



**MEDNA HOLISTIC™**  
SUPPLEMENTS



DETOX



REVIVE



NOURISH

**TRADE**  
CATALOGUE **2025**



**MEDNA HOLISTIC™**

20-22 Wenlock Road  
London, N1 7GU  
United Kingdom

[info@medna.co.uk](mailto:info@medna.co.uk)  
[www.medna.co.uk](http://www.medna.co.uk)

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## PRODUCT CATEGORY KEY

Use the symbols below to match our supplements to specific health goals.

 ALKALISING	 IMMUNE SYSTEM
 ANTIOXIDANTS	 JOINTS AND BONES
 CLEANSE AND DETOX	 OMEGA OILS
 DIGESTIVE SYSTEM	 SKIN, HAIR AND NAILS
 ENERGY AND ACTIVE LIFESTYLE	 VITAMINS, MINERALS AND PHYTO-NUTRIENTS
 GENERAL HEALTH AND WELL-BEING	 WEIGHT MANAGEMENT
 HEART HEALTH	 WOMEN

## Dietary symbols key

 SUITABLE FOR VEGETARIANS	 SUITABLE FOR VEGANS
 DAIRY-FREE	 NOT TESTED ON ANIMALS
 ORGANIC	 GOOD MANUFACTURING PRACTICE CERTIFIED
 GLUTEN-FREE	

## For more product information...

We **offer** a wide range of **premium** quality food supplements, health foods and herbal formulas. For full product details, fact sheets, specifications and more, please visit:

[www.medna.co.uk](http://www.medna.co.uk)

or contact us via

[info@medna.co.uk](mailto:info@medna.co.uk)

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## **DETOX**|SERIES

*Carefully selected products designed to help gently or deeply cleanse, detoxify and purify the whole body, with additional focus on specific areas play an important role in restoring & improving the holistic health.*

# Acai Berry Plus

Acai Berry Plus is a high-potency formulation, which combines Brazilian freeze-dried acai berry powder and extract with a range of other beneficial ingredients, including vitamins, minerals and herbs (such as zinc, vitamin B6, biotin, organic Moringa Oleifera and beetroot – see below).

This superfood combination provides support for immunity, energy, bones, hair, skin, nails and more. It also contains polyphenolic anthocyanin compounds, as well as vitamins, minerals and medium chain fatty acids.

Popular with slimmers, athletes, diabetics and those looking to support their immunity, general health and well-being.



## BENEFICIAL FOR...

- Antioxidant levels
- Protection against free radical damage and premature ageing
- Immunity
- Energy levels
- Bones
- Skin, hair and nails
- Weight loss
- Athletes
- Heart health
- Nutrient intake
- Healthy cholesterol levels
- Stable blood sugar levels (suitable for diabetics)
- Inflammation

## PRODUCT INFORMATION:

### Each capsule provides:

		%NRV*
Zinc	1.5mg	15%
Vitamin B6	0.21mg	15%
Biotin	8µg	16%

\*NRV = Nutrient Reference Value

### Also provides:

Freeze dried acai berry powder	100mg
Acai berry extract (equivalent to 1000mg acai berry powder)	100mg
Organic Moringa oleifera powder	100mg
Beetroot powder	50mg
Pomegranate extract (equivalent to 240mg pomegranate powder, 8mg ellagic acid)	20mg
Resveratrol	5mg
Grape seed extract (equivalent to 2.5mg powder)	0.025mg

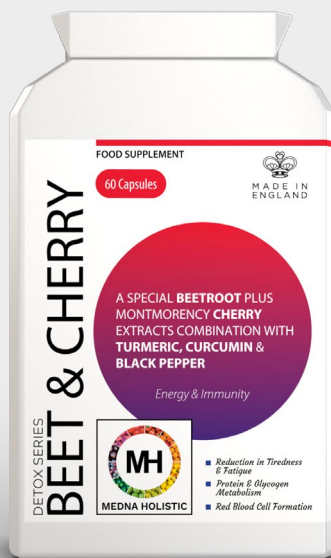


# Beet & Cherry

Beet & Cherry combines beetroot powder and extract (10:1), with Montmorency (sour) cherry powder and extract (10:1), to create a concentrated combination formula – **4500mg** per capsule.

These superfoods are then complimented by the addition of three nutritive allies in the same formula – **vitamin B6, black pepper powder and turmeric extract (95% curcumin).**

Combination cherry and beetroot capsules are particularly popular with athletes, because of the presence of dietary nitrate, anti-inflammatory agents and antioxidants present in both. Allied with vitamin B6, black pepper powder and turmeric extract, this supplement offers those who place high demands on their body a winning combination for high energy levels, stamina, immunity, general well-being and more.



## BENEFICIAL FOR...

- Immunity
- Energy levels  
(the reduction of tiredness)
- Iron levels  
(anaemia and fatigue syndrome)
- Muscle recovery and tissue growth
- Stamina
- Joints and flexibility
- Inflammation
- Hormonal activity
- Normal cysteine synthesis
- Energy-yielding metabolism
- Homocysteine metabolism
- Protein and glycogen metabolism
- Detoxification
- Heart health

## PRODUCT INFORMATION:

### Each capsule provides:

Vitamin B6 2mg 142%\*  
\*NRV = Nutrient Reference Value

### Also provides:

Beetroot extract 10:1 (equivalent to 2250mg beetroot powder)	225mg
Montmorency cherry extract 10:1 (equivalent to 2250mg cherry powder)	225mg
Black pepper powder	5mg
Turmeric (Curcuma Longa) extract 10:1 (95% curcumin) (equivalent to 50mg turmeric powder of which 4.75mg curcuminoids)	5mg



# Colon Cleanse

Colon Cleanse is a fast-acting colon cleanser, designed for the chronically constipated in need of strong treatment for a blocked bowel. Purgatives have been combined with carminatives to prevent griping.

Originally based on a Dr. John R. Christopher formula, this tried and tested combination of ingredients is known as the ultimate herbal laxative. Sugar beet fibre has also been added to offer specific support for an increase in faecal bulk and normal bowel function.

It is a powerful intestinal cleanser, which will "blast loose" residual intestinal congestion and get any bowel cleanse programme off to a good start.

This formula is widely used by colon hydrotherapists in combination with colonic hydrotherapy treatments.



## BENEFICIAL FOR...

- Constipation
- Internal cleansing
- An increase in faecal bulk
- Bowel function and regularity
- Laxative abuse
- Use by colonic hydrotherapists before, during and after treatments

## PRODUCT INFORMATION:

**Each 605mg proprietary blend vegetarian capsule provides:**

Rhubarb Powder  
 Glucomannan Powder  
 Cayenne Powder  
 Sugar Beet Fibre (45mg)  
 Rhubarb Root  
 Dandelion Root  
 Aloe Vera Leaf  
 Ginger Root  
 Nettle Leaf  
 Barberry Bark  
 Garlic Powder



# Colon Clear A

Colon Clear A is a well-known herbal colon cleanser and bowel support combination, based on a formula by master herbalist, Dr. John R. Christopher. It is available in 2 versions – this Colon Clear A & Colon Clear B.

Popular with colonic hydrotherapists, Colon Clear A contains a range of active herbal ingredients specifically selected to contribute to an increase in faecal bulk and normal bowel function.

They also help to cleanse the intestinal tract, soften the stool, stimulate the liver and improve peristalsis. This, in turn, helps to produce bowel movements and expel layers of old encrusted mucus and faecal matter that may have accumulated over time.



## BENEFICIAL FOR...

- Constipation
- Sluggish bowels
- Haemorrhoids
- Clearing bowel 'pockets'
- Diverticula
- Internal cleansing and detoxification
- Stool softening
- Prior to, following or between colonic hydrotherapy treatments

## PRODUCT INFORMATION:

### Each 725mg proprietary blend capsule provides:

Rhubarb Powder	Clove Bud Powder
Aloe Vera	Barberry Bark
Cayenne Powder	Fennel Seed
Burdock Root Powder	Liquorice Root
Sugar Beet Fibre (50mg)	Dandelion Root
Rhubarb Root	Ginger Root

**Ingredients:** Rhubarb Powder, Capsule: Hydroxypropyl Methylcellulose (HPMC) (Vegetarian), Aloe Vera Extract (200:1), Cayenne Pdr, Burdock Root Pdr, Rhubarb Root Ext 30:1, Sugar Beet Fibre Pdr, Cloves Bud Pdr, Anticaking Agent: Magnesium Stearate (vegetable source), Barberry Bark Ext 10:1, Fennel Seed Pdr, Liquorice Root Pdr, Dandelion Root Ext 5:1, Ginger Root Ext 20:1.



# Colon Clear B

Colon Clear B is a well-known herbal colon cleanser and bowel support combination, based on a formula by master herbalist, Dr. John R. Christopher. It is available in 2 versions – this Colon Clear B & Colon Clear A (practitioner-only – see note below).

Popular with colonic hydrotherapists, Colon Clear B contains a range of active herbal ingredients which help to cleanse the intestinal tract, soften the stool, stimulate the liver and improve peristalsis. This, in turn, helps to produce bowel movements and expel layers of old encrusted mucus and faecal matter that may have accumulated over time.

It acts to gently cleanse, stimulate and tone the bowel wall, supporting a move towards unassisted bowel movements.



## BENEFICIAL FOR...

- Constipation
- Sluggish bowels
- Haemorrhoids
- Clearing bowel 'pockets'
- Diverticula
- Internal cleansing and detoxification
- Stool softening
- Prior to, following or between colonic hydrotherapy treatments

## PRODUCT INFORMATION:

**Each 810mg proprietary blend vegetarian capsule provides:**

Rhubarb Powder	Glucomannan Powder
Burdock Root Powder	Aloe Vera Extract (200:1)
Cayenne Powder	Liquorice Root Extract (4:1)
Fennel Seed Powder	Barberry Bark Extract (10:1)
Ginger Root Extract (20:1)	Dandelion Root Extract (4:1)

**Ingredients:** Rhubarb Powder, Capsule: Hydroxypropyl Methylcellulose (HPMC) (Vegetarian), Burdock Root Powder, Cayenne Powder, Fennel Seed Powder, Ginger Root Extract (20:1), Glucomannan Powder (90%), Anti-caking Agent: Magnesium Stearate (vegetable source), Aloe Vera Extract (200:1), Liquorice Root Extract (4:1), Barberry Bark Extract (10:1), Dandelion Root Extract (4:1).



# GI Balance

GI Balance is a broad-spectrum gastrointestinal cleanse and detoxification formula, designed to support a balanced lower digestive tract and protect against internal parasites, worms and other harmful micro-organisms.

It contains a range of tried and tested herbs and concentrated foods to support digestive tract health, in an easy-to-take capsule form.

The ingredients have been hand-picked for their antiparasitic, anti-bacterial, anti-microbial, anti-fungal and anti-viral activities.

Used by naturopaths, colonic hydrotherapists and herbalists as part of cleansing programs.



