



## ADVANCED HEALTH SERVICES, LLC

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### THE MAGIC OF VITAMIN O

If **Yes**, put a check mark next to the number that describes your sub-health condition.

1. Are you tired most of the time?
2. Does your persistent tiredness/fatigue make you unhappy and irritable?
3. Do you have trouble clear thinking due to poor concentration?
4. Do you have trouble sleeping at night?
5. Are you a slow starter in the morning due to restlessness?
6. Do you experience short breath or dizziness when you are climbing the stairs or when you get up from the laying or banding position?
7. Do you suffer from frequent colds, flues and viral infections?
8. Do you find difficulty with maintaining your weight?
9. Do you have lack of strength for walking and physical exercising?
10. Are you affected by cold and damp weather?
11. Do you have cramps or "pins and needles" in your legs and arms?
12. Do you ever forget where you put your keys, wallet, purse, or glasses?
13. Do you forget people's names or appointments?
14. Do you have persistent/chronic health problems that your doctor can't help you with?
15. Do you suffer from unexplained skin problems, bruises, sores, infections or bleeding?
16. Do you have deviations in your blood tests toward anemia?
17. Do you experience aches and pains moving from one part of the body to the other?

If you answered **yes** 2-3 times, you have to admit that your body screams for help. Your body developed **oxygen deficiency**.

**Oxygen** makes up **67%** of the **human body**.

**80%** of the bio-energy we need in our body is linked metabolically to the oxygen we **take in** and only **10%** of our energy accumulates **from the food** we eat.

**Just a few squirts of the liquid form of oxygen can help you feel better than you have in years.**

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<http://www.rgarden.com/>

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