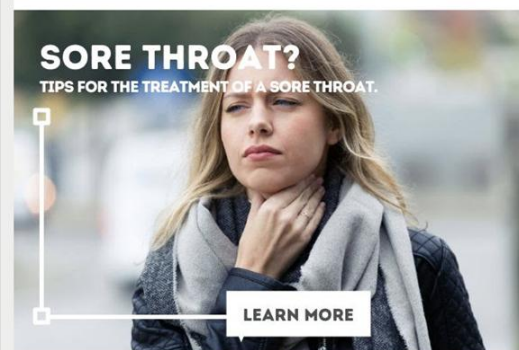


The only natural active oral vaccine

[LEARN MORE](#)

Buccaline is a natural active oral vaccine and is made up of inactivated bacteria which prompts your body to create an immune response to protect you from the bacterial complications of colds.

[Learn More](#)



SORE THROAT?

TIPS FOR THE TREATMENT OF A SORE THROAT.

[LEARN MORE](#)

Don't put up with a Sore Throat.

A sore throat is a sign that you are coming down with a cold. You may feel mild discomfort, a burning pain and it may feel worse when you swallow.

When you notice a sore throat, it's a good time to boost your immune system to prevent it developing into a more serious illness.

For a few simple tips to assist you in dealing with an uncomfortable throat, visit our website.

When to see your Doctor.

You must see your doctor if you or a family member experiences any of the following:


- a sore throat that lasts more than a few days
- difficulty swallowing
- your tonsils are enlarged or coated
- a temperature above 39°C
- swelling in your neck
- earache or joint pain

If your child is **Maori or Pacific, aged 4-19 years**, lives in certain parts of the north island and has a sore throat, **please get it checked straight away**. They are at risk of a serious but preventable illness called **rheumatic fever**.

[Learn More](#)

DIFFLAM

PROVIDES FAST SOOTHING RELIEF FOR SORE THROATS.

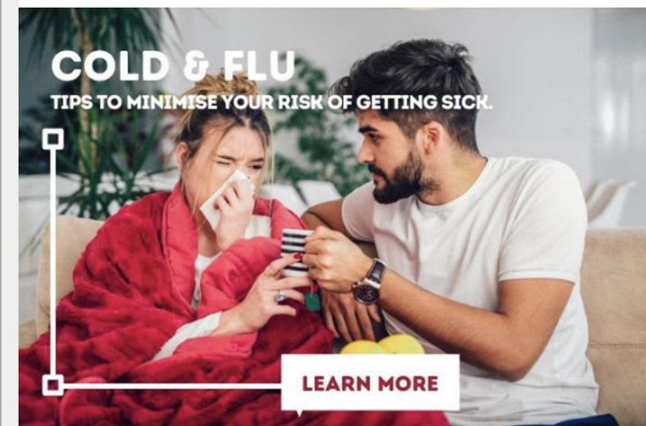


[LEARN MORE](#)

Diffiam products provide FAST relief of painful conditions of the throat and mouth.

Diffiam contains an anti-inflammatory which directly targets the site of inflammation to reduce pain and swelling.

[Learn More](#)



COLD & FLU

TIPS TO MINIMISE YOUR RISK OF GETTING SICK.

[LEARN MORE](#)

Minimise the Effects of a Cold.

A cold might be a common part of life, but it's certainly no fun because this viral infection affects your head and chest, making you feel miserable.

A cold isn't serious and can usually be treated at home, but there are a few simple options for minimising risk and reducing the effects of a cold.

To find out more visit our website.

[Learn More](#)

CODRAL COLD & FLU TABLETS

DAY & NIGHT FORMULA TO TREAT MULTIPLE COLD AND FLU SYMPTOMS.



Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. Johnson & Johnson Ltd, Auckland.

[LEARN MORE](#)

Codral Cold & Flu tablets provide temporary relief from the symptoms of runny nose, nasal congestion, headache, body aches and pains and fever.

Always ask your pharmacist before taking Cold and Flu medicines, we can advise you on the safe and effective use of these medicines.

[Learn More](#)

Campaign: Heart

OMEGA-3 FATTY ACIDS

WHAT DO THEY DO?



[FIND OUT HERE](#)

The Benefits of Omega-3.

Omega-3 fatty acids play such a vital role in supporting your blood vessels, immune system and lung function and these natural, healthy oils are found in many cells in your body, but especially the cells in your brain and eyes.

Omega-3 fatty acids are essential nutrients that are important in preventing and managing heart disease, and may also protect the heart during times of mental stress.

Head to our website to find out why including foods in your diet that are rich in Omega-3 fats, EPA and DHA are so important.

[Learn More](#)

GO FISH OIL 1,500MG

ESSENTIAL OILS SUPPORT HEALTHY CHOLESTEROL LEVELS.



[LEARN MORE](#)

GO FISH OIL 1,500mg is a premium high potency Fish Oil sourced from deep sea wild fish. GO Fish Oil is molecularly distilled and mercury tested to ensure purity and quality.

[Learn More](#)

HEART HEALTH

WHAT ARE THE BENEFITS OF CO-ENZYME Q10?



[FIND OUT HERE](#)

CoQ10... What are the Benefits?

