

My Hardy's

We'll get you feeling good!

Gut Health
Balancing Sugar
Summer Skin
Kids Range
& Lots More!

From our
family to yours,
feel your **BEST**
this summer





A Happy Gut for the whole family this summer

by Skye Macfarlane
Lifestream Naturopath

Did you know?

Digestive issues are on the rise and these can be a result of;

- Food intolerances
- Poor diet
- Sensitive gut
- Imbalance of good and bad bacteria

The effects of digestive dysfunction can emerge as skin issues (poor healing, irritation) and may lead to fatigue, poor immunity and general poor health and wellbeing.

That is why Lifestream created Ultimate Gut Soothe, an all purpose gut support product. The active ingredients in this versatile and easy to take powder helps to support healthy digestion, soothe digestive discomfort, as well as providing a generous dose of pre AND probiotics which are essential for gut health.

Ultimate Gut Soothe is vegan, non-GMO and family friendly - able to be taken from 6 years on. Conveniently flavoured with 100% natural tropical flavour means the whole family can be supported with this complex, multi purpose and highly beneficial product.

Always read the label and use as directed. If symptoms persist see your healthcare professional. Lifestream International Ltd, Auckland. TAPS PP4884

Ultimate Gut Soothe contains:



Organically grown Aloe Vera to help calm the GI tract and also support liver function and feed the good bacteria in the gut as a prebiotic.



Deglycerised Licorice (making it suitable for those on blood pressure medication) traditionally used to support digestion, soothe and calm an unhappy stomach, as well as supporting a healthy micro biome.



Meriva® Turmeric which supports liver and gall bladder functions (essential to proper digestion and elimination).



Slippery elm - well known for its soothing mucilage content. This all star ingredient helps to coat the GI tract (including the oesophagus).



Pre and Probiotics to re-establish a good bacteria relationship within the gut. Lifestream uses Bacillus coagulans which has been proven to survive exposure to stomach acid and bile. Bacillus C. produces a form of lactic acid which aids in supporting healthy bacterial balance.



While stocks last



Feel your very BEST



There's something special about this time of year. A time to reflect on the year that's been, while spending precious time celebrating with friends and family. It's also a great time to get to the beach and set new goals for the new year ahead.

Here at Hardy's we have had an incredible year with lots to celebrate including the opening of our fab new store in Paihia, our wonderful new look in our upgraded Whangaparaoa store, the introduction

of our BEST solution bays, and now our family is about to grow even bigger with the introduction of our very first Hardy's Health Hub at My Pharmacy in Papamoa.

This issue is all about our Hardy's family helping your family feel it's absolute BEST this summer. We have solutions from gut health to being sun smart and so much more. So from our family to yours have a fabulous summer. Our family of Hardy's Experts look forward to seeing you in store and helping you to feel your BEST in 2020!

Love and light,

Diana Burgess - Naturopath

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SUMMER COMPETITION!

AWARD-WINNING RANGE OF NATURAL SKIN-CLEARING PRODUCTS

Purchase ANY Dr Organic product over summer and go in the draw to WIN a Dr Organic SKIN CLEAR KIT

A dermatologically tested range, best for oily and problem skin.

Cleanse pores minimise the appearance of spots while also controlling oil and shine.



T&C's apply. One Dr Organic Skin Clear Kit per store.

COME AND SEE US AT YOUR LOCAL HARDY'S STORE

Hardy's Kerikeri
69 Kerikeri Rd (09) 401 7126

Hardy's Whangarei
The Strand Arcade (09) 438 3188

Hardy's Glenfield
Shop 5205, Glenfield Mall (09) 443 1896

Hardy's Whangaparaoa
The Plaza, Whangaparaoa Rd (09) 424 3882

Hardy's NorthWest
Northwest Shopping Mall (09) 416 9605

Hardy's Taupo
37 Horomatangi Street (07) 378 9057

Hardy's Paihia
Shop 1, Selwyn Mall (09) 945 8394

COME AND SEE US AT YOUR LOCAL HARDY'S HEALTH HUB

My Pharmacy Papamoa
Papamoa Plaza, 7 Gravatt Rd (07) 572 0355



At Hardy's our philosophy is for our family to help your family look and feel their very BEST.



