

Popeye's Foundation of Health!

Essential Fatty Acids (EFA) Benefits:

- Energy Production
- Diffusion of oxygen into the bloodstream
- Brain and nerve tissue development
- Control cell membrane fluids
- Stabilize insulin and blood sugar levels
- Anti-inflammatory effect
- Helpful in inflammatory conditions
- Strengthen immune system
- Calming effect and regulates mood

Multi-Vitamins Benefits:

- Increased energy levels
- Combats stress and fatigue
- Support heart function
- Strengthen immune function
- Slows aging
- Improves overall health & well being
- Renews mental clarity
- Look for low-compression or rapid dissolving caps for best absorption

SUPPLEMENTS LOWEST PRICES

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Vege-Greens Benefits:

- Normalizes body pH level
- Detoxifies the body
- Improves immune function
- Increase energy & mental clarity
- Reduces risk of osteoporosis

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Mixed Whey

Combining Whey protein concentrate & faster acting isolate, use this as a great protein substitute with meals

Pure Isolate

The goal here is simple - absorb as many amino acids as quickly as possible after you finish training

Sustained Release

Slow it down! Combine 7 different protein sources, EFA's and fibre to release amino's for up to 7 hours!

Fast Facts of Disease and Nutrition in North American Society

- Cardiovascular disease accounted for more than 37% of Canada's fatalities (79,457 people)
- Cancer accounted for 28% of all mortalities (59,775 people)
- Canadian Cancer Society statistics show 145,500 people diagnosed in 2004
- Excessive calories consumption, nutritional deficiencies, inactivity and stress make us age prematurely
- Free Radicals contribute to cancer, heart disease, diabetes, Alzheimer's and MS
- The average American consumes on average 150 - 170lbs of sugar per year
- The average teen ages male drinks 868 soft drinks per year
- Key minerals (Na, K, P, Mg, Ca, Fe, Cu) in our vegetables have been reduced 16% - 76% when compared to 1940

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Helping People Live Healthier Lives One Person at a Time