

GO
VITA®

SELF ISOLATION Wellness Guide

PART 2: MANAGING STRESS, RELAXING & SLEEPING WELL

MANAGING STRESS

During these unprecedented times it is not unusual for us to feel more anxious than normal. If you need help managing your stress levels, talk to one of the health consultants at your local Go Vita store – ask about virtual consult services too.

Australian made herbal medicine



PPC Herbs Stress Plex®

200ml
supplier RRP \$44.95

Herbs of Gold Children's Calm Care

60 chewable tabs
supplier RRP \$31.45

Convenient chewable tablet



relieves mild anxiety
Herbs of Gold Mind Ease
CONTAINS ASHWAGANDHA
60 tabs
supplier RRP \$40.50



NutriVital St John's Wort
One-a-day
60 veggie caps
supplier RRP \$37.95



Fusion Stress & Anxiety
30 tabs
supplier RRP \$28.95

Bach Rescue Remedy Drops
Traditionally used to relieve feelings of stress
20ml
supplier RRP \$33.70



Herbanica Moodivate®
(St John's Wort)
100ml supplier RRP \$29.95

Australian grown certified organic herbs



Herbs of Gold Stress Ease
Adrenal Support
SUPPORTS A HEALTHY STRESS RESPONSE & ENERGY PRODUCTION
60 tabs
supplier RRP \$46.50



NutriVital Stress and Anxiety
With KSM-66® ashwagandha extract
HELPS RELIEVE NERVOUS TENSION, STRESS AND MILD ANXIETY.
60 tabs supplier RRP \$46.95

STAYING CONNECTED!

While Aussies the country over are self-isolating, the challenge is how to also maintain some form of healthy social interaction with friends and families, necessary for our mental health and our ability to deal with stressful situations. Try these simple ideas for staying connected:

1. Schedule virtual catch ups with friends and families – so many platforms exist to choose from such as WhatsApp, House Party and Skype – try a virtual dinner party!
2. Schedule after work Friday mocktails via Zoom with work colleagues.
3. Participate in online exercise classes
4. Exchange a weekly winner recipe especially if you're feeding hungry teenagers!
5. Plan a regular phone coffee catch up with a friend you know is struggling

Stay connected, stay social,

the Go Vita team

Go Vita and YOU

For over 30 years Go Vita has looked after the health and wellness of Australians, and now more than ever we want to support our local communities. We remain open and observing strict hygiene rules and responsible social distancing in all stores. All our stores are independently owned and operated and keen to support you with healthy products, personalised advice and genuine care.

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RELAX



Weleda Lavender Relaxing Body Oil

100ml supplier RRP \$29.95

The ultimate body oil for normal to dry skin



Calm the mind and support healthy sleeping patterns



Thursday Plantation Lavender Sleep Support & Calming Roll On

9ml supplier RRP \$19.95

Weleda Lavender Relaxing Bath Milk

200ml supplier RRP \$29.95

lavender bath = total relaxation!

Lavender has been traditionally used to promote relaxation and help prepare the mind and body for a restful night's sleep. It's soothing and calming to the senses, and can help calm children throughout the day and settle them before bedtime.

Springfields Lavender organic essential oil

CERTIFIED ORGANIC GROWN IN BULGARIA
11ml supplier RRP \$22.95



Springfields Sweet Dreams

prepare your mind and body for sleep

100% PURE ESSENTIAL OILS OF MARJORAM, SANDALWOOD, ROMAN CHAMOMILE, LAVENDER & ROSE GERANIUM

11ml supplier RRP \$24.95

Ellia 'Gather' Ceramic Aroma Diffuser

Up to 20 hours run time
White 200ml

with sound and light features



Mother's day gift idea

Herbanica Calmamile® (Chamomile)

AUSTRALIAN GROWN CERTIFIED ORGANIC HERBS

100ml supplier RRP \$29.95



Thompson's Ashwagandha Complex DAY

TRADITIONALLY USED IN AYURVEDIC MEDICINE TO CALM THE MIND AND PROMOTE ENERGY LEVELS

60 tabs supplier RRP \$35.00



Thompson's Ashwagandha Complex NIGHT

TRADITIONALLY USED IN AYURVEDIC MEDICINE TO CALM THE MIND AND INDUCE SLEEP

60 tabs supplier RRP \$35.00



Thompson's One-A-Day Kava 3800

TRADITIONALLY USED IN PACIFIC ISLANDER MEDICINE TO AID MIND RELAXATION AND INDUCE SLEEP

30 tabs supplier RRP \$31.95

This medicine may not be right for you. Read the label before purchase.

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional.

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RELAX

Time for tea

At Go Vita you have a plethora of herbal teas to choose from that will help calm your nerves, relax your muscles, soothe your mind and warm your soul. Taking time out for a cuppa might be just what you need!