Co-enzyme Q10 (CoQ10 or ubiquinol) is an essential nutrient present in almost every cell of the human body....That's a lot of cells!

CoQ10 is stored in an area of human cells called mitochondria. It acts as an antioxidant, neutralising harmful free radicals and has associations with energy, protecting cells, and providing heart benefits. It also plays a vital role in energy production and DNA replication and repair.

As you can see it is a pretty important nutrient that our bodies really need to function properly. And unfortunately as we age naturally occurring levels of CoQ10 decrease.

To find out how boosting your CoQ10 will benefit your health and help to protect you from a range of disorders, including Alzheimer's and Parkinson's disease visit our website.

[Learn More](#)

MITO Q

TO SUPPORT OPTIMAL CARDIOVASCULAR HEALTH.



[LEARN MORE](#)

MitoQ is a unique formula, developed in New Zealand.

Ordinary CoQ10 supplements are too large to enter the mitochondria where this antioxidant is needed for energy production.

[Learn More](#)

HEART HEALTH

DID YOU KNOW GARLIC IS GOOD FOR YOUR HEART?



[LEARN WHY HERE](#)

The Health Benefits of Garlic.

You may be surprised to learn that garlic has featured as a medicine throughout history to prevent and treat a wide range of conditions and diseases.

Garlic contains antioxidants that support the body and benefit the blood system, brain, heart and other organs. So, not only does it taste great...it's good for you too!

To find out more about the benefits of garlic, go to our website to read our latest advice.

[Learn More](#)

KYOLIC GARLIC

POWERFUL CARDIOVASCULAR + IMMUNE SUPPORT



[LEARN MORE](#)

Nutra-Life Kyolic is a high potency formula supports a healthy cardiovascular system.

Scientifically researched Kyolic® Aged Garlic Extract™ is the result of a proprietary ageing process of up to 20 months, that transforms the natural sulphur compounds in organically-grown garlic into a range of beneficial, water-soluble, odourless compounds with antioxidant activity.

[Learn More](#)

Campaign: First Aid



FIRST AID AT HOME

FIRST AID FOR COMMON SKIN INFECTIONS.

[LEARN MORE](#)

How to Treat Minor Skin Infections.

Minor cuts, scrapes and abrasions are part of every day life for everyone in the family.

Typically an abrasion is where the first layer of skin is scraped or rubbed off, and while superficial, any minor wounds still need to be treated properly to fend off infection. First aid at home is so much easier when you have the basics to hand and it doesn't take much to put a small kit of essentials together.

Visit our website for handy tips on what you'll need at home and how to treat common skin infections.

[Learn More](#)

CRYSTADERM

FIRST AID ANTISEPTIC CREAM.



[LEARN MORE](#)

Crystaderm provides strong protection against skin infection without a prescription.

[Learn More](#)



FIRST AID AT HOME

HANDY FIRST AID FOR WOUND CARE.

[LEARN MORE](#)

Wound Care.

A bit of know-how and preparation can save you a lot of stress!

Cuts and grazes are a fact of life, but when it comes to treating them, do you know what to do?

Be prepared for the inevitable with a basic First Aid Kit for your home, car, office, backpack or handbag. Start with a few basic items like scissors, gauze, bandages and pain reliever so that you can easily treat small, non life-threatening injuries.

Ask us about First Aid Kits next time you're in store and in the interim, check out our website for tips and more information.

[Learn More](#)

OPSITE POST-OP RANGE

A SUPERIOR DRESSING FOR MANY TYPES OF WOUND.



[LEARN MORE](#)

Opsite Post-Op dressings are flexible and waterproof and allow the wound to breathe.

[Learn More](#)



FIRST AID AT HOME

HOW TO MANAGE MUSCLE STRAINS AND SPRAINS

[LEARN MORE](#)

Managing Muscles Strains and Sprains.

When you move too fast or too intensely muscle strains can occur, and these strains can happen during exercise, or simply within your everyday activities.

Often they result from trying to outperform your current capabilities, not warming up adequately, not using correct alignment or pushing yourself when you're too tired or not properly fuelled. Sometimes, even when you've done everything right, they just seem to happen.

To help your body recover and get yourself back on track, visit our website for great advice and tips on what to do.

[Learn More](#)

FUTURO SUPPORTS & BRACES

WARM & SUPPORT FOR DAMAGED MUSCLES & JOINTS



[LEARN MORE](#)

FUTURO Supports and Braces provide you the correct support, comfort and fit you need, anytime, anywhere.

They help healing by warming and supporting the damaged muscle or joint, providing a reminder to protect this area, and allowing you to return to normal movement or exercise.

[Learn More](#)

Campaign: Pain Relief

TYPES OF PAIN RELIEVERS

WHICH ONE SHOULD YOU TAKE?



LEARN MORE

Which Pain Relief is Right for You?

With so many pain relief medications on the market sometimes it can be difficult to know which one to take.

The choice of pain relief medication can depend on many things, such as the type, severity and cause of your pain, other medications you may already be taking, any allergies you may have and other conditions you may have.

We have explained the differences between a number of different types of common pain relievers on our website to help you understand the differences between them.

We do always recommend however that if you aren't sure which pain reliever is most suitable for your symptoms that you have a chat to one of our pharmacists or team members.

