

# HOLIDAY GIFT GUIDE

IMMUNITY • ANTI-AGING • FITNESS • MENTAL HEALTH • KIDS • PAIN RELIEF

PRIORITIZE *your* HEALTH  
WITH SIX ALL-NEW PACKAGES

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GIVE A *gift* THAT WILL  
IMPACT SOMEONE'S LIFE

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EXCLUSIVE *savings*  
WITH PROMO CODE  
**JOY2020**



EST. 2002

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# MAKE 2021 *your* BEST YEAR

WITH THE UNFORESEEN CHALLENGES OF 2020 AND THE REPEATED DISRUPTIONS IN OUR LIVES THIS PAST YEAR, MANY OF US HAVE BEEN UNABLE TO PRIORITIZE OUR HEALTH. BUT THE NEW YEAR IS HERE, AND IT'S THE PERFECT TIME TO MAKE THE NECESSARY ADJUSTMENTS THAT WE'VE NEGLECTED OVER THE PAST FEW MONTHS.

NOW IS THE PERFECT TIME TO SET OURSELVES UP FOR A HEALTHY TRANSFORMATION — ONE THAT WILL MAKE US NOT ONLY SURVIVE BUT THRIVE.  
**SO HOW DO WE GO ABOUT CRAFTING A BETTER 2021?**

## MAKE TIME TO REFLECT

Take some time to sit and reflect. This action is essential when pondering any lifestyle changes that will make us healthier and happier. Think about the following questions and jot down your honest thoughts and feelings.

- How well am I eating?
- Am I moving my body as often as I should?
- Am I supplying my body with what it needs to live a healthy balanced life?
- Am I happy about my lifestyle?
- What are the key areas I would like to see a transformation in?

You need to have a clear 'why' and be committed to the change. If you are making a change because you feel it is something you 'should' do rather than something you 'want' to do, you will give up within weeks, if not days.

## SET YOUR GOALS

Once you've identified the areas you would like to change, set some motivating goals that are achievable and time-limited. An excellent way to do this is to share your goals with others who will hold you accountable. First, consult with your doctor and then be ready to challenge yourself. For example, sign up for the next 5k run in three months — even if you haven't made it off the couch yet. Make a commitment to yourself.

## DO YOUR RESEARCH

It can be confusing to know exactly how to achieve your goals and lifestyle transformation. What might be perfect for a 26-year-old male in excellent health is not always going to be ideal for a 52-year-old female who is entering menopause.

While we all have essentially the same core nutritional needs, it's interesting how our actual nutritional needs vary beyond our foundational requirements depending on factors like age, gender, physical condition and lifestyle. Our actual nutritional requirements are as unique as each person.

Make sure you review an array of qualified sources to figure out what is best for you. Awareness and knowledge is the first step to a healthier lifestyle.

## THINK LONG TERM

Fad diets are not recommended. Instead, seek balance and focus on making sensible choices over restrictive and harmful changes that will cause a physical or emotional backlash and potentially trigger binge behaviors. Always ask yourself, "Is this change going to be sustainable?" Sustainability and consistency are critical to any worthwhile lifestyle change.

## FOCUS ON SELF CARE

Looking after ourselves improves our immunity, increases our positivity, and makes us less susceptible to physical illness, stress, depression, anxiety, and other mental health issues. Do what is right



**IN HER OWN WORDS...**  
**DANIA RODRIGUEZ**  
Age 51  
Zumba Instructor  
Miami, FL

All the Pharma Natural products I've tried have been great. My favorite is the Keto Collagen Creamer! I honestly love everything about it! The flavor is great, and it mixes so well with my coffee. I use one scoop per cup — 2 cups a day — to get my dose. Since using this product, I have definitely seen a change in my overall health, but mostly my hair and skin. Even my husband has noticed how most of my bumps caused by cellulite have reduced greatly. I've also received several compliments on my skin. And the fact that it's low carb and Keto-friendly is a huge plus for me!

If you're considering this product, I would say, "Do it." As an adult woman, I know the importance of collagen and each year as we age, our bodies produce less and less. It is an essential part of maintaining our health. This product will help you begin to replace the collagen your body needs and help you restore your health.

for you. There is no single correct way to improve your health and wellbeing. Your journey will be unique so don't be afraid to follow your own path. Fuel your body in ways that feel good to you. Exercise in ways that are enjoyable to you. Most importantly, live every day of your life focused on experiencing what makes you happy and healthy.

Now that you have a plan for 2021, you can support your physical and mental health by choosing one or more of our revolutionary packages to help you make the coming year your best one yet — and consider gifting a special someone one of these packages as well.





