



New Omega 3 And Probiotic Supplements Launched By Spring Vitality

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Spring Vitality, a health and nutrition company in Elkhart, Indiana, has announced launch of two brand new products. The first is their Spring Vitality Omega 3, and the second is the Spring Vitality Probiotic. The company's goal is to ensure everybody is able to achieve greater health and vitality and they feel these two supplements help to achieve that.

"Omega 3 and probiotics are the two things we believe people should focus on first and foremost when it comes to supplementing their diet," says Sharon Ring from Spring Vitality. "This is because even if people eat a reasonably balanced and nutritious diet, it is likely that they still have insufficient levels of omega 3 and probiotics. Through our two supplements, they can ensure that they achieve optimum health."

The Omega 3 supplement, as can be seen on <http://www.amazon.com/dp/B0116O6Z0W>, contains both EPA and DHA, which have both been shown to help reduce the chances of heart disease. Additionally, omega 3 is classed as 'brain food', as it has been found to help improve both cognitive function and memory. Within the body, studies have indicated that there should be a balance of omega 6 and omega 3. However, our food supplies tend to have very high levels of omega 6, which means that there is an imbalance. Through

supplementation, the balance can be restored.

The Probiotic supplement, which is listed on <http://www.amazon.com/dp/B0116NY5AU>, helps to promote healthy gut and digestion. Probiotic literally means 'promoting life', and that is exactly what these supplements do. They have been scientifically proven to help lower cholesterol, as well as improve dental health. This means that people have a lower chance of experiencing tooth decay if they take sufficient probiotics.

For Spring Vitality, which has a website at <http://www.conceptsofspring.com/>, putting the two together is the best way to achieve overall good health. "While customers are welcome to purchase just one of the two supplements, it is advisable to use both so that they can see better results," adds Eva Galvez. "Put together, they help to obtain overall good health. The probiotics will even help to make sure the omega 3 is absorbed properly, thereby enhancing their overall effects."

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For more information about Spring Vitality, contact the company here: Spring Vitality Eva Galvez +1(347) 560 8951 service@conceptsofspring.com Concepts of Spring 25883 N Park Ave Ste 3-500877, Elkhart, Indiana, 46514, USA

Spring Vitality

Spring Vitality is a brand of quality Dietary Supplements brought to you by Concepts of Spring. Spring Vitality aims to promote family health and boost wellness through expertly formulated supplements that are safe to ingest for the whole family.

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