



nutravita



VITAMINS & SUPPLEMENTS

NUTRAVITA

# YOUR HEALTH MATTERS

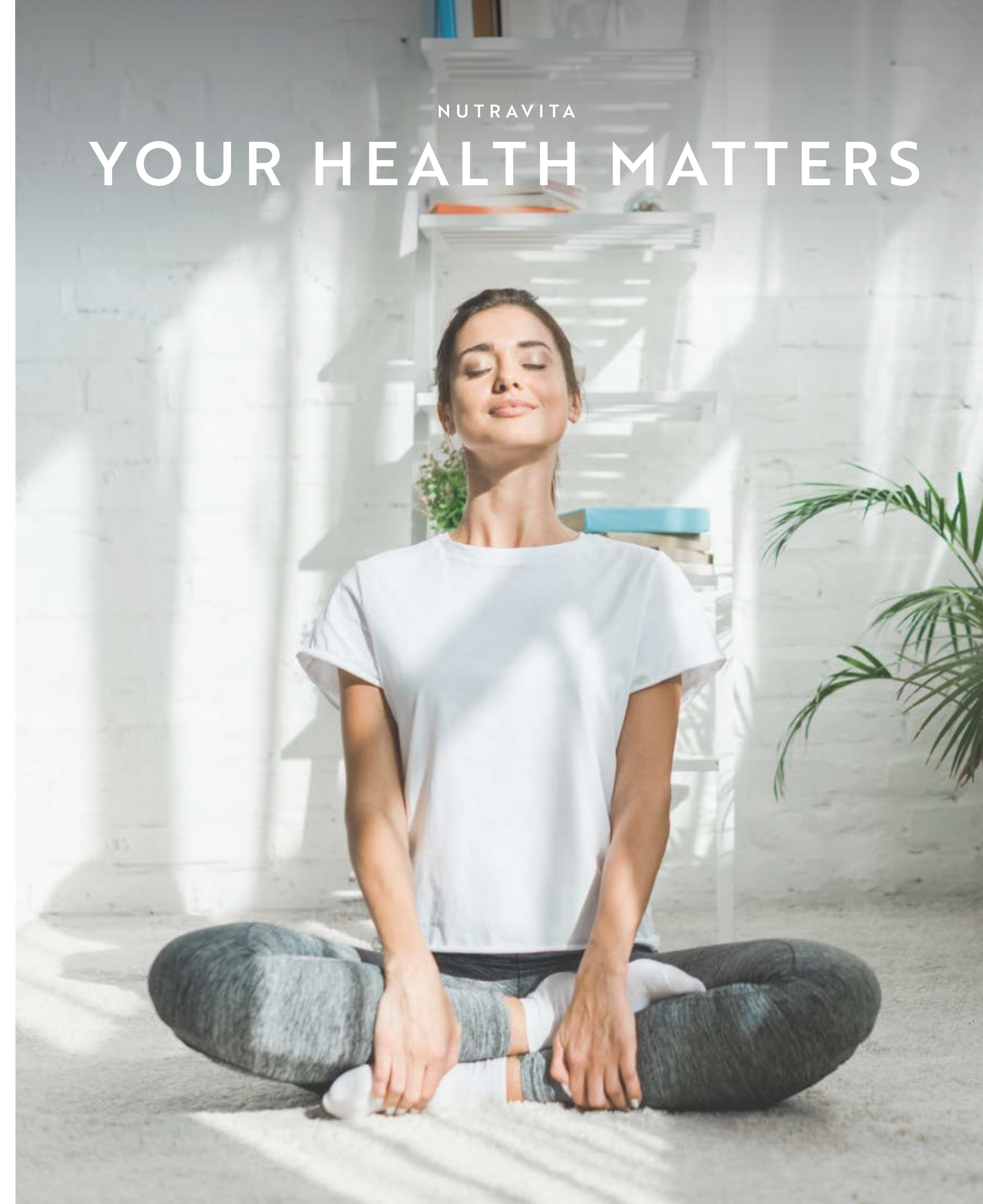
**Quality nutritional supplements & essential wellbeing products designed to support everyday health at an affordable price.**

**Dedicated customer service teams determined to be there for you.**

The world in which we live is amazing. The speed of innovation, the pace of modern living, the new opportunities available for everyone.

