

My Hardy's

We'll get you feeling good!

Discover your **BEST**



**NATURALLY KIWI
SINCE 1986**

Nature's Ultimate Energiser!

by Karin Spicer N.D
Lifestream Naturopath



Right back at the beginning of life forming on our planet Mother Nature produced an amazing, nutritious food that turbo-boosted energy for all who consumed it. It was a blue/green algae that contained a wide range of nutrients including vitamins, minerals, amino acids, antioxidants and essential fatty acids. In fact, everything needed for life, except vitamin C.

Across thousands of years it has been used as a food to support energy, stamina, recovery after exercise and performance. This easily absorbed powerhouse of nutrients has become well known as Spirulina!

Scientists decided to take a look at this incredible food source to understand its secret powers. They discovered that along with all those nutrients for daily health and wellbeing it contained a vibrant blue protein that acts as a powerful antioxidant, helping to protect against oxidative stress and to support a healthy immune response. This nutrient is known as phycocyanin.

Modern living brings increased demands on our energy and immunity through busy, stressful lifestyles, and for some, diets high in convenient, yet more processed foods. There are also those who need extra support when pushing themselves to their physical limits for fitness and sport.

Lifestream Spirulina Performance provides wholefood spirulina coated in blue phycocyanin for extra energy and antioxidant support with a natural vanilla taste.

- ✓ Support for a busy, active or stressful lifestyle
- ✓ Supports energy levels, vitality and stamina
- ✓ Supports muscle performance and recovery
- ✓ Natural source of iron
- ✓ Protects and boosts the immune system
- ✓ Antioxidant protection against oxidative stress

As we move from winter into the warmer spring weather, increasing our activity outside again, Spirulina Performance is nature's ultimate energiser – a natural nutrient boost to help you perform every day at your best!



*While stocks last

Always read the label and use as directed. Supplementary to a balanced Diet. Lifestream, Auckland

Discover your BEST



Welcome to spring! After a funny old winter, with its long dark nights, I always feel rejuvenated and revitalised with the coming of spring. Spring to me is a time for reawakening; of youth, energy and vitality – for feeling alive and exuberant. Like throwing your arms open wide and saying, 'Come at me, world – I'm ready for anything!'

Some of the most common complaints we hear at Hardy's from people after a winter spent indoors are focused around how to give themselves a good boost. Long hours spent staring at screens creates sore eyes; eye health is something we all need to take care of, especially now we're all so phone/computer-based. Many people say their skin, hair and nails feel dry and brittle too – it can be pretty hard to make sure you get enough Vitamin D from the outdoors when it's freezing, or pouring with rain!

This issue is all about feeling and staying young. Whether you're 22 or 82, you deserve to feel your best self, and as new warmth, light and colour explodes all around us on this beautiful earth, we're here to help you fit right in, so you feel as nimble as a lamb, and as bright as a daffodil. Discover your BEST this Spring!

Love and light,

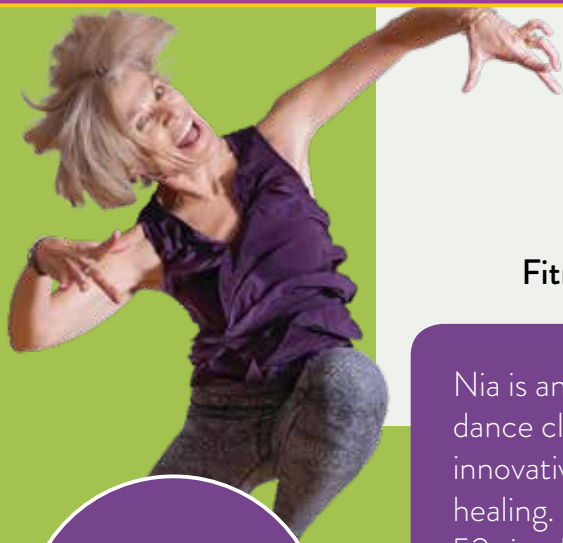
Diana

Diana Burgess - Naturopath

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Come in and
check out our
new look stores
in Paihia and
Whangaparaoa



Nia

Fitness Fusion Dance Classes

Nia is an expressive body-mind-spirit dance class that offers an artistic and innovative approach to fitness and healing. Each Nia workout is based on 52 simple moves crafted to provide a full body conditioning workout.

FEEL GOOD, LOOK GREAT!