## BENEFICIAL FOR...

- Internal parasites, flukes and worms
- Candida albicans overgrowth
- Irritable Bowel Syndrome (IBS)
- Diarrhoea
- Constipation
- Fungal infections
- Mouth sores and herpes
- Certain skin conditions, such as acne and eczema
- Colon cleansing
- Travel abroad to locations where food hygiene and/or water quality may be less than ideal

## PRODUCT INFORMATION:

### Each capsule provides:

Magnesium Caprylate	175mg
Vegetarian Capsule Shell: Hydroxypropyl	120mg
Methylcellulose (HPMC)	
Cinnamon Powder	100mg
Cloves Powder	100mg
Shiitake Mushroom Powder	100mg
Garlic Powder Extract (10000mg/g)	75mg
Glucomannan (95%)	50mg
Pumpkin Seed P E 4:1 (40%) (equivalent to 200mg pumpkin seed powder)	50mg
Chicory Root P E 4:1 (equivalent to 120mg chicory root powder)	30mg
Grapefruit Seed P E 5:1 (equivalent to 100mg grapefruit seed powder)	20mg
Cayenne Extract 7:1 (equivalent to 100mg cayenne powder)	14.3mg
Fenugreek Seed P E 4:1 (equivalent to 48mg fenugreek seed powder)	12mg
Olive Leaf Extract 15:1, 6% Oleuropein (equivalent to 50mg olive leaf powder)	3.35mg





# GI Calmer

A high-strength *Saccharomyces boulardii* probiotic yeast with **5 billion** cfu organisms per capsule, plus added olive leaf extract, vitamin D3 and biotin.

*Saccharomyces boulardii* is a hardy, acid-resistant, temperature-tolerant micro-organism that is not affected by antibacterial agents or antibiotics. This yeast works as a 'probiotic' by colonising the intestinal tract and supporting the growth of friendly bacteria.

The active herbal olive leaf extract works in harmony with the yeast probiotic to provide additional colon health and yeast balance support (including fighting *Candida albicans* and other gastrointestinal conditions), while the added nutrients (vitamin D3 and biotin) offer additional support for the immune system, inflammation response, mucous membranes and more.



## BENEFICIAL FOR...

- A healthy and balanced intestinal tract
- Digestive health
- A healthy balance of gut flora
- Dysentery and bacterial diarrhoea
- Infections and yeast overgrowth (*Candida*)
- Post antibiotic therapy
- Inflammatory responses and other gastrointestinal upsets
- Mucous membranes
- Immune function
- Travel to countries where water quality and/or food hygiene are less than ideal

## PRODUCT INFORMATION:

Each capsule provides:	%NRV*
Biotin - 8µg	16%
Vitamin D - 2.5µg	50%
*NRV = Nutrient Reference Value	

## Also provides:

Saccharomyces Boulardii	250mg
(equivalent to 5 billion cfu)	
Olive Leaf Extract (15:1)	10mg
(equivalent to 150mg olive leaf powder	
- of which 0.60mg of Oleuropein)	





# GI Complex

GI Complex is an all-in-one yeast balance, digestive health, cleanse and detox supplement.

It contains caprylic acid, along with a broad spectrum of active herbals, probiotics and other natural cleansing and protective agents, which have anti-bacterial, anti-fungal, anti-microbial and anti-inflammatory actions.

The unique combination of ingredients in this food supplement helps to support the correct balance of gut flora (bacteria and yeasts), along with the integrity of the gastrointestinal tract and the growth of friendly bacteria.

Ideal for use in conjunction with an anti-Candida, low-yeast and low-sugar diet.



## BENEFICIAL FOR...

- Candida albicans overgrowth / thrush
- Bad breath
- Bloating
- Body odour
- Coated tongue
- Coeliac disease
- Crohn's disease and ulcerated colitis
- Diarrhoea
- Digestive problems
- Flatulence - excessive and foul smelling
- Gallstones
- Indigestion / reflux
- Irritable Bowel Syndrome (IBS)
- Leaky gut syndrome

## PRODUCT INFORMATION:

### Each capsule provides:

Zinc	3.1mg	%NRV* 31%
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\*NRV = Nutrient Reference Value

### Also provides:

Caprylic Acid	212.5mg
(from 250mg gross Magnesium Caprylate)	
Garlic Powder (Alli sativa)	25mg
Aloe Vera Extract (200:1)	15mg
(equivalent to 3000mg fresh aloe vera)	
Quercetin	15mg
Bifidobacterium Bifidus	10mg
Lactobacillus Acidophilus	10mg
Clove Bud Powder (Ayzigium aromatica)	10mg
Grapefruit Seed Extract (5:1)	10mg
(equivalent to 50mg fresh grapefruit seed)	
Thyme Powder	10mg
Zinc Citrate	10mg
Glucosamine Hydrochloride (vegetable source)	8mg
Rosemary Leaf Extract (10:1)	8mg
(equivalent to 80mg fresh rosemary leaf)	
Beetroot Extract (5:1)	3mg
(equivalent to 15mg fresh beetroot powder)	
Cinnamon Extract (5:1)	3mg
(equivalent to 15mg fresh cinnamon powder)	
Oregano Extract (4:1)	1.3mg
(equivalent to 5mg fresh oregano powder)	

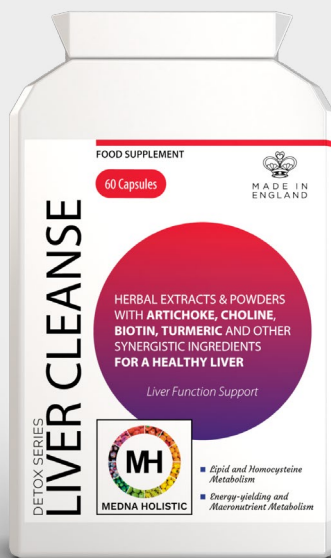


# Liver Cleanse

Liver Cleanse is a healthy liver support formula, with a combination of herbal extracts and powders, plus vitamins. It is designed to support liver function, along with the other detoxification organs and systems of the body – particularly during periods of overindulgence in food, alcohol or smoking.

In particular, the ingredients in this comprehensive food supplement help to cleanse a congested liver and gallbladder and support cell repair and protection.

It has been formulated to stimulate, flush, cleanse and protect these two important organs. If you thought milk thistle worked well, this formula will "blitz" internal congestion and toxins.



## BENEFICIAL FOR...

- Liver function
- A sluggish liver and gallbladder
- Body cleansing and detoxification
- Blood purifying support
- High energy levels
- Cholesterol levels
- Body odour
- Digestive health and indigestion
- Relieving symptoms of occasional over-indulgence in food and drink
- A colon cleansing programme
- Those with a poor diet
- Those with a high toxic load
- Normal homocysteine metabolism
- Normal lipid metabolism
- Normal energy-yielding metabolism
- Normal mucous membranes
- Normal hair and skin

## PRODUCT INFORMATION:

### Each capsule provides:

Choline	82.5mg	%NRV*
Biotin	8mcg	16%

\*NRV = Nutrient Reference Value

### Also provides:

Artichoke Extract (25:1) 2.5% Cynarin (equivalent to 4800mg artichoke powder)	192mg
Garlic Extract (Allicin 1%) of which 0.5mg Allicin	50mg
Burdock Root Extract (4:1) (equivalent to 160mg powder)	40mg
Parsley Leaf Extract (4:1) (equivalent to 100mg powder)	25mg
N-Acetyl L- Cysteine (equivalent to 15mg cysteine)	20mg
Beetroot Extract (0.3% Flavones of which 0.6mg flavones)	20mg
Liquorice Root (Glycyrrhiza Glabra) Extract (4:1) (equivalent to 80mg powder)	20mg
Alpha Lipoic Acid	10mg
Beetroot Extract (10:1) (equivalent to 80mg powder)	8mg
Fennel Seed (Foeniculum Vulgare) Extract (4:1) (equivalent to 30mg powder)	7.5mg
Turmeric (Curcuma Longa) Extract 10:1 (95% Curcumin) (equivalent to 50mg Turmeric powder of which 4.75mg curcuminoids)	5mg
Ginger Root Powder - 5mg	5mg
Cayenne (Capicum Frutescens) Extract 7:1, 100au Capsaicin (equivalent to 30mg powder)	4.2mg
Dandelion Root Extract 5:1 (3% Vitexin) (equivalent to 10mg powder)	2mg

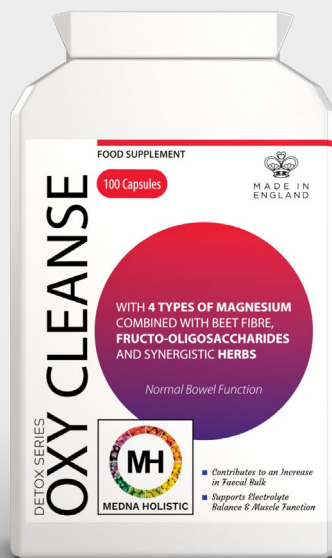


# Oxy Cleanse

Oxy Cleanse is a powerful, yet gentle colonics formula, with nutrients specifically selected to contribute to an increase in faecal bulk and normal bowel function, as well as to support electrolyte balance, muscle function, energy-yielding metabolism and more.

It contains four types of magnesium, as well as sugar beet fibre, vitamin C, citric acid, citrus bioflavonoids, apple cider vinegar powder (a natural digestive) and fructo-oligosaccharides (FOS, a prebiotic) – ingredients designed to support the 'oxygenating' actions of the magnesium, as well as digestive regularity.

Sugar beet fibre, in particular, contributes to an increase in faecal bulk in two ways: the insoluble components of the fibre increase faecal bulk by absorbing water in the large intestine, while the soluble components are fermented by bacteria in the large intestine leading to an increase in bacterial mass.



## BENEFICIAL FOR...

- An increase in faecal bulk
- Normal bowel function
- Stool softening
- Digestion
- The softening and removal of colonic and arterial plaque
- Oxygenation of the bowel
- Detoxification
- Proliferation of beneficial bowel bacteria
- Long-term bowel health
- Digestion
- Electrolyte balance
- Muscle function
- Energy-yielding metabolism

## PRODUCT INFORMATION:

Each 2 capsule serving provides:		%NRV*
Magnesium	498mg	132%
Sugar Beet Fibre	110mg	-
Vitamin C	80mg	100%

\*NRV = Nutrient Reference Value

### Ingredients:

Magnesium Sulphate, Magnesium Citrate, Magnesium Hydroxide, Magnesium Oxide, Capsule: Hydroxypropyl Methylcellulose (HPMC) (Vegetarian), Sugar Beet Fibre, Ascorbic Acid (Vitamin C), Fructo-oligosaccharides, Citric Acid, Anti-Caking Agent: Magnesium Stearate (Vegetable Source), Citrus Bioflavonoids, Apple Cider Vinegar Powder



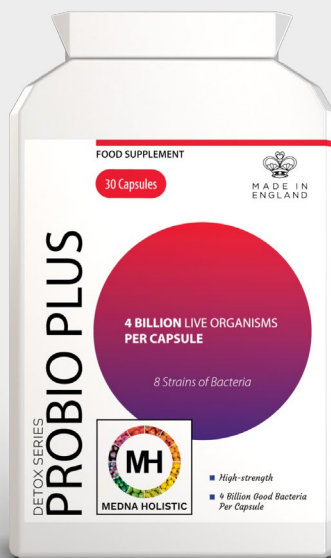
# ProBio Plus

ProBio Plus is a high-strength, multi-strain probiotic supplement with **4 billion** friendly bacteria per capsule – equivalent to 8 pots of probiotic yoghurt, but without the added sugar, dairy and fat.

It provides 8 strains of friendly lactic bacteria which should inhabit a healthy gut, and offers full-spectrum support of the upper and lower bowel.

