

Live life to the EFAMAX!

Did you know that many Australians are estimated to consume only around 20% of the omega-3 that is recommended by the International Society for the Study of Fats and Lipids for the maintenance of a healthy heart?^{1,2} The recommended intake of 500mg may be reached by eating at least two servings of fish every week³. But not everyone can manage to eat that much fish. Efamax is a concentrated formula of essential omega-3 fatty acids which help to maintain heart health and circulation. Each Efamax one-a-day capsule contains 530mg of EPA/DHA, providing a convenient source of these omega-3 fatty acids which are essential to our bodies. Efamax is available from leading pharmacies and health food stores throughout Australia at a recommended retail price of \$19.95. For more information call 1800 064 953 or visit www.planethealth.com.au. Use only as directed.



1 <http://www.issfal.org.uk>

2 <http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm>

3 <http://www.nhmrc.gov.au/publications/synopses/n35syn.htm>
CHC 40346-05/08

Balance in a bottle

Coping with a busy lifestyle, daily dramas, and life's big and little emergencies requires a little help. Emergency Essence is a fast-acting natural formulation, developed using Australian Bush Flowers, to soothe and create balance when you need it most. So whether it's a visit to the dentist, an exam, public speaking, or you're just not coping, reach for "Balance in a Bottle" – don't leave home without it! It's great for kids and pets, too. Australian Bush Flowers Emergency Essence Oral Spray is available in a convenient pocket or purse-sized pack. For more information, visit www.ausflowers.com.au



BEAUTY SPOT 3 natural pampering treats we love ...

Lose the lines If you see dry, flaky skin when you look in the mirror, indulge with Omveda Gold Scrub (\$37.80 for 50ml; www.omveda.com), a skin-smoothing nut- and grain-based formula containing flecks of (real!) gold.



Soothing paw paw Pure Nutraceuticals got the smart idea to put their Paw Paw and Calendula Ointment (\$6.45; www.purenutraceuticals.com) into a handy, purse-sized 30-gram tube. Perfect for bush-walks, car trips, and flights.



Nature's gentle toner

Obtained from witch hazel's bark and leaves, Dickinson's Witch Hazel (\$7.00 for 240ml) is an effective and proven product for cleansing, toning, tightening pores and giving skin a healthy glow.



CHOOSE Our favourite organic chocolate bars

Milk or dark? Infused with exotic spices or fruit? With so many delicious choices, it can be hard to pick the perfect chocolate. After intensive sampling (we love our job!), we decided that these four were the best – bar none.

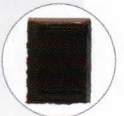
Cocolo Dark Orange (\$4.49 for 100g; www.cocolo.com.au) A velvety texture and intense chocolate flavour with a sweet orange tang made this Fairtrade bar mouthwateringly more-ish.



Cocoa Farm Merlot (\$6.19 for 100g; www.farmbynature.com.au) A unique blend of milk and dark chocolate, full of juicy raisins plumped with fruity Australian merlot wine. Divine.



Alter Eco Dark Mint (\$7.49 for 100g; www.altereco.com) Bittersweet and refreshingly intense, this Fairtrade treat is as rich as a slice of Devil's Food cake. A little goes a long way.



Holax Strawberry Creme (\$3.99 for 100g; eatrite@bigpond.com) This creamy, strawberry-infused milk chocolate bar ranked highest, even among light chocolate naysayers.