Joyful movement
dance classes
nourishing mind,
body and spirit

Nia Kerikeri

- Diana Burgess -
Studio Owner
Studio 578
578 Kerikeri Road
Ph 09 4075572

Through movement
we find health



www.niakerikeri.com | nianow.com



Not so long ago, hemp was that weird stuff you'd find at summer music festivals, and only heard about in hushed tones. Lush, green, nutritious and therapeutic, hemp was one of the first plants humans ever cultivated, but like many naturally-occurring substances, misuse has given this healing product a bad name. Now, however, we are becoming more savvy to the wonderful health components within hemp, and once again people all over the world are benefiting from this plant's numerous highlights.

Today, hemp is grown in ever-increasing volumes, for many reasons; it's easily grown, creates hard-wearing material for rope, sail cloth and clothing (the original Levi jeans, used for gold mining, were made from hemp), and the seeds are now recognised as one of the most valuable nutritional superfoods we know.

Hemp comes as a protein, oil or capsule, but all hemp foods start out as hemp seeds. At Hardy's, we stock hemp hearts – the shell is removed from the seed, which makes it more easily digested. It's high

in protein – 25 per cent of the calories from the seeds come from proteins – and the proteins are easier to digest than animal proteins. It's also easier on the environment, because it needs less carbon concentration.

Hemp oil is beneficial for a multitude of health reasons, and simply as a boost to your nutrition. Studies have found it to be particularly successful when used to support healthy cholesterol, brain and heart health, immunity, skin and hair health and joint comfort.

It's also useful for anyone wanting to add a plant-based protein boost to your diet.

JOINTS AND MUSCLES

Hemp seeds are a rich source of Gamma-Linolenic Acid (GLA), which has been found to support comfort for joints and muscles, and relieve dry skin conditions.

STRESS MANAGEMENT

In a world where stress and worry seem to take over our daily lives, a daily dose of magnesium and B Vitamins from hemp can help us manage the chemical messages that bombard our nervous system.



SKIN FOOD

It's well known that a diet high in healthy fats is good for your skin (hello, salmon and avocado!). Hemp seeds also add to this recipe for good skin health, as it's packed with Vitamins A and E, calcium, iron, zinc, magnesium and phosphorous, all of which feed our skin.

FIX YOU

The proteins in hemp seeds make them excellent building blocks for repairing and regenerating the body. Every cell in our body features proteins, so getting enough, especially if you're recovering from an accident, surgery or illness, is vital for optimum recovery.

Hemp facts

Hemp for Health



- Hemp used as food comes from the cannabis sativa plant. It's the same plant family as marijuana, but the seeds are used for eating, as they don't contain the same level of THC found in the leaves. Unlike cannabidiol (CBD) oil, which is made from the leaves of the plant, there is very little risk of intoxication from hemp seeds and hemp oil.
- Hemp is thought to be one of the first plants ever cultivated on Earth, over 10,000 years ago.
- Hemp can grow anywhere in the world, regardless of soil types. As well as killing some weed types, hemp growing helps purify the soil itself.
- No pesticides are needed to grow hemp, and it's very productive too – one acre of hemp produces twice as much oil as peanuts.
- With a near-perfect balance of Omega 3 to Omega 6, iron, Vitamin E and all essential amino acids, hemp seeds are said to be the most nutritionally complete food source in the world.
- In North America, new colonists were required to grow hemp by law. In certain parts of America, hemp was once legal tender, and could be used to pay taxes!

Ways to eat hemp

- Blend hemp seeds into a smoothie. Add a spoonful of hemp seeds, or a couple of drops of hemp oil to a banana with rice or almond milk for a great start to your day.
- Make your own hemp milk; simply mix hemp hearts and water!
- Lightly toast hemp seeds as a crumb for chicken or fish
- Whisk hemp oil with lemon zest and juice, salt and pepper for an easy salad dressing.
- Add hemp seeds and oil to basil and garlic for a delicious pesto.
- Use as a topping for salads, hummus, pasta, ice cream or porridge – it's just as good in savoury or sweet!
- Add hemp seeds to avocado on toast for an extra-buttery treat.



Although it's often favoured by vegetarians and vegans, hemp as a supplement is useful for anyone wanting a diet high in protein.



PURE HEMP HEARTS (Organic Certified) – 500g

Hemp hearts, yummy and full of goodness!