Micro-encapsulated for acid resistance, this probiotic has been specifically formulated for natural health practitioners who treat digestive and intestinal disorders. It is ideal for use following antibiotics, travelling abroad and colonic hydrotherapy treatment.

Also available in **20 billion** strength – see ProBio Ultra.



## BENEFICIAL FOR...

- Dysbiosis (unbalanced bowel flora)
- Bad bacteria and pathogen overgrowth
- Bloating
- Body odour
- Candida albicans overgrowth
- Bad breath and coated tongue
- Coeliac disease, Crohn's disease and ulcerated colitis
- Digestive problems (including constipation and diarrhoea)
- Flatulence - excessive and foul smelling
- Gallstones
- Indigestion and reflux
- Irritable Bowel Syndrome (IBS)
- Leaky gut syndrome
- Travelling abroad
- During and after a course of antibiotics

## PRODUCT INFORMATION:

### Each 230mg proprietary blend capsule provides:

Lactobacillus casei PXN37  $1.5 \times 10^9$   
 Lactobacillus rhamnosus PXN54  $1.4 \times 10^9$   
 Bifidobacterium breve PXN25  $1.9 \times 10^8$   
 Bifidobacterium longum PXN30  $7.9 \times 10^7$   
 Lactobacillus acidophilus PXN35  $3.5 \times 10^8$   
 Streptococcus thermophilus PXN66  $3.8 \times 10^8$   
 Bifidobacterium infantis PXN27  $5.3 \times 10^7$   
 Lactobacillus bulgaricus PXN39  $3.8 \times 10^7$

**Total Viable Count  $4.0 \times 10^9$**

**4 billion live organisms per capsule**



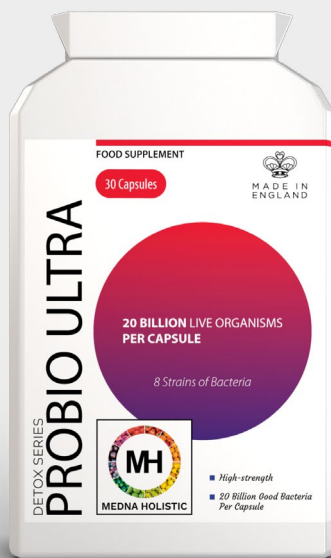
# ProBio Ultra

ProBio Ultra is a practitioner-strength, multi-strain probiotic supplement with **20 billion** friendly bacteria per capsule – equivalent to 40 pots of probiotic yoghurt, but without the added sugar, dairy and fat.

It provides 8 strains of friendly lactic bacteria which should inhabit a healthy gut, and offers full-spectrum support of the upper and lower bowel.

Micro-encapsulated for acid resistance, this probiotic has been specifically formulated for natural health practitioners who treat digestive and intestinal disorders. It is ideal for use following antibiotics, travelling abroad and colonic hydrotherapy treatment.

Also available in **4 billion** maintenance strength – see ProBio Plus.



## BENEFICIAL FOR...

- Dysbiosis (unbalanced bowel flora)
- Bad bacteria and pathogen overgrowth
- Bloating
- Body odour
- Candida albicans overgrowth
- Bad breath and coated tongue
- Coeliac disease, Crohn's disease and ulcerated colitis
- Digestive problems (including, constipation, diarrhoea and Irritable Bowel Syndrome (IBS))
- Flatulence - excessive and foul smelling
- Gallstones
- Indigestion and reflux
- Leaky gut syndrome
- Travelling abroad
- During and after a course of antibiotics

## PRODUCT INFORMATION:

### Each 230mg proprietary blend capsule provides:

Bifidobacterium breve PXN25  $9.8 \times 10^8$   
 Bifidobacterium infantis PXN27  $2.0 \times 10^8$   
 Bifidobacterium longum PXN30  $4.0 \times 10^8$   
 Lactobacillus acidophilus PXN35  $1.7 \times 10^9$   
 Lactobacillus bulgaricus PXN39  $1.9 \times 10^8$   
 Lactobacillus casei PXN37  $7.8 \times 10^9$   
 Lactobacillus rhamnosus PXN54  $6.9 \times 10^9$   
 Streptococcus thermophilus PXN66  $1.9 \times 10^9$

### Total Viable Count $4.0 \times 10^9$

### 20 billion viable organisms per capsule

Guaranteed strength for 12 months from the date of manufacture.

This probiotic has been specifically manufactured to be heat-resistant and, as such, does not require refrigeration.



# Turmeric Plus

Turmeric Plus is a unique combination of organic turmeric powder with synergistic extracts, herbs and nutrients, which supports immunity, lower levels of inflammation, joint and bone health as well as energy levels, cognitive function, hormonal balance, acid-base metabolism, macronutrient metabolism, nails, skin, hair and more.

Each capsule combines **organic** turmeric powder PLUS high-potency turmeric extract (**95% curcumin** – the active ingredient) with ginger root extract (**5% gingerols**), cayenne extract (**100au capsaicin**), piperine (black pepper) extract, zinc citrate and vitamin B6. The piperine has been included to potentiate the absorption and effect of the other herbal actives – a well-known herbalists' combination.



## BENEFICIAL FOR...

- Inflammation
- Bones and joints
- Immunity
- Antioxidant levels
- Hormonal balance
- Energy levels
- Tiredness and fatigue
- Cognitive function
- Healthy skin, hair and nails
- Health and vitality
- Athletes
- Older adults
- Acid-base metabolism
- Protein, carbohydrate, fatty acid and glycogen metabolism
- Macronutrient metabolism

## PRODUCT INFORMATION:

Each capsule provides:	%NRV*
Zinc - 1.5mg	15%
Vitamin B6 - 0.21mg	15%
*NRV = Nutrient Reference Value	

## Also provides:

Organic Turmeric Powder	200mg
Turmeric (Curcuma Longa) Extract 10:1 (95% curcumin)	158mg
<i>(equivalent to 1580mg turmeric powder of which 150mg curcuminoids)</i>	
Ginger Root Extract 20:1, 5% gingerols	10mg
<i>(equivalent to 200mg powder of which 0.5mg gingerols)</i>	
Cayenne Extract 7:1 (100au capsaicin)	5.7mg
<i>(equivalent to 40mg powder)</i>	
Piperine 95% extract (black pepper extract)	5mg



# Water Balance

Water Balance is a gentle, yet effective combination of concentrated herbals and nutrients, designed to support healthy fluid levels in the body, as well as the regulation of hormonal activity, electrolyte balance and more.

Many people, especially women, suffer with excess stored water (non-medical oedema). Many also find that during each monthly cycle, they experience uncomfortable bloating of the abdomen and puffiness of the fingers, eyes, knees and ankles, as a result.

This supplement encourages the body's natural elimination of stored water and waste via the kidneys.

***One of the best products to help the body rid itself of excess water!***



## BENEFICIAL FOR...

- Most cases of water retention / oedema
- Healthy fluid balance
- Breast tenderness and swelling
- Body detoxification
- During the menopause
- During a woman's monthly cycles (if water retention increases abdominal swelling and period pains)
- Puffiness
- Swollen ankles
- Kidney cleansing

## PRODUCT INFORMATION:

Each serving (2 capsules) provides:		%NRV*
Vitamin B6	24mg	1714%
Magnesium	66mg	17.6%

\*NRV = Nutrient Reference Value

### Also provides:

Alfalfa Powder	170mg
Juniper Berry Powder	100mg
Celery Seed Powder	80mg
Dandelion Leaf Extract (4:1) (equivalent to 160mg dandelion leaf)	80mg
Kelp Powder	80mg
Nettle Leaf Powder	80mg
Parsley Leaf Powder	80mg
Radish Leaf Powder	80mg
Watercress Powder	80mg







## REVIVE|SERIES

*A range of consciously selected products designed to help regain full control of the body as well as the mind, focused on digestion, weight and age related conditions contribute to our well-being & feel-good factors.*

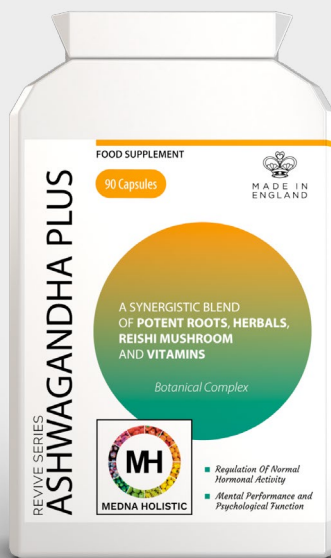


# Ashwagandha Plus

A synergistic combination of herbs, roots and vitamins, formulated to combat stress and adrenal fatigue, while also supporting the immune system, energy levels, mental performance and a general sense of calm, focus and vitality.

With potent adaptogens, this food supplement helps to balance hormones, allowing users to better manage their stress response on a day to day basis. These clever herbs help the body adapt to what it needs and regulate the system up or down, as required in the moment.

It combines important nutrients and nutraceuticals that support hormonal and adrenal health – ideal for those who wish to put their body back in balance, restore immunity and reinvigorate their energy levels to combat life's daily physical and mental stresses.



## BENEFICIAL FOR...

- Adrenal fatigue
- Stress management
- Hormonal balance
- The immune system
- Energy levels / vitality
- Mental performance
- Anxiety / nervous tension
- Alertness / focus
- A sense of calm
- Synthesis and metabolism of steroid hormones
- Normal functioning of the nervous system
- Psychological function

## PRODUCT INFORMATION:

### Each capsule serving provides:

		%NRV*
Ashwagandha Root Extract*	400mg	-
Astragalus Root Extract*	350mg	-
Panax Ginseng Extract*	200mg	-
Maca Root Extract*	200mg	-
Liquorice Root Extract*	100mg	-
Rhodiola Rosea Extract*	40mg	-
Reishi Mushroom Extract*	25mg	-
Schisandra Chinensis Powder	25mg	-
Vitamin B3 (Niacin)	20mg	125%
Vitamin B5 (Pantothenic Acid)	10mg	168%
Black Pepper Extract*	5mg	-
Gotu Kola Extract*	5mg	-
Turmeric Powder (Organic)	5mg	-
Vitamin B6 (Pyridoxine)	2mg	143%
Vitamin B12 (Cyanocobalamin)	25mcg	1000%

\*NRV = Nutrient Reference Value | - = NRV not established

\* = Equivalent weight

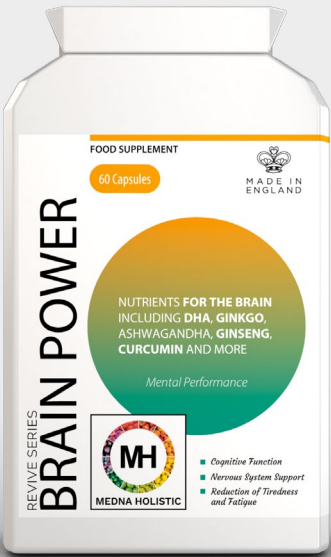


# Brain Power

Brain Power is a powerful food supplement for the brain – a **natural nootropic**, nutritional cognitive enhancer and more!

It contains a special combination of herbs, vitamin and mineral ingredients that support focus, concentration, mental performance, memory recall and energy levels. It can support your ability to think more clearly and provides valuable additional nutritional energy to your brain and body – with a number of scientifically backed and EFSA approved health claims.

Synergistic herbal and other nutritive allies have also been added to the formula, to boost its efficacy and provide additional nutrients.



