

# Keeping

AUTUMN 2012 in touch

**NEW YEAR,  
NEW YOU**  
with Celebrity Slim!

**Back-to-School  
children's health**

**Trouble Sleeping?**  
TART CHERRY - A NATURAL AND  
EFFECTIVE SLEEP REMEDY

CONCERNED ABOUT AGE-RELATED  
COGNITIVE DECLINE?

**Get up and go  
with ginkgo**

**OFTEN FEELING  
EXHAUSTED?**  
It may be adrenal fatigue

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**HARDY'S**  
HEALTH STORES  
*We keep you healthy™*

Concerned about age-related cognitive decline?

# Get up and go with ginkgo

Ginkgo biloba is the oldest species of tree in the world and dates back more than 200 million years. This unique tree has a lifespan of up to 1,000 years and has long been recognised as a valuable medicinal herb.

Ginkgo is a powerful memory and brain tonic. Numerous clinical trials have shown positive improvements in the areas of cognition, concentration, and memory. It is commonly used in the treatment of Alzheimer's disease, dementia, memory and cognitive related problems.

But how does this herb have these profound effects on the brain? The clinical efficacy is thought to be due to ginkgo's ability to improve blood circulation and therefore increase oxygen and nutrient supply to the brain. It also prevents oxidative damage to nerve cells, giving them greater longevity.

Poor circulation occurs when the blood flow is impaired. This may occur due to a gradual narrowing of blood vessels, resulting in a decrease in blood to important areas of the body. Ginkgo assists blood flow by dilating the arteries, veins and capillaries and encouraging microcirculation to areas such as the hands and feet. Ginkgo may therefore be effective in conditions such as intermittent claudication (a condition of the blood vessels that leads to narrowing and hardening of the arteries that supply the legs and feet). It has also been shown to increase blood flow to the retina and therefore may improve vision.

Just as rust forms when iron is exposed to oxygen, human cells are damaged from free radical exposure. Free radicals contribute to health problems including cancer, heart disease, and Alzheimer's disease.

Ginkgo is a powerful antioxidant as the leaves contain two types of chemicals (flavonoids and terpenoids) believed to have potent antioxidant properties. These antioxidants support the body against free radicals and oxidative damage.

Scientific studies have proven ginkgo has valuable healing properties and today it is one of the most popular of herbal medicines.



# Healthy bowel, healthy body

Most of us know regular bowel motions are essential to bowel health. But what does that actually mean? Every three days? Once a week?

In fact, we should be producing at least one "good" bowel motion every day, a well-formed, soft stool that can be passed easily without straining. Efficient elimination is just as important as optimal digestion.

Irregular bowel movements or poor bowel health can impact our lives in more ways than just the symptomatic feelings of bloating, fullness, wind and general discomfort.

A sluggish bowel results in faecal matter remaining in the intestines for longer than necessary. This leads to excess fermentation which in turn creates gas or bloating.

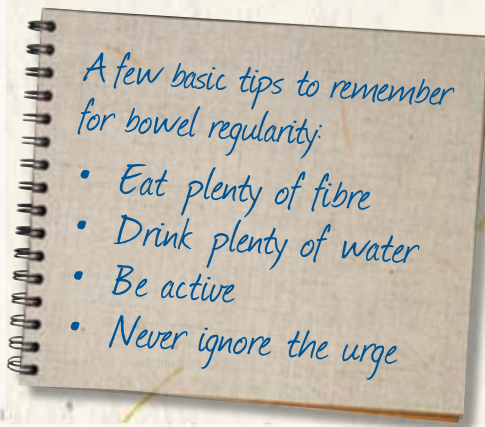
Additionally, toxins that should have passed with the stool are reabsorbed back into the bloodstream, which places extra strain on the cleansing organs (predominantly the liver), and compromises their ability to function effectively.

A poorly functioning liver can contribute to poor digestion, feelings of sluggishness, lethargy, weight gain and difficulty in losing weight.

If that isn't enough incentive to start upping your fibre intake, this may be the last push you need. Poor liver function can also result in skin blemishes and breakouts. Our skin, appearance, energy and vitality are a reflection of our inner digestive system.

If you find you are struggling with your digestion and elimination, there are effective and natural bowel products and herbs on hand. Products that contain psyllium for example, promote the regular and easy passing of bowel motions by increasing fibre intake, which is essential to bowel health and maintaining bowel regularity.

