

These are **SOME** things **WE** have found useful for Fly 'n Camping :

1.

- WATER

- **Bottled Spring Water - 1.5 Liter bottles**

REALLY important to have ACCESSIBLE in the airplane ! Ideally, in an insulating jacket, to keep it cool. We all require 6 - 8 glasses of water a day. You should sip water at regular intervals, and especially about 15 minutes or so before landing, just to be sure you are not suffering from dehydration-impaired judgement. It can sneak up on you !

- OOooops !

If you are worried about the results of drinking too much water, we have a couple of solutions to show you - Unisex Travel John, and zip-lock freezer bags. If you are sipping regularly, these will not be necessary, because you will lose a lot through skin evaporation.

- FOOD

- ** **Trim Advantage Meal Replacement Bars - 7/box - \$ 23.80 Cdn.**

We have tried many different brands. **These** are our favourites !

These come in 5 flavours, Chocolate Coconut, 706161F6,

Blueberry Crunch, Chocolate Peanut, Chocolate Cherry, Apple Cobbler

All give about 250 calories, many of the vitamins & minerals needed daily,

and are tasty, filling, and satisfying. Much better for you than potato chips or chocolate bars !

Variety Pack - 70-201F6, 15 Bars - \$51.00 Cdn.

- ** **Trim Advantage Protein Bars - 9/box - \$ 25.15 Cdn.**

These come in 7 flavours, Fudgy Brownie with almonds, EE-95, Chocolate Mint, EE-220, Roasted Peanut, 10-0311, Caramel Vanilla, 10-1559, Banana Cream, 10-2001, Mixed Berry Smoothie, 10-2857, and Strawberry Cream, 10-1020.

They all have 22 grams of protein, and about 250 calories. Great for snacks between meals, or light meals, if you're dieting !

Variety Pack - 10-1998, 16 Bars - \$46.65 Cdn.

- **Nuts, Raisins, & Dried Fruit Mixes - (Trail Mix)**

Papaya chunks, Sugared Ginger slices, Walnuts, Almonds, Raisins, Sunflower seeds, Hazelnuts, etc. can all be mixed together or kept separately. We like to mix small batches and store them in zip-lock bags.

- **Fresh Fruits & Vegetables**

Apples, Bananas, Carrots, etc. - preferably organic. Again, stored in ziplock baggies, in soft cooler.

- SUPPLEMENTS, HERBS, & HOMEOPATHICS

- **Multivitamins**

Nutriline - The best of nature - the best of science ! Nutriline is the ONLY global vitamin and mineral company that grows, harvests, and processes plants on its own certified organic farms.

Multivitamin, multimineral supplement with phytonutrients, the ultimate dietary supplement :

Double X - 31 day supply (186 tablets) in refillable case, A-4300, \$89.55 Cdn.

- 10 day packettes, 60 tablets, A-4318, \$37.05

OR

Our favourite basic daily vitamin is **Nutriline Daily**,

with 60/bottle, A-4229, for \$ 8.80, or 180/bottle, A-4230 for \$ 26.00 CDN.

- **Supplements**

Vitamin C - Redoxon 1000 mg., in plastic tubes - 'fizzy' - (like orange Alka-Seltzers)

Buffered Vitamin C-500 - daily prevention - **Nutriline** A-4224, \$30.55/175 tablets

Vitamin E - 400 I.U. - dry, rather than oil, is best. **Nutriline E** with Selenium, A-4274, \$ 45.10/ 60 tablets

Selenium - 50 mcg. - Swiss - protects cells from free radical damage.

Zinc - 10 mg. daily, - Swiss - or 50 mg. to help immune system fight colds & virii

Quercetin - 600 mg. - Swiss - helps reduce allergic reactions.

Co-Q10 Enzyme - 30 mg. - reduces risk and damage from strokes. **Nutriline**, A-8601, \$77.05/ 60 capsules

These are SOME *more* things WE have found useful for Fly 'n Camping:

2.

- Supplements (cont.)

Papaya Enzymes - Swiss 90 mg. - *really* help avoid indigestion

Calcium/Magnesium+D - strengthens bones & teeth, anti-spasmodic, relaxant. **Nutriline**, A-5880, \$ 32.95/180

Bromelain - 500 mg. - Swiss - helps digestion, relieves pain from bruises & strains, anti-inflammatory

Mild B Vitamin tablets - Mild relaxers, help the body replenish itself. **Nutriline Stress B**, A-4205, \$16.90/100

Ocean Essentials Balance - Omega-3 essential fatty acids 150 mg. ea. of EPA & DHA A-8914, \$46.35/90 caps

Ocean Essentials Focus 425 - 425 mg. of DHA - 'brain food' ** A-8920, \$69.35/90 capsules

Nutriline Glucosamine - There's no better source ! (from arctic shrimp) A-8086, 59.25/120 capsules

Nutriline Rhodiola 110 - Mental & Physical performance - 3 (x10) tablets blister packs 719540 \$18.75

- Herbs

- **Nutriline Sleep Health** - Valerian Root & Hops tablets, A-8992, \$35.10/90 tablets

These act to help you sleep naturally - strong enough to help you sleep, if you are really tense.

Many people have different reactions, so *test first*, before travelling !!

Nutriline Siberian Ginseng Complex - for energy, improves circulation & memory. A-7923, \$ 63.40/ 180 tabs

Garlic & Cayenne - 450 mg. capsules - Swiss - antibiotic, lowers blood pressure – great after 'mystery meals'

Nutriline Garlic Heart Care - A-5923, \$ 39.70 CDN / 120 tablets

Saw Palmetto Complex - anti-inflammatory, really helps the male 'water works'. **Nutriline** A-8004, \$75.65/ 100 gels

Vision Health w/Lutein - improves night vision, prevents cataracts and ARMD. **Nutriline** 10-4144, \$49.65/ 62softgels

Nutriline Tri-Guard Echinacea Spray - We've found this VERY effective. AA-0176, \$17.80/15 gram sprayer

- Homeopathics

Arnica Montana Cream/Gel - Boiron - relieves pain from bruising or swelling, deep relief for aching muscles.

Calendula Cream - Boiron - antiseptic for burns & cuts, speeds skin healing.

Nux Vomica tablets - settles stomach

- Insect Repellents

D-15 Spray - THE best ! Non-greasy, protects from mosquitoes & blackflies 602643F6, \$13.10/275 g. can

** You can order the **Nutriline, Ocean Essentials, Trim Advantage**, and any products marked with "***" , on your credit card, by registering at our secure web sites, and adding the product numbers to your cart ! You might want to buy a catalogue too. Everything will be delivered to your door, 100 % satisfaction guaranteed !

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