

1. track 2/ At a drugstore

Proprietor: Hi, can I help you?

Woman: Hi, *I was actually looking for something.* Um, I've had poor circulation and I wanted a supplement that would help me.

P: Okay. Um, there's several different things, and there's different supplements that are great for circulation. And we actually have a product that has about ten different products in it, called Circulation Factors, which is what I'd recommend. It has ginkgo biloba in it and CoQ10, I believe it has cayenne pepper, and several other things. So instead of buying ten different bottles, I'd just recommend that.

W: Okay. And is that taken in a pill form?

P: Yeah, and then you can take it in pill form. I'd recommend you follow the direction on the bottle. And in addition to that, um, you know, you probably know that exercise is great for circulation and there's dry skin brushing and, you know, just different things that you can do to improve overall circulation. And I'd recommend trying all of them.

2.

W: Okay. And with the pill, would it just be something I'd have to take one a day, or would it require more?

P: That's the specific thing, I believe it's twice a day. Um, I think it's either one or two pills twice a day, so....

W: Okay. *And the name of that again was?*

P: It's called Circulation Factors. It's a line called Biochem, and it's by a company called Country Life. And that's what I'd highly recommend since it combines everything, instead of taking one specific supplement.

W: Okay. And then, would that, by chance, have anything that would be good for my skin in it?

P: Um, the ingredients in that would be good for your skin because they are just overall great for you and circulation also improves your skin tone. Um, but if you wanted to go further, there's a lot of things that are really great, and one of the newest things for skin right now is MSM, which is a little hard to pronounce, but it's, um, methyl-. Where is it? Sorry about that... let's see... methylsulfonylmethane. And it's basically just a natural sulfur that's been absent in our food, and it's um, ... a lot of people are deficient from it. And I've seen, um, really great results when people started taking that. So you can supplement with that.

3.

W: Would that clear up your skin, or that just give a healthy glow or dryness?

P: Well, personally I believe you are what you eat. So if you're gonna go out and eat fried foods and junk, and you know, drink and drink pop and caffeine, then it's gonna eventually work its way up,

because what's ever in comes out. But it's just a supplement that would help, so I think you have to think about drinking lots of water, making sure you get enough essential fatty acids in you diet. You know, if your diet's high in or if you eat a lot of fish, then you're getting a lot of natural oils, which is great. Or avocados, things that's are good for your skin, the natural kind of, uh, oils. If you have no oils, and so many women are conscious about fat-free things, their skin just, you get dehydrated. And you start to, you know, shriveled up essentially. So hydration is really important.

W: And would this supplement help that?

P: Well, it, it, it's just a great supplement for your skin. It's it's putting back something that was missing and it's just part of the piece of a puzzle. So I'd say if you took this and had a lot of water and made sure you got enough oils in your diet, then that's ... you're on the right road.

4.

W: Okay. Can I see that bottle, please?

P: Sure.

W: Thanks.

P: That's also good for a lot of things. It's, uh, good for, like, aside from skin it's good for... a lot of people with arthritis take it, you could help prevent things like that. It's just good for joints. It has, actually, a lot of benefits.

W: Would I have to talk to my doctor before I started taking any of these?

P: Um, if you're comfortable, I always recommend you bring it up. A lot of doctors, unfortunately, aren't really up to date on nutritional supplements. But I think a good doctor would have an open mind, and if he looked it up, he could see that's a natural, um.... you know, ingredient that used to be very present in food that no longer is. So I always recommend, if you're uncomfortable at all, or if you have a good relationship with your doctor, always talking with your doctor.