



# Vitamins for the world from Sussex

When Sheila Garman, a qualified pharmacist, and her husband David began supplying Vitamin E, then a scarce commodity, in 1965 from a room in a house in East Grinstead, they could hardly have believed it would lead to a business, G&G that sells its products around the world.

Their business developed into a shop and mail order business based in East Grinstead High Street supplying health foods along with the vitamins and minerals.

There followed a move to larger premises on Railway Approach in the town and finally to London Road. Along the way the company moved into encapsulated products, ie capsules rather than tablets. Now they are one of the leading suppliers in the UK.

They still have a shop in the town centre in Queens Walk.

And although the business is now global the company is proud of its East Grinstead history and its part in the community.

Chief Executive Officer Myles McEntyre, pictured above, said: "As one of the oldest businesses based in East Grinstead, for some 45 years, we feel very proud to be part of the community and we love advising, meeting and helping our local customers in our shop based in Queens Walk.

"The very fact that we have a shop front in the town enables us to gather valuable feedback from our customers enabling us to help them with their specific requirements, as I see it, a crucial key element to our ongoing developments."

## Capsules versus tablets

G&G's advice on capsules versus tablets

- In some tablets the active ingredients only compose 15 per cent of the total content.
  - The other 85 per cent is made up of fillers, binders, excipients, colourings, disintegrants and diluents to name a few. Excipients such as povidone, (PVP), cellulose, modified starches and others used as binders, disintegrants and diluents.
  - The cheaper the tablet, the more of these ingredients are contained in them; You get what you pay for – which is why they are so much cheaper than capsules.
  - There are also many reports on the fact that, unlike capsules, tablets either pass through the digestive system unscathed – or worryingly, they get stuck in the digestive tract altogether – neither disintegrating, or passing through.
- For more information on their products call in at the G&G Town Shop, Queens Walk, East Grinstead Tel: 01342 322 795



## YOUR PERSONAL TRAINER

Dan Bennett's fitness column

## Getting the balance right

Make sure you watch what you eat and drink before and after your workout because consuming the wrong things can impair muscle growth and prevent weight loss.

A lot of my new clients think that they need to take in calories whilst exercising but this isn't the case if you're working out for less than 90 minutes. The same applies to "sports drinks" that can be very dangerous to weight concerned exercisers. They are full of sugar and as a result your body burns this rather than fat. If my aim is to lose weight I only ever drink water during my workouts.

Starving yourself before workouts, however, will slow your progress too. It lowers your immunity and this will make the whole workout seem harder. Also, the lack of energy will make you less focused on the terrain and this can lead to a risk of injury including muscle strains, sprains and tears.

It is hard to get the balance right. Eating too little can cause dizziness, headaches and nausea but eating too much can cause muscle stress and make you feel uncomfortable.

Before you start exercising eat something to stop you getting hungry. Bagels and low-fat cheese spreads are brilliant and fill you up without adding too many calories.

Clients that over or under eat find exercise harder and it makes them more likely to give up.

Once you've finished your workout remember to always eat a healthy, low-fat diet to ensure you don't undo all your hard work.

**For further information contact Dan at Mind Body Fitness Personal Training on 07791 209927 or email him at enquiries@mbffitness.com**