If you believe you are eating enough fibre but experiencing wind or straining, you can look to aloe vera to help soothe and calm your digestive system. Probiotics maintain a favourable balance of good bacteria in the colon for bowel health. The freshwater algae, chlorella, is a 'super food' as it contains the richest natural source of chlorophyll of any known plant. Because of this, it has powerful cleansing properties and is an excellent tonic.



*A few basic tips to remember for bowel regularity:*

- Eat plenty of fibre
- Drink plenty of water
- Be active
- Never ignore the urge

## Cleanse

From Lifestream

- Perfect for kick starting a weight management programme, to clear skin or increase energy
- Contains 3 cutting edge products to help rid toxins from the body



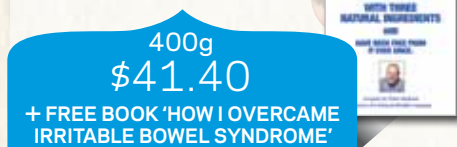
**\$69.90**

**+ FREE ALOEMINT 500ML**

## Bowel Biotics

From Lifestream

- Helps to ensure regular bowel movements and maintains bowel health
- 100% natural
- Safe for the whole family



400g

**\$41.40**

**+ FREE BOOK 'HOW I OVERCAME IRRITABLE BOWEL SYNDROME'**

*Offers valid until 30 April 2012*

# Why Can't I Sleep?

I've tried everything - nothing seems to work!

Sleep is as important to the body as food and water, but most of us do not get enough of it. Insufficient sleep, or disruptions to the sleep-wake cycle, cause fatigue, stress, depression, weight gain and poor concentration.



## Wake up to a new you! How to reset your clock.

There are several ways we can restore balance, getting our body clock back on track.

- Ensure you have minimal light around you at the end of the day, and a dark room for sleep. When you open your eyes in the morning, bright light breaks down melatonin and creates a surge in serotonin, your 'happy' hormone.
- **Routine, routine, routine!** Having regular meal times, not eating too late, regular work times, wake times and recreational times all have a positive influence on our sleep/wake cycle.

## Did you know?

Even the light from a clock radio is enough light to signal the brain that daylight is coming, and slow down melatonin production, starting the waking process. For quality and restorative sleep we need to naturally produce enough of our sleep hormone (melatonin) throughout the night. So no clock watching!



## Sleep Support Children's Tart Cherry Concentrate

From Tru2U

- Sleep the natural way
- Natural source of melatonin
- 100% pure and natural, no additives
- Delicious sweet-tart taste
- Improve concentration and learning
- Money back guarantee

250ml  
Now \$20.40

FREE  
INSTORE  
TASTINGS



## The richest natural source of melatonin

Montmorency Tart Cherries naturally contain melatonin. Supplementing your own melatonin production with Tru2U Sleep Support Tart Cherry Juice Concentrate helps you to achieve a restorative and quality sleep, by providing the melatonin that your body is not producing itself.

Regular supplementation with Tru2U Sleep Support Tart Cherry Juice Concentrate can re-programme disrupted sleep cycles, bringing hormonal imbalances and menopause back into balance. It is also very effective at shifting sleep cycles around shift work and international travel.

100% Montmorency Tart Cherry Juice Concentrate is the richest source of natural melatonin available in NZ.

For references: [www.tru2u.co.nz](http://www.tru2u.co.nz) and [www.choosecherries.com](http://www.choosecherries.com)



## How does melatonin work?

Melatonin is essential to regulate the body's circadian rhythms (body clock). It assists in maintaining regular sleep patterns and enables us to wake up feeling refreshed.

Melatonin is a hormone released by our brain in small amounts as we wind down at the end of the day. As we prepare for sleep and drift off into our 'light sleep', more melatonin is released.

Higher levels of melatonin are released when we reach our 'deep sleep', usually after 2-3 hours of continuous sleep.

Many of us don't reach our deep sleep state, waking before we reach it. When this happens our brain does not produce enough melatonin to allow us to sleep through until morning.

Melatonin is only produced at significant levels when it is dark. A dark room is imperative, as even tiny amounts of light reduce your body's melatonin production.

## How much sleep do you really need?

According to the National Institutes of Health, babies, children, and teens need even more sleep than adults, who on average need 7-9 hours.

### Primary School Children - need on average 10-11 hours.

If a child loses 1 hour of sleep, it is equivalent to the loss of 2 years of cognitive maturation and development the next day! A 6 year old's behavior would be that of a 4 year old!

### Teenagers - also need 10-11 hours!

Teenagers have a high sleep requirement due to hormonal and lifestyle changes. There is also a shift in the sleep/wake cycle to becoming 'sleepy' later in the evening, and waking later in the morning.

