

Oxylent Solves Daily Energy Crisis

We all know the feeling; burnt out, no energy, poor concentration, headaches and migraines. Many of us experience these symptoms on a daily basis, but why? **Ciara Beaugé, BA (hons) Psychology, Dip NT, mNTOI**, is a director of the Nutritional Therapists of Ireland (NTOI). We asked Ciara to identify and explain some of the main causes of daily fatigue, and to share with us some of the advice she provides to her clients.

What Not to Do ...and the Irony of It
Ciara explains, “three of the main factors, which result in poor energy levels are; insufficient sleep, dehydration and nutritional deficiency”. She continued, “when the fatigue sets in, most people reach for a cup of coffee or a caffeinated, sugar abundant ‘sports drink’. Coffee and sugar, however, are not the answer. Ironically, they compound the problem. Coffee, like alcohol, is a diuretic, which makes us urinate much more frequently. This quickly depletes us of fluids and vital electrolytes, leaving us

dehydrated. That’s effectively what a hangover is. Drinking water is not enough to stay hydrated; electrolytes are essential, they remove toxins from our cells while keeping water balanced both inside and outside of our cells, enabling our muscles and organs to function properly. If deficient, we experience fatigue, headaches, cramps, muscle spasms, etc. Caffeine has also been found to raise blood pressure and disrupt sleep patterns. In summary, coffee consumption and other diuretics contribute to sleep disruption, and dehydration, which are 2 of

the 3 main causes of daily fatigue”. Ciara also explains, “Consuming too much sugar causes our blood sugars to go haywire. When the sugar levels in our blood fluctuate, they result in fatigue, exhaustion, headaches and mood swings as our blood glucose becomes unstable. The more sugar we eat, the more unbalanced our blood glucose becomes, resulting in our body craving even more sugar in order to fix the imbalance that it perceives. It’s a vicious circle of high-low-high-low, which can ultimately lead to far worse results than fatigue, including obesity, heart disease and type 2 diabetes.”

So What Can We Do To Combat Fatigue?

Ciara recommends, “Get plenty of sleep, 8 hours a night is ideal; stay hydrated by replacing the cups of tea and coffee with plenty of water; and increase the nutritional value of your diet”. She stressed, “The final point is perhaps the most challenging but equally, the most rewarding”. However, even the healthiest of diets can be lacking in certain nutrients, such as electrolytes, so it’s wise to use a high quality food supplement to ensure our nutritional needs are fully met.

Which Food Supplement and Why?

Oxylent is an award winning, 5-in-1 food supplement. It contains vitamins, minerals, electrolytes, amino acids and antioxidants; all in the form of a delicious and refreshing drink. Packed in individual, airtight foil packs, it’s very handy to take with you to the gym, while travelling, on a night out, or anywhere. As an



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effervescent that’s simply added to water, there’s no need to swallow and digest pills, which results in the fastest absorption rate. What really sets Oxylent apart though, are the ingredients that it does not contain. Absolutely zero sugar, caffeine, calories, carbohydrates, dairy, gluten, soy, artificial sweeteners,

used in Oxylent. Oxylent contains a full range of electrolytes, not just one or two. Each I.U. of SOD eliminates billions of free radicals. The 1969 discovery of superoxide dismutase has been called “the most important discovery of modern biology never to win a Nobel Prize.”

commending Oxylent; all word of mouth basically, which is a really good sign.” “As a nutritional therapist, I love that it’s suitable and safe for all. It doesn’t exclude anyone, such as diabetics, people with celiac disease, vegetarians, people with digestion difficulties and those that cannot swallow pills”. Ciara concluded by saying, “It was a big hit with my athlete clients this summer, mostly due to the electrolyte content, and it will be very popular at this year’s Dublin City Marathon. As a multivitamin for immune support, coming into the cold and flu season, I don’t know of a better multivitamin to take”.

“Oxylent also contains 20 I.U. of the world’s most powerful antioxidant, Superoxide Dismutase (SOD)”

artificial colours; artificial anything! The absence of these commonly used ingredients makes Oxylent suitable for everyone, including diabetics, people with celiac disease or those that are lactose intolerant. Also, unlike the majority of other “multi’s”, Oxylent doesn’t use minerals in a carbonate, sulphate or oxide form. These are cheaper to manufacture but often cause gastrointestinal discomfort and are up to 20 times less bioavailable (absorbable) than the chelated Albion® minerals

Ciara confirmed, “I was sure Oxylent would be very expensive, based on the range and quality of its active ingredients. I couldn’t believe it only cost €0.99 a sachet, a coffee costs twice that and that’s just coffee. I first discovered it in my local pharmacy/health store in Ballybrack, Co.Dublin. All the staff were using it to stay hydrated and energised throughout the day, without sugar or caffeine”. She added, “It wasn’t long before I heard other health professionals and athletes

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