## BENEFICIAL FOR...

- Cognitive function
- Neurological / psychological function
- Focus / concentration
- Mental performance
- Memory recall
- Energy levels
- Reduction of tiredness and fatigue
- Mental clarity / brain “fog”
- Immune system
- Nervous system
- Metabolism
- Antioxidant levels
- Stress levels
- Recuperation
- Skin, hair and nails
- Bones and joints

## PRODUCT INFORMATION:

Each 2 capsule serving provides:		%NRV*
Korean Panax Ginseng*	480mg	-
Guarana Extract*	400mg	-
Bacopa Monnieri Extract*	300mg	-
Ginkgo Leaf Extract*	300mg	-
Ashwagandha Extract*	200mg	-
Green Tea Extract*	200mg	-
Caffeine Anhydrous Pure	100mg	-
L-Theanine	100mg	-
L-Tyrosine	100mg	-
N-Acetyl L-Carnitine	100mg	-
Rosemary Leaf Extract*	100mg	-
Docosahexaenoic acid (DHA)	50mg	-
Choline	38mg	-
Phosphatidylcholine	12mg	-
Cinnamon Extract*	10mg	-
Curcumin	10mg	-
Vitamin B3 - Niacin	10mg	62%
Phosphatidyl Serine	8mg	-
Vitamin B5 Pantothenic Acid	8mg	134%
Black Pepper Extract*	6mg	-
Zinc	3mg	30%
Vitamin B12 Pure	200µg	4000%
Folic Acid	200µg	100%
Iodine	45µg	30%

\*NRV = Nutrient Reference Value | \* = Equivalent weight



# Digestives

Digestives is a high-strength supplement which combines a broad spectrum range of plant-derived digestive enzymes with carminative, anti-spasmodic and gut-soothing herbs. A unique blend to aid the digestive system naturally and healthily.

Digestive enzymes are important because they enable us to break down proteins, carbohydrates and fats into their raw components in order to make the nutrients available for absorption and utilisation.

Each person has a finite reserve of enzymes, which can be in short supply during times of stress, illness or as we get older. Over time, poor digestion can lead to nutrients malnutrition and a range of ailments.



## BENEFICIAL FOR...

- Efficient digestion
- Bad breath and coated tongue
- Bloating
- Flatulence – excessive and foul smelling
- Body odour
- Candida albicans overgrowth
- Coeliac disease
- Crohn's disease and ulcerated colitis
- Diarrhoea
- Gallstones
- Indigestion / reflux
- Irritable Bowel Syndrome (IBS)
- Leaky gut syndrome

## PRODUCT INFORMATION:

### Each capsule provides:

Betaine hydrochloride	104mg
Capsule shell (vegetarian) Hydroxypropyl	96mg
Methylcellulose (HPMC)	
Lipase 5,000U/GRAM	66mg
Alfalfa powder	50mg
Amylase 50,000U/GRAM	45mg
Apple cider vinegar powder	30mg
Turmeric (95% granulated) (providing 20mg curcumin)	21.05mg
Caraway seed powder	20mg
Chamomile powder	20mg
Fennel seed powder ( <i>Foeniculum vulgare</i> )	20mg
Ginger root ( <i>Zingiberis rhizoma</i> )	20mg
Magnesium stearate (veg source)	20mg
Peppermint leaf powder	20mg
Protease III 30,000HUT/gm	16.6mg
Bromelain 1200GDU/G	5mg
Papain 2000u/mg	0.15mg



# Fibre Complex

Fibre Complex is a high fibre nutritional formula, which provides 513mg of dietary fibre per easy-to-take capsule.

The fibre is derived from psyllium husk, flaxseed, sugar beet, prune juice, fig fruit, rhubarb, pectin and other naturally high fibre foods and herbs.

This fibre complex will provide the user with a healthy combination of both insoluble and soluble fibre (a key ingredient to a healthy, varied and balanced diet).

It is more than just roughage – it also provides cellulose, pectin, hemicellulose, lignin and gums. Sugar beet fibre, in particular, has been added because it contributes to faecal bulk and normal bowel function.



## BENEFICIAL FOR...

- A healthy digestive system
- Increasing the weight, bulk and softness of stools
- Bowel regularity
- Normal bowel function
- Digestive transit
- Constipation
- Healthy cholesterol levels
- Nutrient levels
- Blood sugar levels
- Colon cleansing and low toxic load
- Detoxification
- Inflammation
- Healthy weight loss

## PRODUCT INFORMATION:

<b>Each capsule provides:</b>	
Psyllium husk powder	495mg
Flaxseed powder	70mg
Sugar beet fibre	52mg
Fenugreek powder	50mg
Apple pectin powder	20mg
Rhubarb root extract 30:1 (equivalent to 360mg fresh rhubarb powder)	12mg
Fennel seed powder	10mg
Prune juice fruit extract 5:1 (equivalent to 50mg fresh prune juice)	10mg
Broccoli extract 15:1 (0.5% sulphuraphane) (equivalent to 75mg fresh broccoli powder)	5mg
Carrot powder	5mg
Fig fruit extract 4:1 (equivalent to 20mg fresh fig powder)	5mg
<b>Dietary fibre: 513mg per capsule</b>	



# Fibre Plus

Fibre Plus is an all-in-one dietary fibre based colon cleanser, detoxification and weight management supplement in a tasty, easy-to-take powder form – a natural solution for body waste cleanse and shape-up support.

Due to its wide variety of nutrients and high fibre content, it is ideal for long-term use as a bowel cleanser and detoxifier, cell wall repair agent and an overall colon maintenance formula. It also contributes to weight loss.

Specifically formulated to contribute to an increase in faecal bulk, as well as encourage regular bowel movements, better digestion of foods, re-population of beneficial bowel bacteria, stable blood sugar levels and appetite control.



## BENEFICIAL FOR...

- Faecal bulk
- Bowel regularity
- Bowel wall cleansing and detoxification
- Peristalsis - ideal for sluggish colons
- Gut wall repair
- Protection against leaky gut syndrome
- Immune system support
- A healthy balance of gut flora
- Dysbiosis
- Slimming - glucomannan contributes to the reduction of body weight in the context of an energy-restricted diet
- Stable blood sugar levels
- Appetite control

## PRODUCT INFORMATION:

### Ingredients:

Psyllium Husk powder (*Plantago ovata*); Glucomannan; Sugar Beet; L-Glutamine; Inulin (Fructo-Oligosaccharides); Fennel Seed; Peppermint Leaf; Ginger Root; Bacteria blend: *Lactobacillus Acidophilus*, *Bifidobacterium Bifidum*; Sweetener: Stevia Leaf Extract (Steviol glycosides).

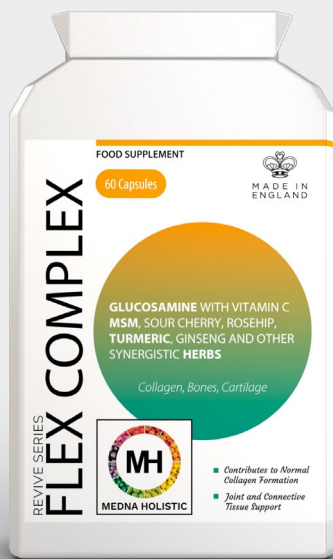


# Flex Complex

Flex Complex has been formulated to provide a tailored combination of glucosamine HCL, methylsulphonylmethane (MSM), vitamin C and other herbal and food-based ingredients, for the support of collagen formation, as well as the normal function of cartilage and bones – all in one easy-to-take formula.

Only the highest grade glucosamine HCL is used in the formula – the HCL form of glucosamine is the most bioavailable (easily absorbed and utilised).

Vitamin C has been included because it is a co-factor for collagen synthesis and contributes to normal collagen formation, as well as maintaining the normal function of the immune system, the protection of cells from oxidative stress and much more.



## BENEFICIAL FOR...

- Collagen formation
- Bone and cartilage function
- Connective tissue
- Healthy joints
- Flexibility and comfortable movement
- Inflammation
- Detoxification and the removal of cellular waste products that build up in the joints
- Skeletal nourishment
- Antioxidant levels
- Lower levels of leukotrienes
- Healthy uric acid levels
- Those sensitive to non-steroidal anti-inflammatory drugs (NSAIDs), which can cause gastrointestinal distress
- Athletes who tend to suffer frequent wear-and-tear injuries

## PRODUCT INFORMATION:

### Each capsule provides:

Vitamin C (Ascorbic acid)	12mg	%NRV*	15%
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\*NRV = Nutrient Reference Value

### Also provides:

Glucosamine HCL (from shellfish)	300mg
MSM	200mg
Turmeric (providing 50mg curcumin)	52mg
Nettle leaf 4:1 extract	25mg
(equivalent to 100mg powder)	
Montmorency cherry powder	20mg
Panax ginseng 10:1 extract	10mg
(equivalent to 100mg powder)	
Apple cider vinegar powder	5mg
Bromelain (1,200 GDU/g)	5mg
Horsetail 10:1 extract, 7% silica	5mg
Kelp (Ascophyllum nodosum) powder	5mg
Papain (2000u/mg)	5mg
Rosehip 20:1 extract	5mg
(equivalent to 100mg powder)	
Ginger root 20:1 extract	2mg
(equivalent to 40mg powder)	



# Garcina Cambodia Ultra

Garcina Cambodia Ultra is a combination food supplement and “carb blocker”, with a range of specialist weight management ingredients: Garcinia Cambogia, green coffee extract, kidney bean extract, glucomannan, cinnamon, Conjugated Linoleic Acid (CLA) and chromium picolinate.

As a slimmer’s complex formula, it offers support for everything from appetite control, regulation of cravings and stable blood sugar levels, to fat burning, high energy levels, a fast metabolism and other important aspects of weight loss.

An ideal supplement to get the maximum shaping and toning effect from exercise and a calorie-controlled diet.



## BENEFICIAL FOR...

- Weight loss (burning fat)
- Building muscle (lean body mass)
- Increased burn rate of carbohydrates and fats
- Healthy cholesterol and triglyceride levels
- Those with type 2 adult-onset diabetes or insulin resistance
- Stable blood sugar levels
- Faster metabolism
- Increased satiety (without bloating)
- Appetite control and the regulation of cravings
- Increased energy levels
- Improved shaping and toning effect of exercise

## PRODUCT INFORMATION:

<b>Each capsule provides:</b>		%NRV*
Chromium Picolinate	100mcg	50%

\*NRV = Nutrient Reference Value

<b>Also provides:</b>		
Garcinia Cambogia Powder	200mg	
Glucomannan Powder	100mg	
Green Coffee Extract 20:1	75mg	
<i>(equivalent to 1500mg green coffee powder)</i>		
Kidney Bean Extract 4:1	50mg	
<i>(equivalent to 200mg kidney bean powder)</i>		
Conjugated Linoleic Acid (CLA)	20mg	
Cinnamon Extract 30:1	13.3mg	
<i>(equivalent to 400mg cinnamon powder)</i>		



# Green Coffee Ultra

Green Coffee Ultra is a high-strength, natural slimming formula. It contains green coffee bean extract (20:1) derived from "raw" un-roasted coffee beans, providing the equivalent of **8000mg** green coffee bean powder. It is UK-made and contains **50% Chlorogenic Acid** (CGA).

This green coffee bean supplement is unique, in that it also contains kelp (which in turn contains iodine), cinnamon, cayenne and chromium for that extra kick (equivalent to **420mg** powder).