## Sleep Support Tart Cherry Concentrate

From Tru2U

- Natural source of melatonin
- Supports a quality sleep
- 100% pure and natural, no additives
- Beat daylight saving
- Re-adjust your body clock
- Money back guarantee

1 litre  
(5-6 weeks supply)  
Now \$55.40

Offers valid until 30 April 2012



Hardy's Customer Club Exclusive Offer

### Ginkgo 6000 Complex

From MICROgenics

- Designed to support circulation and peripheral blood flow to the legs, hands, feet, and brain, supporting overall health of the cardiovascular system.

60 CAPSULES  
Now \$29.90  
SAVE \$8.30



### Glucosamine 1500mg

From MICROgenics

- Supports cartilage repair
- Supports joint health and mobility

90 TABLETS  
Now \$38.70  
SAVE \$20.00



### Bee Pollen

From Good Health

- Supports energy and vitality
- Providing 100% New Zealand bee pollen
- Superior source of vitamins, minerals and free amino acids
- Free from artificial sweeteners, colours or preservatives

2 X 200 CAPSULES  
Now \$49.90  
SAVE \$12.50



### Gentle Iron 20mg

From Solgar

- Gentle on the digestive system without unpleasant side effects of constipation and digestive discomfort
- Iron promotes normal red blood cell production and supports energy utilisation
- Iron requirements also increase greatly during pregnancy and breastfeeding and can be difficult to attain through diet

90 CAPSULES  
\$28.10



Hardy's Customer Club Exclusive Offer

### Odourless Fish Oil 1500mg

From MICROgenics

- Excellent source of omega 3 fatty acids
- Helps maintain a healthy cardiovascular system
- Supports joint mobility and comfort

180 CAPSULES  
Now \$29.80  
SAVE \$8.00



### Premium Vision

From Good Health

- Therapeutic dose of bilberry
- Supports healthy eyes
- Aids vision
- Assists a wide range of eye conditions
- Powerful antioxidant formula

30 CAPSULES  
Now \$29.90  
SAVE \$10.00



### Advanced Antioxidant

From Solgar

- Stress, pollution, smoking, alcohol and poor diet increase the need for antioxidants in the body to neutralise free radicals before they can cause ageing and damage.
- Provides daily protection against free radical damage with proven nutrients including vitamins A, C, E, and zinc.

60 VEGICAPS  
\$56.10



### Multi Power

From Radiance

- Try Radiance Multi Power for 10 days, FEEL THE DIFFERENCE, then get \$10 off your purchase of Radiance Multi Power 60 Tablets (Normally \$52.40)

10 TABLETS  
(Trial Pack)  
\$10.00



### Zinc Formula

From MICROgenics

- Helps support the healthy immune system of both children and adults
- Supports balanced thyroid function, wound healing, skin health, and cell growth
- Supports male reproductive system, it is important for sperm density, motility and viability

120 TABLETS + FREE VITAMIN D  
\$34.20 1000IU 60 CAPSULES

Hardy's Customer Club Exclusive Offer



### Ester C + Bioflavonoids

From Nutra-Life

- Contains a patented, non-acidic form of vitamin C that provides 24-hour immune support
- Powerful antioxidants to help your body protect itself against free radical damage
- Provides citrus bioflavonoid extract, which helps support Vitamin C absorption

100 TABLETS  
Now \$33.30  
SAVE \$11.10



### Evening Primrose Oil

From Blake's Nutrition

- Benefits dry skin
- Supports hormonal balance
- Supports premenstrual symptoms

180 CAPSULES  
Now \$23.90  
SAVE \$5.00



### Q-Silica

From Planet Health

- Important for the healthy growth and functioning of connective tissue, skin, hair, nails and joint cartilage
- Q-Silica can also help to support and maintain strong bones and teeth by playing a role in the metabolism of calcium in the body

50 CAPSULES Now \$35.40 SAVE \$5.00  
500ML GEL Now \$35.40 SAVE \$5.00

Offers valid until 30 April 2012

# New Year, New you with Celebrity Slim!

Celebrity Slim is a nutritionally balanced weight management program designed for people who want to lose weight, but still want to enjoy life. **There's no calorie counting, no points system, and no gimmicks.**

The Celebrity Slim Meal Replacement Program is easy to follow. Based on eating six times a day including regular snacks and healthy meals, the program allows you to take control of your food intake and weight, without leaving you feeling deprived and hungry. Unlike a lot of other diets, it's family friendly, with delicious meal ideas everyone can enjoy.