Remove the shell from hemp seeds and you have Hemp Hearts, a deliciously nutty, super-food, similar to pine or walnuts.

So if you're already gearing up to toss this nutrient-dense whole food into your salad or post-workout smoothie, absolutely go for it – you can expect a buttery texture and nutty taste that tastes great in practically everything. Hemp seeds have a flavour profile similar to pine nuts.

Hardy's offers a range of hemp products, so come in store and we will help find the right one for you!

POWERFUL NUTRIENTS FOR A HEALTHY BRAIN

FACTORS THAT IMPACT ON OUR BRAIN HEALTH

Our normal everyday function relies on our brain's ability to store and use information around us. Amongst the day-to-day busy pace of life, it can be difficult to not feel overwhelmed and become overloaded at times with sensory information from our daily tasks and what we must remember to taking in and learning new information every day. Whether that is from strolling through our devices, reading the latest trends or news, our busy lifestyle, school or our workplace, our intake of information can begin to feel endless.

It is thought that within an ordinary day, we take in around 100,000 words. That's equivalent to 34GB of information. Research shows that we are overwhelmed with the equivalent of 174 newspapers' worth of information a day. Compare this to two and a half years ago when we were only taking in the equivalent of two and a half pages a day.

Today, we have an abundance of information at our fingertips which helps us in many ways, but this can also be of detriment to our health. It can be difficult for us to switch off completely, whether it's through FOMO (fear of missing out) or just our relentless list of commitments. Helping support our brain and neuro-health is becoming a vital part of our wellbeing. Nourishing our brain with the right nutrients to support our mental clarity and focus, information uptake and our cognitive ability is essential in keeping us healthy in the long-term.

HOW TO SUPPORT HEALTHY EVERYDAY BRAIN FUNCTION

As we age, brain function has been shown to physically decline if we do not continue to use it well. Supporting our cognition and our brain's ability to store information helps us in our everyday life, as well as supporting against normal wear and tear in the body.

Prolonged stress influences cortisol levels which can impact our mental capacity and focus. Therefore, supporting our brain's neurotransmitter activity with beneficial ingredients is important for supporting our brain power and function in our everyday lives.

Nootropic nutrients can help support mental clarity and our brain's ability to function well. These powerful nutrients provide support for brain fog and dull cognition. Ingredients that have antioxidant and neuroprotective properties help to protect against oxidative damage and support healthy brain function also.

Good Health Brain Power supports healthy brain function and a clear mind by supporting everyday neurotransmitter activity. It contains scientifically researched ingredients for mental clarity, focus, information processing and healthy brain function.

Good Health Brain Power contains researched ingredients BacoMind™, Vital-Choline™ and Sage officinalis to support healthy circulation, our stress response, a calm mind and optimal brain function. It is suitable for both teens and adults, and benefits students and academics to busy professionals and people simply needing additional brain support. Good Health Brain Power helps protect and support a healthy brain and everyday cognition.



**Good Health
Brain Power
\$22.50**



Feel your *BEST* at Hardy's

For the team at Hardy's, what we do isn't just a job. The Hardy's way is our way of connecting with you; with people who, just like me, want to look and feel their best, and find ways of solving short-term or ongoing health issues.

I lead an expert team of qualified practitioners, including naturopaths, homeopaths and nutritionists, and together we look at ways in which we can help New Zealanders live their best life. While we are all beautifully and uniquely different in our own way, there are some problems which can be common, in varying degrees, with a lot of people.

My team and I often get asked about ways of dealing with an array of things; seasonal ailments like coughs and colds, allergies, gluten intolerances, macular degeneration, athlete's foot, joint health, prostate issues, menstrual cramps, hormone imbalances... the list goes on!

