

Former Brookings Woman Creates Health Supplement



The story might be called “Hometown Girl Makes Good.” Lisa Lent, a former Brookings-Harbor High School student, is currently the founder and chief executive of Vitalah, LLC. Her company produces Oxylent, an award-winning diet supplement that users are quoted as saying helps to keep them healthy and active.

Lisa, who moved to Brookings with her parents, Sheldon and Gro Lent, in 1982 as an 11-year-old fourth grader, has traveled far and literally flown high since her school days in Brookings.

Her early career as a flight attendant led her to the discovery of Oxylent, after being diagnosed at age 29 with pulmonary embolus, multiple clots in her lungs.

Lisa is not a quitter and that diagnosis only made her determined to find a solution to her health problem. She discovered evidence that convinced her that her many hours as a flight attendant, experiencing low oxygen, cabin pressure, dehydration, and radiation could be contributing factors.

As a young girl growing up in Brookings, Lisa exhibited determination to follow her dreams. Her passion for horseback riding kept her in the saddle even after her beloved horse was hit by a vehicle and had to be put down. In high school she performed with the Bear Delights when they won first place at state level. Her mother said recently, “She loved being part of a team.”. Her mother also remembered that Lisa always wanted to help people and loved to travel, no doubt influencing her choice of flight attendant for a career.

Determination to find help for health problems kept Lisa on track, and in 2008, with help from a team of health industry leaders, she created Oxylent. Originally created with the idea of helping airline employees and constant air travelers, Oxylent has also proven to be popular with those in any career looking for better health.

Lisa is looking forward to greeting old friends and meeting new while in Brookings. She has scheduled a demonstration of Oxylent at the Brookings Natural Foods Store, 630 Chetco Ave., from noon to 3 p.m. Saturday, Aug. 15.

Joyce Tromblee, owner of the food store and strong proponent of healthy living, said about Lisa’s product, “I think it’s great stuff. It has all the things in it that other products don’t have. It covers the whole spectrum.” Lisa’s message to all is, “Follow your heart and your passion and never give up on your dreams.”