

research

**NATURAL HEALTH READERS
ARE LIVING A HEALTHY,
ACTIVE LIFESTYLE.**

96% Of our readers take vitamin
or mineral supplements

96% Are constantly seeking out
up-to-date health information

92% Always check ingredient/
nutritional content before
they buy

97% Try to eat healthy these
days and pay attention to
my nutrition

Source: *Natural Health* February 2008 In-book Survey



NATURAL
FEEL GOOD • LOOK GOOD • DO GOOD
HEALTH