

## Are you taking your vitamins daily?

Written by Tyeisha Delk

Monday, 25 January 2010 15:29 -

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Why Ardyss Plus Vitamins? Ever since I can remember I have taken vitamins. When I was little child I took one shape like a character a breakfast – not really understanding why though. As I got older I started to realize the importance of vitamins. I was not getting the nutrients I needed from my meals alone and my doctor advised me that I should be taking supplements. So over the years I have taken vitamins from big chain stores and local health food stores but none have ever worked as well as the liquid vitamin Ardyss plus. First the vitamin is liquid so NO HORSE PILLS! You mix it with a glass of water and drink – it that easy. It also tastes good so this is not a chore.

The best thing about the [Ardyss Plus Vitamins](#) is not that it's liquid or that it tastes good but that IT WORKS plain and simple! I am a skeptical as the next person. I had heard stories from others about having colds that disappearing in a matter of days by taking Ardyss Plus. I thought it was great, but it was not until I saw the results for myself did I become a believer.

My story - The weather is changing and I feel a little tickle in my throat – uh oh the inevitable fall cold is coming. My boyfriend suggests I try the Ardyss Plus. I take a dose before bed and I kid you not – by the morning it's as if it never happened. I am hooked. I take my Ardyss plus every day. Sometimes by itself and sometimes in my Ardyss Nutrishake, but everyday to be sure.

So of course I have to spread the word to my friends and acquaintances. I was at a distributor meeting and shared my experience with one my fellow distributors who was not feeling well and planned to call in sick the next day. I made her promise to take the Ardyss Plus when she got home and she said she would. A day later I received a text – Hi Nikki its Enid - The Ardyss Plus worked! I know it must have because she felt compelled to find my number and let me know!

I have found with the Ardyss Plus people call to let you know that it's working and its great to hear. Its time to live a healthier life and this all natural product can help you do just that. So if you have the opportunity please try this product it's by far one of the best that I have used. Ardyss also has many other products that help with a variety of health concerns.

If you are interested in purchasing nutritionals from [Ardyss international](#) you can visit [www.ardysslife.com/tyeisha](http://www.ardysslife.com/tyeisha)

<http://www.acainewsonline.com/ardyss-plus-the-best-kelp-secret-of-the-vitamin-world/>

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