

Label Text

- ❖ A label text is the information found on the outside of a product's packaging. You can find it on the products of drugs, food, and beverage ready for consumption.
- ❖ Typically, product labels include sentences describing product benefits, ingredients, usage instructions, and indications.
- ❖ In the label, you can find drug facts or nutrition. Drug facts could be found on the product of the drug, and nutrition facts could be found on the product of food and beverage ready for consumption.
- ❖ Nutrition facts provide information such as serving sizes, the number of servings in one food package, calories, nutrients, vitamins, etc.
- ❖ Drug facts are usually written and included extensive information on a drug, such as the ingredients, uses, dose indications, and warnings.

Vitamin D3



About this item

- **PREMIUM PLANT-BASED VITAMIN D3:** Unlike other Vitamin D supplements that contain lanolin excreted from sheep's glands, then chemically processed, Smarter Nutrition's Vitamin D3 comes from the most premium plant source of active Vitamin D3.
- **4 NATURAL INGREDIENTS:** Smarter Nutrition Vitamin D3 is encapsulated in vegetarian softgels with organic extra virgin coconut oil for faster bioavailability than powdered products. The medium chain triglycerides (MCTs) in coconut oil provide quick energy for the body and enable absorption of the fat-soluble vitamins D3 and K2.* It's the optimal blend of ingredients for safety and maximum benefits.
- **FULLY BIOAVAILABLE VEGETABLE SOFTGELS:** Using cutting-edge technology, Smarter Nutrition Vitamin D3 is encapsulated in vegetarian softgels without chemical coatings, fillers, and synthetic binders.
- **INCLUDES VITAMIN K2:** Smarter Vitamin D3 includes vitamin K2 to support bone health.* Vitamin D3 pulls calcium into the bloodstream, but it's actually vitamin K2 that pushes calcium from your blood and into your bones.
- **5,000 IU OF VITAMIN D3:** Vitamin D supports a healthy immune system, as well as various other processes and systems throughout the body. It is an essential nutrient for overall health and wellness.

Adopted from:

https://www.amazon.com/dp/B0892V3MR7/ref=sspa_dk_detail_1?psc=1&pd_rd_i=B0892V3MR7&pd_rd_w=PCrr7&content-id=amzn1.sym.dd2c6db7-6626-466d-bf04-9570e69a7df0&pf_rd_p=dd2c6db7-6626-466d-bf04-9570e69a7df0&pf_rd_r=S407WKX4W0CEB23HPKRZ&pd_rd_wg=DA4fO&pd_rd_r=8aaa70be-15dc-45ec-b633-2f552547327a&s=hpc&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhZWxkdGhlcWwF0aWM&spLa=ZW5jcnlwdGkUXVhbGlnaWVyPUExU0FXN0ZRSkISUFIHJmVuY3J5cHRIZElkPUeWwNDEwMDUwMmVdZUVM5TjNMN1pJTyZlbnNyeXB0ZWwRBZEikPUeWMDIyMzU4MzBZVTAxUjYxM0IETyZ3aWRnZXROYW1lPXNwX2RldGFpbF90aGVtYXRpYyZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=

Instant Herbal Beverage Raspberry



Product Overview

Enjoy our Instant Herbal Beverage Raspberry tea, a refreshing herbal drink that contains 85mg of caffeine* to serve as a pick-me-up whenever you need a boost.

It is a tasty, low-calorie drink infused with a unique blend of green tea and orange pekoe, with extracts of Malva flower, hibiscus flower, and cardamom seed. Our green tea is water extracted to give you the full spectrum of its compounds.

Our Instant Herbal Beverage is also available in Original, Peach, and Lemon flavors.

Key Features and Benefits:

- 85mg caffeine per serving*
- Low calorie (6kcal per serving)
- Enjoy hot or cold
- Contains orange pekoe - a traditional black tea
- A great way to reach the required daily fluid intake

Directions for Use:

Mix half a teaspoon (1.7g) with 250ml hot or cold water and enjoy on its own or with a meal.

*It is not recommended to exceed a daily intake of 400mg of caffeine from all sources (200mg for pregnant or breastfeeding women).