Koala Tea 'Dreamtime'

RELAXING & CALMING
CERTIFIED ORGANIC *certified organic and caffeine free*

20 tea bags supplier RRP \$5.95

Koala Tea 'No Worries'

A TONIFYING CUPPA TO GET YOU FEELING IN CONTROL!

20 tea bags supplier RRP \$5.95



Planet Organic Organic Passionflower

FOR WHEN YOU'RE FEELING ANXIOUS OR NERVOUS

50g loose leaf tea
supplier RRP \$9.95



Organic India Tulsi Sleep Tea

SOOTHES RESTLESSNESS & HELPS NIGHT TIME RELAXATION

25 tea bags
supplier RRP \$6.95

certified organic

Relax with a refreshing blend of superfoods



X50 Fresh Tea

Collagen & Shrooms
Superfood Beauty Blend Forest Berries

WITH MARINE COLLAGEN, CHAGA & LION'S MANE

60 serves
supplier RRP \$59.95

Planet Organic
Certified Organic Chamomile
GOOD FOR SLEEP AND DIGESTION
50 tea bags
supplier RRP \$5.95

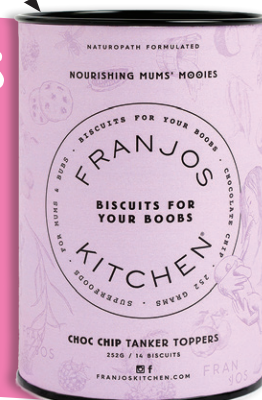


Kintra Foods
Organic Calm & Relax
CALM & SOOTHE A BUSY MIND
60g loose leaf tea
supplier RRP \$9.95



Unwind from a busy day
Kintra Foods
Organic Sleepy
FOR A DEEP AND RESTFUL SLEEP
40g loose leaf tea
supplier RRP \$9.95

Franjo's Kitchen
Tanker Topper Choc Chip Lactation Biscuits
SUPPORT FOR BREAST FEEDING MOTHERS
252g supplier RRP \$19.95



Onno Behrends Peppermint Tea
50g tea bags supplier RRP \$9.99

DESTRESS AND RELAX WITH A CALMING CUPPA



Attention Breastfeeding Mother's
Being a breastfeeding mum in 'regular' times has its challenges so the extra-layer of stress that COVID-19 is presenting is taking parenting to another level. Stress has a direct impact on a mother's milk supply. Franjo's Kitchen has created a range of wholesome and naturopathically formulated biscuits to not only nourish mums but also support milk supply especially during this very difficult time.

Always read the label. Follow the directions for use. If symptoms persist see your health professional.

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SLEEPING WELL

Aim for 7-8 hours sleep everynight! children need more!

Getting good sleep

Stressful times can result in difficulty sleeping, and poor sleep on a continual basis can impact your overall ability to function normally. Maintaining good sleep habits is key, you can't binge all night on Netflix and then expect to wake in the morning refreshed and ready to start your day! Going to bed at the same time every night and getting up at the same time each morning is important, as is giving yourself down time away from phones and computers to unwind before bed.



NutriVital Sleep Formula

60 tabs supplier RRP \$28.95

WITH PASSIONFLOWER, HOPS, VITAMIN B6 AND SOUR CHERRY

Herbs of Gold Magnesium Night Plus

150g supplier RRP \$42.95

HIGH-STRENGTH MAGNESIUM TO SUPPORT NERVOUS SYSTEM HEALTH



the whole family can use this!

Amazing Oils Magnesium Pro Sleep Lotion

125ml supplier RRP \$34.95

MAGNESIUM INFUSED WITH LAVENDER AND CHAMOMILE



Bach Rescue Sleep Drops

10ml supplier RRP \$22.80

TRADITIONALLY USED TO RELIEVE SLEEPLESSNESS



Herbanica Snoozeze®

(Passionflower)

100ml supplier RRP \$29.95

AUSTRALIAN GROWN CERTIFIED ORGANIC HERBS



suited for vegetarians

Pretorius Magnesium Sleep

60 caps supplier RRP \$41.95

CONTAINS MAGNESIUM, WHICH SUPPORTS NERVOUS SYSTEM HEALTH WITH PASSIONFLOWER

PPC Herbs SleepPlex®

200ml supplier RRP \$44.95

AUSTRALIAN MADE HERBAL MEDICINE



combines magnesium with passionflower and ziziphus

Nutra-Life Magnesium Sleep

60 caps supplier RRP \$41.95

Mineral supplement can only be of assistance if dietary intake is inadequate. Ocibest™ is a trademark of Natural Remedies Pvt. Ltd.



Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional.

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ENERGY FOR YOUR WHOLE LIFE



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@govitaaustralia