Recently, I was asked how it is I am feeling more vibrant in my 50's than I ever did in my 30's and 40's. It was a question that really got me thinking about my own personal health and lifestyle plan, and how it had evolved over the years into what I now consider everyday living.

My journey never began with a particularly inspiring health plan or amazing new fad. Rather, it started with a change in my thinking, followed by small, regular improvements and adjustments.

Looking back, I remembered a book I had read when I first opened my wellness clinic as a fresh-faced, newly graduated Naturopath. The book, *Get Real Well Soon*, is a fabulous, very simple read by Michael Brosnan and after having just finished years of intense study, I remember loving its simplicity and to-the-point information.

One of the chapters that impacted me the most was called *The Power of 8% Extra*. As I play and follow sport, it was easy for me to imagine what Brosnan was talking about. It goes something like this; imagine if top tennis players were to hit the lines 8% more often, just 8%. Federer or Sharapova would never have lost a match. Imagine if our world champion netball team (which happens to be our Silver Ferns), shot 8% more goals, or got 8% more intercepts in every match - we'd stay world champions forever! Imagine just 8% extra speed on opponents in a sprint, running, swimming or cycling race. At top level elite sport where milliseconds matter 8% would be absolutely HUGE and would probably mean a world record time!

Now imagine applying the 8% rule to your busy lifestyle. It's only 8%, everyone can do that! You only need to drink 8% more water in a day. Easy! Consume 8% more health benefiting foods like fruits and vegetables in all the colours of the rainbow. Done!

The Power of 8%

“Do more of what makes you feel good and have 8% more FUN while working towards feeling your absolute BEST!”

With The Power of 8% you will start to feel the benefits of any health changes you make in your life pretty quickly. Just remember to keep it super simple and trust your gut to know what's good for you. Make at least 8% extra effort and have 8% extra discipline

Reduce the not-so-good food choices by 8%. Can do! Have 8% extra discipline with regards to taking supplements and/or daily juicing. Totally achievable. Move 8% more each day/week - which hardly feels worth the effort but it makes such a difference. Set an alarm to wake up 8% earlier to fit exercise into your 'I've got no time to exercise' week. Reduce those habitual vices like coffee, alcohol, chocolate by only 8%.

Taking time to de-stress is also important, so slow down and breathe. Enjoy yoga, or stretching, or a therapeutic walk on the beach for just 8% more each week. Now that's something we can all achieve!

NATURE'S SUNSHINE LIQUID CHLOROPHYLL

Nature's Sunshine Liquid Chlorophyll is a delicious, nutritious green superfood providing the equivalent of 2½ cups of spinach in each convenient daily dose - an ideal 5+ a day booster for the whole family and great tasting for kids.

RRP: \$39.60 | **Summer Deal: \$29.90**



Nature's Sunshine, Auckland



LIVING NATURE®
Uniquely New Zealand

ACTIVE BRIGHTENING SERUM



Free

WHEN YOU SPEND \$50 OR MORE ON LIVING NATURE*

*Get yours while stocks last. Cannot be used in conjunction with any other promotion.



Nature's Solution to *Good Gut* health



100% Pure Fulvic Acid

It has always been really important to me to know exactly what I am putting into my body and onto my skin. Just like many of our Hardy's customers, we want to make a positive difference to our quality of life and the environment we live in. The closer I connect with nature and what it has to offer, the more I have found my own personal sense of beauty, balance and connection.

Here in New Zealand we are very blessed to be surrounded by wonderful plants, herbs, nutrients and natural remedies that heal and enhance our well-being. I personally believe that nature has the answers to heal most aspects of our life, and there is still so much more out there yet to be discovered. I'm excited to see that medical science researchers are now discovering what natural medicine has known and been practiced for thousands of years.

NZ Fulvic Ltd, Tauranga
Always read the label and use as directed.
Supplementary to a balanced diet.

NZ
FULVIC™



WHY DOES THE WORLD NEED IT?

Agricultural intensification has stripped much of the goodness and nutrients from the Earth's surface, resulting in a 70% reduction in Fulvic levels. This means that the food grown today only contains between 20-30% of the nutritional value found in food eaten by our grandparents when they were children.