Together, these active ingredients help to slow the release of glucose into the body after a meal, keep blood sugar levels stable, support appetite control, reduce cravings, support thyroid function, increase fat burning and thereby promote weight loss.



## BENEFICIAL FOR...

- Weight loss
- Fat burning
- Appetite control
- Cravings
- Energy levels
- A healthy metabolism
- Reduced absorption of carbohydrates
- The function of the fat-burning hormone adiponectin
- Stable blood sugar levels
- The appearance of cellulite
- The release of fatty acids from fat stored in the body
- Cholesterol and triglyceride levels

## PRODUCT INFORMATION:

**Each capsule provides:**

Chromium Picolinate	50mcg	%NRV*
		125%

\*NRV = Nutrient Reference Value

### Also provides:

Green Coffee Bean Extract 20:1 400mg  
(50% Chlorogenic Acid GCA)  
(equivalent to 8000mg green coffee bean powder)

### Other herbal ingredients (from extracts):

equivalent to 420mg powder  
Cinnamon Extract (30:1), Kelp Extract (4:1),  
Cayenne Extract (8:1)





# Krill Oil

Krill Oil (*Euphausia superba*) is a pure and natural source of high concentration omega 3 oil, the powerful antioxidant astaxanthin, as well as high levels of phospholipids – a fundamental component of human cell membranes. Our product is a high-strength formula (**500mg**) and in an easy-to-swallow gel capsule form.

Krill oil is used for the same reasons as cod liver oil, flax oil and other omega 3 fatty acids, but is often favoured because it doesn't cause fishy burps or an after-taste – a common side effect of fish oil.

The fact that it contains astaxanthin is also unique. The ultimate antioxidant – researchers have found that it may be more powerful than vitamin E, beta-carotene and lutein. It can also enhance the action of other antioxidants, such as vitamin E and C.



## BENEFICIAL FOR...

- Brain function (including stable moods)
- Antioxidant levels
- Immunity
- Cell membranes
- Heart health and blood pressure
- Circulation
- Hormonal balance
- Joint health and flexibility
- Concentration
- Vision
- Healthy cholesterol levels
- Inflammatory conditions
- Hair, skin, nails
- Weight loss
- Muscle recovery and growth

## PRODUCT INFORMATION:

### Each 715mg capsule provides:

Krill Oil (Superba)	500mg
Of which...	
Total Phospholipids	200mg
<i>(of which Phosphatidyl Choline 150mg, of which Choline 25mg)</i>	
Omega 3 (of which EPA 60mg, DHA 27.5mg)	110mg
Astaxanthin	50mcg

**Ingredients:** Krill Oil (*Euphausia Superba*) Extract (Crustacean), Capsule Shell (Bovine Gelatin), glycerol, water.

**Note:** This krill oil is supplied by Aker BioMarine™.



# L-Glutamine

L-Glutamine is one of the 20 amino acids, or “building blocks” of protein. It is a vital molecule that our body stores in the bloodstream and converts into glucose (blood sugar) when it is needed.

L-Glutamine, the natural form of glutamine, is needed for a wide range of repair and maintenance functions, such as wound healing, muscle and bone growth, digestive health and gut wall integrity.

It is widely used by people with various forms of digestive and intestinal problems, a strained immune system and by athletes following gruelling training routines (it breaks down uric acid from proteins).

## BENEFICIAL FOR...

- Digestive health and gut wall integrity
- Immunity (including during colds or flu)
- Tissue repair and muscle growth
- Exercise recovery and active lives
- Bloating and wind
- Body odour
- Candida albicans
- Cravings
- Crohn's disease
- Diarrhoea
- Diverticulitis
- Eczema
- Food intolerance or allergy
- Irritable Bowel Syndrome (IBS)
- Leaky gut syndrome
- Recuperation following illness or surgery
- Times of stress
- Brain cells



## PRODUCT INFORMATION:

### Ingredients:

L-Glutamine powder

### Source:

Fermented glucose



# Menopeace

Menopeace is a traditional herbal combination, designed to help relieve symptoms associated with premenstrual syndrome, hormonal imbalance and the menopause.

It contains a specially formulated blend of most of the well-known women's herbs (including red clover, pfaffia, wild yam and sage leaf), as well as nutrients that have a balancing effect on the body and promote a feeling of vitality and well-being (such as Siberian ginseng, soya isoflavones, vitamin B6 and zinc citrate).

This gentle and completely natural helper is a favourite amongst female customers, not least because it does not contain hormones, such as those found in Hormone Replacement Therapy (HRT) drugs.



## BENEFICIAL FOR...

- Hormonal imbalance
- Menopausal symptoms
- Difficult monthly cycles
- Premenstrual symptoms
- Menstrual cramps
- Mood swings
- Nervous irritability
- Hot flushes
- Night sweats
- Breast tenderness
- Energy levels
- Health and vitality
- Vaginal dryness
- Fatigue
- Thyroid function

## PRODUCT INFORMATION:

Each capsule provides:		%NRV*
Vitamin B6 (pyridoxine HCL)	5mg	375%
Zinc	2.5mg	25%
*NRV = Nutrient Reference Value		
Also provides:		
Capsule: Hydroxypropyl Methylcellulose (HPMC)		110mg
Pfaffia Powder		100mg
Wild Yam 10:1 extract (equivalent to 500mg)		50mg
Sage Leaf 5:1 extract (equivalent to 200mg)		40mg
Alfalfa (Medicago sativa) Powder		20mg
Hops 4:1 extract (equivalent to 80mg)		20mg
Red Clover 40:1 extract, 8% Isoflavones (equivalent to 800mg)		20mg
Schizandra Berry 5:1 extract (equivalent to 100mg)		20mg
Siberian Ginseng Powder (Eleutherococcus senticosus)		20mg
Soya Isoflavones (40%)		20mg
Zinc Citrate Powder		10mg
Vitamin B6 (pyridoxine HCL)		7mg
Kelp (Ascophyllum nodosum) T 60 Powder		5mg
Atriplex Halimus 5:1 extract (equivalent to 12.5mg)(equivalent to 400mg cinnamon powder)		2.5mg



# Mushroom Plus

Mushroom Plus is an **organic** mushroom immunity blend with Maitake, Reishi, Shiitake, Lion's Mane, Chaga **PLUS** Astragalus root, Acerola fruit and black pepper – all in one convenient capsule, providing important nutrients (such as vegan vitamin D) and active ingredients that are not found in other plants.

As well as its primary immune-boosting properties (with **EFSA approved immunity claims**), this special complex supports everything from cognitive function, mental wellbeing and energy levels, to healthy digestion, lower levels of inflammation, protection from oxidative stress and general wellness.

The ingredients used in this food supplement have been certified organic by the Soil Association, meaning no toxic pesticides or fertilisers have been used resulting in a "clean", more bioavailable, product.



## BENEFICIAL FOR...

- Immunity
- Inflammation
- Energy levels
- Antioxidant levels / Detoxification
- Digestive health
- Body alkalising
- Optimum health
- Organic nourishment
- The nervous system
- Collagen formation
- Heart health
- Cognitive function / mental performance
- Stress / anxiety
- Weight loss / blood sugar levels
- Bones, gums, teeth and skin

## PRODUCT INFORMATION:

**Each capsule provides:**

		%NRV*
Organic Vitamine C	71mg	17%

(from Organic Acerola Fruit (Malpighia glabra))

\*NRV = Nutrient Reference Value

**Also provides:**

Organic Shiitake Mushroom (Lentinula edodes)	130mg
Organic Chaga Mushroom (Inonotus obliquus)	80mg
Organic Maitake Mushroom (Grifola frondosa)	80mg
Organic Reishi Mushroom (Ganoderma lucidum)	65mg
Organic Astragalus Root (Astragalus membranaceus)	20mg
Organic Lion's Mane Mushroom (Hericium erinaceus)	20mg
Organic Black Pepper (Piper nigrum)	5mg



# NaturaC Plus

NaturaC Plus is a combination, food state vitamin C supplement, derived from some of nature’s richest sources of this essential vitamin and antioxidant: Acerola cherries, rosehips, blackcurrants, parsley leaf and elderberries.

The natural food ingredients are more easily recognised by the body, facilitating maximum digestion, absorption and utilisation. The vitamin C is retained for longer; not rapidly eliminated.

Packed with antioxidants, vitamins, minerals, bioflavonoids, pectins, essential oils, lycopene, carotenoids, plant sterols, catechins, polyphenolics and many other phyto-nutrients, this vitamin C supplement is gentle and non-acidic. No artificial vitamin C (ascorbic acid).



## BENEFICIAL FOR...

- Immunity
- Antioxidant levels
- Growth and cell repair
- Strong capillaries and skin integrity
- Nutrient intake
- People who cannot tolerate acidic and citrus based supplements (which may aggravate certain medical conditions)
- All ages

## PRODUCT INFORMATION:

<b>Each capsule provides:</b>		%NRV*
Vitamin C	125mg	156%
(from food form Acerola Cherry)		
*NRV = Nutrient Reference Value		
<b>Also provides:</b>		
Acerola Cherry Extract (25% Vitamin C)	500mg	
Parsley Leaf Powder (Petroselinum sativum)	50mg	
Blackcurrant Ext 4:1 (>2% anthocyanadins)	27mg	
(equivalent to 108mg powder)		
Rosehip Extract 4:1 (equivalent to 108mg powder)	27mg	
Elderberry Extract (30% polyphenols)	7mg	



# Omega 3-6-9

Omega 3-6-9 provides a carefully blended combination of these healthy fats (high in EPA and DHA), balanced to optimal levels of each to ensure adequate intake of the essential polyunsaturated and monounsaturated fatty acids.

Omega 3 and 6 fatty acids are essential and must be sourced from the diet. Omega 9 fatty acid is not considered essential (as it can be manufactured by the body), but its inclusion in the diet has been associated with a range of health benefits.

This supplement is derived from sunflower seed oil, flaxseed oil and fish oil (the best source), plus added vitamin E. A high-strength formula (**1000mg**) and in an easy-to-swallow gel capsule form.



## BENEFICIAL FOR...

- Heart health
- Circulation
- Bones and joints
- Inflammation
- Cholesterol levels
- Hormonal balance
- Cognitive function
- The nervous system
- Concentration
- Stable moods
- Immunity
- Hair, skin and nails
- Cell membranes
- Weight loss

## PRODUCT INFORMATION:

### Each 1000mg capsule provides:

Vitamin E 10iu 83.3%\* %NRV\*

\*NRV = Nutrient Reference Value

### Omega 3

Eicosapentaenoic Acid (EPA) 72mg  
Docosahexaenoic Acid (DHA) 48mg  
Alpha-Linolenic Acid (ALA) 150mg

### Omega 6

Linoleic Acid (LA) 200mg

### Omega 9

Oleic Acid (OA) 100mg

### Ingredients:

Fish Oil Concentrate; Cold Pressed Flax Seed Oil; Sunflower Seed Oil; Gelatin Capsule; Glycerol; Water; Vitamin E: D-Alpha Tocopherol (soya)



# Planet Plus

Planet Plus is a powerful all-in-one alkalising, cleansing, detoxification and daily nourishment formula, which combines the best of nutrient-dense foods from both the sea and Earth's soil.

The **organic** ingredients that have been blended in these capsules include: Sea-greens food-approved seaweed (*Ascophyllum nodosum* and *Fucus vesiculosus*), artichoke, chlorella, green tea leaf, spirulina, ashwagandha root and cayenne.

