

Stop essential nutrient depletion!



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MEDEssentials[™]



h o l i s t a[®]

Take it for life![™]

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Do the Prescriptions You Take Harm Your Nutritional Status?

The body can experience reduced levels of important vitamins and minerals due to factors like genetics, poor diet, or high stress. Studies have shown that long-term use of certain medications can also cause nutrient depletions, leading to unwanted side effects.

Commonly prescribed drugs including acid blockers and cholesterol-lowering statins can interfere with your body's natural ability to absorb or effectively use nutrients.

Those who use acid blocking medications can help prevent or alleviate related nutrient deficiencies by supplementing with Holista MEDEssentials Stomach Acid.

Although acid blockers, such as H-2-receptor blockers and proton pump inhibitors, improve symptoms of ulcers and Gastro Esophageal Reflux Disease (GERD), these medications have also been shown to reduce the body's level of vital nutrients, specifically vitamins B12, C, D and Calcium. *MEDEssentials Stomach Acid* is a natural way to counter-balance medication-related deficiencies of key nutrients. It contains 250 mg of Vitamin C and 400 mcg of Vitamin B12 plus optimal amounts of Vitamin D3 and Calcium.

MEDEssentials Cholesterol from Holista provides appropriate supplementary levels of key heart-health nutrients to address deficiencies and support cardiovascular health.

MEDEssentials Cholesterol is a dietary supplement that addresses statin induced deficiencies of Coenzyme Q10, an essential nutrient for heart health and cellular energy production. This safe and potent supplement does not interfere with the action of cholesterol medication, but supports the body's own mechanisms for cardiovascular health. In addition to providing 100mg of Coenzyme Q10, each capsule provides the heart supportive trio of Folic Acid, Vitamin B6 and Vitamin B12.

Information contained in this booklet is provided for educational purposes only and is not intended for self-diagnosis or self-treatment of conditions that should be interpreted and managed by a qualified health care provider.

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