



# Susan Heim *On Parenting*

Susan M. Heim, parenting author and "Chicken Soup for the Soul" editor, shares her personal and professional thoughts and experiences about raising children in today's world.

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## Combat Draggy Afternoons with 1st Step PRO-WELLNESS Liquid B-12 Complex!



For me, my "sleepy time" is mid-afternoon. Just when my boisterous boys are getting home from school, I'm ready to take a nap! I don't really like to rely on caffeinated soda for an energy boost every day, so I was really pleased to hear about a better alternative: **1st Step PRO-WELLNESS Liquid B-12 Complex**. This product is made especially for women, and contains all-natural flavoring from fruit juices -- cherry, passion fruit mango, and papaya -- which are sourced from

U.S. orchards. Best of all, it's delicious! I've been using it every afternoon for a great pick-me-up!

1st Step PRO-WELLNESS Liquid B-12 Complex contains B-12, B-9, and B-6 vitamins, which are important for your metabolism, nervous system, vital organs, eyes, muscles, skin and hair. This 99% pure pharmaceutical-grade B-12 complex converts food into energy, without caffeine, niacin or artificial flavorings. It's also gluten-free and 100% vegetarian. I love both the cherry and tropical flavors. Check out this chart to learn more about the benefits of 1st Step PRO-WELLNESS Liquid B-12 Complex:

**Did you know?**

**1st Step**  
PRO-WELLNESS  
**Vitamin B12**  
Complex

|                        |   |
|------------------------|---|
| Flavor Profile         | All Natural Flavors<br>Sourced from U.S. Orchards |
| Supplement Ingredients | 3 Ingredients<br>Only B Vitamins                  |
| Stimulants & Caffeine  | Stimulant & Caffeine<br>Free                      |
| Wellness Benefits      | Energy & Cognitive*                               |
| Sugar                  | Sugar 4g***<br>from Natural Sugar Source          |
| Niacin                 | Niacin Free (0 mg)                                |
| Sodium                 | Sodium Free (0 mg)                                |

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## FACEBOOK CONTEST!

1st Step PRO-WELLNESS is currently holding an awesome contest on Facebook! The first-place winner will receive a free year's supply of 1st Step PRO-WELLNESS Liquid B-12 Complex, 1st Step PRO-WELLNESS swag, and a Walgreen's gift card! A runner-up will receive a 6-month supply of 1st Step PRO-WELLNESS Liquid B-12 Complex and 1st Step PRO-WELLNESS swag. [CLICK HERE](#) to enter, and please be sure to say you read about the contest on Susan Heim on Parenting so I can get some free stuff, too! The giveaway ends on November 19, 2012, so you'll want to hurry over to enter.



### ONLINE COUPON

Save \$4 on any 1st Step PRO-WELLNESS products with this coupon at [http://1ststepprowellness.com/\\$4\\_coupon.pdf](http://1ststepprowellness.com/$4_coupon.pdf)!

For more than 10 years, the 1st Step PRO-WELLNESS brand has been the nutritional brand of choice by more than 330 collegiate and pro sports teams! I'm a big fan of the 1st Step PRO-WELLNESS Liquid B-12 Complex. If you've been dragging lately, I hope you'll pick up some today at Walgreen's, Bi Lo, Publix, Kroger and more than 2,000 independent retailers nationwide.

### LINKS

1st Step PRO-WELLNESS Website: [www.1ststepprowellness.com](http://www.1ststepprowellness.com)

Facebook: [www.facebook.com/1stStepProWellness](http://www.facebook.com/1stStepProWellness)

Twitter: [www.twitter.com/1stStepWellness](http://www.twitter.com/1stStepWellness)

Google+: [www.gplus.to/1stStep](http://www.gplus.to/1stStep)

Blog: [www.1ststepprowellness.com/blog](http://www.1ststepprowellness.com/blog)

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