Learn More

PANADOL OPTIZORB

FOR TEMPORARY EFFECTIVE RELIEF OF PAIN



LEARN MORE

Panadol Tablets with OPTIZORB is a patented faster acting formula. New Zealand's most trusted brand of Paracetamol.

Learn More

NSAIDS - HOW TO CHOOSE?

WHICH ONE SHOULD YOU TAKE?



LEARN MORE

Non-Steroidal Anti-Inflammatories.

NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) what are they? What are they used for? How do you choose which one is best?

When it comes to pain relief it's important to understand the different types, the side effects and which is most appropriate to use for your particular symptoms.

We have taken all the confusing terms and jargon away and provide an easy to understand description of NSAIDs on our website.

Remember, we are always here to help answer any questions or concerns you may have about any pain medications.

Learn More

NUROFEN

TEMPORARY RELIEF FROM PAIN AND INFLAMMATION.



LEARN MORE

Nurofen Zavance tablets are absorbed faster than standard Nurofen tablets.

The Zavance formulation is absorbed into your bloodstream up to twice as fast as standard ibuprofen.

Learn More

PAIN RELIEF

FOR STRONGER PAIN RELIEF, WHAT ARE YOUR OPTIONS?



FIND OUT HERE

Which Pain Relief Should You Take?

Sometimes you just need a slightly stronger pain relief, but do you know what your options are when it comes to what's available at your pharmacy?

The most common pain relief that you can get without a Doctor's prescription are Paracetamol (Panadol) or Ibuprofen (Nurofen). These are used for short term treatment of back pain, period pain, cold and flu symptoms, muscular pain and headaches.

Talk to us for advice on the stronger options for pain relief that are available from your pharmacy. Plus, there's lots of information on our website.

Learn More

NUROMOL

FOR FAST-ACTING TRUSTED PAIN RELIEF.



LEARN MORE

Nuromol is clinically proven pain relief tablet to contain ibuprofen 200mg and paracetamol 500mg.

This unique combination ensures they are released together to target pain more effectively, so you can quickly get on top of distracting pain and continue on with your day.

Learn More

Campaign: Cough

COUGHS ARE NO FUN

WHAT CAN YOU DO TO RELIEVE THAT ANNOYING COUGH?

[LEARN MORE](#)

What can you do to Relieve a Cough?

Having a cough isn't any fun at all – for you or your household and workmates!

A cough is the main symptom of a viral infection in your throat, main airway or the airway into your lungs. Even though it is annoying, a cough is a sign that your body is doing its job and trying to keep your airway clear from things like phlegm, smoke, dust or a piece of food.

If your cough hasn't cleared up on its own after approximately 3 weeks, then a visit to the doctor is in order.

To find out more about the different types of coughs and how to treat them, go to our website to read our latest advice.

If you have a cough and you're short of breath, cough up blood or have unexplained problems like weight loss or a high temperature (fever), **see your GP urgently.**

[Learn More](#)

DURO-TUSS

FOR THE TEMPORARY RELIEF OF STUBBORN COUGHS


[LEARN MORE](#)

DURO-TUSS® is the leading brand* in New Zealand pharmacies for the relief of coughs, with a longstanding heritage of more than 25 years.

[Learn More](#)

SNOT & SPUTUM..

WHAT DO THEY SAY ABOUT YOUR HEALTH?

[LEARN MORE](#)

What is Snot & Sputum?

It's certainly not a topic anyone likes to talk about, but we all have it....snot!

It's important to have an understanding of what snot, sputum or mucus is and what it means for your body.


Snot is mucus that comes from your nose, and sputum is mucus that comes from your airways. Of course, mucus production is normal and serves a purpose for your body but sometimes the amount can be excessive or it can have an unpleasant colour or odour.

Find out what's normal and what needs to be treated by visiting our website for more information.

[Learn More](#)

MUCINEX

REMOVES EXCESS MUCUS IN YOUR LUNGS/CHEST.


[LEARN MORE](#)

Mucinex thins and loosens mucus (phlegm) to help relieve chest congestion, it thins bronchial secretions to rid the bronchial passageways of bothersome mucus. Makes coughs more productive.

[Learn More](#)

CHILDREN + COUGHS

CAUSES OF COUGHS IN CHILDREN.

[LEARN MORE](#)

Advice for Children & Coughs.

Although a cough can at times sounds awful, it is rarely a sign of serious illness.

Coughing is a natural reflex to clear the airways from mucus, and is a common symptom in children, especially under the age of 5 years.

Many children will get a cough when they have a cold and can continue coughing for 3 weeks or more.

There are many different causes of coughs in children and it's important to understand the differences and possible treatment options.

Visit our website to read our latest advice.

See your doctor straight away if your child has a cough and:

- is working hard with their breathing or is breathing fast
- has a temperature higher than 38.5 degrees Celsius
- has difficulty speaking normally or being unable to finish a whole sentence because of their coughing or breathing
- you can hear wheezing or whistling in their chest.


You should also see your doctor if your child has a persistent daily cough which has lasted more than four weeks.