"NZ Fulvic helps with absorption and gets the goodness to our body cells to boost energy"

At Hardy's my role, among other things as Brand Manager, is to research the research, keep a look out for fantastic new supplements, skin and body care ranges, and (my favourite part) trialling new natural remedy discoveries that work!!!

One of my latest finds is **NZ Fulvic Acid**. Extracted from a mineral-rich seam deep within Aotearoa, New Zealand, it is one of the world's purest forms. It is carefully blended with mineral water to bring us a clear, Natural, refreshing tonic, that's vegan and keto friendly, sugar free and 100% natural. What I find fascinating is that it helps us humans absorb nutrients in the same way it helps plants - how cool is that? So get ready to feel recharged as a daily dose of NZ Fulvic Acid will help lift your energy, support your gut health, enhance nutrient absorption while supporting a healthy immune system.

NZ Fulvic Acid may be new to us here at Hardy's but is no secret to nature. In fact, humans have been taking Fulvic as a health supplement for many hundreds of years across many cultures, including Indian Ayurveda and Traditional Chinese Practice. My personal research shows that taking Fulvic Acid will enhance other supplements you are already taking by it's unique bio-absorption properties that support your gut health, which aids your body's access to essential nutrients and minerals. Put simply, NZ Fulvic helps to make nutrients more available from the food we eat and the liquids we drink.

NZ FULVIC...PERFECT FOR THE WHOLE FAMILY

Even though family is similar, we do differ in many ways. We have varied eating habits, daily rituals and activities plus different daily pressures we take on (willingly or not). So whatever your age, young, middle-aged, elderly, an athlete, mum or dad, NZ Fulvic is the latest and possibly one of the best ways to give your body that extra push. A daily dose will provide you and your family with a whole variety of great stuff - meaning you'll get greater amounts of the nutrition you need.

ROLE OF NZ FULVIC IN SPORT AND EXERCISE

NZ Fulvic minerals consist of oxygen, which fuels muscle activity, reduces muscle fatigue and lactic acid build up and improves recovery rates. This makes NZ Fulvic a supplement that's ideal for general training and high-level sports activity. Add it to your pre-workout drink for an extra boost, take a shot post-workout for recovery, or both.

NZ FULVIC SUPPORTS A HEALTHY IMMUNE SYSTEM

Taken daily, NZ Fulvic supports a healthy immune system, and your body's natural resistance to stress. It is a powerful antioxidant which neutralises free radicals, effectively removing heavy metals from the body by chelation.

For better Gut Health take NZ Fulvic

Get yours now & feel the results!

All about Enzymes

Could a lack of enzymes be stopping you from feeling your absolute BEST?

When was the last time you felt your absolute BEST? When, if ever, have you felt that you have an abundance of energy, sleep soundly, have hair and skin with a healthy glow, bowels are happy and move daily, you aren't carrying unwanted kilos. You get a sense of feeling fantastically nourished after eating, with no bloating or discomfort, and you wake up without any body aches or pain, ready to greet the day feeling rejuvenated and joyful.

Most people reply with something like this..

I actually can't remember the last time I felt fantastic, however I do feel pretty much ok most of the time, and what else can I do? I eat a very healthy balanced diet including greens and raw foods, I drink water, move daily, plus I've reduced my alcohol, sugar and coffee intake.

If this sounds like you, the answer could quite possibly revolve around a digestive enzyme deficiency which occurs when food is not being broken down properly. An enzyme deficiency can manifest itself as a variety of conditions, with the most well-known symptoms being digestive discomfort, bloating and gas. Not so well known are obscure symptoms such as: fuzzy heads, quality of sleep, mood swings, irritability, skin issues, ongoing fatigue, tiredness, fluid and hormonal imbalances or even just a general feeling of not feeling your BEST.

INNER HEALTH



Twice the live probiotics to support everyday gut health.*



Find NEW Inner Health Plus Double Strength on the shelf

*Compared to Inner Health Plus. Always read the label. Follow the directions for use. Motagenics (NZ) Auckland.



Natural Meds, Napier

How do enzyme deficiencies occur?