Source: <https://www.herbalifemalta.com/products/0256-instant-herbal-beverage-raspberry-50g/>

Vaalia Low Fat Natural Yoghurt



Vaalia Natural Yoghurt is a premium probiotic yoghurt that contains a special combination of 3 probiotics including LGG® and BB-12® to help strengthen your immune system and digestion.*

Vaalia Low Fat Natural yoghurt has a fresh, tangy taste and a thick, creamy texture making it ideal to keep on hand in the fridge for marinating meats, creating dressings and sauces for curries, salads and grilled dishes or for including in sweet recipes.



KEY BENEFITS

LGG® probiotic can help strengthen your immune system*

BB-12® probiotic and dietary fibre for digestive support*

No artificial colours or sweeteners

No preservatives

Source of protein

High source of calcium

Source of dietary fibre

Low fat

Gluten and Gelatin free

RECYCLING INFORMATION



Gut Happy + Planet Happy!

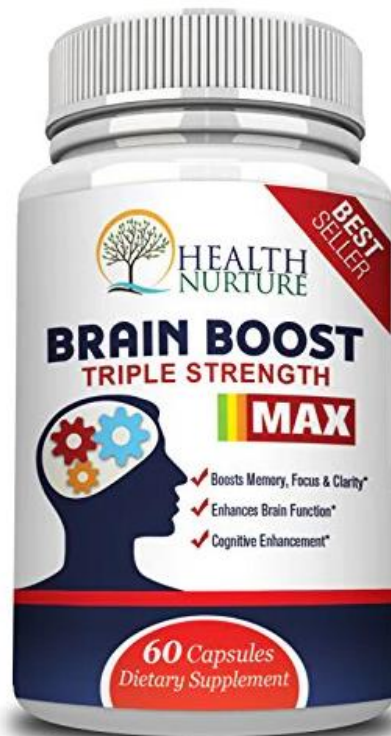
Our cups & resealable lids can be recycled so make sure you dispose of them in the recycling bin.

Please dispose of the seal in the garbage bin.

For more information on recycling visit arl.org.au

Adopted from: <https://vaalia.com.au/products/vaalia-natural-yoghurt/>

Brain Boost



Product description

Don't Buy ANYTHING Until You Read this Vital Message

With so many different healthy living products out there on the market today, it can be quite tough choosing the best brand for you. With so much choice out there, how do you make the decision? Some Brain supplements out there on the market are of a lower quality, the difference between low and high-quality Brain supplements is **significant**! Thankfully, **Health Nurture's Brain Boost Max** is made in in USA in FDA registered facilities that are NSF and GMP certified. **Brain Boost Max** was carefully formulated to provide the perfect blend of ingredients to increase your **mental performance**. **Brain Boost Max** can offer assistance with:

- ✓ **Boosts Memory, Focus & Clarity**
- ✓ **Enhances Brain Function & Blood Flow/Circulations**
- ✓ **Increases Alertness & Concentration**
- ✓ **Improves Mood & Enhances Cognitive Function**

The active all-natural ingredients include:

Bacopa Monnieri: Helps improve memory formation and cognition.

St. Johns Wort: Popular herb used for healthy mood while lowering low stress, anxiety and depression.

Ginkgo Biloba: Commonly ingested herb for brain health, mental alertness and cognition boost.

Phosphatidylserine: Vital for memory and cognitive capacity improvement.

N-Acetyl-L-Carnitine: Helps neurons maintain optimal energy levels and rejuvenate aging brains.

Huperzine A: Inhibits an enzyme that degrades the learning neurotransmitter, acetylcholine. It helps increase memory while also promoting alertness and energy.

Order Brain Boost Max Now! With the 100% money guarantee don't wait to improve your overall health!

Adopted from: <https://www.healthnuture.com/collections/our-products/products/health-nuture-brain-boost-maximum-strength-best-brain-supplement-nootropics-brain-booster-memory-support-vitamins-for-brain-health-best-mind-supplements-focus-clarity-cognitive-function>

No.	Facts	Available?	Statements
1	Brand of drug	Yes	Health Nuture
2	Name of drug	Yes	Brain Boost
3	Use(s)	Yes	<ul style="list-style-type: none">• Boosts memory, focus, & clarity• Enhances brain function and blood circulation• Increases alertness and concentration• Improves mood and enhances cognitive function
4	Content/Amount	Yes	60 capsules
5	Ingredients	Yes	Bacopa Monnieri, St. Johns Wort, Ginkgo Biloba, Phosphatidylserine, N-Acetyl-L-Cartine, and Huperzine A.
6	Direction to store	No	Not available