

# Fast Facts

## Nature's Own<sup>TM</sup> Cold Sores Complex

0890: 60 Capsules

### Needs:

A product to help to relieve the symptoms of cold sores  
A product to help reduce the incidence of cold sores  
Something to assist with wound healing

### Features:

Supporting nutrients of Vitamin C, B3 and B6  
Also contains zinc  
High dose lysine  
Easy to swallow capsules

### Recommended adult dosage:

Take two capsules daily with food or as advised by your healthcare professional

### Benefits:

Helps reduce cold sore outbreaks  
Relief of the symptoms of cold sores

### Did You Know That...

- Lysine is one of the 8 essential amino acids, meaning that the body can't produce it and it must be obtained from the diet
- Cold sores are caused by the herpes simplex I virus
- Lysine appears to be an effective agent for reduction of occurrence and severity for recurrent cold sore outbreaks
- Patients prone to herpetic lesions, particularly during periods of stress, should abstain from arginine excess and may also require supplemental lysine in their diet
- Arginine is found in foods such as chocolate, nuts and seeds, rice, corn, wheat, barely, rye, buckwheat and oats
- Good sources of lysine are chicken, beef, fish, soy, beans, dairy, eggs, figs, dates, tomatoes and asparagus
- Vitamins B3 and B6 and vitamin C have been included for additional nutrient support

### Customer Profile:

- Customer has a cold sore or complains of getting frequent cold sore outbreaks
- Customer is wanting to assist wound healing



### Complementary Companions:

- Nature's Own<sup>TM</sup> Zinc + C (0402/0403) for added immune support
- Nature's Own<sup>TM</sup> Echinacea 2500 (0704) for immune support
- Topical cold sore ointments

### Contents:

Lysine hydrochloride	500mg
Vitamin C (Ascorbic acid) as Calcium ascorbate dihydrate 55mg	45mg
Vitamin B3 (Nicotinamide)	50mg
Vitamin B6 (Pyridoxine hydrochloride)	10mg
Magnesium amino acid chelate equiv. elemental Magnesium 2mg	10mg
Zinc amino acid chelate equiv. elemental Zinc 1mg	5mg
Betacarotene	600mcg

All Nature's Own<sup>TM</sup> products are manufactured under pharmaceutical standards of Good Manufacturing Practice, with all product claims being validated to meet industry standards. It is the combination of modern research, traditional knowledge and state of the art technology that makes the Nature's Own<sup>TM</sup> range a great way to put your health first, naturally.

If you have any questions our qualified health consultants are ready to help. Please call our Healthline toll free on 1800 777 889.

Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional.

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