Enzyme deficiencies occur, when, quite simply put, there just aren't enough enzymes to break down the foods we regularly eat. Some individuals may be genetically predisposed towards enzyme deficiencies, but for others, factors like age, diet, and lifestyle can play a significant roll. If you've heard the phrase "I just can't eat or drink like I used to," there is a high chance that an enzyme deficiency is developing as, with age, we naturally make less enzymes.



If this sounds like you or one of your family members (including children), come into your local Hardy's store and talk to one of our trained experts. They can prescribe the perfect digestive and/or wellness programme for your needs. Helping you towards feeling your absolute BEST everyday!

So even when we eat high quality raw foods, which by the way is a fantastic thing to do, we typically only get the enzymes needed to digest that food itself and supply our body with those nutrients.

There are generally not enough enzymes left to take care of other cooked foods, especially processed and refined foods. Add to this the fact that stress depletes enzymes, and it becomes easier to see how a person could become enzyme-deficient, even if they regularly eat some raw fruits and vegetables.

So in conclusion - eating the best diet in the world may be a waste of time if you are unable to process and absorb all the goodness from your food. After all, we all know we are what we eat right? Actually, these days I prefer to say we are what we digest and absorb.

INNER HEALTH



Daily support for your kid's gut and immune health.



Find NEW Inner Health Plus Baby & Kids on the shelf

Always read the label. Follow the directions for use. Metagenics (NZ) Auckland.

© 2018 Metagenics (NZ) Ltd



ABSOLUTE
ESSENTIAL™

SAVE
30%

Get ready for summer with
this sizzling HOT offer:

30% OFF Jojoba Oil Golden
(50ml) and Aloe Vera Gel
(100gm). Available through
Hardy's Health Stores only.
Valid from 1 December
2019 to 31 January 2020,
while stocks last.

www.absoluteessential.com



Hints for Summer

Essential tips to save your skin this summer

Once upon a time, it used to be the thing to do, to cover yourself in body oil and lie out in the sun all day. I can remember back when we even used Olive Oil. Literally baking our skin to a crisp, all in the name of a good tan! These days however, we know better... Too much sun not only prematurely ages the skin, it increases the chance of developing skin cancer. And we are particularly at risk here in New Zealand, thanks to that big hole in the ozone layer. So how do we best protect ourselves?

Cover up & know the peak burn times

Cover up or stay out of the sun during peak burn times (UV levels are typically highest from 11am to 3pm). And then there's sunscreen, which we are told to apply liberally, all over the face and body, every few hours. The question is, could this be doing us more harm than good?

Choose a good sunscreen

Many mainstream, supermarket-shelf sunscreens contain a cocktail of chemicals (including oxybenzone, benzoate, parabens and other toxins) which researchers suggest are best avoided.



Please note that Therapeutic Grade essential plant oils must be 100% natural and pure. All Absolute Essential plant oils are certified organic and certified vegan; sourced, produced, processed and handled with care, to maintain optimum integrity and maximum quality and purity. More information can be found @ www.absoluteessential.com



MY SUNSHINE SUNSCREEN | \$49.90

My Sunshine is the perfect healthy sunscreen for you and your family this summer. It is zinc based & formulated to protect, nourish & help repair your skin. It contains not nasty chemicals, is vegan, cruelty free, reef safe & made in NZ. My sunshine complies to the Aust/NZ Sunscreen Standard 2604:2012

At Hardy's we highly recommend a mineral Zinc based sunscreen; My personal favourite is **My Sunshine** sunscreen enriched with nature's natural sunscreens - Red Raspberry Seed Oil and Sea Buckthorn Oil, that further protects your skin from the sun. To nourish your skin, it is loaded with Organic Aloe Vera, Organic Coconut Oil, Organic Shea Butter and Chamomile. Also, with mega antioxidants Green Tea, Vitamin E and Olive Oil to fight free radicals and help repair your skin.

Tips for A Healthy Enhanced Tan

Before you put on your sunscreen consider applying an Organic Jojoba Oil 'Nature's powerful protective barrier, which helps to enhance your tan but more importantly deflects any harmful elements from entering the blood. The optimum absorbency of a high-grade Jojoba Oil offers profound hydration and nutrition, with a rich, natural balance of essential fatty acids and vitamins, acting more like a liquid wax than an oil. So when applied before sunscreen, it softens and conditions while providing a natural barrier.

