

Mulligan's Pharmacy Solve Energy Crisis with Oxylent

We all know the feeling; burnt out, no energy, poor concentration, headaches & migraines. Many of us experience these symptoms on a daily basis, but why? Pharmacists **Peter Buchanan MPSI** and **Jillian Wadding MPSI**, of the Mulligan's Pharmacy Group discuss some of the main causes of daily fatigue, sharing their advice, which has produced incredible results for their customers throughout Waterford, Tipperary and Kilkenny.

What Not to Do ...and the Irony of It

Peter and Jillian explain, "there are three main factors, which result in poor energy levels; insufficient sleep, dehydration and nutritional deficiency". They went on to say, "when the fatigue sets in, many of us reach for a cup of coffee or a sugar abundant 'sports drink'. Coffee and sugar, however, are not the answer.

Ironically, they compound the problem". "Coffee, like alcohol, is a diuretic, which make us urinate much more

frequently. This quickly depletes us of fluids & 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 & 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



Rescue: Peter Buchanan MPSI and Jillian Wadding MPSI of Mulligan's Pharmacy Group

Mulligans
looking good... feeling good PHARMACY

blood pressure and disrupt sleep patterns. In summary, coffee consumption and other diuretics contribute to sleep disruption, and dehydration, that's 2 of the 3 main causes of daily fatigue".

Peter also explains, "Consuming too much sugar causes our blood sugars to go haywire. When the sugar levels in our blood fluctuate,

circle of up-down-up-down, which can ultimately lead to far worse results than fatigue, such as obesity, heart disease, type 2 diabetes"

So What Can We Do To Combat Fatigue?

"Get plenty of sleep, 8 hours a night is ideal, stay hydrated with plenty of water and increase the nutritional value of your diet". Jillian added,

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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". Jillian adds, "It's a vicious

"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, 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

antioxidant, Superoxide Dismutase (SOD). 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." Peter confirmed, "After our training, I was sure Oxylent would be very expensive, I

"What really sets Oxylent apart are the ingredients that it does NOT contain. Absolutely zero sugar, caffeine, calories, carbohydrates, dairy, gluten, soy, artificial sweeteners, artificial colours; artificial anything."

night out, anywhere. As an 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, 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 most other "multi's", Oxylent doesn't use carbonates, sulphates or oxides, which are cheaper to manufacture but up to 20 times less bioavailable than the chelated Albion® minerals used in Oxylent. Oxylent's full range of electrolytes prevents fatigue from dehydration. Then there's Oxylent's antioxidants; 20 I.U. of the world's most powerful

couldn't believe it only cost €0.99 a sachet, a coffee costs twice that and that's just coffee. We all use it because we're on our feet all day in the pharmacy; it's such an effective energy boost, but without sugar or caffeine". Jillian added, "It wasn't long before people were coming in asking for it, then more and more people kept coming in for it; all word of mouth basically, which is a really good sign. That's when we know we're recommending the right product that really helps our customers".

Jillian concluded by saying, "As a pharmacist, I love that it's suitable and safe for all. It's ideal for, people with digestion difficulties, those that cannot swallow pills, the elderly, late-shift workers, diabetics, people with celiac disease, vegetarians, athletes, even kids (5yrs+ half a sachet)". Peter concluded by saying,

"It was a big hit this summer, with events like the Waterford City Marathon and music festivals, because of its hydrating effects. I think it will be an even bigger hit this cold & flu season, as a multivitamin."



Oxylent: recommended by Mulligans Pharmacy Group



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