## Supercharge Your IMMUNITY PACKAGE

Lifestyle factors such as poor diet, lack of exercise, and even the daily grind of stress can put you at risk of lowering your immune response. With all that has happened this year, it's a smart move to give your immune system a boost to prevent illness. The Supercharge Your Immunity Package provides nutrients, vitamins, and antioxidants to stimulate and support the body's immune function. It includes Immune Booster by PN, vitamin D3 10,000iu, vitamin C, and zinc.

## New Year, NEW YOU PACKAGE

This is your chance to supercharge your commitment and lifestyle changes to help you achieve your 2021 fitness goals. Our New Year, New You Package will help your body burn fat, give you clean and sustained energy without crashing, improve muscle strength and endurance, enhance mental focus, and prevent fatigue and speed recovery. The pack includes CLA 2,000 mg capsules, Pre-Workout by PN, Post-Workout by PN, and L-Carnitine 1,000 mg capsules.



## Ageless BEAUTY PACKAGE

We all want younger-looking skin. While there is no reversing the clock or a mythical fountain of youth, supplements have been shown to give your anti-aging strategy an extra boost. Our Ageless Beauty Package gives you three levels of protection and protein-boosting power. This package offers Collagen Elastin Cream, Collagen Liquid, and collagen 1,000 mg capsules with vitamin C. This is a triple power boost to give your body the necessary collagen for glowing, vibrant skin.



## Soothe and DE-STRESS PACKAGE

Now more than ever, we are under a lot of stress, which can make life a little more challenging. The Soothe and De-Stress Package provides supplements and extracts that can help enhance sleep, reduce stress, and support serotonin and thyroid function, vital for calming the brain and promoting relaxation. The package includes Natural Sleep 1,000 mg, Premium CBD Hemp, Magnesium 500 mg, and CALM Stress Management & Anti-Anxiety.







## Healthy KIDS PACKAGE

Parents always have concerns when it comes to their children's health. Although it would be impossible to completely allay your fears, the right nutrition, exercise, and supplement regimen can help. Our Healthy Kids Package gives a steady supply of immune-boosting antioxidants, omega fatty acids, and multivitamins to support and promote growth and development. The package includes Immune-C liquid vitamin C, Multi-Kids Vitamins, and Omega Syrup for Kids.

## Pain-Free LIVING PACKAGE

Some amount of pain is an unfortunate — and inevitable — part of growing older, but you can find relief with natural alternatives. Having a diet rich in anti-inflammatory foods and antioxidants can mitigate the effects of long-term inflammation. Our Pain-Free Living Package gives your body a fighting chance to reduce pain's effects on your life. The package includes Arthritis Cream Plus MSM, Glucosamine Chondroitin, Premium CBD Hemp, and Omega-3 3,000 mg.



## about PHARMA NATURAL

We are a family-owned and operated business based in Miami Lakes, Florida. Established in 2002,

Pharma Natural is dedicated to the improvement of human health based on scientific research. Our Health Sciences Team employs a multi-disciplinary approach of applied natural sciences, engineering, and technology to create products that promote nutrition. Pharma Natural's mission is to use science to nurture good health naturally.

The company's quality, effective dietary and nutritional supplements will put you on a path to a healthier lifestyle so you can feel empowered to live your best life.

Pharma Natural is licensed and registered with the Food and Drug Administration (FDA).

Since its inception, the company has operated in compliance with FDA 21 CFR 111 — current good manufacturing practice in manufacturing, packaging, labeling or holding operations for dietary supplements, as well as with the quality standard of the United States Pharmacopeia (USP).

### HOW TO ORDER

Ordering your Pharma Natural gift package is as easy as 1, 2, 3! Just select the package and place your order online at [pharmanatural.com](https://pharmanatural.com) using promo code

**JOY2020**

for exclusive savings through January 31st, 2021.



### HOLIDAY GIFT GUIDE IS A SPECIAL SUPPLEMENT TO A NEW YOU, THE OFFICIAL PUBLICATION OF PHARMA NATURAL

14500 NW 60th Avenue, Bldg. 7F, Miami Lakes, FL 33014, Tel: 305-231-8977; [pharmanatural.com](https://pharmanatural.com)

**Founder:** Carlos Ferreiro; **President:** Carolina Ferreiro-Diaz; **Quality Assurance Manager:** Rosa Lydia Solis, Ph.D.

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# POWER YOUR BRAIN **FUEL YOUR BODY**



## **KETO All-Natural Brain & Body MAX-18 and KETO Collagen Creamer**

Maximum Support Fitness Series  
MCT/Collagen with 18 Powerful  
Amino Acids

Medium Chain Triglycerides (MCT) can be converted into ketones, which are produced from the breakdown of fat when carb intake is low. If you're following a ketogenic diet, which is very low in carbs yet high in fat, then taking MCT oil can help you stay in the fat-burning state known as ketosis.

Especially Formulated  
for mixing with coffee or  
water. Only 2 g of carbs  
per serving.

*Visit [pharmanatural.com](http://pharmanatural.com) to place your order.*