So what does all that mean? Your sunscreen won't need to be applied as liberally or as often as it stays on the skin, and the health of your skin will be enhanced, leaving you with a wonderful healthy natural summer glow.

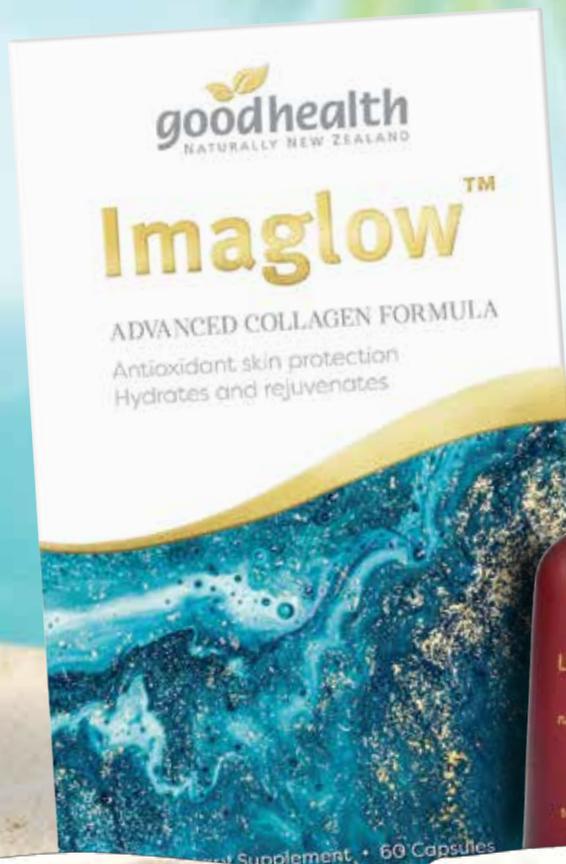


ORGANIC JOJOBA OIL

This powerful protective barrier is absorbed into the skin easily, providing hydration and nutrition, whilst leaving a protective film on the outer layer of your skin. When applied before sunscreen, it softens and conditions, and provides a natural barrier to deflect harmful elements.



Beautiful Skin for Summer



Imaglow™
+ **FREE GIFT**
WITH PURCHASE
(Living Nature Ultimate Day Oil)

PROMO PRICING:
\$51.50

*Free
gift*

Diana's

BEST SOLUTIONS

Sugar Balance



Our Hardy's BEST solutions are recommendations from myself and our Team of Experts for a range of ailments. As we head towards summer in this issue, I am focusing on sugar balance and carbohydrate tolerance, as what we eat and drink around the festive season can be challenging, not only to our waist lines but our moods and energy levels too.

FOOD FOR THOUGHT

Carbohydrates can be recognised as a food intolerance or sensitivity. While many of my patients suffer from weight gain, fatigue, cholesterol and glucose problems when they eat a diet higher in refined carbs, there is a group that can consume exactly the same diet yet remain slim and metabolically healthy. And then there is a less fortunate group that say they only need to look at carbs and they seem to gain weight. Wow! The same diet with very different outcomes.

A NEW Food intolerance has emerged in the form of carbohydrate tolerance and/or overload.

The level of carbohydrate which an individual can tolerate before they begin to show signs of a sugar imbalance can be seen as their individual carbohydrate tolerance.

Carbohydrates themselves are not normally detrimental to health, it's how each individual's body deals with them that seems to be the problem. As I've mentioned before what is one person's medicine can be another's poison, hence why I loathe fad diets. We are all very unique and have our own level of tolerance. Remember if it's not a good fat, or a protein, it's probably a carbohydrate or bad fat. Rule of thumb: carbohydrates that are picked from trees and harvested from gardens 'found in nature' are fantastic carbs and are tolerated by most. More often than not, it's all the refined processed carbs and sugars that cause carbohydrate tolerance and sugar balance issues.

EXCESS CARBOHYDRATE TURNS TO FAT

When we eat a starchy meal made up of refined carbohydrates or sugar, such as pizza or pasta, and fail to utilise all of that meal now circulating as blood glucose, the body's response is to release an increased amount of insulin. This process is designed to bring blood sugar levels down to a safer level, protecting our internal organs. However, if the insulin and glucose exceeds the capacity of what our muscle mass can utilise for energy, it means there is now a need for that surplus to be stored somewhere else in the body that is safe. Yes, you guessed it, that safe storage unit is a fat cell. How clever is that? It might be clever, but certainly not healthy, especially as the fat storage is usually found as visceral fat around the waist.

