

eWellness magazine

The thirst, the hunger - what it really means

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Do you remember the last time you felt that urge for a drink of water? Sure you do, it was probably this morning when you woke up or after your last workout or a few hours on the beach. Whatever the situation was you took care of that urge by rehydrating. If you rehydrated with a bottle of water or an isotonic drink depended purely on you, as you know what your body was urging for. Either way, you gave your body what it was asking for.



Now how about the last time you had that feeling of hunger in the pit of your stomach, as it growled and delicately reminded you it's time for lunch? Again, you surely delivered. You grabbed that healthy salad, or smoothie to fulfill your need.



Both of these needs are well understood as our body delivers a clear message of hunger or thirst. But what about the need of your body for something more and not so well defined. What about vitamins, proteins, mineral or other essential nutrients that our body needs to function. You probably don't recall the last time your body gave you a feeling of deficiency of Vitamin D, for example. Unfortunately, our body does not deliver these messages so clearly. Luckily, for this, we can rely on research and an educated approach to how we can replenish and maintain a healthy supplemented diet.

Supplementation is key

Every day our bodies are exposed to stress, lack of sleep, unhealthy diet, excess caffeine and many other factors that deplete our organism of nutrients and minerals. This leads to a health problem, some take just a few days to show such as moon rings around your nails, faded hair or low levels of energy. Where other can take much longer and are usually much more serious. Whatever the case may be there is a solution. The key to this is supplementation. Taking supplements on a daily basis can prevent many unwanted health issues. There are many kinds of supplements on the market that will help you, but first, you need to understand what each supplement is, what is it responsible for and how it works. Now, once you have a general understanding of the product, try to match it with what you feel your body needs. Simply listen to your body and ask your doctor whether you need to look beyond your diet to find what you're missing.



“Health-conscious individuals want to take charge of what they put in their body. At a time when even fast food chains like McDonalds feel pressure to talk about where the burger meat comes from and how the potatoes in the French Fries are grown, the people who care the most about their health are even more demanding. We want to transform the supplement business just like Whole Foods, transformed the grocery business and became a positive force for change.” – said Seth Hurd, Owner of Natural Nutra Company.

The solution to a healthy life

Here are a few general supplements that will help you sustain a healthy diet from a preventative perspective as well as one that will help you replenish your deficiencies.

Vitamin B12



Vitamin B12, also known as Cobalamin, is a Lacto-vegetarian, gluten free supplement that is important for everyone, but especially for seniors and vegetarians who tend to lack B12. Our unique prolonged release delivery formula allows for maximum absorption and utilization.

B12 is essential for proper energy metabolism, nerve and mental function, red blood cell formation and cardiovascular health. It functions as an anti-aging supplement because it works to prevent some of the most serious health issues in America: heart disease, stroke, and chronic fatigue.

In addition, B vitamin supplementation is important since this class of vitamins is water-soluble and must be replenished daily. It's not something that's easy to get in the required amounts from diet alone.

"The health benefits of taking supplements are real and established by credible scientific research, but health-conscious consumers want to know that the company they buy from can be trusted". – said Seth Hurd

Organic Liquid Flaxseed Oil

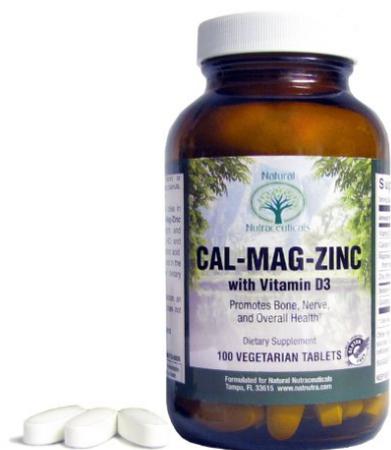


Organic Liquid Flaxseed Oil is also Vegan, Vegetarian, Gluten Free, and USDA certified organic by QAI. Natural Nutra Flaxseeds are sourced from North America and have a complex process of extraction of the oil through

