

What's hot... Men's Health



Men's Health Week is on its way, running from 10 June and culminating on Father's Day, 16th June. The awareness week is organized by The Men's Health Forum, a charity, which supports men's health in England, Wales and Scotland.

Did you know that one man in five will die before he reaches 65? And two in five before the age of 75? The Men's Health Forum have created 'The Man Manual', an A5 colour booklet with simple, practical tips that will improve the health of pretty much any man. Covering topics including: How To Be Good To Your Heart, You Are What You Eat, How To Get Active and Small Change – Big Difference. The booklet can be ordered or downloaded from the Men's Health Forum website – www.menshealthforum.org.uk which also offers a number of free posters and materials to raise awareness and promote discussion around the topic of men's health.

See below for a few of our top product suggestions, including specific supplements aimed at men, protein-based products to support an active lifestyle and some essential all natural male grooming products too.



66283 – Higher Nature - All Man Capsules, 90s
RSP **£24.75**



47053 – Vitabiotics - Wellman 50+ Tablets,
30s – RSP **£9.69**



20% OFF

44632 – Natural Health Practice - Fertility
Face Scrub, 90s – RSP **£34.77**



95264 Bounce - Salted Caramel
Protein Ball, 40g x12 RSP **£1.95**



90012 – Vega - Clean Protein Chocolate,
552g – RSP **£26.99**



88327 – Nourkrin Food Supplement Tablets for
Men, 60s – RSP **£49.99**



87970 – Bulldog - Bodycare for Men -
Original Face Scrub, 125ml – RSP **£5.79**



96622 – Hawkins & Brimble -Grooming Gift Set -
Shave Cream & Post Shave Balm – RSP **£16.95**



91299 – Every Man Jack - Deodorant - Cedarwood,
89ml– RSP **£7.49**