THE SANTA CRUZ NEEDLE EXCHANGE

IT'S ALWAYS A GOOD IDEA TO CONSULT A DOC BEFORE TAKING SUPPLEMENTS!!

**SUPPLEMENTS**

**Selenium:**
- Stimulates immune system
- Good for inadequate diets

**Evening Primrose Oil:**
- Reduces liver damage
- Acts as an anti-inflammatory

**Glutathione:**
- Helps liver clean itself better!

**Cystine:**
- Can help with liver damage

**Questions?**

**Call**

**It might be a good idea to take a multi-mineral/multi-vitamin**