naturally pressing and grinding of the seeds at a low temperature, a process known as cold pressing. This helps to retain the flaxseeds nutritional value and helps preserve and concentrate the omega-3 alpha linolenic acids. Unlike other manufacturers, this organic flaxseed oil is hexane-free. Hexane is a liquid derived from petroleum proven to be detrimental to your health. The Omega 3, 6, and 9 found in flaxseed oil provides an excellent way to obtain beneficial fatty acids without consuming fish or fish oil-related supplements. These beneficial fatty acids are known to primarily support heart health and cardiovascular health. However, other benefits include skin health, joint health, cognitive health, and anti-inflammation. This liquid flaxseed oil can be added to almost anything including beverages, salads, hot cereals, and yogurt. Finally, as mentioned above, the packaging from black PET plastic, which is 3rd party, tested as BPA-free prevents light from oxidizing the beneficial fatty acids. This allows for sustain the highest quality of the product.

“We want to show that there’s a better way to run a vitamin company based on certified product quality and a commitment to social and environmental responsibility”. – said Seth Hurd

Cal-Mag-Zinc with Vitamin D3



Cal-Mag-Zinc supplement provides 100% of your daily requirement for all these essential minerals, in addition to Vitamin D3, which helps with nutrient absorption. This Vegetarian and Gluten Free supplement is among our best sellers and for a good reason. Our perfectly balanced formula means each ingredient works in synergy to optimize digestion and benefits.

Getting adequate Calcium, in addition to Magnesium and Zinc, is becoming a more urgent priority among our aging population since obtaining adequate amounts through diet is not always enough. Calcium and Vitamin D help strengthen bones and teeth, Calcium and Magnesium also promote a healthy cardiovascular system, and Zinc helps boost your immune system.

“We created Natural Nutra to reinvigorate the century-old supplement industry and wanted to redefine how nutraceutical companies operate. Our goal was to get people – both young and old— excited about the benefits of vitamins and supplements.” – said Seth Hurd

Ultimate Eye Formula



Vegan, Vegetarian, and Gluten Free Ultimate Eye Formula is an advanced botanical eye formula that contains the highest quality extracts available. While many supplements contain only one ingredient, each of these beautiful blue capsules contains a pure and powerful blend of Bilberry, Blueberry, and Lutein. These leading ingredients in eye health, both natural and potent, contain an array of benefits. Bilberries contain flavonoid antioxidants called Anthocyanosides, which support night vision; blueberries contain disease-fighting antioxidants for the eyes including Vitamin C, Vitamin A, Vitamin E, and Zinc; while Lutein is known to reduce the degenerative effects of aging. The average American diet does not get enough of these ingredients, most notably Lutein, making this supplement a favorite among individuals looking for a natural way to improve eye health and vision.

About the Company

Natural Nutra, formerly known as Natural Nutraceuticals, was launched in April of 2014. Over the past two years, its popularity has increased significantly, allowing it to launch over 60 unique products. These products range from powders such as Whey and Soy Protein, liquids such as Liquid Flaxseed Oil, Vitamins A through E, minerals such as Calcium, Magnesium, and Zinc, and herbal supplements such as Ginkgo Biloba and Turmeric.



“The real reason for our growing popularity is more personal, however. We created Natural Nutra to reinvigorate the century-old supplement industry and wanted to redefine how nutraceutical companies operate. Our goal was to get people – both young and old— excited about the benefits of vitamins and supplements.” – said Seth Hurd

Right now, many people are mystified about how vitamins are manufactured. They're also more skeptical and concerned about ingredient purity owing to investigative journalism about the supplement industry and regulatory actions such as safety recalls. That is why the company stands behind its three core key rules:

1. Sell the highest quality supplements in the world with certified purity
2. Have a commitment to social responsibility into the core of business. Everyone should have an equal chance to live a healthy life — no matter what.
3. Believe in leaving behind a better planet for our children. That's why Natural Nutra works to reduce their environmental impact, which includes reducing its carbon footprint to fight global warming.

For more information about Natural Nutra take a few minutes to explore www.natnutra.com.

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