



## Tips On Keeping Your Family Fit This Fall

(NAPSA)—If there's one thing parents and kids can agree on, it's that when vacation is over, it's time to get back down to business.

For kids, that can mean adjusting to new teachers and schedules. For parents, it often means fewer days off and paying more attention to diet and exercise. For the entire family, it means getting ready for the stress of the busy holiday season to come.



**Many parents feel a new school year can demand as much from them as it does from kids.**

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That's one reason many parents will upgrade their family's nutrition routine to make sure everyone has enough energy to handle everything that's on their plate. Often, that "upgrade" includes a dietary supplement.

Nature's Bounty® offers a wide range of products that combine the latest breakthroughs in nutritional science with the finest ingredients—from beauty aids to heart health and from digestive health to energy metabolism. Its latest products include probiotics and a Quick Dissolve Vitamin C plus Zinc, just in time for the change of season.

For individuals with special dietary needs, Sundown Naturals® offers a full line of vitamins and supplements, including great-tasting adult gummies, with many of them free of gluten, dairy, lactose, artificial sweeteners, flavors and colors.

The new Vitamin World scours the world for the most unique health ingredients to bring the finest nutritional supplements straight from the source to its customers. With more than 400 stores nationwide staffed with a team of knowledgeable nutritional advisers, and an e-commerce website, it aims to help people reach personal wellness goals.

To learn more, you can visit [vitaminworld.com](http://vitaminworld.com), [naturesbounty.com](http://naturesbounty.com) and [sundownnaturals.com](http://sundownnaturals.com).