This food supplement is iodine-rich and high in a broad spectrum of protective nutrients, including antioxidants, phyto-chemicals, polyphenols, enzymes, amino acids, vitamins and minerals.



## BENEFICIAL FOR...

- Body alkalising
- Heavy metal cleaning of the system
- Body cleanse and detox
- Thyroid function
- Antioxidant levels
- Immunity
- Hormonal balance
- Menstrual-related problems
- Normal growth and bone health
- Cognitive function
- Metabolism and weight loss
- Healthy skin
- A healthy balance of bowel flora
- Digestive health and elimination
- Nutrient absorption
- General nourishment, health and vitality

## PRODUCT INFORMATION:

**Each 590mg proprietary blend capsule provides:**

Per capsule:	%NRV*
Iodine (from the organic seaweed) - 192mcg	128%
*NRV = Nutrient Reference Value	

### Also provides:

Organic seaweed	300mg
Ascophyllum Nodosum and Fucus Vesiculosus Powders	

### Other ingredients:

Hydroxypropyl Methylcellulose (HPMC)	290mg
Capsule Shell	
Organic Spirulina Powder	
Organic Artichoke Powder	
Organic Chlorella Powder	
Organic Green Tea Leaf Powder	
Organic Ashwagandha Root Powder	
Organic Cayenne Powder	

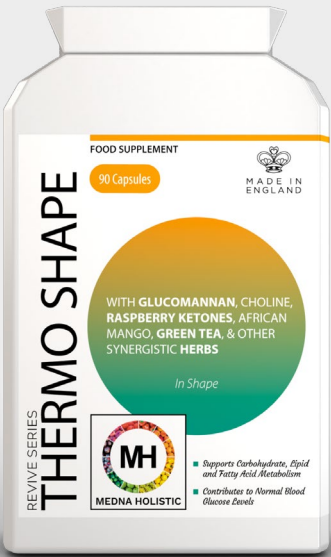


# Thermo Shape

Thermo Shape is a thermogenic fat metaboliser and herbal weight management supplement, which supports the body's natural fat burning processes, along with the feeling of fullness, energy levels, thyroid function, carbohydrate, lipid and fatty acid metabolism, stable blood sugar levels and other vital aspects of effective weight loss.

This food supplement has been formulated with a specialist combination of synergistic herbs and nutrients.

Each capsule combines 11 herbal ingredients (glucomannan, bitter orange peel, raspberry ketones, caffeine anhydrous, green tea, L-Tyrosine, African mango, capsicum, guarana, Siberian ginseng and piperine), with vitamin B6, choline, zinc, chromium picolinate and iodine.



## BENEFICIAL FOR...

- Weight loss
- Fat breakdown (lipolysis)
- Increased calorie burning
- A sluggish metabolism
- Lean muscle mass
- Energy levels
- Regulating appetite
- Controlling cravings
- Stable blood sugar levels
- Thyroid gland function
- Digestive system health
- Internal cleanse and detox
- Nutrient and dietary fibre intake
- Healthy cholesterol levels
- Healthy blood pressure
- Carbohydrate, lipid and fatty acids metabolism

## PRODUCT INFORMATION:

Each serving (2 capsules) provides:		%NRV*
Vitamin B6	10mg	714%
Choline	8mg	-
Zinc	4mg	40%
Chromium picolinate	50mcg	125%
Iodine	30mcg	20%

\*NRV = Nutrient Reference Value

### Also provides:

Glucomannan powder	1000mg
Bitter orange peel powder	100mg
Raspberry ketones	60mg
Caffeine anhydrous	50mg
Green tea extract (40% catechins), equivalent to 500mg fresh herb, providing 20mg catechins)	50mg
L-Tyrosine	40mg
African mango extract (equivalent to 200mg African mango powder)	20mg
Capsicum extract (equivalent to 80mg fresh herb)	10mg
Guarana extract (22% caffeine), equivalent to 40mg fresh herb)	10mg
Siberian ginseng extract (equivalent to 350mg fresh herb)	10mg
Piperine (black pepper extract)	3mg







## **NOURISH|SERIES**

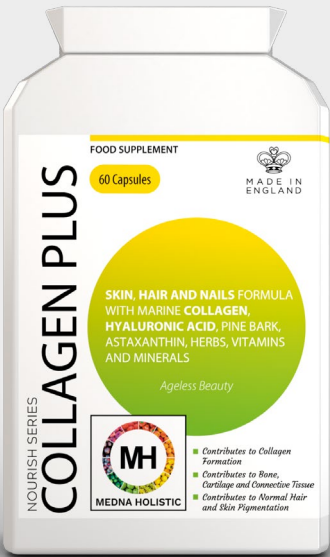
*A wide range of hand-picked products, designed to strengthen self-love and improve the self-care regime of all generations, throughout providing the greatest nourishments essential for a healthy body and mind.*

# Collagen Plus

Collagen is an important complex protein in the body that provides structural integrity to key areas such as the skin, hair, nails, bones, joints, tendons, ligaments, cartilage, teeth, gums and blood vessels.

But Collagen Plus is more than just collagen. It contains a tailored combination of **marine collagen**, **hyaluronic acid** (providing ellagic acid), as well as a clever **vitamin, mineral, herbal and nutrient complex** that is designed to work from within to help protect the body on a cellular level against ageing and oxidative stress. These synergistic ingredients also help to keep skin elastic, radiant and supple.

These ingredients and their actions are backed by science, with a number of **EFSA approved health claims** (see below), offering targeted nutritional supplementation to support both health and beauty.



## BENEFICIAL FOR...

- Collagen formation
- Skin, hair and nails
- Hair pigmentation
- Skin pigmentation
- Ageing / beauty
- Oxidative stress
- Wound healing
- Antibacterial actions
- Inflammation
- UV protection
- Bones
- Cartilage and connective tissue
- Muscles, tendons and blood vessels
- Gums
- Eyes

## PRODUCT INFORMATION:

Each capsule provides:		%NRV*
Marine Collagen	400mg	-
Pomegranate*	270mg	-
Vitamin C	40mg	50%
Hyaluronic Acid	22.5mg	-
<i>(providing 2.4mg Ellagic Acid)</i>		
Vitamin B3 (Niacin)	16mg	100%
Grapefruit Seed*	15mg	-
Rosemary Leaf*	15mg	-
Pine Bark	5mg	-
Silica	5mg	-
Zinc	5mg	50%
Copper	0.5mg	50%
Astaxanthin	0.2mg	-
Vitamin E	16.4iu	92%
Biotin	200mcg	400%
Selenium	50mcg	91%
NRV = Nutrient Reference Value   - = NRV not established		
* = Equivalent herb weight		



# Immuno Forte

A specific new immunity formula, created in response to the worldwide pandemic, in order to help people to simultaneously boost their immune system and fight off infection – both during this time of need and going forward.

This formula is a tailored combination of both immunity ingredients and highly potent herbal anti-virals and antibacterials – formulated in combination with worldrenowned naturopaths whom we supply, and based on protocols both Chinese and Western doctors are using.

It contains **high dose vitamin C (512mg)** from multiple sources, i.e. herbs, berries, plants and ascorbic acid **Plus 19 additional ingredients** from herbs, berries, fruits, leaves, roots, mushroom, bulbs, vitamins and minerals.



## BENEFICIAL FOR...

- Immune system
- Anti-viral actions
- Anti-bacterial actions
- Bowel health
- Energy
- Recovery
- Inflammation
- Nervous system
- Oxidative stress
- Iron absorption
- Antioxidant levels

## PRODUCT INFORMATION:

### Each capsule provides:

		%NRV*
Vitamin C	512mg	640%
Acerola Cherry**	384mg	-
Baobab Fruit Pulp	100mg	-
Astragalus Root**	90mg	-
Black Pepper** (Piperine (2.5mg))	65mg	-
Black Aged Garlic**	50mg	-
Olive Leaf**	40mg	-
Rosehip**	25mg	-
Turmeric**	25mg	-
Cayenne**	20mg	-
Reishi Mushroom**	20mg	-
Black Elderberry**	20mg	-
Grapefruit Seed**	15mg	-
Ginger Root**	10mg	-
Lactobacillus Acidophilus (from 10 billion CFU/g)	10mg	-
Vitamin E	5mg α-TE (7.5iu)	42%
Zinc	5mg	50%
Vitamin B6	1.5mg	107%
Selenium	10mcg	18%
Vitamin D	2.5µg (100iu)	50%

\*NRV = Nutrient Reference Value



# Happy Tummy

Happy Tummy is a child-specific probiotic supplement in tasteless powder form, suitable for babies and children of all ages. It comes in easy-to-administer 1g sachets.

It contains 7 strains of naturally-occurring beneficial bacteria (**1 billion** organisms per sachet), including the child-specific Bifidobacterium infantis strain, as well as the prebiotic FOS (Fructooligosaccharide).

It is designed to support healthy levels of intestinal flora after a course of antibiotics or following a digestive upset.

It can also offer immunity support when babies, toddlers or young children return to playgroups or pre-school and germs and viruses can be prevalent.



## BENEFICIAL FOR...

- Healthy levels of intestinal flora
- A disrupted gut
- Immunity
- Promoting the mechanism of competitive exclusion against pathogenic bacteria
- Efficient digestion
- Children of all ages, especially those who find it difficult to swallow capsules and tablets – this probiotic formula is in an easy-to-take powder form, individually packed into 1g sachets.

## PRODUCT INFORMATION:

### Each 1g sachet provides:

- Lactobacillus casei PXN 37
- Lactobacillus rhamnosus PXN 54
- Streptococcus thermophilus PXN 66
- Bifidobacterium breve PXN 25
- Lactobacillus acidophilus PXN 35
- Bifidobacterium infantis PXN 27
- Lactobacillus bulgaricus PXN 39

**Total Viable Count 1.00 x 10<sup>9</sup> CFU/gram**  
**1 billion organisms per sachet**

Fructooligosaccharide (FOS)



# Hemp Protein

Hemp Protein powder provides complete, balanced and natural protein from hemp (**46.4g per 100g**), as well as a broad range of vitamins, minerals, antioxidants and phyto-nutrients from 15 other superfoods and herbs. It beats singleingredient protein powders hands-down!

This unique blend contains all essential amino acids and is rich in omega oils (including essential fatty acids) and dietary fibre, which is beneficial for a healthy colon and stable blood sugar levels.

It is easily digestible and does not cause bloating or flatulence, which many people experience with dairy-based protein powders – an ideal alternative to whey and soya.



## BENEFICIAL FOR...

- Optimum protein and nutrient intake
- Vegetarians and vegans
- Muscle recovery and inflammation
- Stamina and performance
- Growth and cell repair
- Energy levels and an active lifestyle
- Weight loss and fat-burning
- Appetite control
- Stable blood sugar levels
- Cleansing and elimination
- Antioxidant levels
- The immune system
- The digestive system (high-fibre)
- Omega oil intake
- Those with poor appetites

## PRODUCT INFORMATION:

### Each serving provides:

**Ingredients:** (dried, powdered): Hemp Protein (90%), Acai Berry, Acerola Cherry P.E. (25% Vitamin C), Alfalfa, Beetroot, Blackcurrant Extract, Celery Seed, Chlorella, Cinnamon, Dandelion Leaf Extract, Fenugreek, Green Tea Extract, Montmorency Cherry, Parsley Piert, Spinach, Spirulina

**Note:** Contains no hexane or other toxic chemicals, which are often used during the hemp protein extraction process. Our hemp protein is extracted using only water, pressure and then flocculation.