If you are worried about your child's cough and unsure what to do, call **Healthline on 0800 611 116**

[Learn More](#)

PROSPAN BRONCHIAL SYRUP

A POWERFUL HERBAL FORMULA TO SOOTHE THE THROAT AND HELP CLEAR THE AIRWAYS.

[LEARN MORE](#)

Prospan is a powerful herbal formula made from dried ivy leaf to soothe the throat and help clear the airways.

[Learn More](#)

Campaign: Nose Sinus



DECONGESTANTS & ANTIHISTAMINES
WHICH ONE IS RIGHT FOR YOUR SYMPTOMS?

[FIND OUT HERE](#)

Is it Allergies or a Cold?


When your nose and sinuses are all stuffed up due to an allergy or cold, it can really make you feel miserable.

There are some simple, yet effective pharmacy medicines such as decongestants and antihistamines that will offer relief, but it pays to do a little homework to make sure you're choosing the correct medication for your particular symptoms.

Take a look at our website for the latest advice and to learn more about what's available to treat this condition.

[Learn More](#)

SUDAFED* PE SINUS
DAY + NIGHT RELIEF

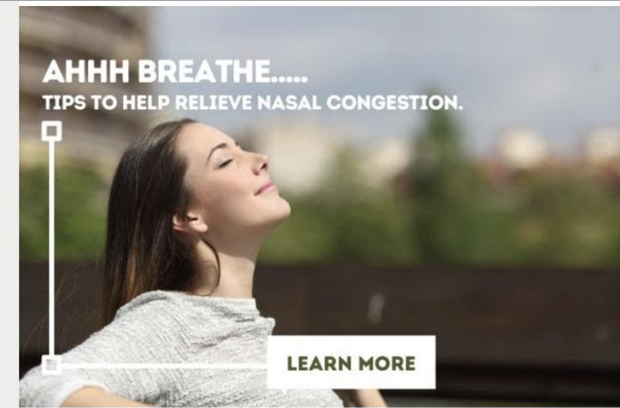


[LEARN MORE](#)

Sudafed PE Sinus Day + Night provides 24 Hour relief from nasal congestion, sinus pressure and headaches when taken as directed.

If you have certain conditions or are on other medicines you should consult your doctor or pharmacist.

[Learn More](#)



AHHH BREATHE.....
TIPS TO HELP RELIEVE NASAL CONGESTION.

[LEARN MORE](#)

Breathe Easy...


If you've ever had to suffer with a blocked or stuffy nose, you'll know how annoying it can be.

In many cases, nasal congestion is only a temporary problem and rarely is it serious. Although there are a number of things that can cause a stuffy nose, fortunately there's also a number of treatment options!

View our website to get the latest information, advice and tips on dealing with a blocked or stuffy nose.

[Learn More](#)


OTRIVIN NASAL SPRAY
HELP CLEAR NASAL CONGESTION QUICKLY.



[LEARN MORE](#)

Otrivin Nasal Spray contains the active ingredient xylometazoline that works by narrowing blood vessels in the nose, throat and sinuses. It helps to open up and clear nasal passages by reducing congestion.

[Learn More](#)



BLOCKED SINUSES?
HOW TO CLEAR A STUFFY NOSE & BREATHE BETTER.

[LEARN HOW](#)

How to use a Sinus Rinse.


Sinusitis is a common condition and can be very uncomfortable, so if you're looking for natural, drug-free relief from sinus pain, then saline rinses are ideal.

Saline rinses can not only help with sinus pain, but help to rinse away irritants that make your nasal passages itchy, dry and cause you to sneeze.

Find our latest advice and treatment suggestions on our website.

[Learn More](#)

NEILMED SINUS RINSE
SALINE NASAL IRRIGATION.



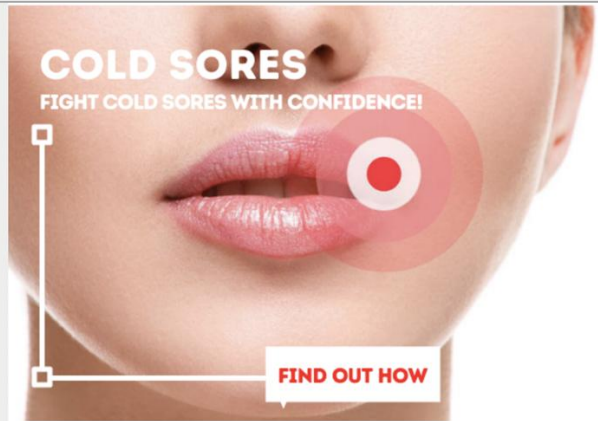
[LEARN MORE](#)

NeilMed® SINUS RINSE™ is an easy squeeze bottle system that allows you to deliver the saline solution with positive pressure to clean the nasal passages thoroughly, while maintaining your head in an upright position.

You have complete control of the pressure and volume of solution, ensuring a gentle, soothing and therapeutic experience.

[Learn More](#)

Campaign: Skin



COLD SORES

FIGHT COLD SORES WITH CONFIDENCE!

[FIND OUT HOW](#)

Are you in the 90%?


Painful, unsightly and contagious, cold sores are caused by the Herpes Simplex Virus and usually occur on or around the lips, or outside the mouth.

About 90% of adults worldwide – even those who have never had symptoms of an infection – test positive for having had this virus.

