

OK!

FIRST FOR CELEBRITY NEWS

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HEALTH NEWS

If you need to take a vitamin supplement but find swallowing pills a problem then Colloidal Nutrisprays - vitamins and nutrients in oral spray form - are now available. Biotech Nutraceuticals claims that most vitamin pills take over an hour to dissolve but the spray enters the bloodstream nine times faster. For details call 0800 0260220.

The amount of tin in canned fruit and veg is on the increase according to a recent survey by MAFF. It found that two samples of gooseberries

exceeded the legal limit of tin (200mg/kg). High levels were also found in tomatoes, asparagus, apricots and grapefruit, but these were still below the limit. The Government's Food Advisory Committee has called for a follow-up study. Make sure the tins you buy aren't damaged and are still within their best-before date. Don't store food in the opened tins.