# Nourish Me Chocolate

Nourish Me Chocolate is a delicious dairy-free, gluten-free and vegan meal shake and protein powder, that has been fortified with a range of vitamins and minerals.

High in protein from non-GM soya protein isolate and low in fat, this daily shake is also high in fibre from chicory root, which promotes natural colon detoxification and cleansing.

An ideal supplement and flavour for slimmers, particularly in the early stages of a weight loss plan when cravings for chocolate can be at their worst. Tasty and filling, it makes for the ideal inbetween meals shake.

Can even be used as a tasty, guilt-free dessert! Also available in **vanilla flavour**.



## BENEFICIAL FOR...

- Weight loss
- Recuperation
- Nutrient intake
- A hectic lifestyle
- Stable blood sugar levels (diabetics)
- Energy levels
- Mild constipation
- Coeliacs
- Sensitive stomachs
- Digestive health and bowel cleansing
- Detoxification
- Immunity
- Athletes
- Vegetarians and vegans
- Extra calories

## PRODUCT INFORMATION:

**Ingredients:** Soy Protein Isolate (Soya); Fibre (Chicory Root Extract); Cocoa Powder; Flavouring; Vitamin and Mineral Blend ((Magnesium Citrate, Sodium Chloride, Vitamin C (Ascorbic Acid), Ferrous Citrate, Zinc Citrate, Vitamin E (DL-AlphaTocopheryl Acetate), Vitamin B3 (Niacin), Vitamin A (Acetate), Copper Citrate, Vitamin B12 (Cyanocobalamin), Vitamin B2 (Riboflavin), Folic Acid (Folacin), Potassium Iodide)); Sweetener (Steviol Glycosides).



# Nourish Me Vanilla

Nourish Me Vanilla is a dairy-free, glutenfree meal shake and non-GM soya isolate protein powder, that has been fortified with a range of vitamins, minerals and other nutrients.

High in protein (**70.5g per 100g**) and low in fat (0.3g saturated fat per 100g), this vanilla flavoured daily shake is also high in fibre from chicory root.

Tasty and filling, Nourish Me Vanilla makes for the ideal in-between meals shake.

No artificial sweeteners or flavours.

Also available in **chocolate flavour**.



## BENEFICIAL FOR...

- Weight loss
- Recuperation
- Nutrient intake
- A hectic lifestyle
- Stable blood sugar levels (diabetics)
- Energy levels
- Mild constipation
- Coeliacs
- Sensitive stomachs
- Digestive health and bowel cleansing
- Detoxification
- Immunity
- Athletes
- Vegetarians and vegans
- Extra calories

## PRODUCT INFORMATION:

**Ingredients:** Soy Protein Isolate (Soya); Fibre (Chicory Root Extract), Vanilla atural Flavour, Maltodextrin, Vitamin and Mineral Blend (Potassium Chloride, Magnesium Citrate, Vitamin C (Ascorbic Acid), Ferrous Citrate, Zinc Citrate, Copper Citrate, Vitamin E (DL-Alpha-Tocopheryl Acetate), Vitamin B3 (Niacin), Vitamin A (Acetate), Vitamin B12 (Cyanocobalamin), Vitamin B2 (Riboflavin), Vitamin B6 (Pyridine HCL), Vitamin B1 (Thiamine), Folic Acid (Folacin), Potassium Iodide), Sweetener (Steviol Glycosides).





# Pea Protein Plus

A high quality pea protein powder (from snap peas), blended with a range of other nutrient-dense superfoods and herbs for added antioxidants and phyto-nutrients.

This unique formula contains a concentrated level of pea protein – from the 6% found in fresh peas up to around 80%, providing **76.2g of protein per 100g!**

It is high in complete protein (with an excellent amino acid profile), naturally low in carbohydrates, fat and calories and contains no added sugar, salt or other 'nasties'.

A hypo-allergenic, bioavailable and easy to digest formula – no bloating!



## BENEFICIAL FOR...

- Optimum protein intake
- Nutrient intake
- Antioxidant levels
- Energy levels
- Slimming and fat-burning
- Healthy metabolism
- Muscle recovery and growth
- Stamina and performance
- Recuperation
- Immunity
- Digestive health
- Those with poor appetites
- Vegetarians and vegans
- Those with allergies (hypo-allergenic)

## PRODUCT INFORMATION:

**Ingredients:** (dried, powdered): Pea Protein Powder (90%), Cinnamon Powder, Spinach Powder, Chlorella Powder, Acai Berry 4:1 Extract, Dandelion Root Powder, Green Tea Powder (40% polyphenols), Alfalfa Powder, Spirulina Powder, Baobab Fruit Powder, Stevia Leaf Extract.

**Ingredients:** Contains no hexane or other toxic chemicals, which are often used during the pea protein extraction process. Our pea protein is extracted using only water, pressure and then flocculation.





# Rice Protein

This premium brown rice protein powder blend, with phyto-nutrients from green tea extract and guarana seed extract, plus added dietary fibre from chicory root extract, boosts the user's daily intake of lean protein and generally enhances their diet.

It offers support for everything from a health colon and stable blood sugar levels, to health weight management, a fast metabolism and high energy levels.

It is a delicious chocolate flavour and is low in saturated fat and provides **67.7g of protein per 100g!**

It is high in dietary fibre and contains no artificial sweeteners.



## BENEFICIAL FOR...

- Optimum protein intake
- Nutrient intake
- Antioxidant levels
- Energy levels
- Slimming and fat-burning
- Healthy metabolism
- Muscle recovery and growth
- Stamina and performance
- Recuperation
- Digestive health
- Those with poor appetites
- Vegetarians and vegans
- Those with allergies (hypo-allergenic)

## PRODUCT INFORMATION:

**Ingredients:** Brown Rice Protein, Fibre (Chicory Root Extract), Cocoa Powder, Natural Flavouring (chocolate flavour), Stabiliser (Xanthan Gum), Sweetener (Steviol Glycosides), Green Tea Extract (Camellia Sinensis), Guarana Seed Extract (Water extracted).



# Super Nourish

Super Nourish is a comprehensive, **100% organic** whole food supplement, with some of the most nutrient-dense ingredients that nature has to offer.

Based on a formula by master herbalist, Dr. John R. Christopher, with the addition of some other potent superfoods, superfruits and herbs, it is an all-round multivitamin and multi-mineral blend in easy-to-take capsules - no poorly-absorbed synthetic vitamins and minerals.

The broad-spectrum nutrients (which include phytochemicals, enzymes, dietary fibre, beneficial oils, antioxidants, vitamins and minerals) are easily absorbed and used by the body, as they are in their natural food form and balanced state.



## BENEFICIAL FOR...

- Optimum health
- Organic nourishment
- Energy levels
- Detoxification
- Body alkalising
- Antioxidant levels
- Recovery and convalescence
- Digestive health
- Mild colon stimulation and cleansing
- Hormonal balance
- Stress
- A healthy metabolism
- People who dislike the taste of fruit and vegetables
- People who have a poor diet

## PRODUCT INFORMATION:

**Each 620mg proprietary blend vegetarian capsule provides:**

### Organic Greens Blend:

\*Pre-Sprouted Activated Barley, \*Spirulina, \*Barley Grass, \*Wheatgrass, \*Alfalfa, \*Chlorella

### Organic Fruit Blend:

\*Baobab, \*Tomato

### Organic Vegetable Blend:

\*Beet, \*Parsley, \*Spinach

### Other Organic Ingredients:

\*Turmeric

\* = Certified organic ingredients

100% of the agricultural ingredients are produced in accordance with the rules of organic production. EU/non-EU agriculture. The herbs used in this food product are grown to the highest organic standards.



# Super Nourish Plus

Super Nourish Plus is no ordinary green shake – this high fibre combination contains **35 organic green foods, fruits, berries, herbs, seeds and bio-active enzymes** in a single serving.

Organic vegan nutrition made easy, with naturally high food form vitamin C content, as well as plant protein.

A great all-round supplement to support immunity, digestion (faecal bulk), energy levels, cleansing, detoxification and alkalising of the body.

Contains no added sugar, artificial colourings, preservatives, additives, fillers or binders.



## BENEFICIAL FOR...

- Immunity
- Cleanse and detox
- Body alkalising
- Energy levels
- Nutrient intake
- Inflammatory conditions
- Antioxidant levels
- Healthy heart
- Stable blood sugar levels
- Vegetarians and vegans (plant protein)
- Weight loss
- Healthy diet
- An active lifestyle
- Gentle colon cleansing / faecal bulk

## PRODUCT INFORMATION:

**Ingredients:** Pre-Sprouted Activated Barley Pdr, Apple Pdr, Linseed / Flaxseed Pdr, Wheat Grass Pdr, Quinoa Pdr, Barley Grass Pdr, Alfalfa Pdr, Seagreens® Ascophyllum (Kelp) Pdr, Spirulina Pdr, Acai Berry Pdr, Carrot Pdr, Turmeric Pdr, Bilberry Fruit Pdr, Spinach Leaf Pdr, Lemon Peel Pdr, Barley Grass Juice Pdr, Wheat Grass Juice Pdr, Beet Pdr, Acerola Cherry Extract, Chlorella (Broken Cell Wall), Nettle Pdr, Tomato Pdr, Bilberry Extract, Blueberry Pdr, Cranberry Pdr, Green Cabbage Pdr, Kale Pdr, Parsley Pdr, Kale Sprout Pdr, Broccoli Sprout Pdr, Reishi Mushroom Pdr, Cordyceps Mushroom Pdr, Shiitake Mushroom Pdr, Cauliflower Sprout Pdr, Maitake Mushroom Pdr, Enzyme Blend (protease, amylase, bromelain, cellulase, lactase, papain, lipase).



# Whey Protein Chocolate

A premium quality whey protein powder, derived from a blend of concentrate and isolate, with **no** artificial colours, flavours, sweeteners or added sugar (stevia is used).

Providing **23.2g of protein** and just **2g of fat per 30g serving**, this formula contains only the highest grade hormone-free milk, sourced from EU and British cows – no GMOs.

As well as providing an excellent nutritional (and amino acid) profile, we have ensured that using Whey Protein is a tasty, hassle-free experience – just add to a liquid of choice and go. It can be used before or after exercise, or at any time of day as a protein-rich, muscle building and appetite curbing snack.

Also available in **vanilla flavour**.



## BENEFICIAL FOR...

- Bodybuilders
- Athletes
- Men and women alike
- Health-conscious individuals
- Increased daily protein intake
- Increased calorie intake
- An easy, hassle-free protein source
- Performance
- Increased muscle mass and size
- Tissue repair
- Maintaining lean mass
- Shaping and toning
- Supporting immunity

## PRODUCT INFORMATION:

**Ingredients:** Whey protein concentrate (milk, soya lecithin); Instantised Whey protein isolate (milk, soya lecithin); Reduced Fat Cocoa Powder, Natural Flavour: Chocolate flavour; Sweetener: Stevia Leaf Extract (Steviol glycosides); Emulsifier: Soya Lecithin; Thickener: Xanthan gum; Anti-Caking agent: Tri-Calcium Phosphate.



