

Canada's fashion magazine



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## HEALTH *news*

EDITOR: SARA MARETT-CARTER

### vital vitamins

Think you're getting everything you need in your daily multivitamin? Not necessarily so. Truostar Health has developed True Basics for Women, a daily package of everything you need for optimal health. Each pack includes two full-spectrum multivitamins; one capsule of fish oil (omega-3 essential fatty acids); vitamin E for heart, brain and skin health; a calcium/magnesium/vitamin D<sub>3</sub> tablet for bone health; and a capsule of grape-seed extract, a powerful antioxidant. \$76/30 packs.