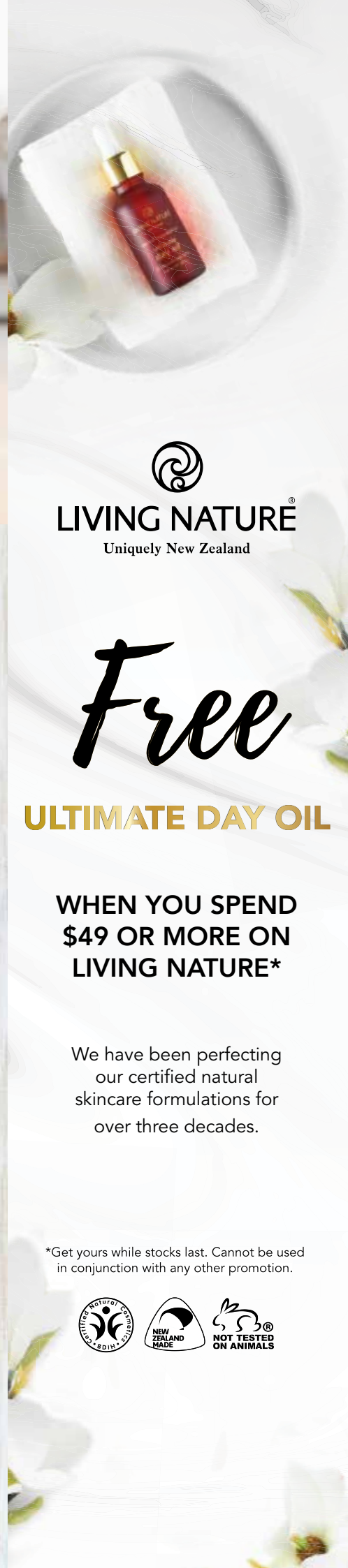
As a fully qualified naturopath, I get a lot of insight into which products and ingredients work well for different people; one particular iron supplement may work better for a teenage girl than it does for a 60-year-old man, for example. That's why I've been thinking a lot lately about how I can best help customers choose which products may be right for them...and it came to me. Simply, do it BEST!

Everyone wants to feel like they are being listened to and treated as an individual – and that's how we want you to feel every time you shop with us. So from now, in every Hardy's store, you'll now find a 'BEST' solution ailment bay. In each BEST bay, we'll feature a list of the top 18 most popular reasons why customers are visiting us at the moment. For each ailment, we'll give you our top three solutions on how to treat the problem, as well as personalised expert advice from our trained, caring staff.

Of course, your Hardy's team are there to help you with any advice you may need, on any health topic. Next time you're in store, have a chat with your local Hardy's experts about our top health care recommendations. Or pop over to the BEST bay display, to see trustworthy solutions to everyday problems.

In this issue, I've focused on two common problems: weight management, and eye health. I hope you find something useful in here for you!

Our Hardy's BEST solutions will ensure when you 'Come into Hardy's you'll walk out feeling good!'



LIVING NATURE
Uniquely New Zealand

Free

ULTIMATE DAY OIL

**WHEN YOU SPEND
\$49 OR MORE ON
LIVING NATURE***

We have been perfecting our certified natural skincare formulations for over three decades.

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



The eyes

have it

What's the first thing we do every morning? We open our eyes. Good eyesight is something we all take for granted until it becomes a problem – and these days, we're subjecting our eyes to ever-increasing pressure; from phones, small screens, laptops, computers, PlayStations and Xbox's. We can watch Netflix anywhere, any time – great; except... how are your eyes coping with having to stare at those little light boxes for hours at a time, every single day?

It's so important to remember that the eyes we are born with, are the eyes we take into old age; once our eyes are damaged, it can be permanent. We need to take care of them – and while we may not be able to live a screen-free life (although less device would be so lovely – imagine the feeling of sometimes just been uncontactable!), there's plenty we can do to help keep our eyes healthy.

Spirulina is a great option for eye strain when the body is exhausted, overworked or fatigued.

ALL ABOUT THE B'S!

Good eye care is hugely influenced by a good intake of several vitamins and minerals:

- **Thiamin (Vitamin B1).** This all-round vitamin supplement plays a role in converting food into energy, and is well known to help with maintaining optimum vision. It's also useful for strengthening the immune system, your hair, skin, nails and liver.
- **Niacin (Vitamin B3).** Available at Hardy's in tabs and capsules, niacin's main function is to help convert food into energy in your body. Studies suggest niacin may play a role in maintaining optic nerve health. Talk to your in-store Hardy's expert about the correct dosage for good eye health.
- **Vitamins B6, B9 and B12.** There has been a lot of research around B vitamins and eye health. One study in women showed 34 percent found support for macular health when they took a 1000mcg of Vitamin B12, in combination with B6 and B9.
- **Lutein.** In nature, lutein and zeaxanthin absorb excess light energy, which stops plants sustaining damage from too much sunlight (specifically blue light). It's believed that lutein and zeaxanthin in the retina of our eyes, can act as a guard, protecting the retina from damage that could lead to age related degeneration of the retina. Nutritional supplements containing lutein could effectively increase the density of this 'eye guard', thus protecting the eye from degeneration.
- **Vitamin C.** Yep, it's good for most things, but like Vitamin E, Vitamin C is a powerful antioxidant that can protect your eyes from deterioration. It also makes collagen, a protein that provides structure to your eyes.
- **Vitamin E.** Another vitamin essential for your hair, skin and nails as well as your eyes, Vitamin E helps protect your cells from damage by harmful, unstable molecules (free radicals).