Stress, poor diet and too little sleep can trigger an outbreak, so immune support is vital to keep symptoms suppressed.

To learn more visit our website.

[Learn More](#)



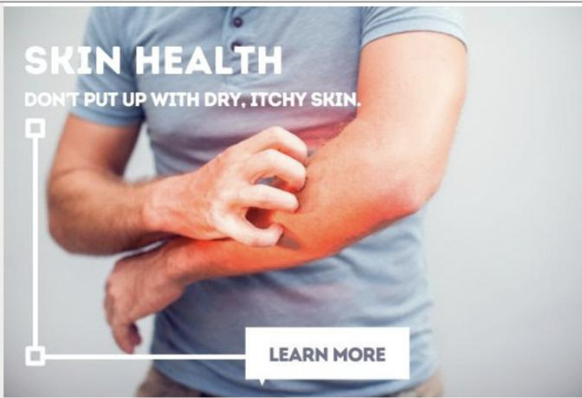
ZOVIRAX

KNOCK OUT YOUR COLD SORE FAST.

[LEARN MORE](#)

Zovirax Cold Sore Cream contains the antiviral medicine acyclovir which reduces the severity and duration of cold sores.

[Learn More](#)



SKIN HEALTH

DON'T PUT UP WITH DRY, ITCHY SKIN.

[LEARN MORE](#)


Do you have Sensitive Skin?

Not all skin is created equal and some skin is certainly more vulnerable and requires special care. Dry, itchy skin can be annoying and sometimes it can worsen and become inflamed and red which is a sign of a common form of eczema called Atopic Dermatitis.

Up to one third of people can be affected and it is more common in babies and children, who develop it before the age of 5. Relief and control is paramount for this uncomfortable condition and we have a great range of products to help!

Find out more on our website.

[Learn More](#)



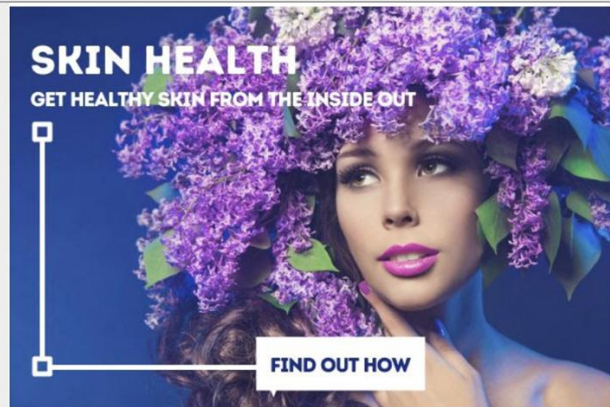
CETAPHIL SKINCARE RANGE

SKIN CARE SOLUTIONS FOR ALL SKIN TYPES

[LEARN MORE](#)

Cetaphil is a gentle skincare brand that has been recommended and trusted by doctors and dermatologists for over 70 years, and is used by millions with sensitive skin around the world to improve the resilience of their skin.

[Learn More](#)



SKIN HEALTH

GET HEALTHY SKIN FROM THE INSIDE OUT

[FIND OUT HOW](#)

Skin is The Largest Organ in Your Body.


Skin and skincare is an inside / outside job!

You may have noticed that skincare products have certain nutrients aimed at the application to the skin, however equally important are those nutrients that work internally.

As scientists learn more about the diet and the body, it's increasingly clear that what you eat can significantly affect the health and aging of our skin.

Find out more on our website.

[Learn More](#)



COLLAGEN BEAUTY POWDER

GET YOUR GLOW ON, FROM THE INSIDE OUT.

Stay gorgeous, New Zealand

[LEARN MORE](#)


Radiance Collagen Beauty Powder provides a high dose of clinically researched marine collagen peptides. Proven to support collagen production, **Radiance Collagen Beauty Powder** targets the signs of ageing and supports firm, smooth skin.

[Learn More](#)

Campaign: Allergies Hay fever

ALLERGIES & HAY FEVER

WHAT'S THE DIFFERENCE BETWEEN ALLERGIES & A COLD?



[FIND OUT HERE](#)

Are you in the 20%?


If you're part of the 20% of New Zealanders affected by hay fever and allergies, you'll know all too well how difficult these can be to manage. An important part of managing your hay fever is having a good grasp on what it is, how it's caused and some of the things you can do to avoid the triggers.

Read our latest advice on hay fever symptoms, causes and treatments on our website.

[Learn More](#)

FLIXONASE NASAL SPRAY

EFFECTIVE ALLERGY & HAYFEVER TREATMENT & PREVENTION.



[LEARN MORE](#)


This Pharmacy Medicine contains an anti-inflammatory which targets 6 key allergic substances. It works right at the source of hay fever - where you need it most.

Flixonase will not make you drowsy, and it offers 24-hour relief from all nasal allergy symptoms including congestion, runny nose, and sneezing.

[Learn More](#)

HAYFEVER TABLETS

STRUGGLING TO FIND THE PERFECT MATCH?



[LET US HELP](#)

Need a hayfever treatment that works?

You're definitely not alone if you suffer from allergies!

