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Calcium	Folate/Folic Acid
Biotin	Vitamin B2 Riboflavin
Vitamin B3 Niacin	Vitamin B6 Pyridoxine
Vitamin B12 Cobalamin	Vitamin C
Vitamin E	Iron
Magnesium	Potassium
Sulphur	Zinc

How to Buy Vitamins

What to Look for in a Multivitamin

Caution – Check Your Copper Level - Check Your Iodine

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Lavender

Rose

Sandalwood

Snoring

Tiredness

Anemia

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Keep Energized - Chronic Fatigue Syndrome

Helping to Cure Insomnia

Dreams

Melatonin

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Drugs That May Lead to Weight Gain

Bacteria

Alternatives to Anti-inflammatory Drugs

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❖ **“A Holistic Approach to Stressed Skin”**

By Vivian Orgel, published in Dermascope,

An Encyclopedia of Aesthetics

Gain Breakthroughs

Grow More Confident

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❖ **The Mind, Body and Beauty Connection Books Available**

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