

XYNERGY ARTICLES AND NEWS

MONEY SAVING TIPS FOR 2011

Most supplements carry VAT, now at 20%. So most natural products will go up in price, if not in January 2011, probably at some point.

Here's a few basic tips on cutting costs, so you don't have to cut your favourite supplements out of your normal diet.

Standing orders and direct debits - check with your bank and cancel any that are out of date or unnecessary. For example, the insurance policy you no longer need. The magazine subscription you no longer read. The telephone account you thought had been cancelled.

Duplicated insurances – check if you're buying travel insurance but already have it through your bank account. The same goes for identity cover, breakdown cover and credit card cover. Chances are, your home contents insurance will cover things like your mobile phone, computers, TVs, kitchen gadgets and sound systems(although not technical faults).

The Latte Syndrome – a typical latte or cappuccino costs around £2.50. One coffee, 5 days a week costs £12.50. Over a year that's £650.00. Cut down on the number of coffees or snacks you might buy on your way to work, when you're out shopping etc and you may be astonished how much money you save. The same principle applies to all types of impulse purchase. Out for a drink, resist the bag of crisps or peanuts and save almost £1.00.

Take your foot off the gas – an obvious one but with the cost of fuel on a constant upward trajectory, you can save £££s by going easy on the throttle peddle.

Moving house – remember to cancel phone lines, broadband connections, power and energy utilities etc well in advance so you don't get stung with notice periods and paying after you've left the property.

Credit cards - pay off the balance each month and save a small fortune.

DAILY COST OF SUPPLEMENTS

Here's what some of the main Xynergy supplements cost per serving/dosage and per day, so you can compare with the cost of other household expenses... and the cost of other supplements.

Supplement	Cost per serving/dosage	Cost per day £ (Maintenance dose)
Synergy Natural Spirulina Tablets (200 tablets)	36p	36p
Xynergy Wheatgrass (15g)	76p	76p
Pure Synergy Vegicaps (270 caps)	£1.88	£1.88

Pure Radiance C	25p	75p
Synergy Natural Supergreens Powder	29p	29p
Comvita Olive Leaf Complex – 500ml	30p	90p
Kiwiherb Echinacia Root (100ml)	51p	£1.53
Dr Red Blueberry Punch 750ml	£1.02	£1.02
Seagreens Wild Seaweed Food Capsules – 180 caps	51 pence	51 pence