



COLD and FLU

Estimates say that Americans get a billion colds a year and there are more than 200 viruses that cause them. Millions get influenza virus every year. About 200,000 develop complications from the flu and have to be hospitalised and nearly 36,000 die from it. Cold and flu spread easily.

Cold symptoms last for 1 to 2 weeks and include sneezing, scratchy throat, runny nose, nasal congestion, cough, bodyache and headache. Cold can lead to bronchitis, pneumonia, ear infection, sinusitis, and asthma.

Flu happens fast and all of a sudden. Symptoms include high fever, headaches, dry cough, sore throat, runny or stuffy nose, tiredness, loose motions and bodyache. It lasts 1 to 2 weeks and might even lead to pneumonia.

Studies have proven repeatedly that cough and cold medications don't really work. They can give some relief from symptoms but the duration might remain.

The best solution is to BOOST your IMMUNITY.

When researchers reviewed 21 studies that used 1000 to 8000 milligrams of vitamin C a day, they found that this antioxidant reduced cold symptoms by 23% on an average.

In one study in UK, on 168 people, taking vitamin C twice daily for 2 months during Nov and Feb, they had fewer colds and recovered from it very quickly.

Another group of 6 studies on runners, skiers and soldiers who were in zero or below zero temperature zones showed that vitamin C lowered their risk of catching a cold by 50%. Many experts suggest 1000 mgs of vitamin C a day.

PNEUMONIA

Mostly, develops from cold or flu.

It can turn deadly.

More than 60,000 people in USA, die from pneumonia, every year.

People with low immunity levels and those with chronic diseases and the elderly have the highest risk.

Surprisingly, a hospital stay can raise the risk even more. The infection is in the lungs.

Symptoms include :

Chest pain

Fever

Chills

Cough

Shortness of breath

Most doctors prescribe antibiotics, but they don't work, because of antibiotic resistant strains and secondly because most of pneumonia is caused by viruses. Fungi can also cause it.

The best way to fight pneumonia is by boosting the immune system.

Vitamin C can boost the immune system and fight off the disease.



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Research has clearly shown people who consume high amounts of Vitamin C have healthier lungs.
Doctors use high amounts of Vitamin C to boost immunity and treat pneumonia.



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BOOST IMMUNITY BOOST HEALTH