

**For further info on the formulas mentioned here today.....**

- **EMPowerplus/CNE/Q96:** [www.truehope.com](http://www.truehope.com)
- **Daily Self Defense:** <http://optimusnutraceuticals.com/>
- **Daily Essential Nutrients:** <http://www.hardynutritionals.com/>
- **Brain Child Spectrum Support:**  
<http://www.brainchildnutritionals.com/spectrum-support-vitamins.html/>
- **Forceval:** <http://www.forceval.co.uk/>
- **Blackmores Executive B:**  
<http://www.blackmores.com.au/products/executive-b-stress-formula>
- **Max Stress B**  
[http://www.healthproductsusa.net/30\\_max\\_stress\\_b\\_health.htm](http://www.healthproductsusa.net/30_max_stress_b_health.htm)
- **Swisse Ultivite:** <http://www.swisse.com/au/vitamins-and-supplements/mens-health/73/swisse-mens-ultivite-f1>
- **Bayer's Berocca:** <http://www.berocca.com/en/home.php>