DIANA'S BEST BUYS:

- ✓ Doctor's Best Lutein with Lutemax 2020 (also contains Zeaxanthin & Meso Zeaxanthin)
- ✓ Solgar Vision Guard Plus (with Vitamin C, E & Lutein)

- ✓ Lifestream Spirulina Performance Capsules
- On promotion this spring!

FEEL ON TOP WITH MEGA ZORB MAGNESIUM

“
ENHANCED
ABSORPTION
MAGNESIUM#
”

Beneficial during times
of stress & fatigue*



*Where the dietary intake of Magnesium is adequate.

#Meta Mag® shows enhanced absorption compared to magnesium salts. Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. Metagenics New Zealand, Auckland.

Diana's

BEST SOLUTIONS

Weight Management



As part of the Hardy's BEST bay initiative, I'm offering every customer my own personal recommendations around which products may work best for them, depending on their own life stage.

Unsurprisingly, weight management is one of the most common questions the team at Hardy's get asked. At the beginning of every discussion I have around losing – or gaining – weight, I always stress that eating the right foods, and doing what exercise is right for you, is the first place to start.

However, for many, those extra kilos can be very stubborn, and many people I see are at a loss as to what they can do next. If you're looking to manage your weight, NOW 7-Keto should be on your shopping list. NOW 7-Keto contains DHEA*, a 'parent hormone' involved in many biological functions, including cellular production of heat (thermogenesis).

DHEA is the natural youth hormone produced by the adrenal glands. It's the most abundant hormone in the body in our early years, peaking when we are about 25, and decreasing progressively thereafter.

Used in conjunction with a beneficial diet and exercise regime, NOW 7-Keto has been shown to assist in the maintenance of healthy body weight.

SOME OF NOW 7-KETO BENEFITS:

- Helps support weight management
- Helps support thermogenesis and fat utilisation
- Helps support age-related metabolic decline
- DHEA metabolite – thus helping to avoid the side effects of DHEA
- Helps support energy levels
- Helps support healthy ageing
- Helps support mood and immune system

What is Dehydroepiandrosterone (DHEA)?

DHEA is a hormone produced by your adrenal glands, which can be found just above your kidneys. DHEA can increase the level of testosterone and oestrogen, which can provide more energy, improve mood and memory and build up bone and muscle strength.



SUPPORT FOR WEIGHT MANAGEMENT

7-Keto has been scientifically shown to support healthy metabolism and contribute to healthy weight management. By supporting the activity of thermogenic enzymes responsible for fatty acid oxidation. Paired with diet and exercise, 7-Keto has been shown to help manage fat without any stimulant effect on the body.

Always read the label and use as directed, in conjunction with a balanced diet and exercise.

Natural Health Trading, Auckland.

NOW FOODS ORGANIC MCT OIL

NOW Foods Organic MCT oil is great support for weight management! It is thermogenic and supports healthy body composition. It is also fast fuel for brain and body as it is used as energy instead of being stored as fat. It is also easy to digest.

- Supports weight management
- Thermogenic
- Supports a healthy body composition
- Fast fuel for brain and body
- Used as energy instead of being stored as fat
- Easy to digest





3 Health Reasons TO ENJOY A Coffee



Coffee often falls into the category of guilty pleasures because people think that something so hedonistic must also be unhealthy, however emerging evidence has uncovered surprising health benefits.

As well as caffeine the roasted beans of the coffee plant are rich in phytonutrients including magnesium, soluble fiber, lignans and chlorogenic acids that also influence the balance of coffee's health effects. Perhaps not surprisingly then people who enjoy this nutrient-rich beverage regularly may also enjoy some health benefits.