Celebrity Slim is not a quick fix which leaves you wishing you had not gone on a 'diet'. It's about changing the way you think about food - so you don't just lose weight, you learn how to keep it off, long term. The program helps you to feel energized and positive. Light exercise is also recommended, as we all know how well it makes us feel - and how it helps weight loss.

Kim, a 38-year-old working mother, was looking for a way to lose weight successfully. Previous attempts at healthy eating and diet foods hadn't worked. When she tried the Celebrity Slim Program she lost 22 kilos!

*"After 16 years of marriage, I hated the fact that I had 'let myself go'. Life happened - well, to me it did, and I went along for the ride. I was busy working, and being a wife and mother. Until something personal happened that gave me a rude shock. Then I realised that I needed to be in control of my life, and getting my body back was something I needed to do for myself. Celebrity Slim gave me the tools I needed to do it. Now that my weight is gone, I feel better about myself and feel like I can achieve anything - I have more faith in my ability to 'live life' rather than just 'live'."*

*Over approximately 6 months I lost 22kg, dropping from a size 16 to a size 10. I started at a weight of 84kg and reached my goal weight of 62kg. For a period of time I even went down to 61kg but I have maintained the weight of 62kg for over 9 months now. I tend to break the rules a bit now by enjoying life and not depriving myself at fun family celebrations, but I still have shakes once a day and my weight does not seem to fluctuate (I'm not even good with exercising!). It really works. The shakes taste great, they don't leave you hungry and it's convenient.*

*I discovered you don't have to be perfect to lose weight. With Celebrity Slim, I didn't feel like I was chained down to a restricted diet. Other diets had me feeling guilty if I didn't follow their diet 'exactly'. Using Celebrity Slim allowed me to lose weight but still enjoy life. The results are amazing. With other programs, if you don't stick to it exactly, you don't see any weight loss.*

*My greatest joy is when people who haven't seen me for a while run into me. It's fun watching them try to figure out a polite way of asking if I've lost weight, without implying they thought I was big to start with."*



Individual results may vary. Includes advice on diet, exercise and lifestyle changes which take personal commitment to be effective. People with specific medical conditions should check with their doctor first.

## CELEBRITY SLIM MONTHLY OFFERS

### FEBRUARY

Spend \$50 on Celebrity Slim and receive 2 FREE breakfast bars



\*Offer available from 1-29 February 2012. Not available with any other offer.

### MARCH

Spend \$50 on Celebrity Slim and receive a FREE 5 pack of Choc Caramel Snack Bars



\*Offer available from 1-31 March 2012. Not available with any other offer.

### APRIL



**Celebrity Slim To Go**  
Buy one get one FREE

- Healthy and delicious meal replacement drink
- Perfect to take with you when on-the-go
- Nutritionally balanced with the right amount of protein, carbohydrate, vitamins and minerals to help keep you feeling full and give your body the energy it needs to burn fat fast.

\*Offer available from 1-30 April 2012. Not available with any other offer

*"Losing weight has made me feel fantastic - I didn't realise how much of a difference it would make until I actually lost it. I feel better about myself and I love the challenge of maintaining my weight and being in control of my eating."*



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HEALTH STORES  
*We keep you healthy™*

# Zinc can be 'effective treatment' for common colds



The common cold is one of the most widespread illnesses and is a leading cause of visits to the doctor and absenteeism from school and work. Adults catch between 2 to 4 colds a year and children up to 10 a year.

Experts believe taking zinc syrup, tablets or lozenges can lessen the

severity and duration of the common cold. A review of scientific evidence suggests taking zinc within a day of the onset of cold symptoms speeds recovery. It may also help ward off colds, say the authors of the Cochrane Systematic Review, research that included data from 15 trials involving 1,360 people. Zinc

supplementation for at least five months reduces incidence of colds, school absenteeism and prescriptions of antibiotics for children with the common cold.

By Michelle Roberts Health reporter, BBC News  
<http://www.bbc.co.uk/news/health-12462910>

## Back-to-School Children's Health



90g /100g  
 Now \$8.40  
**BUY 1 GET 1 FREE**

### Toothpaste range

From Comvita

- Naturally cleans and brightens teeth
- 100% natural ingredients - No sodium lauryl sulphate (SLS), no fluoride
- Maintains oral health and hygiene



200ml \$21.90  
 + FREE OLIVE LEAF NATURAL 100ML

### Children's Olive Leaf Complex

From Comvita

- Natural berry flavour that kids love
- Support children's health and wellbeing all year round
- Olive leaf helps support the immune system



## 5 TOP BACK-TO-SCHOOL TIPS

After a long summer holiday, heading back to school can be daunting for children and parents. These tips will help keep your kids on top of their game.