SIGNS YOU MAY BE EXCEEDING YOUR CARBOHYDRATE TOLERANCE:

- Gain weight easily, especially around the mid waist
- Feel more of a struggle to loose weight than in the past
- Brain foggy or headaches after eating refined carbs
- Crave high energy sugary snacks, without can feel 'Hangry'
- Feel fatigued and sleepy after eating a carbohydrate meal
- Elevated waist circumference >80cm (women) >94cm (men)
- Skin tags around neck and armpit areas
- Adult acne (often known as diabetes of the skin)



So if you feel your carbohydrate tolerance has recently changed, start by reducing or completely removing all processed refined carbs like those found in bread, pasta, cakes and cereals. Increase fresh whole food carbohydrates in the form of vegetables and fruits. Yes, green vegetables are carbohydrates. Eat good fats and adequate amounts of high quality lean protein at each meal – you may prefer vegetable proteins.

HOT TIPS!

Add cinnamon to your smoothie and/or morning coffee. Move daily making sure you include exercise that increases your muscle mass. Add a high quality Omega Oil, Magnesium and SUGAR BALANCE supplement that will help you utilise the carbs you consume more efficiently, by converting them into energy and not storing them as unwanted FAT!



Our Hardy's Expert Team are available to help with any advice you may need. Our Sugar Balance BEST Solution will help reduce sugar cravings, increase and balance energy levels, smooth out moods, support optimal fat metabolism responsible for healthy weight management, improve your brain focus, skin health and your overall sense of vitality, while discovering your very BEST.

ADD THESE DAILY FOR A BALANCING BOOST!



Metagenics, Auckland

MAGNESIUM

Plays an important role by helping your body convert glucose from your food into fuel. If you don't have enough magnesium in your body, your cells can become less effective at using insulin. In fact, a 2003 study of 219 women, published in the Journal of the American College of Nutrition, found that those with higher magnesium intakes had lower fasting insulin levels. This means that they were more sensitive to the insulin in their bodies, so their blood sugar levels were more stable.

CHROMIUM

An important mineral vital for healthy blood sugar balance. Poor regulation of blood sugar can lead to energy slumps, sugar cravings, difficulty maintaining a healthy body weight, and poor cardiovascular health. Chromium is a commonly deficient mineral due to the high intake of refined and sugary foods in modern diets.



Solgar, Auckland

SADABAHAR (OR PERIWINKLE)

An ayurvedic medicinal herb traditionally consumed for healthy blood sugar levels.



CINNAMON

Supports digestion and digestive metabolism. Cinnamon has been studied for its antioxidant properties and for its ability to support healthy sugar levels. In recent times, cinnamon has been studied for its support of balanced blood sugar levels, and can help support blood sugar levels already in the normal range. Its warming nature supports healthy digestion.



Please note, if you are on any diabetic medication, please consult with your health professional before altering your diet.
*Always read the label and use as directed. Supplementary to a balanced diet.



THE PERFECT PAIR

The BePure Everyday Health Pack provides the baseline nutritional support for:

- Energy
- Immunity
- Hair, skin and nails
- Sleep
- Hormone balance
- Mental clarity

BePURE

Solgar® VM-2000®



Solgar® VM-2000® is an award-winning, best-selling multivitamin. A twice a day, high potency formula, containing 32 key vitamins, minerals, amino acids and botanical extracts. In today's world, a healthy diet is not always easy to achieve and a complete, moderate to high potency multivitamin/mineral can help bridge the gap between poor nutrition and optimal health. VM-2000® is rich in antioxidants and has been formulated specifically to help support you and your body to cope with the stresses and strains of modern life.

Take one tablet twice a day to give you a consistent dose throughout the day, to help keep you energized and support you to live a busy and active lifestyle.