# Whey Protein Vanilla

A premium quality whey protein powder, derived from a blend of concentrate and isolate, with **no** artificial colours, flavours, sweeteners or added sugar (stevia is used).

Providing **23.6g of protein** and just **1.7g of fat per 30g serving**, this formula contains only the highest grade hormone-free milk, sourced from EU and British cows – no GMOs.

As well as providing an excellent nutritional (and amino acid) profile, we have ensured that using Whey Protein is a tasty, hassle-free experience – just add to a liquid of choice and go. It can be used before or after exercise, or at any time of day as a protein-rich, muscle building and appetite curbing snack.

Also available in **chocolate flavour**.



## BENEFICIAL FOR...

- Bodybuilders
- Athletes
- Men and women alike
- Health-conscious individuals
- Increased daily protein intake
- Increased calorie intake
- An easy, hassle-free protein source
- Performance
- Increased muscle mass and size
- Tissue repair
- Maintaining lean mass
- Shaping and toning
- Supporting immunity

## PRODUCT INFORMATION:

**Ingredients:** Whey protein concentrate (milk, soya lecithin); Instantised Whey protein isolate (milk, soya lecithin); Emulsifier: Soya Lecithin; Natural Flavour: Vanilla flavour; Double Cream powder (milk); Sweetener: Stevia Leaf Extract (Steviol glycosides); Thickener: Xanthan gum; Anti-Caking agent: Tri-Calcium Phosphate.



Start your own  
slimming club!  
We are happy  
to help!

Remember, our meal  
shakes and protein  
powders can be used  
alongside slimming  
programmes too!



Includes products that are...\*

Easy-to-use  
Organic  
Vegan  
NO dairy or lactose  
NO artificial flavours

NO preservatives  
NO gluten  
NO additives  
Nutrient-dense  
Vegetarian  
NO GMOs  
NO artificial colours  
NO added sugar or fructose

\*Applies to some products only - see ingredients for full details

# PRODUCT USAGE GUIDELINES

## ACIDITY

Beet & Cherry  
Super Nourish Plus  
Super Nourish  
Planet Plus

## BAD BREATH (HALITOSIS)

Colon Clear  
Digestives  
ProBio Plus  
ProBio Ultra  
GI Complex

## BLOATED STOMACH

Colon Clear  
Digestives  
L-Glutamine  
Planet Plus  
Oxy Cleanse  
ProBio Ultra

## BLOOD SUGAR LEVELS

Acai Berry Plus  
Beet & Cherry  
Green Coffee Ultra  
Fibre Complex  
Nourish Me  
Whey Protein

## BODY ODOUR

Liver Cleanse  
Planet Plus  
ProBio Ultra  
GI Complex

## BREAST PAIN / SWELLING

Menopeace  
Water Balance

## CANDIDA ALBICANS

Digestives  
GI Calmer  
L-Glutamine  
Planet Plus  
GI Balance  
ProBio Ultra  
GI Complex

## CELLULITE

Digestives  
Garcinia Cambodia Ultra  
Thermo Shape  
Water Balance

## CHOLESTEROL

Krill Oil  
Garcinia Cambodia Ultra  
Liver Cleanse  
Omega 3-6-9

## COATED TONGUE

Digestives  
GI Calmer  
ProBio Plus  
ProBio Ultra  
Planet Plus  
GI Complex

## COELIAC DISEASE

Digestives  
L-Glutamine  
Nourish Me (suitable for)  
ProBio Plus  
ProBio Ultra  
GI Complex

## CONSTIPATION

Colon Clear  
Fibre Complex  
Digestives  
Fibre Plus  
ProBio Plus  
Colon Cleanse  
Oxy Cleanse  
ProBio Ultra  
Planet Plus  
GI Complex

## CRAVINGS

L-Glutamine  
Nourish Me  
Thermo Shape

## CROHN'S DISEASE / COLITIS

Digestives  
L-Glutamine  
ProBio Plus  
ProBio Ultra  
GI Complex

## CYSTITIS

Digestives  
L-Glutamine  
Super Nourish  
ProBio Plus  
NaturaC Plus  
GI Balance  
ProBio Ultra  
GI Complex

## DETOX

Colon Clear  
Fibre Plus  
Super Nourish Plus  
Liver Cleanse  
Super Nourish  
Oxy Cleanse  
Planet Plus  
GI Complex

## DIARRHOEA

Digestives  
GI Calmer  
Happy Tummy  
ProBio Plus  
ProBio Ultra  
GI Complex

## DIGESTIVE PROBLEMS

Colon Clear  
Fibre Complex  
Digestives  
GI Calmer  
Happy Tummy  
L-Glutamine  
ProBio Plus  
ProBio Ultra  
GI Complex

## DIVERTICULITIS

Colon Clear  
Digestives  
Fibre Plus  
L-Glutamine  
ProBio Plus  
Colon Cleanse  
Oxy Cleanse  
ProBio Ultra  
GI Complex

## FATIGUE / LOW ENERGY

Acai Berry Plus  
Green Coffee Ultra  
Super Nourish Plus  
Hemp Protein  
L-Glutamine  
Super Nourish  
Nourish Me  
Pea Protein Plus  
Rice Protein  
Thermo Shape  
Turmeric Plus

## FLATULENCE

Colon Clear  
Fibre Complex  
Digestives  
Fibre Plus  
ProBio Plus  
Colon Cleanse  
Oxy Cleanse  
ProBio Ultra  
GI Complex

**Please note:** These usage guidelines are suggestions only. There are many other uses not mentioned. Refer to the product pages of this catalogue or go online for further usage information.

# PRODUCT USAGE GUIDELINES

## FOOD ALLERGY/ INTOLERANCE

Digestives  
L-Glutamine  
ProBio Plus  
GI Balance  
ProBio Ultra  
GI Complex

## GALLSTONES

Digestives  
Liver Cleanse  
GI Complex

## HAEMORRHOIDS

Colon Clear  
Fibre Plus  
ProBio Plus  
Colon Cleanse  
Oxy Cleanse  
ProBio Ultra  
GI Complex

## HEARTBURN

Digestives  
L-Glutamine  
ProBio Plus  
ProBio Ultra  
GI Complex

## HOT FLUSHES

Menopause  
Water Balance

## IMMUNE SYSTEM

Acai Berry Plus  
Krill Oil  
Ashwagandha Plus  
Beet & Cherry  
Super Nourish Plus  
Hemp Protein  
Happy Tummy  
L-Glutamine  
Super Nourish  
NaturaC Plus  
Omega 3-6-9  
Pea Protein Plus  
ProBio Ultra  
Planet Plus  
GI Complex  
Turmeric Plus

## INDIGESTION

Digestives  
GI Calmer  
ProBio Plus  
ProBio Ultra  
GI Complex

## IRRITABLE BOWEL SYNDROME (IBS)

Colon Clear  
Digestives  
GI Calmer  
L-Glutamine  
ProBio Plus  
Oxy Cleanse  
ProBio Ultra  
GI Complex

## JOINTS & FLEXIBILITY

Krill Oil  
Beet & Cherry  
Flex Complex  
L-Glutamine  
Omega 3-6-9  
Turmeric Plus

## LEAKY GUT SYNDROME

Digestives  
GI Calmer  
L-Glutamine  
ProBio Plus  
ProBio Ultra  
GI Complex

## MENOPAUSE SYMPTOMS

Super Nourish Plus  
Super Nourish  
Menopause  
Planet Plus  
Water Balance

## METABOLISM (SLOW)

Garcinia Cambodia Ultra  
Green Coffee Ultra  
Super Nourish Plus  
Hemp Protein  
Super Nourish  
Pea Protein Plus  
Rice Protein  
Thermo Shape

## MUSCLE MASS & RECOVERY

Beet & Cherry  
Flex Complex  
Hemp Protein  
L-Glutamine  
Nourish Me  
NaturaC Plus  
Pea Protein Plus  
Rice Protein  
Whey Protein

## OEDEMA

Super Nourish Plus  
Super Nourish  
Water Balance

## PARASITES

Colon Clear  
Fibre Plus  
L-Glutamine  
ProBio Plus  
Colon Cleanse  
Oxy Cleanse  
GI Balance  
ProBio Ultra  
GI Complex

## PERIOD PROBLEMS

Menopause  
Omega 3-6-9  
Planet Plus  
Water Balance

## PRE-MENSTRUAL SYNDROME (PMS)

Menopause  
Omega 3-6-9  
Planet Plus  
Water Balance

## THRUSH

Digestives  
ProBio Plus  
GI Balance  
ProBio Ultra  
GI Complex

## WATER RETENTION

Super Nourish Plus  
Super Nourish  
Water Balance

## WEIGHT (EXCESS)

Acai Berry Plus  
Fibre Complex  
Fibre Plus  
Garcinia Cambodia Ultra  
Green Coffee Ultra  
Super Nourish Plus  
Hemp Protein  
Nourish Me  
Pea Protein Plus  
Rice Protein  
Planet Plus  
Thermo Shape  
Water Balance

## WIND

Colon Clear  
Digestives  
ProBio Plus  
Oxy Cleanse  
ProBio Ultra  
GI Complex



# ORDER FORM

## DETOX SERIES

Acai Berry Plus [SN099B].....	
Beet & Cherry [BRMC60].....	
Colon Cleanse [070L-0].....	
Colon Clear A [052L-00].....	
Colon Clear B [L055-00].....	
GI Balance [SN076].....	
GI Calmer [SAB30].....	
GI Complex [SN012].....	
Liver Cleanse [SN145].....	
Oxy Cleanse [SN100].....	
ProBio Plus [PB30].....	
ProBio Ultra [PBMAX30].....	
Turmeric Plus [TURC90].....	
Water Balance [SN017].....	

## REVIVE SERIES

Ashwagandha Plus [ASWG90].....	
Brain Power [TBN60].....	
Digestives [SN014].....	
Fibre Complex [DF120].....	
Fibre Plus [SN040].....	
Flex Complex [HF60].....	
Garcina Cambodia Ultra [SN006].....	
Green Coffee Ultra [GCE60].....	
Krill Oil [KO60].....	
L-Glutamine [SN0181].....	
Menopeace [SN015].....	
Mushroom Plus [MMB90].....	
NaturaC Plus [SS360].....	
Omega 3-6-9 [SNC60].....	
Planet Plus [OSS-100].....	
Thermo Shape [SN085].....	

## NOURISH SERIES

Collagen Plus [CCX60].....	
Immuno Forte [IMUC60].....	
Happy Tummy [KP30S].....	
Hemp Protein [HPP500].....	
Nourish Me Chocolate [0616MCF].....	
Nourish Me Vanilla [SN049].....	
Pea Protein Plus [PP500].....	
Rice Protein [RICE-CHOC-500].....	
Super Nourish [MSFO].....	
Super Nourish Plus [SN105].....	
Whey Protein Chocolate [WPP600C].....	
Whey Protein Vanilla [WPP600V].....	



**MEDNA HOLISTIC™**

20-22 Wenlock Road  
London, N1 7GU  
United Kingdom

[info@medna.co.uk](mailto:info@medna.co.uk)

[www.medna.co.uk](http://www.medna.co.uk)

# **MEDNA HOLISTIC™**

## **3 STEP HEALTHCARE SYSTEM**

**DETOX | REVIVE | NOURISH**

THE BODY, MIND & SPIRIT  
WITH MEDNA HOLISTIC  
SUPPLEMENTS

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