### 1 Re-establish sleep routines

Staying up late and sleeping-in add to the fun of holiday adventures but it does take a while to adjust to term-time sleep routines. It's a good idea to begin usual bed time/wake times a week before school starts.



### 2 Boost their brain power with Omega 3

Growing brains need omega-3s. This essential nutrient, found in oily fish is vital for supporting healthy brain function, mental clarity and focus

### 4 Support their immune system

A classroom full of children can really challenge the immune system. Popping a mini tissue pack and hand sanitizer into their school bag, and supporting them with a children's immune supplement can all help.

### 3 Encourage oral health

Keeping teeth and gums healthy not only gives kids a great smile; it is also really important for their general health. Check your children are enrolled in a school dental programme and ensure they brush their teeth morning and night.

### 5 Keep cuts and scrapes covered

Playground injuries are an inevitable part of growing up. Help wounds to heal more quickly and decrease the risk of infection by covering them. Research has shown that wounds heal faster when they are covered and not left to scab over.



429ml  
 Now \$39.90  
**SAVE \$5.60**

### Kids Omega-3 Fusion

From Comvita

- An omega-3 sensation with the taste and texture of a fruit smoothie
- Delicious way to support children's mental clarity and focus
- Omega-3's support brain and eye health



25g  
 Now \$15.00  
**SAVE \$5.40**

### Medihoney Wound Gel

From Comvita

- The bee's knees for cuts, grazes and burns
- One product, three actions: cleans, protects, heals
- The natural alternative for wound healing and protection
- The great all-rounder for your first-aid kit

Offers valid until 30 April 2012

## Why Shop at Hardy's?

In addition to providing the highest quality products available, Hardy's consultants undergo one of the most extensive training programmes within the health supplement industry. This on-going training programme includes guidelines on contraindications for existing medications, medical conditions and pregnancy to ensure peace of mind and safety. Equipped with in-depth information on a wide range of nutritional and herbal supplements, our consultants are natural health professionals.



## Hardy's Customer Club

Join the Hardy's Customer Club to enjoy exclusive offers and events. Opt in to receive our e-newsletter and be the first to hear about special offers and events, plus receive the latest natural health news and information.

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I would like to receive Hardy's latest offers and information by email.

PLEASE FILL IN AND BRING INTO YOUR NEAREST HARDY'S STORE OR SIGN UP AT [WWW.HARDYS.CO.NZ](http://WWW.HARDYS.CO.NZ).

# Often feeling exhausted? It may be adrenal fatigue

We're all familiar with stress — it's a constant element in our busy lives. But what we are not so familiar with is the body's response to stress and the impact it has on our adrenal glands.

The adrenals, walnut-sized glands located on top of the kidneys, are important manufacturing centres for many of the body's hormones.

Along with several other functions, your adrenal glands help you respond to a threat by rallying all your body's resources into "fight or flight" mode, and they do this by increasing the production of adrenaline and cortisol.

Adrenaline focuses the mind and body to be alert and ready to fight. Cortisol helps us face challenges by converting fats and proteins into energy and releasing our stored sugar, glycogen, into our blood stream so our bodies have the fuel needed to respond quickly. And that's just great when you are being chased by a Sabre tooth tiger!

But juggling work, home and relationships (just to mention a few) can mean our adrenal glands are persistently on "high alert".

Each challenge to the mind and body creates a demand on the adrenal glands and persistently high levels of adrenal hormones can cause an array of health issues.

When chronic stress forces the adrenal glands to respond continually, two things can happen. The adrenals can start overproducing cortisol, which leads to sleeplessness and stress or they become depleted so that cortisol production can't keep up with demand. This can cause fatigue, low mood, fuzzy thinking, weight gain, cravings, and mood swings. And as if that weren't enough, chronic high cortisol levels can damage healthy tissues, leading to more serious long-term health concerns.

Women can be especially affected by depleted adrenal glands. Because the adrenals are intimately linked to many other systems in our bodies, women can end up with weight gain, fuzzy thinking, sleeplessness, severe fatigue, thyroid imbalance and accelerated ageing.

Herbs can offer critical assistance in restoring adrenal function. Ashwagandha provides immune and adrenal support by increasing resistance to mental, physical and environmental stressors. A general tonic, studies have shown that ashwagandha appears to support healthy cortisone levels.

