

HealthyBy Choice

...One Day at a Time

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national SAFE toy and gift month



Safety tips to keep in mind this holiday season:

Balloons

Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than eight years old. Discard broken balloons immediately.

Small balls and other toys with small parts

For children younger than age three, avoid toys with small parts, which can cause choking.

Scooters and other riding toys

Riding toys, skateboards and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times and they should be sized to fit.

Magnets

High-powered magnet sets are dangerous and should be kept away from children. Whether marketed for children or adults, building and play sets with small magnets should also be kept away from small children.

Once gifts are open:

- Immediately discard plastic wrapping or other toy packaging before the wrapping and packaging become dangerous play things.
- Keep toys appropriate for older children away from younger siblings.
- Battery charging should be supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay attention to instructions and warnings on battery chargers. Some chargers lack any mechanism to prevent overcharging.

Before you purchase a toy:

- Read all warnings and instructions on the box.
- Ask yourself if the toy is right for your child's ability and age.
- Avoid purchasing toys with sharp or rigid points, spikes, rods, or dangerous edges.
- Check the lenses and frames of children's sunglasses; many can break and cause injuries.
- Buy toys that will withstand impact and not break into dangerous shards.
- Look for the letters "ASTM." This designation means the product meets the national safety standards set by ASTM International.
- Avoid toys that shoot or include parts that fly off. Remember that BB guns are NOT toys.

Before letting children play with toys:

- Inspect toys for safe, sturdy construction.
- Explain how to use the toy.
- Fix or throw away broken toys.

Always

- Keep young children away from toys meant for older children.
- Supervise your children while playing.
- Store toys properly after play to avoid risks or falls.
- Supervise children's craft projects (scissors and glue can be extremely dangerous to a child's eyesight).
- Have children wear the right eye protection for sports (face shields, helmets, eye guards).



Have a Safe and Happy Holiday Season!!

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Stay Well During the Winter Months

There are a number of things we can do to help keep ourselves and our family just as healthy, happy and active during winter as we are during summer.

Boost immunity

It's important to take care of our health throughout the year but during the winter months it becomes even more essential. Eating well, getting enough sleep and staying active support your immune systems.

Keep moving

Keeping active during winter is essential to support our health and wellbeing. Moving your exercise indoors during winter will help to keep you warm as well as fit and healthy. Be sure to spend time warming up before you start your exercise as it can take a little longer for your joints to loosen up in the cold weather.

Eat well

As winter sets in it can be tempting to start eating more of those warm comfort foods that are often high in fat, salt and sugar. Instead, find comfort in foods such as warming and nourishing soups and stews full of flavor and healthy vegetables. Be sure your diet includes **winter fruit and vegetables** packed with vitamins and minerals such as sweet potato, green leafy vegetables, beetroot, kiwi fruit, mandarins, bananas, garlic and ginger.

Weight management

Even a small weight gain begins to add up as you get more and more winters under your belt! Although it's tempting to hide behind those bulky winter clothes, stick to your healthy diet and exercise routine all year round.

Sleep well

Proper sleep (eight hours for an adult) can help keep the body's immune system healthy and fight off colds. Avoid alcohol, caffeine and cigarettes as these substances can affect the quality of your sleep. Regular, moderate exercise, relaxation techniques and establishing a regular sleep routine may help to promote improved sleep.

Keep bugs at bay

The viruses that cause colds are spread by sneezing, coughing and hand contact. **Wash or sanitize your hands regularly** and avoid close contact with someone who has a cold. Keep household surfaces clean as well as kids' toys when someone in the family has a cold. If you are ill, be sure to drink plenty of fluids, including water, hot tea and soup. Avoid alcohol and caffeine and get plenty of sleep.



Maintain. Don't Gain.

Call 800-662-0586 for great monthly specials!

Home Delivery Market Place

QTY	ITEM#	PRODUCT DESCRIPTION	MANUFACTURER	SIZE	FORM	YOUR COST
	530586	Calcium 500 + D	OS CaL + D	400	TB	\$8.29
	530584	Calcium 500 MG + D	OS CaL + D	90	TB	\$4.99
	530392	Calcium 600 + D	21ST Century	400	TB	\$8.29
	570237	Calcium Citrate + D	Citrical	120	TB	\$8.50
	530386	CO Q 10 100MG Bonus	21ST Century	50+25	CAP	\$27.10
	923532	ECHINACEA 400MG	ProCare Rx	100	CAP	\$6.88
	530192	Ferrous Sulfate 65 MG	Feosol	100	TB	\$4.99
	530242	Fish Oil 1000MG Enteric Coated	21ST Century	180	SG	\$9.99
	530208	FISH OIL 1000MG ENTERIC COATED	21ST Century	90	SG	\$7.99
	530013	Folic Acid 800 MCG	21ST Century	180	TB	\$3.99
	530040	Gluco/Chond Max Strength	21ST Century	150	TB	\$24.99
	530044	Gluco/Chond Triple Strength	21ST Century	150	TB	\$27.99
	530050	Glucosamine 1000 MG	21ST Century	120	TB	\$9.99
	530159	Glucosamine Relief 500 MG	21ST Century	60	CAP	\$5.99
	530560	Glucosamine/Chond Plus	21ST Century	120	TB	\$19.99
	530035	Hair, Skin and Nails	21ST Century	50	CP	\$5.99
	095005	Loratadine 10 MG	Claritin	90	TB	\$7.99
	530039	Lutein 10 MG	21ST Century	60	TB	\$7.99
	530219	Magnesium 250 MG	21ST Century	110	TB	\$2.99
	530275	Mega Multi for Men	21ST Century	90	TB	\$9.99
	530276	Mega Multi for Women	21ST Century	90	TB	\$9.99
	501021	Nasal Decongestant Spray 12 HR	Major	.5 OZ	SR	\$1.38
	530045	Omega 3	21ST Century	60	SG	\$5.99
	530377	One Daily Men's	21ST Century	100	TB	\$4.99
	530367	One Daily Women's	21ST Century	100	TB	\$4.99
	530083	Potassium 99 MG	21ST Century	110	TB	\$2.99
	018994	Prosight	Occuvite	60	TB	\$3.99
	530212	Sentry	Centrum	300	TB	\$10.49
	530204	Sentry Senior	Centrum Senior	100	TB	\$5.99
	530005	Vitamin B-1 100 MG	21ST Century	110	TB	\$2.99
	530007	Vitamin B-1 2 500 MCG	21ST Century	110	TB	\$4.99
	530003	Vitamin B-100 Balanced	21ST Century	60	CT	\$6.99
	530011	Vitamin B-12 1000 MCG	21ST Century	110	TB	\$6.99
	530009	Vitamin B-6 100 MG	21ST Century	110	TB	\$4.99
	530029	Vitamin C-1000 MG	21ST Century	110	TB	\$6.99
	530021	Vitamin C-500 MG	21ST Century	110	TB	\$2.49
	530019	Vitamin C-500 MG Chewable	21ST Century	110	TB	\$5.19
	530281	Vitamin E Oil 24000 IU	21ST Century	1.75	LQ	\$6.09
	530012	Vitamin E-1000 IU	21ST Century	55	SG	\$7.99
	570188	Zinc Lozenges	ProCare Rx	30	LOZ	\$4.88



501162



501161



520611



501021



530087



530281



530204

Or Fax your order to: 800-662-0590

Account Name: _____ Account Number: _____

Contact Name: _____ Phone Number: _____ Email: _____