

1*9*9*9 **BEST OF MARKHAM** 2*0*0*0

Nutrition Matters

BY MATET NEBRES

Find out how you can live a healthier life. No matter how diet conscious most individuals are, they require specific supplementation of one or more vitamins, minerals or enzymes to attain and maintain a high-level wellness," said Catherine Carleton-Fitchett, owner of Nutrition Matters Limited. If you suffer from fatigue, headaches, allergies, weight problems or other ailments, you will benefit from a

nutritional program. Nutrition Matters can evaluate your nutritional requirements using hair mineral analysis and by examining your diet and lifestyle. They can then personalize a diet and supplement program.

"Renewed energy levels, weight normalization and symptom improvement are some of the many benefits clients have reported from their program."

For details call 946-0015.

1*9*9*9

BEST OF MARKHAM

2*0*0*0

Markham Vitamin Warehouse Outlet

One of the greatest developments in the last 25 years is the awareness of nutrition and how it affects our health and fitness.

Markham Vitamin Warehouse Outlet, a unique 4,000 square foot store, provides a variety of vitamins, herbal, sports nutrition, granola bars, nutritional cereals, natural foods, cosmetics, dietary and homeopathic products for the environmentally and health-conscious consumer.

Markham Vitamin Warehouse Outlet

has a full-time certified nutritional therapist and a personal trainer to help answer clients' questions. In addition to everyday low prices and weekly specials, Markham Vitamin Warehouse Outlet offers an array of literature on the products they carry. This gives the consumer a broad base of knowledge to go with uncompromising service. Visit Markham Vitamin Warehouse Outlet Monday to Saturday from 10 a.m. to 6 p.m. at 330 Steelcase Rd. or call 475-5366.



nutrition matters
NUTRITIONAL COUNSELLING SERVICES

- Is your health less than it should be?
- Do you have recurring symptoms or complaints?
- Are you ignoring early warning signs?

Take action before little problems become big ones!

Find out if working with a **Registered Nutritionist** is what you need!

Call us today to make an appointment for your free consultation.

- Fatigue
- Headaches
- Muscle pain
- Digestion difficulty
- Skin disorders
- PMS
- Allergies
- Weight problems
- Others

905-946-0015

FREE 1/2 HOUR CONSULTATION

Nutrition Matters Ltd. Nutritional Counselling Services Markham

Swiss
Natural Sources™

MARKHAM VITAMIN WAREHOUSE OUTLET

Expert Advice And A Low Price



- In Store Staff Include:**
- Certified Nutritional Therapist
 - A.C.E. & C.A.I.A. Certified Personal Trainer

Save Up To 20% Off MRSP Price Everyday

We Accept Visa, M/C, Direct Payment & American Express

- Cereal
- Vitamins
- Beauty Aids
- Sports Nutrition
- Health Products
- And Much More

QUEST



330 STEELCASE RD. E. MARKHAM, ONT.

Tel: (905) 475-5366

Open Mon. to Sat. 10-6



Bring In This Ad And Receive An Additional 10% OFF All Vitamins & Minerals