1. REDUCE RISK OF DIABETES

An analysis of over 500 000 individuals found that coffee (including decaffeinated coffee) reduced risk of developing type-2 diabetes with every additional cup of coffee a day associated with 5% to 10% lower risk after adjustment for potential confounders ⁽¹⁾.

2. PREVENT DEMENTIA

A study of 1409 individuals over a mean period of 21 years discovered that people who drank 3-5 cups of coffee per day in midlife had a 65% reduced risk of developing dementia and Alzheimer's disease ⁽²⁾.

3. CUT CANCER RISK

In a review of 59 studies consumption of 1 cup of coffee per day reduced risk of cancer by 3% and was associated with a reduced risk of bladder, breast, buccal and pharyngeal, colorectal, endometrial, esophageal, hepatocellular, leukemic, pancreatic, and prostate cancers ⁽³⁾.

...COFFEE CAUTION?

A coffee user's caveat however is caffeine addiction and withdrawal which can affect some people. Symptoms, which are most often fatigue, headaches and decreased alertness, tend to start the morning after your last coffee, peaking at 20 to 51 hours and lasting 2-9 days ⁽⁴⁾. You may also want to avoid coffee if you suffer insomnia or anxiety.

But apart from withdrawal coffee does not appear to be associated with any serious illness such as heart disease ⁽⁵⁾ or liver disease ⁽⁶⁾. For most adults up to 3-4 cups of coffee a day is considered safe, and may have some benefits ⁽⁷⁾.

However, it is important to listen to your body, if something doesn't feel right it probably isn't the best for you.



Please find the full list of references online:
<https://www.scientificwellness.com/blog-view/3-health-reasons-to-enjoy-a-coffee--251>



NEW

A powerful formula of herbs and nutrients designed to support:
Normal levels of progesterone, PMS, fertility, health brain function and mood, and normal regular periods.

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

BePURE

Hot Picks!



FOR HIM & HER

SAVE 20%



ARTEMIS KIDNEY CLEANSE & LIVER DETOX TEAS, 30grms

Spring detox? Artemis Liver Detox and Kidney Cleanse are your potent plant pairing to help banish sluggishness. Use daily to maintain that spring lightness.

SPRING PROMO NOW \$18.00



Artemis Ltd, Dunedin

DR. ORGANIC MOROCCAN ARGAN OIL HAIR TREATMENT SERUM

Our uniquely beneficial Hair Treatment Serum contains Argan Oil; an incredibly rich source of vitamins, antioxidants and essential fatty acids. The natural properties of this amazing oil are combined with a proprietary selection of organic essential oils and fruit extracts to create a fragrant, rich and absorbent hair treatment serum.

\$34.90 Check in store for our Dr Organic spring savings!



THOMPSON'S ALL-IN-ONE JOINT COMPLEX

1. Supports normal function and mobility in stiff, worn or ageing joints.
2. Supports comfort of joint movement.
3. Supports the body's natural cartilage repair process.

60s NOW \$29.90 (Save \$5) | 120s NOW \$39.90 (Save \$10)





Lifestream, Auckland

ALOE VERA WITH TURMERIC

Lifestream Aloe Vera with Turmeric Tonic provides an extra strength digestive tonic to help soothe the entire digestive system while supporting gastro-intestinal health and total body wellbeing.

Look for Lifestream's super savings in store this spring!

SOLGAR 7 - Feel a difference in 7 days!

Solgar 7 is a new paradigm in joint care showing support for joint comfort. A glucosamine free joint support formulation with 7 ingredients including Boswellia 5-Loxin Advanced, UC-II and Turmeric helping you flex back with ease into the physical activities you enjoy...fast...within 7 days.

Feel the difference for yourself!

3 months supply! 90 Caps, take one daily.

'Based on two human studies with 5-LOXIN Advanced where subjects rated their joint health over time.'

RRP \$146.90 SPRING DEAL \$115.00



Solgar, Auckland



NEW



Harker Herbals Ltd, Waipau

HARKER HERBALS

NEW great tasting Vitamin C for strong immunity and healthy skin! Organic sea buckthorn berries deliver 650mg of Vitamin C per dose. Delicious, plant-based Vitamin C great for all the family from 1 year.

Purchase a 250ml Harker Herbals Vitamin C and receive a free 100ml Immune Boost.