Allergies are the most common chronic health condition affecting New Zealanders with at least 1 in 5 people being affected. Allergies are caused by the immune system overreacting to an irritant such as pollen or animal hair – things that are harmless to most people.


The good news is, that you don't have to put up with those nasty symptoms.

Visit our website for a range of treatment options and solutions to get you feeling better again.

[Learn More](#)

LEVRIX TABLETS

EFFECTIVE ALLERGY RELIEF.



[LEARN MORE](#)


Levrix contains Levocetirizine, a second generation antihistamine treatment that may help to provide relief from seasonal allergic rhinitis as well as persistent allergic rhinitis and urticaria or hives.

What makes **Levrix** different from other antihistamine brands? It is fast-acting and easily absorbed. One tablet can provide 24 hours of relief!

[Learn More](#)

BLOCKED SINUSES?

HOW TO CLEAR A STUFFY NOSE & BREATHE BETTER.



[LEARN HOW](#)

How to use a Sinus Rinse.

Sinusitis is a common condition and can be very uncomfortable, so if you're looking for natural, drug-free relief from sinus pain, then saline rinses are ideal.


Saline rinses can not only help with sinus pain, but help to rinse away irritants that make your nasal passages itchy, dry and cause you to sneeze.

Find our latest advice and treatment suggestions on our website.

[Learn More](#)

NEILMED SINUS RINSE

SALINE NASAL IRRIGATION.



[LEARN MORE](#)

NeilMed® SINUS RINSE™ is an easy squeeze bottle system that allows you to deliver the saline solution with positive pressure to clean the nasal passages thoroughly, while maintaining your head in an upright position.

You have complete control of the pressure and volume of solution, ensuring a gentle, soothing and therapeutic experience.

[Learn More](#)

Campaign: Women

CYSTITIS / UTI

DON'T LET AN INFECTION RUIN YOUR FUN.

[LEARN MORE](#)

Tips to Relieve a Urinary Tract Infection.

UTI's, bladder infections, cystitis...whatever you call them, it is a universally acknowledged truth that they happen. The most common symptom is a painful, burning sensation when you pass urine.

Women are more likely to get a UTI than men, and more than half of all women will experience a UTI in their lifetime. The symptoms can be very uncomfortable and should be treated as soon as possible, so it doesn't develop into a more serious infection.

Visit our website to find out more about prevention and treatment.

Fever, pain or ache in your centre back or shaking may indicate that the infection has gone to your kidneys (pyelonephritis). If this happens, see your doctor urgently.

[Learn More](#)

URAL SACHETS

LESSENS THE PAINFUL, STINGING SENSATION SO YOU CAN GET ON WITH LIFE.

[LEARN MORE](#)

Bacterial infections of the bladder can make your urine more acidic than normal – which causes the painful and burning sensations you get when passing urine.

Ural Effervescent Powder is a urinary alkaliniser, which works by raising the pH of urine. This makes the urine less acidic which provides effective relief from the pain of cystitis.

[Learn More](#)

TIRED, LACKING ENERGY?

HAVE YOU CHECKED YOUR IRON LEVELS LATELY?

[LEARN MORE](#)

Feeling Extra Tired Lately?

Iron plays a very necessary role in our body, so it is important to understand the signs of iron deficiency.

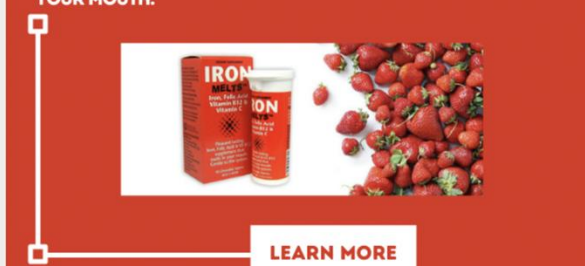
The body isn't able to make iron, so generally we'd get it through a range of foods, but if you're dealing with fatigue, weakness, pale skin, brittle nails, light headedness, or cold hands and feet then you may not be getting sufficient iron through your diet which is when an iron boost is essential.

To find out more about the importance of iron click go to our website.

[Learn More](#)

IRON MELTS

IRON, FOLIC ACID & VITAMIN B12 SUPPLEMENT, THAT MELTS IN YOUR MOUTH.

[LEARN MORE](#)

A pleasant tasting iron and vitamin supplement which literally melts in your mouth.

IRON MELTS also contain other vitamins that may be lacking in some people's diet and are important for general well-being.

[Learn More](#)

LOOKING FOR BALANCE?

THRUSH TREATMENT AND PREVENTION ADVICE

[LEARN MORE](#)

Restore your Inner Balance.

It's uncomfortable, itchy and it's often embarrassing to deal with, but thankfully it's treatable!

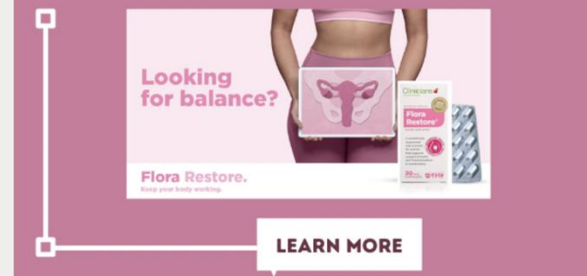
Thrush will affect at least three out of four women at some point in their lifetime and it can also affect men. It is important to become familiar with the symptoms and ensure you get the appropriate treatment as soon as possible, then you can feel comfortable again and get back to your normal self.