Always read the label and use only as directed. If symptoms persist please see your healthcare professional. Solgar NZ Ltd, Auckland. TAPS PP4871



AWARD-WINNING RANGE OF NATURAL SKIN-CLEARING PRODUCTS



BREAK FREE FROM BREAKOUTS

Supercharged with Salicylic Acid, Willow Bark and blackhead removing Volcanic Lava, these breakthrough treatments sink deeply and work super-fast to absorb dirt, oil and impurities, protecting you from future breakouts, eliminating shine, and giving you back your skin control.



FREE
BONUS SPOT GEL
WITH EACH PACK
PURCHASE

Summer Hot Picks!



SCOUT NAIL POLISH – LUXE ECO-BEAUTY

Rock the party this summer with Disco Queen, a sparkly rose shimmer reminiscent of elegant natural red diamonds and showering stars. Dance the night away with a healthier choice of breathable nail polish with camellia oil, superfoods and no nasty chemicals

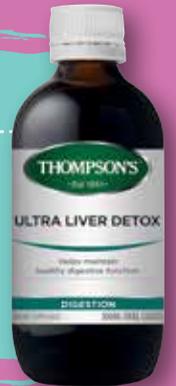
RRP: \$22.50 | or 6 payments of \$3.75 with Laybuy

THOMPSON'S ULTRA LIVER DETOX 300ML

Thompson's Ultra Liver Detox supports healthy liver function, liver detoxification and liver degeneration, through naturally sourced herbs.

Always read the label and use only as directed. If symptoms persist see your healthcare professional. Integra, Auckland.

RRP: \$35.40 | Summer Deal: \$29.90



Integra, Auckland



SAVE 20%

HERBAL INSECT REPELLENT

This unique formulation contains oils of Lemongrass and Fennel, combined with the herbal extract, Vitex Agnus Castus. All three active ingredients are proven effective in clinical trials at repelling biting insects, including mosquitoes, fleas and biting flies. Parents and children love the non-greasy formula, and the pleasant natural lemongrass fragrance means insects are the only thing you repel.

RRP: \$20.90 | Summer Deal: \$16.70



Artemis, Dunedin



SAVE 20%

ARTEMIS REST & RELAX TEA 30G AND DEEP SLEEP TEA 30G

Survive the silly season then ahhh..... relax. Make Artemis plant based, organic tea remedies your go-to for optimal health and wellbeing this summer.

RRP: \$22.50 | Summer Deal: \$18.00



GREAT LAKES COLLAGEN & GELATIN

Nothing beats the natural benefits of Great Lakes Collagen and Gelatin.

This highest quality protein supports joint health, digestion, promotes healthy hair, skin and nails.

Helps regulate cell growth and improves skin tissue strength and elasticity. May help to reduce the amount and appearance of cellulite.



for kids



Lifestream, Auckland

LIFESTREAM BIOGENIC ALOE VERA GEL

Made from organically grown plants, soothes, nourishes and hydrates the skin without any stickiness. Alcohol free, GMO free, paraben free.



FIRST LIGHT NATURAL HEALTH® HEALTHY TEENS KIT®

Confident Teens Support®, Stressed Teens Support®, Strong Teens Support®
 Holistically supports teenagers to develop self-confidence, inner resourcefulness, emotional resolve and healthy self-esteem.

\$24.90 per remedy

HOT PRICE



NZ Fulvic, Tauranga

NZ FULVIC ACID

Recharge your body with NZ Fulvic Acid supplement. A daily serve supports gut health, immunity, & energy, naturally! Gluten Free. Non GMO. No Sugar. Vegan.

RRP: \$38.50
Summer Deal: \$24.90



Solgar, Auckland

SOLGAR® KANGAVITES®

A chewable multivitamin and mineral formula, suitable for children aged 3 upwards. Each Kangavites® product has been carefully formulated. Designed to support the healthy lifestyle habits of children.

RRP: \$29.90 | **Summer Deal: \$23.90**



Harker Herbals Ltd, Waipu

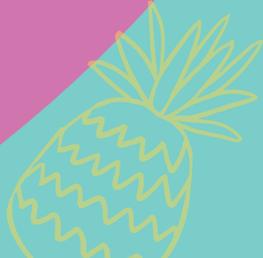
HARKER HERBALS NEW SKIN RESCUE AND DELICATE SKIN REPAIR

A syrup and cream combo for dry itchy skin, especially for young babies and children up to 12 years.