PROMO \$34.90

WITH FREE GIFT



Integra, Auckland

GET AN OMEGA BOOST THIS SPRING

Thompson's Hemp Seed Oil is a plant-based source of Omega 3, 6 & 9 fatty acids, making it an ideal source of essential fatty acids for vegetarians and vegans. It also provides the optimal ratio of Omega 3 to Omega 6 (1:3). Try drizzled on salads or in smoothies.

**RRP \$22.90
SPRING DEAL \$19.50**

SANDERSON HEMP SEED OIL CAPSULES

Nature's Most Perfectly Balanced Oil.

New from Sanderson, Premium Organic New Zealand Hemp Seed Oil is sustainably grown, certified organic and cold-pressed in New Zealand.

**\$22.50 each
OR 2 FOR \$40.00**



Real Vitamins Ltd, Auckland



Nature's Sunshine, Auckland

NATURE'S SUNSHINE MEN'S FORMULA

Nature's Sunshine Men's Formula contains a unique blend of herbs and nutrients that have been shown to support prostate health and function.

Put the spring back in your step!



New TO HARDY'S

FRESH & VIBRANT TATTOO OIL

An international award winning, high performance tattoo oil to help maintain life-long colour, clarity and definition of tattoos.

Classic cedarwood bark and citrus oils give a great natural scent, and nourishing kawakawa, manuka and hemp make this tattoo oil nutrient and vitamin-rich to help moisturise skin and maintain great looking body art for life.

Quickly absorbed and free from undisclosed 'fragrance' ingredients.

All the RAGE AGAINST CHEMICALS skincare range is **certified organic**, not tested on animals in any country, and is eco-consciously packaged in glass jars and bottles.



Good for you and our Planet.

RAGE AGAINST CHEMICALS

Certified Organic Skincare

SCOUT

Organic Active Beauty®

Breathable super food infused nail polish with Camellia Oil, Botanicals and Vitamins.

New Spring shades
in-store now!

scoutactivebeauty.com



Staff INTRODUCTIONS

Introducing Danielle



Danielle is part of our fab head office team working as our Assistant Brand Manager. Danielle can also be found in store at Kerikeri and Paihia, helping you to feel great while discovering your BEST. Her role includes social media, design work, in store displays and tastings. Most recently she started a Blog where she will be testing products and instagramming her thoughts. More details on our website.

SANDERSONS SPRING VITALITY PACK

WIN!

Buy a Sanderson's product during spring and go in the draw to win a Sandersons spring vitality pack.



Each store will be giving one lucky winner a gift pack to take home.

Illuminate your beauty, from the inside out!

After the age of 25, collagen production in the body typically slows at a rate of 1.5% per year. As this happens, collagen fibres in the body break down, which may cause signs of aging, such as loose skin, wrinkles, brittle nails, ligament and tendon injuries.

Neocell Super Collagen and Beauty Infusion Powder contain an enzymatically hydrolysed source of collagen type 1 & 3 for maximum absorption. The specific combination of amino acids found in this collagen supports the formation of collagen throughout the body.

15% OFF
all 3 products

SUPER COLLAGEN POWDER

- A tasteless powder that can be added to your favourite beverage
- 6,600 mg of collagen type 1 & 3

SPECIAL
OFFER
\$36.25



NEOCCELL

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

BEAUTY INFUSION

- A refreshing collagen drink in a delicious tangerine or cranberry flavour
- 6,000 mg of collagen type 1 & 3
- 50 mg of Hyaluronic Acid to support skin hydration & elasticity
- 3,000 mcg of Biotin to support hair health and nail strengthening
- Alpha Lipoic Acid & Vitamin C for support against free radical damage

SPECIAL
OFFER
\$79.35



Natural Meads, Napier

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 Pakuranga

Shop 117 Pakuranga Plaza, (09) 576 5843

Hardy's Taupo

37 Horomatangi Street, (07) 378 9057

Hardy's Paihia

Shop 1 Selwyn Mall (09) 945 8394



SPRING ALLERGEN COMBO PACK*



**Plus
Free**

**TRUST
SANDERSON**



SANDERSON
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plus free

SANDERSON
Ester-plex Vitamin C
600mg 55s

Hardy's **SPECIAL PRICE**
ONLY **\$24.90** per pack



SANDERSON®

*Offer valid while stocks last or until 30/11/2019. Always read the label and use as directed. If symptoms persist see your healthcare professional.

NEW ZEALAND'S NATURAL HEALTH SPECIALISTS