Healthy living & behaviours towards health are constantly changing. New trends emerge, and new research invigorates fresh thinking towards how we look after ourselves.

In a changing world, our health and wellbeing are important constants in our lives - your health matters.





HIGH QUALITY  
**VITAMINS &  
SUPPLEMENTS**

## **Purest and finest ingredients manufactured in the UK.**

We are a reputable and trusted UK brand that produces vitamins and supplements to the highest standards. When you buy with Nutravita, you buy with confidence.

- UK Manufactured & GMP Certified
- Highest Quality Ingredients
- No Synthetic Fillers or Binders
- Dedicated Customer Service
- Nutritionist & Doctor Advisors
- Community Support
- Commitment to Sustainability







# 650MG ALPHA LIPOIC ACID

**4 Months Supply**

**120 Capsules**

**No Synthetic Fillers**

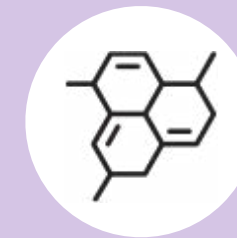
**No Artificial Flavours**

**GMO Free Ingredients**

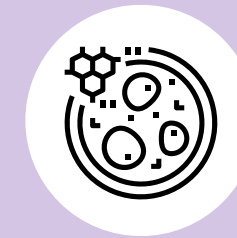
**Vegan Friendly**



Alpha-lipoic acid (ALA) is used in the body to break down carbohydrates and to aid energy production.



ALA is an antioxidant, a compound produced in your body and found in foods..



Antioxidants help defend your cells from damage caused by potentially harmful molecules known as free radicals.

## Nutritional Information

Serving size: 1 Capsule

### Each Serving Contains

<b>Alpha Lipoic Acid</b>	<b>650mg</b>
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**Ingredients:** Alpha Lipoic Acid, Vegetable Capsule Shell (HydroxyPropyl MethylCellulose).

*Alpha Lipoic Acid is a naturally-occurring antioxidant found in certain foods such as spinach, broccoli, brussel sprouts, potatoes and organ meats such as liver and kidney.*

Our vegan supplement contains 650mg of pure Alpha Lipoic Acid per serving.





# APPLE CIDER VINEGAR COMPLEX +

3 Months Supply

180 Capsules

No Synthetic Fillers

No Artificial Flavours

GMO Free Ingredients

Vegan Friendly



Apple Cider Vinegar may help with reducing cholesterol, blood sugar levels and aiding weight loss.



Cayenne Pepper may help boost your metabolism and aid digestive health.



Turmeric is a natural anti-inflammatory and antioxidant.

### Nutritional Information

Serving size: 2 Capsules

Each Serving Contains:	2 Capsules
<b>Apple Cider Vinegar</b>	1000mg
<b>Cayenne Pepper Extract 8:1*</b> (*120mg - equivalent amount of fresh plant before extraction)	15mg
<b>Turmeric Extract 10:1*</b> (*120 mg - equivalent amount of fresh plant before extraction)	12mg
<b>of which Curcumin</b>	0.48mg
<b>Ginger Root Extract 20:1*</b> (*120 mg - equivalent amount of fresh plant before extraction)	6mg

**Ingredients:** Apple Cider Vinegar Powder, Vegetable Capsule Shell (HydroxyPropylMethylCellulose), Bulking Agents (Calcium Phosphates, Microcrystalline Cellulose), Cayenne Pepper Extract (*Capsicum annuum* L.) Fruit, Turmeric Extract (*Curcuma longa* L.) Root, Ginger Root Extract (*Zingiber officinale* Rosc.).

