

*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**