Rhodiola rosea is a natural herb that has been found to decrease the effects of stress and fatigue on mental performance. This herb acts predominantly on the hypothalamus by normalising the stress response and supporting healthy secretion of the adrenal hormones.



## Ashwagandha

From Solgar

- Calming and rejuvenating
- Ideal if you are tired but tense
- Helps to adapt and withstand stress
- Revitalises after long term stress

60 VEGICAPS  
\$42.10



## Rhodiola

From Solgar

- Aids vitality and stamina
- Ideal for physical and mental fatigue
- Aids stress resistance
- Great for exam stress

60 VEGICAPS  
\$54.10

Offers valid until 30 April 2012



## RESULTS. NO EXCUSES.



### Balance 100% Whey Protein

- Advanced low-carbohydrate formula helps build lean muscle and improve recovery
- Added arginine and glutamine to further support growth
- Easy mixing, great tasting

750G  
\$59.90  
+ 2 FREE FUEL2GO BARS



### Balance Squeeze Gels

- Ultimate energy boost
- Fast absorbing formula
- For intense and prolonged exercise

2 X 10 PACKS  
NOW \$30.00  
SAVE \$16.80

Offers valid until 30 April 2012

# Naturally divine offers

60  
CAPSULES  
\$79.90



Receive a **FREE Absolute Essential Face Serum** (worth \$20.00)

\*Hardy's Customer Club Exclusive Offer

## Ageless Beauty

From Radiance

- Ageless Beauty is the ultimate formula for age-defying beauty from the inside out. Supplying an age defying 250mg NZ marine collagen alongside two of nature's super antioxidants, plus 8 other key skin nourishing ingredients. This product offers superb results and value for timelessly beautiful skin from within.

200ml  
\$43.00



200ml Cleanser for the 100ml price

## Vitalising or Purifying Cleanser

From Living Nature

- 100% natural preservatives, fragrance and ingredients
- Purifying Cleanser for combination, oily and acne prone skin or Vitalising Cleanser for normal to dry and mature skin

30ml  
\$69.90



FREE INIKA Foundation Brush (worth \$49.90)

## Certified Organic Liquid Mineral Foundation

From INIKA

- 'Feed your skin' with this certified organic formulation packed full of organic antioxidants, vitamins and minerals.
- With great coverage and nourishing properties, it blurs the line between a foundation and a moisturiser while delivering a flawless dewy finish all day long
- Available in four shades - see in-store TODAY!

# Introducing...

## NEW Apostle SKIN-BRIGHTENING & TONE-CORRECTING SERUM



30ml  
\$65.50

A water-based serum to correct dull, blemished or uneven skin, while restoring essential moisture.

Scientifically validated Vinanza Performance Plus helps minimise facial redness and melanin production, which causes discoloration. Contains an exfoliating enzyme from the New Zealand kiwi superfruit, which leaves the skin gloriously glowing, as does soothing Oxifend, a constituent of Mamaku black fern. Reishi mushrooms boost healthy cell renewal for true, fresh-faced beauty. With Waiwera mineral water, voted 'world's best water' of premium bottled waters by Decanter magazine in 2008.

Available in store 20 February 2012

## NEW Juliet SKIN-BRIGHTENING GEL CLEANSER



200ml  
\$39.50

Achieve your lightest, brightest complexion with this high-performance cleanser. It's true love for normal and oily skin conditions! Maintain clean, clear and blemish-free skin thanks to the exfoliating extracts from New Zealand kiwi superfruit and vibrant Hibiscus flower. Manuka honey's antibacterial powers and antioxidant-packed Vinanza Performance Plus® form the perfect union, to help reduce and balance oil production, helping to produce your healthiest glow ever. Lightly scented with a refreshing fragrance of green apple and cardamon.

Available in store 20 February 2012

## NEW Ultra Rich Body Cream



150ml  
\$49.50

Ultra Rich Body Cream will alleviate tight, dry skin and help it feel it's optimally healthy and naturally radiant best. The hero ingredient, Active Manuka Honey, known the world over for its superior humectants properties, draws moisture into the skin and locks it in. Its antimicrobial properties ensure antibacterial protection. Additional moisture is delivered by the Cupuacu and Murumuru butters, which promote hydration allowing the skin to recover elasticity to optimal levels.

Available in store 13 February 2012

Offers valid until 30 April 2012

Visit your local Hardy's store for expert natural health advice.

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