

Kickstart *your day*

When your busy life gets you down, give yourself a lift with the natural power of ginseng

Sometimes, when you've got a to-do list as long as your arm and a hectic schedule, getting through each day can feel like an up-hill struggle. Even when you have a pretty healthy lifestyle, stress and lack of sleep can catch up with the best of us. But, when your energy levels start to flag, slowing down isn't always an option. It's not surprising then, that according to a recent survey*, 52 per cent of us end up reaching for unhealthy sugary drinks and snacks to help keep us going.

Now thanks to new improved, energy-boosting Red Kooga, the UK's number one natural ginseng brand, you can perk yourself up, naturally. Formulated with only natural active

ingredients, including the finest Korean Panax ginseng – a herb used in the Orient for centuries to promote energy, vitality and mental alertness – Red Kooga offers a wide range of products which contain different blends of nutrients in addition to ginseng to suit a range of lifestyles.

Choose from fast-acting Red Kooga Natural Energy Release, formulated with guarana, a natural source of caffeine and



B complex vitamins to help release energy and maintain a healthy nervous system; or Red Kooga Korean Ginseng, which contains a guaranteed level of active compounds that ensure the

'Ginseng has been used in the Orient for centuries to promote vitality and alertness'

ginseng works at its optimum level. If you want to help maintain your general wellbeing as well as boosting your energy levels, choose Red Kooga Korean Ginseng with Multivitamins &

Minerals. Then Red Kooga Korean Ginseng & Ginkgo Biloba contains a blend that gives added lift with the addition of ginkgo – a herb believed to enhance mental performance by improving blood circulation.

WIN A MONTH OF VITALITY!

For a chance to win a whole month's supply of Red Kooga supplements, email your name and address to redkooga@viforpharma.com, entering 'Red Competition' in the subject header. xx winners will be selected at random. Closing date: 7 April 2010.



FIVE WAYS TO SURVIVE YOUR HECTIC WEEK

Life coach Rebekah Fensome has this advice:

- **Set goals.** Every Monday, make a list of the goals you want to achieve that week. Prioritise all your tasks and draw a line across the middle of your list so you concentrate on the top half first.
- **Know yourself.** Think about when you work best. If you're a morning person, try tackling tricky tasks first thing rather than later on when you're feeling tired.
- **Delegate.** Learn when to share labour with others so you don't take on too much and end up feeling frazzled.
- **Ask for help.** Don't be afraid to admit it when you're having trouble coping.
- **Relax.** Appreciate your down-time and do what makes you feel good, to re-charge your batteries for the tasks ahead.

Red Kooga supplements, from £2.99. For more information, visit redkooga.com



*INDEPENDENT SURVEY WITH 1000 RESPONDENTS UNDERTAKEN BY HEAWOOD RESEARCH LIMITED (NOVEMBER 2008). RED KOOGA IS NOT SUITABLE FOR USE IN PREGNANCY OR WHEN BREASTFEEDING. ALWAYS CONSULT YOUR GP OR PHARMACIST BEFORE EMBARKING ON SUPPLEMENTATION, ESPECIALLY IF TAKING ANY MEDICATION. FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED, BALANCED DIET AND A HEALTHY LIFESTYLE