Learn more about the causes, symptoms and treatments on our website.

[Learn More](#)

FLORA RESTORE

HELP RESTORE THE CORRECT FLORA BALANCE (DOWN BELOW).


[LEARN MORE](#)

Flora Restore contains a unique oral probiotic scientifically designed to support normal vaginal flora and urinary health. Backed by 25 years of scientific research.

These good bacteria help restore the correct flora balance in the bladder and vagina and support against unwanted yeasts and bacteria.

[Learn More](#)

Campaign: Digestion



GUT BACTERIA

WHAT DO GUT BACTERIA DO?

[FIND OUT HERE](#)


Gut Bacteria...

It's no secret that the modern lifestyle, poor diet, antibiotic use and stress can all wreak havoc with your digestive system.

There is growing evidence that your gut bacteria and the health of your gut lining affect your mind, body and mood in a range of ways from energy and skin, to chronic inflammation and disease.

If you're looking for some guidance and information about how to care for your digestive system, visit our website for tips on how best to improve your gut health.

[Learn More](#)



INNER HEALTH PLUS


TO SUPPORT THE HEALTH OF THE STOMACH AND INTESTINE.

[LEARN MORE](#)

This scientifically researched probiotic offers a real solution for digestive and immune health.

Containing 25 Billion bacteria from 3 strains of probiotics plus Colostrum powder this product supports gastro-intestinal tract health in adults. It is supplied in a naturally derived vege capsule and requires refrigeration.

[Learn More](#)



DIGESTIVE HEALTH

PREBIOTIC FOODS & DIGESTIVE ENZYMES.

[LEARN MORE](#)


Prebiotic Foods - What are they?

Your digestive system is the foundation of your wellbeing.

It is responsible for turning the food you eat, into the energy you need to survive and carry out your normal daily activities. We should never underestimate the importance of a well-functioning, healthy digestive system.

You'll find the latest advice on our website about supporting this essential function with prebiotic supplements and digestive enzymes to ensure it remains in top shape.

[Learn More](#)




PHLOE BOWEL HEALTH

TO PROMOTE LONG-TERM DIGESTIVE HEALTH.

[LEARN MORE](#)

Contains prebiotics, digestive enzymes and fibre from NZ green kiwifruit. These all help to establish a regular bowel and good digestion.

[Learn More](#)



INDIGESTION

TIPS TO RELIEVE INDIGESTION.

[LEARN MORE](#)

Tips to Relieve Indigestion.

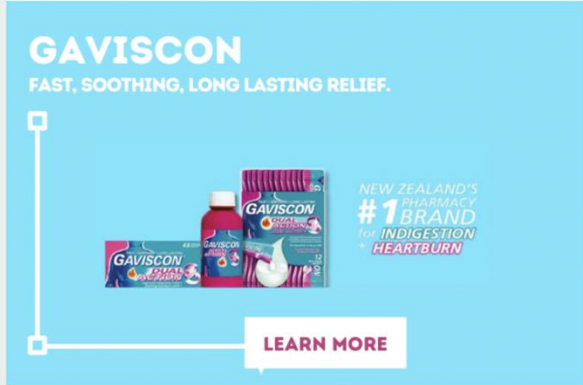
You'll know when your digestive system is working the way it should, but unfortunately you'll also know when it isn't!

Your digestive system is responsible for turning the food you eat, into the energy you need to survive and carry out your normal daily activities.

Unpleasant signs of an ill functioning digestive system are things like stomach pain, indigestion, gas and feeling sluggish and tired.

To find out more about what you can do to improve or maintain your digestive health, check out our website.

[Learn More](#)



GAVISCON

FAST, SOOTHING, LONG LASTING RELIEF.

[LEARN MORE](#)

Gaviscon helps to relieve the burning pain of heartburn and discomfort of indigestion.

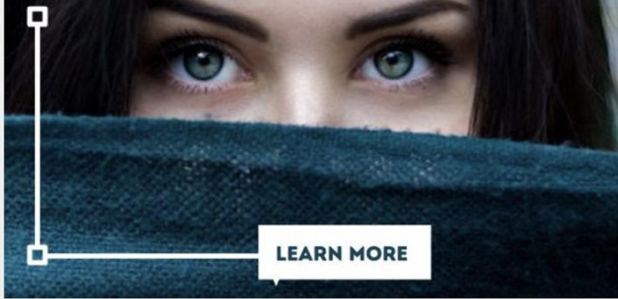
It contains alginate - a gel substance which forms a barrier that helps to keep gastric contents in place, thereby reducing the likelihood of these irritating the delicate lining of the oesophagus.

[Learn More](#)

Campaign: Eye

EYE HEALTH

WHAT IS CONJUNCTIVITIS?



[LEARN MORE](#)

Conjunctivitis... What are the Signs?

Occasionally we will experience red, tired eyes which can be treated with a soothing, decongestant eye drop, but if your eyes become gritty and red you may have a common eye infection called conjunctivitis.