BUY either the NEW Delicate Skin Repair 80ml OR Skin Rescue 150ml and receive a **FREE** Vitamin C 100ml (while stocks last)



FREE!



**New
TO
HARDY'S**

Sensatia™
botanicals

'Natural Is The New Norm'

Established in 2000, Sensatia Botanicals is an Indonesian skincare brand made in Bali, that arose from the desire of its founder to create healthy skincare products that contain 100% pure & 100% natural ingredients.

From the beginning, Sensatia Botanicals has always aimed to be much more than just a skincare brand – Sensatia is a profit-sharing co-op with the goal of empowering both its staff & local Indonesian communities.

Sensatia Botanicals creates clean, simple, yet wonderfully rich products made with high quality, cruelty free raw materials carefully sourced from reputable & sustainably minded companies & individuals around the world.

Sensatia is free of chemicals, artificial fragrances, palm oils & synthetics including parabens, silicones, phthalates, sulphates & dyes.

Every ingredient is tested in Sensatia's research laboratory & manufactured in a GMP certified production facility, to ensure that quality is maintained to a strict global standard & specification.

Sensatia is committed to sustainability & minimising its environmental footprint on the planet, so when we can align our brand with a company like the Hardy's group who have similar philosophies & ideals its humanity & the planet who ultimately win.



AQUA™
BIOME

**THE WORLD'S 1st OMEGA BLEND
DESIGNED FOR A HEALTHY MICROBIOME**

15% OFF ENTIRE RANGE



INCLUDES
THE MISSING
OMEGA
DPA

Natural Meds, Napier

**BUY A
BOTTLE
SAVE A REEF**

Always read the label and use as directed. If symptoms persist see your healthcare professional.

OUR HARDY'S FAMILY IS *Growing*

We are delighted to welcome Ben and his wonderful team at My Pharmacy Papamoa – our very first Hardy's Health Hub opening within a pharmacy.

Not only will this store within a store concept allow us to share our expertise with like-minded retailers, it also enables us to educate more New Zealanders about natural health, whilst growing our iconic brand nationally.

My Pharmacy is proudly both locally and independently owned, does not report to shareholders or investors, but rather to their customers. Their key touchstones are health, family, respect and professionalism, and their goal is to ensure your family is healthy and able to enjoy the best life that the stunning Bay of Plenty has to offer.

Owner Ben van den Borst says they already have a strong focus on natural health, and partnering with Hardy's is exciting for both staff and customers. He is looking forward to bringing new product ranges and natural health services to his clients.



Look out for the Hardy's Health Hub in My Pharmacy in the Papamoa Plaza from **1ST DECEMBER.**



Ben van den Borst



Natural Health Trading, Auckland

Now's mission is to provide value in products and services that empower people to lead healthier lives.

As part of the manufacturing process, NOW pursues to maintain freshness of their product through Quality Raw Materials, using Ageless® Oxygen Absorbers, Gas Flushing, Desiccants, Products-Specific Packaging and Climate-Controlled Storage. These are quality products that are manufactured to meet and exceed both industry and federal standards for GMP.

NOW tests each and every ingredient and each and every batch of finished

product, ensuring that what is on the label is in the bottle.

NOW owns and maintains sophisticated in-house laboratory suites that rival many private contract laboratories. Industry-leading laboratory facilities and state of the art instrumentation requires expert technical staff. NOW has gone to great lengths to recruit some of the brightest and most qualified scientists and technicians in the natural products industry.



Easy Cleanse

- Simple 15 Day Programme
- Detoxifying and Cleansing Support
- Supports Digestive and Metabolic Health
- This unique combination of herbal extracts and nutrients serves as a simple way to promote healthy, functional digestive system.





Feeling wired, stressed or lacking energy?



Try **Hardy's Hot Deal**
on the Sanderson

Summer Stress Buster Pack

Sanderson Mega B FX 60s *plus*
Sanderson Magnesium FX 60s

ONLY **\$29.90***



SANDERSON[®]

*Offer valid while stocks last or until 29/02/2020. Always read the label and use as directed. If symptoms persist see your healthcare professional.

NEW ZEALAND'S NATURAL HEALTH SPECIALISTS