

# Wellness to keep you Going



SAVE \$4

**\$31**  
BOOST Optimum 800g  
UP: \$35



SAVE 19%

**\$20<sup>90</sup>**  
BRAGG Apple Cider Vinegar 32oz (Twin Pack)  
UP: \$26

NEW



SAVE 30%

**\$50**  
VITAHEALTH Mushroom Essence 60s  
UP: \$72



**\$59<sup>90</sup>**

BLACK GOLD Gift Pack  
Black Garlic 6s + Drink 200ml  
UP: \$68

Includes "The Amazing Black Garlic" Book



SAVE 38%

**\$22**  
KORDEL'S Super Garlic 20,000mg 120s  
UP: \$36



SAVE 20%

**\$19<sup>90</sup>**  
LABO NUTRITION Camelina Oil 500ml  
UP: \$24.90



SAVE 25%

**\$58<sup>50</sup>**  
GREEN MAGMA Barley Grass Powder 150g  
UP: \$78



SAVE 20%

**\$38<sup>40</sup>**  
NZHEALTH NATURALLY Manuka Honey & Ginger / Lemon 500g  
UP: \$48



SAVE 20%

**\$88**  
AFC Ultimate Enzyme 720ml  
UP: \$110



**\$99**

RED SUN Spirulina 1200s + 500s



SAVE 16%

**\$9<sup>95</sup>**

ILITE Grains Plus Milk / Organic Soy 32g x 10s  
UP: \$11.95



**\$22**

HORMEL Propass 213g (Twin Pack)



**\$39**

CARESENS N Test Strips 50s

FREE Meter With Purchase Of Caresens Test Strips 50s. Available At Selected Stores. While Stocks Last.

## 5 Ways To Better Nutrition

Ageing leads to you needing less energy from food but you still need the nutrients so here are 5 ways how to!

- 1 Eat your proteins to maintain physical function and reduce muscle loss.**  
*Where?* Lean meat, fish and chicken without skin.
- 2 Go for low-fat options that give you nutrients without added fat.**  
*Where?* Low-fat dairy products and low-fat cereals.
- 3 Ensure sufficient calcium intake of at least 1000mg daily.**  
*Where?* Tofu, anchovies, dairy products and green leafy vegetables.
- 4 Have sufficient vitamin D to help absorb the calcium.**  
*Where?* Tuna, salmon, dairy products and egg yolks.
- 5 Fibre helps to lower blood cholesterol levels and promote healthy bowel functions.**  
*Where?* Vegetables, fruits and whole grains.

If you are unable to get the required nutritional needs through dietary means, you might benefit from oral nutritional supplements and/or health supplements.



**JUST ASK YOUR PHARMACIST**

Have more questions? Just ask your Unity Pharmacist!



**TELEPHARMACY**  
Have a real time webcam conversation with our pharmacists in our stores



**EMAIL US**  
Get in touch with us at general.feedback@fairprice.com.sg



### EVERYDAY WELLNESS FOR

All promotions are valid till 12 December 2018 unless otherwise stated. Promotions and products featured are available at selected stores and are not valid at Changi Airport Terminal 3 outlet unless otherwise stated. Ask our pharmacists on the use of the medication and read the product insert before consumption. If symptoms persist, please consult your doctor. All information is correct at time of printing. Traders not allowed. While stocks last. Terms and conditions apply.

pharmacy

[www.unity.com.sg](http://www.unity.com.sg) Unity by FairPrice

**4%** REBATE FOR FAIRPRICE MEMBERS  
T & Cs apply

**3%** DISCOUNT FOR PIONEERS  
T & Cs apply

**2%** DISCOUNT FOR SENIOR CITIZENS  
T & Cs apply

**LinkPoints**  
EARN LinkPoints with every \$1 spent with minimum purchase of \$20  
T & Cs apply

**UP TO 12% TO 12% OFF EVERYTHING**  
with your NTUC/OCBC Plus/ Visa Card  
T & Cs apply



Plus! Visa Card is a banking product provided by Oversea-Chinese Banking Corporation Limited for Plus! U.