



Good Health

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SUPERFADE

Age spots can make your hands look older than they really are. Superfade Cream can help fade away flat, brown spots in just a few weeks. Simple daily application of Superfade can make those age spots start to disappear, giving you clearer, younger-looking skin and years off your appearance. Available from pharmacies everywhere.

Always read the label. Use only as directed. If after 3 months' usage, fading is not evident, or if the brown spot or mole has recently darkened or changed, seek medical advice.



HEALTH COVER FOR DOGS & CATS

Your pet is an important part of your life. Get quality pet insurance for them through Medibank Private - call 132 331, visit medibank.com.au/petinsurance or drop into a Medibank store.

TALKING SHOP

The choice for the best buys in store this month from...



SUPER CALCIUM COMPLETE GOLD

Contains over nine times the hydroxyapatite of standard Super Calcium Complete. Plus Vitamin D, Magnesium, Boron and Manganese for comprehensive bone health support. May help prevent and/or treat osteoporosis.

Exclusive to health food stores. Always read the label. Use only as directed, and if symptoms persist, consult your healthcare professional. CHC41467-05/10.



RSPCA-APPROVED PORK

The RSPCA is encouraging grocery shoppers to look for the 'Paw of Approval' on packs when buying eggs, pork, turkey and chicken. These products have been farmed to the RSPCA's independent animal welfare standards, and also support Australian farmers. To find RSPCA-approved products near you, visit www.rspca.org.au/shophumane

OXFAM FAIR

Premium coffee with a conscience. Top quality 100% Arabica Fairtrade organic beans, roasted and blended in Australia. Available from www.oxfamshop.org.au and selected Coles, Woolworths and independent supermarkets.



LEMON DETOX

For good long-lasting health, the Lemon Detox cleanse is recommended to improve your health and general wellbeing. Doing the Lemon Detox cleanse once or twice a year keeps you energised, revitalised and a whole lot lighter. www.lemondetox.com.au



QUICK CLICKS

NUTRA-LIFE SILICAPLEX

Made with silica sourced from a natural plant extract. Promotes healthy hair and skin. Helps to strengthen soft, brittle or splitting nails. With added zinc, manganese and vitamin B6. Exclusive to health food stores. Visit <http://health.nutralife.com.au>

Always read the label. Use only as directed, and if symptoms persist, consult your healthcare professional. CHC 41819-12/10.

ERE PEREZ

Ere Perez Natural Tinted Rice Powders with SPF 15 work as superb blushers, bronzers or light foundation. Perfect for sensitive skin, the mineral pigments are very light, but can be built up to increase colour. In Bronze and Rose tones and the new universal shade, My Blush. RRP \$37.95. Visit www.ereperez.com