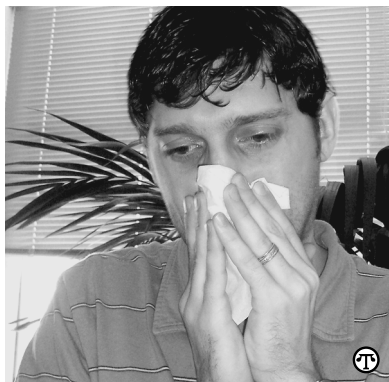




spotlight on health

Outwit Unseasonable Sniffles And Sneezes

(NAPSA)—It doesn't have to be cold outside for your immune system to be at risk. Doctors say a variety of conditions can lead to suppressed immune systems, giving germs the upper hand.



Vitamin C can help boost immune health year-round.

Crowded airplanes, abrupt seasonal changes, lack of physical activity, insufficient sleep and poor nutrition can all contribute to lowering immunity and putting your body at risk.

Research shows that the key to staying healthy year-round is nutrition and regular physical activity. Eating a diet rich in vitamins A, C and E is essential. Health care professionals also recommend taking a high-quality vitamin C supplement such as Ester-C, which is quickly absorbed, delivers 24-hour immune support and is easy on the stomach.

Using a patented manufacturing process, nonacidic Ester-C contains naturally occurring metabolites that maximize absorption and retention of vitamin C in the body. For more information, visit your pharmacy, check out www.ester-c.com or call (866) 417-0739.