



NEWS RELEASE
For Immediate Release

Contact:

Ms. Rose Bardin
Christie Communications, Inc.
(805) 962-1347
rbardin@christiecomm.com

Mr. Nitesh Khakhar
HealthAid America
(800) 320-5699
info@healthaidamerica.com

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**GINKGO VITAL 3™ HELPS MS. FITNESS
CONTESTANT STAY ON TOP OF HER GAME**

Professional Fitness Competitor, Nikki Crawford, Claims HealthAid America's Mental Clarity Supplement Improves her Performance

(Foster City, CA) Between the hectic and often grueling training schedule of a professional fitness competitor and the non-stop demands of a wife and mother of three small children, Nikki Crawford's schedule demands her to be on top of her game at all times. Ms. Crawford was a recent 3rd place finisher at the Ms. Fitness USA competition held in Las Vegas and also a 6th place finisher at the Ms. Fitness World Competition. With all the pressure, Nikki has found that using **HealthAid America's Ginkgo Vital 3™** helps her tremendously by giving her a boost in energy and also helped improved her focus and mental clarity.

Nikki works hard at sticking to her strenuous schedule, she great improvement in her mental clarity and focus the day while taking HealthAid America's **Ginkgo Vital Ginkgo Vital 3™** is a unique combination of ginkgo, and siberian eleuthero, that work together to naturally mental clarity while also improving focus and a boost in

"I love taking Ginkgo Vital 3 every morning when I wake makes me think clearly and I feel so awake and ready to workout," exclaims Ms. Crawford. "I feel that Ginkgo Vital 3 helps give me a competitive edge."

With over \$140 million in sales in 1998, Ginkgo biloba is a selling herb in the United States.¹ Ginkgo is a natural antioxidant and has been known to enhance memory, cardiovascular function and increase circulation to the and the brain. Many human and laboratory studies have examined the use of Ginkgo for cognitive function and aging and suggest that Ginkgo nutritionally benefits people occasionally



Photo Courtesy of Carl Thygesen

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¹ Medline Plus of National Institutes of Health and US National Library of Medicine.



experiencing poor concentration, confusion, absent-mindedness, decreased physical performance, fatigue, headache, dizziness, mood swings, respiratory health concerns and anxiety.²

HealthAid America strives to create high-quality, all-dietary supplements with specialized formulas to meet consumers individual needs. Today, thousands of men women use Health Aid America's products daily. With one million supplements in distribution Health Aid recognized by prominent health care professionals as, America's leader in producing highly potent and natural supplements.



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For more information on **Ginkgo Vital 3™** or HealthAid America's other high-quality products please visit www.healthaidamerica.com or call (800) 320-5699. For more information on professional fitness competitor Nikki Crawford or HealthAid America products you can also contact Ms. Rose Bardin at Christie Communications at (805) 962-1347 or by email at rbardin@christiecomm.com.

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² National Center for Complementary and Alternative Medicine.