*Designed to provide the maximum benefit of Apple Cider Vinegar liquid without the unpleasant aftertaste.*

The Apple Cider Vinegar Complex capsules are formulated using some of the finest quality ingredients and are suitable for vegetarians and vegans.





**2.5 Months Supply**

**150 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**

Apple Cider Vinegar capsules with The Mother are formulated using premium quality ingredients, free from artificial colours, flavours and sweeteners; and are designed to provide the maximum benefit of Apple Cider Vinegar without the unpleasant taste. Unlike our product, many ACVs are pasteurised and filtered which removes The Mother.

# APPLE CIDER VINEGAR

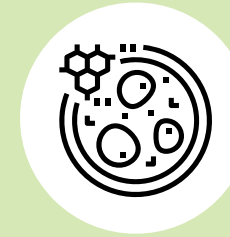
**With the Mother**



Apple Cider Vinegar may help with reducing cholesterol, blood sugar levels and aiding weight loss.



The Mother is formed naturally as raw organic vinegar ferments, creating colonies of beneficial bacteria and enzymes.



With added 2 Billion CFU of good bacteria, Cayenne Pepper, Ginger Root and Black Pepper for absorption.

## Nutritional Information

Serving size: 2 Capsules

**Each Serving Contains: 2 Capsules**

Apple Cider Vinegar	1100mg
<i>Lactobacillus acidophilus</i>	0.8 Billion CFU
Cayenne Pepper	60mg
Ginger Root	50mg
Fructooligosaccharides (FOS)	50mg
Black Pepper	20mg
Turmeric Extract 10:1*	10mg

(\*100mg - equivalent amount of plant before extraction)

<i>Bifidobacterium breve</i>	1 Billion CFU
<i>Lactobacillus casei</i>	0.1 Billion CFU
<i>Lactobacillus rhamnosus</i>	0.1 Billion CFU

CFU: Colony-Forming Unit



**Also available in higher 1650mg strength**





# ASHWAGANDHA

## 500mg Organic Premium KSM-66®



**2 Months Supply**

**60 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**



Ashwagandha is commonly known as Indian Ginseng or Winter Cherry.



Ashwagandha is commonly used to aid stress management.



The herb may contain chemicals that help with inflammation and lowering blood pressure.

### Nutritional Information

Serving size: 1 Capsule

#### Each Serving Contains

Ashwagandha	500mg
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**Ingredients:** Organic KSM-66®  
Ashwagandha, Vegetable Capsule Shell  
(HydroxyPropylMethylCellulose)

*Our supplement contains 500mg of organic, full spectrum root extract of premium Ashwagandha KSM-66, the highest concentration, most bioavailable form of Ashwagandha root on the market.*

The Ashwagandha powder used in the making of our supplement is sourced from organic farmlands in India and has undergone a series of rigorous tests for our product to acquire Organic Certification by Soil Association.







**2 Months Supply**

**120 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**

# ASHWAGANDHA

**1100mg With Bioperine®**



Contains a high strength dose of **Ashwagandha Root** per serving (**1100mg**).



**Bioperine®** helps with the absorption of Ashwagandha.



The herb may contain chemicals that help with **inflammation** and lowering **blood pressure**.

## Nutritional Information

Per daily intake: 2 Capsules

Ashwagandha	1100mg
Piperine (BioPerine®)	10mg

**Ingredients:** Ashwagandha Root Powder (*Withania somnifera* (L). Dunal), Vegetable Capsule Shell (Glazing agent: HydroxyPropyl MethylCellulose), Bulking Agents (Microcrystalline Cellulose, Calcium Phosphates), Rice Extract Blend (Rice Extract, Rice Hulls, Sunflower Oil), Piperine (from *Piper nigrum* L.) BioPerine®, Rice Hulls.

