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October 31, 2006

A Vuru a Day

Lactaid, Ginko, Evening Primrose Oil – a person could spend *a lot* of time in a Wholefoods supplement aisle. Some perfect combination of vitamins would ward off the sniffles and make your hair shine, but it's just too damn complicated to deal with everyday. That is, until [Vuru](#) came on the scene and simplified the process. Their website allows you to choose from a range of supplements (the benefits of which are explained), which are then labeled in separate daily packets. Shoppers who know their needs -- but not the appropriate remedies -- can choose from suggested packets including Cardio Support, Cold Support, Digestive Health, Hair, Skin & Nails, Weight Management, or the Vegan Veggie Pack and that's just the beginning. So now there's no excuse for skipping your vitamins. Damn. *Packs: .90¢ and up, [vuru.com](#)*



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