

# FREE PRIZE DRAWS

## How to enter

**WEB:** Just visit [www.rudehealthmagazine.ie](http://www.rudehealthmagazine.ie) and enter your details and the Free Draw Code (such as RH-MAR/APR SOLO).

**EMAIL:** Or email [win@rudehealthmagazine.ie](mailto:win@rudehealthmagazine.ie) with the Free Draw Code (eg RH-MAR/APR SOLO) in the email subject box.

**POST:** Or post your name and address and Draw Code to: Rude Health Reader Offers, JHN Productions, Unit 2, Three Hills Farm, Ashdon Road, Bartlow, Cambridgeshire CB21 4EN, UK. (Postal entries on postcards or sealed envelopes only please.)

**Closing date:** 19th April 2014

# WIN!

## These fantastic natural health products



## WIN! An energising daily boost

**OVIVO Daily Antioxidant Plus** is an olive leaf extract and calendula 7-day-supplement-shot with more antioxidant power than green tea and Vitamin C. OVIVO is packed with immune boosting polyphenols to fight germs, detoxify and support energy levels naturally. We have six sets of two 500ml OVIVO bottles to give away, worth €35 to each winner!

**Free code:** RH MAR/APR OVIVO



## WIN! Eye support

**MaxiFocus™** is a supplement that aids eye, brain and body health with 24 super nutrients and antioxidants including lutein, zeaxanthin, riboflavin and works after only two minutes. Its spray formula has 900% greater absorption than tablets.

We have six bottles of MaxiFocus™- 24 Nutrient Sublingual to give away worth 29.95 each. **Free code:** RH MAR/APR GOOD HEALTH

## WIN! Vitamin B stress support

Advanced Vitamin B Complex from **Solo Nutrition** is enzyme activated to help nutrient distribution, contains magnesium which helps to support the nervous system and L-glycine which helps the absorption and synthesis of vitamin B and other nutrients.

We have one year's supply of B-Complex 60's for two lucky winners to be won worth €109 each.

**Free code:** RH MAR/APR SOLO



## WIN! Xylitol tooth care sets

**Xylitol** is a unique sweetener that helps prevent bacteria adhering to teeth and gums, leading to healthier teeth. We have 30 Xylitol Tooth Kits to give away containing a Xylitol Toothpaste without fluoride, Sponge Xylitol Dental Floss and Oral Xylitol Rinse (RRP €14.25).

**Free code:** RH MAR/APR SPRY



## WIN! Super study hampers

**Nordic Naturals Ultimate Omega D3** provides high levels of omega-3 essential fatty acids and vitamin D3 in one delicious serving. *Amazing Grades: 101 Best Ways To Improve Your Grades*, by Pat Wyman looks at exam preparation from every aspect, including nutrition. We have six hampers containing a bottle of Ultimate Omega D3, a copy of *Amazing Grades* and gift item worth €50 each to give away. **Free code:** RH MAR/APR NN



## WIN! Natural skincare range

**Lavera's** new innovative organic Firming Face Care range is suited to skins of 25+ years helping to combat the first signs of ageing. The Firming Day Cream, Night Cream, Day Serum, Eye Cream and Face Mask each contain natural ingredients such as white tea extract and karanja oil.

We have two sets of the range to give away worth €104.16 each.

**Free code:** RH MAR/APR LAVERA



## WIN! Hair growth supplement

**Nourkrin®**, with the unique proprietary ingredient Marilex®, is the only hair growth supplement to have been awarded the Gold Medal by the World Trichology Society. It has been proven to help normalise the hair growth cycle, which is always affected whenever hair loss or thinning occurs. Six readers can win a 3 month supply of Nourkrin® Woman worth €130 each.

**Free code:** RH MAR/APR NOURKIN