This infection irritates the surface of the eyeball and the interior of the eyelid so it is understandably uncomfortable, but the great news is, it is definitely treatable.

For advice and general information on the condition visit our website.

[Learn More](#)

CLEAR EYES

FOR BRIGHTER, WHITER, MORE COMFORTABLE EYES.



[FIND OUT MORE](#)

Clear Eyes is a uniquely formulated eye drop that removes redness and soothes & moisturises.

Clear Eyes is a trusted eye care solution that New Zealanders have been using for over 20 years.

[Learn More](#)

EYE HEALTH

ARE YOUR EYES FEELING SORE AND GRITTY?



[LEARN MORE](#)

How to Relieve Sore, Dry Eyes.

It could be a condition called Dry Eye, which is common with ageing and is more common in women than men. It can be associated with some conditions or medications, and with computer use (not blinking enough).

Dry Eye can be painful and cause sensitivity to bright light or open air and wind, so it's important to understand what treatment options are available.

Go to our website for advice on the causes, symptoms and treatment options available.

[Learn More](#)

HYLO EYE CARE

LONG LASTING LUBRICATION FOR DRY EYES.



[LEARN MORE](#)

HYLO-FORTE lubricating eye drops for severe or chronic dry eye and post-operative use.

[Learn More](#)

WHAT IS A STYE?

TIPS FOR TREATING A STYE.



[LEARN MORE](#)

Tips to Treat Styes.

Not only are your eyes beautiful, they're also pretty amazing!

Did you know that you blink approximately 17 times every minute? And not just to lubricate your eyes, but also to give your mind a brief break? As impressive as the eyes are, they're also sensitive and the smallest of things can irritate them.

A Stye is a swollen, painful bump that forms on the eyelid from a small infection.

Check out our website for the latest advice on how to recognise and treat this condition successfully.

[Learn More](#)

OPTI-SOOTHE

EYE LID WIPES & MOIST HEAT MASK



[LEARN MORE](#)

Opti-Soothe Preservative-Free Eyelid Wipes & Moist Heat Mask

Eyelid cleaning: Use Opti-Soothe eyelid wipes to clean away any crusts present on the eyelashes and rub along the eyelids.

Warm compress: Hold cotton facial pads soaked in warm water against your closed eyelids for 5 to 10 minutes or apply the Opti-Soothe mask.

[Learn More](#)

Campaign: Sleep Stress

TROUBLE SLEEPING?

WHAT YOU CAN DO TO GET A GOOD NIGHTS SLEEP.



[READ OUR SLEEP TIPS](#)

Tips for a Good Nights Sleep.

Quality sleep is vital to our wellbeing as it can positively impact our mental health, digestion, blood pressure, diabetes and immune function...just to name a few.

Fortunately there are some things you can do to help get a restful night sleep and have you waking feeling more refreshed.

Learn some strategies and tips on our website.

[Learn More](#)

GO MAGNESIUM SLEEP

TO HELP SUPPORT A DEEP RELAXED SLEEP.



[LEARN MORE](#)

GO MAGNESIUM SLEEP is formulated to help support a deep relaxed sleep. Two forms of Magnesium have been included to help increase absorption and bioavailability.

The highly absorbable Magnesium chelate plus natural marine Magnesium, both of which will help relax muscles and ease nervous tension.

[Learn More](#)

FEELING STRESSED?

TIPS FOR STRESS RELIEF.



[LEARN MORE](#)

How to Recognise and Deal with Stress.

In today's fast-paced world, chronic stress is common and your mind and body can pay a high price. Stress is our body's natural reaction to a demand or threat, and it triggers your body's fight, flight or freeze response.

This causes a surge of hormones which is supposed to be a short, sharp response, but if you feel stressed most of the time, you put a lot of pressure on your health.

It's a relief to know that it's possible to recognise and deal with stress effectively.

Find out more on our website.

[Learn More](#)

BACH RESCUE REMEDY

TO RELIEVE FEELINGS OF STRESS.



[LEARN MORE](#)

Rescue Remedy can be used to help you cope with immediate everyday situations such as going to the dentist, interviews, making a complaint or wedding day nerves. It can also help in times of crisis or trauma such as bereavement, a relationship breakdown or redundancy.

[Learn More](#)

VITAMIN B

IT'S A FAMILY OF 8 ESSENTIAL VITAMINS



[LEARN MORE](#)

The Benefits of Vitamin B.

B Vitamins are water-soluble, which means they must be obtained through a varied, healthy diet or from supplements. Many people will get sufficient B Vitamins through their diet, however if you're feeling tired and sluggish, then your Vitamin B consumption may be insufficient.

In this case, you could benefit from a Vitamin B-complex supplement, which includes all of the essential B Vitamins in one pill. A simple, yet great way to reduce fatigue and boost mood!

Find out more on our website.

[Learn More](#)

CLINICIANS B COMPLEX

FOR SUPPORT AT TIMES OF STRESS, FATIGUE & TENSION.



[LEARN MORE](#)

Clinicians B Complex provides a combination of essential B Vitamins in high potency. It is recommended where a deficiency is suspected or to support nervous system function and health.

B group Vitamins help support the nervous system in times of stress, exhaustion, fatigue, tension or nervousness.

[Learn More](#)