



## Rhodiola rosea - The natural way to boost energy

Rhodiola rosea is well known for its energy-boosting and stress-relieving properties. Vitano® contains a unique extract WS®1375 of Rhodiola rosea which is traditionally used to increase energy levels and improve concentration levels, particularly under stressful situations.



### Give your Energy Levels a Boost with Vitano®

Vitano® is a traditional herbal medicine, used to temporarily relieve the symptoms associated with stress, such as fatigue, exhaustion and mild anxiety, exclusively based on long-standing use as a traditional remedy.

**NEW**  
16s Pocket  
Pack

- ✓ Used to relieve fatigue and exhaustion associated with stress
- ✓ Used to help you cope through stressful times
- ✓ Each tablet contains 200mg of special Rhodiola rosea root extract WS®1375 – equivalent to 300-1000 mg of Rhodiola rosea roots and rhizomes

### Vitano® - Helping You Stay on Top!

Always read the label

## How to take Vitano®

### Adults over 18 years:

Take **2 tablets** daily, 1 before breakfast and 1 before lunch, preferably 30 minutes before food intake.  
Swallow tablets whole with a glass of water.

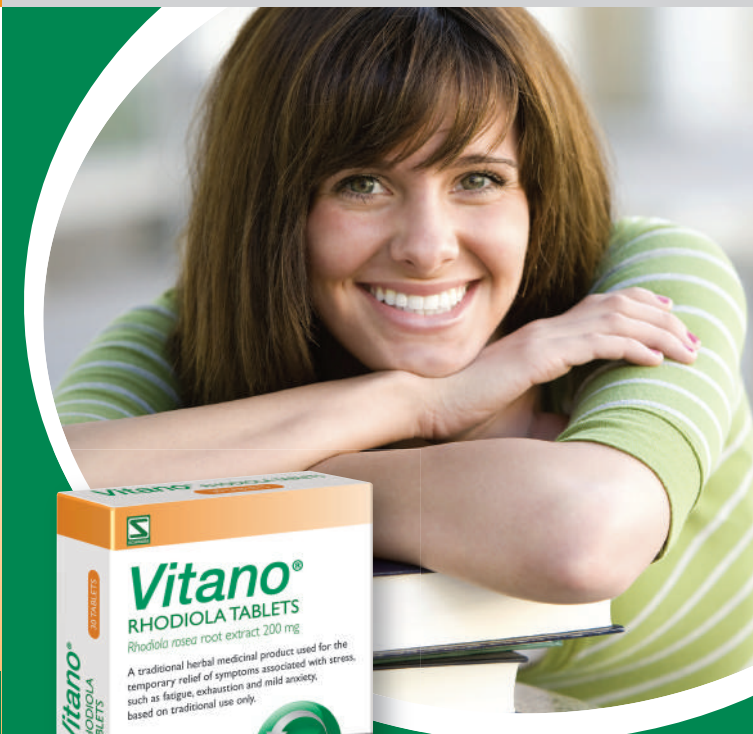
For more information on **Vitano®** go to  
[www.vitano.co.uk](http://www.vitano.co.uk) or call **01628 401980**



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Specialists in Herbal Medicines since 1866

# Tired all the time?

## A Guide on how to Boost Your Energy Levels...Naturally



Including expert advice from  
**Dr David Edwards, GP**

# Why do we sometimes lack energy and stamina?

Tiredness, also known as fatigue, affects most people at some point in their lives and usually goes after some relaxation and a good night's sleep. However, for some people it can become a long-term problem which can severely affect your quality of life and day-to-day activities. At any given time one in 10 people have persistent tiredness, or "tired all the time" (TATT) – women are more likely to be affected than men.

## What causes "Tired all the Time"?

In many cases lack of energy is due to a combination of factors – the vast majority of which (75%) are emotional rather than physical.

Stress and worry are tiring emotions. Facing a stressful situation can be draining, especially when you can't seem to see a solution to your problems. Feeling that you have no control over a situation may make you frustrated, irritable and tired.

It can also be triggered by certain traumatic events such as a recent bereavement, financial circumstances, moving house, family issues or work problems.

Looking after small children can be particularly exhausting, especially if they don't sleep through the night.



Dr David Edward's tips for overcoming exhaustion and boosting energy.

*Dr David Edwards is a practising GP from Oxfordshire and has a special interest in the symptoms of stress such as fatigue and exhaustion which he believes are becoming more and more prevalent in modern society.*



### Sleep - improve your sleep routine by taking the following steps

- ✓ Try to go to bed and get up at the same time every day – even weekends!
- ✓ Don't take naps during the day
- ✓ Ensure your bedroom is quiet, dark, comfortable and neither too hot nor too cold
- ✓ Relax before bedtime by having a warm bath or listening to music

### Food and Drink - can have a big impact on how you feel

- ✓ Eat a well balanced diet and eat at regular times
- ✓ Try to cut down on caffeine and alcohol – especially in the evenings
- ✓ Control your weight – being either over or underweight can increase lethargy

### Physical Activity - being unfit makes you susceptible to tiredness, and being tired means you don't exercise enough. Try to break out of this cycle.

- ✓ Introduce some form of physical activity into your routine and gradually increase the duration and intensity – aim to do 30 minutes of moderate exercise on at least five days a week
- ✓ Try not to exercise within 3 hours of going to bed, as this may invigorate you and make it difficult for you to get to sleep

If you are at all concerned or in any doubt about your child's symptoms contact your GP.