*Our Ashwagandha supplement contains 1100mg of Ashwagandha Root extract per serving. We only use extracts from the root for its adaptogenic properties, as traditionally done in Ayurvedic medicine.*

The capsules have been blended with Bioperine®, a clinically backed patented Black Pepper extract that contains 95% Piperine, the active ingredient in Black Pepper.





# ASTAXANTHIN

From *Haematococcus Pluvialis* Algae

6 Months Supply

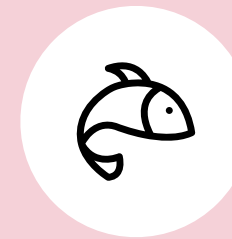
180 Softgels

High Quality Formula

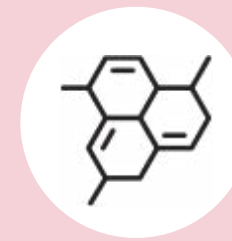
No Artificial Flavours

GMO Free Ingredients

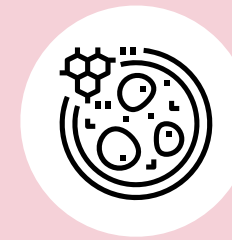
Easy to Swallow



Astaxanthin can be consumed from foods such as salmon, shrimp, lobster, rainbow trout, and other seafood.



Astaxanthin is often referred to as 'the king of carotenoids', one of the most powerful antioxidants found in nature.



Antioxidants help defend your cells from damage caused by potentially harmful molecules known as free radicals.

## Nutritional Information

Serving size: 1 Softgel

### Each Serving Contains

<b>Astaxanthin-rich Oleoresin</b>	18mg
from <i>Haematococcus Pluvialis</i> Algae	
Providing Astaxanthin 0.9mg	

**Ingredients:** Sunflower Oil, Capsule Shell (Gelatine [Bovine], Humectant: Glycerine, Water), Astaxanthin.

*Astaxanthin is a reddish pigment that belongs to a group of chemicals known as carotenoids. It is a keto-carotenoid that can naturally occur in certain algae.*

Our Astaxanthin-rich Oleoresin is from the high quality micro algae *Haematococcus Pluvialis* from Hawaii, which is one of the richest sources of natural Astaxanthin.





**2 Months Supply**

**60 Capsules**

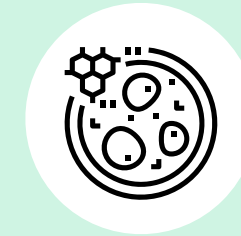
**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

# BIO CULTURES

**20 Billion CFU Complex**



**Probiotics** are made up of good bacteria that help keep your body healthy and prevent too much bad bacteria building up.



Good bacteria keeps you healthy by supporting your immune function and controlling inflammation.



Certain types of good bacteria can also help your body digest food and breakdown medications.

***Our Bio Cultures Complex Capsules are filled with the highest quality viable bacteria at 20 Billion CFU per serving and with an 8 strain complex.***

The supplements contain viable key bacteria strains, including *Lactobacillus acidopholus*, *Lactobacillus rhamnosus* and *Bifidobacterium bifidum*.

### Nutritional Information

Serving size: 1 Capsule

Each Serving Contains:	1 Capsule
<i>Lactobacillus acidophilus</i>	15 Billion CFU
<i>Bifidobacterium bifidum</i>	1 Billion CFU
<i>Lactobacillus rhamnosus</i>	1 Billion CFU
<i>Lactobacillus plantarum</i>	1 Billion CFU
<i>Bifidobacterium breve</i>	0.5 Billion CFU
<i>Bifidobacterium longum</i>	0.5 Billion CFU
<i>Lactobacillus casei</i>	0.5 Billion CFU
<i>Lactobacillus lactis</i>	0.5 Billion CFU

Total 20 Billion live cultures - CFU: Colony-Forming Unit

**Ingredients:** Bulking Agent (Microcrystalline Cellulose), *Lactobacillus acidophilus* -LA85, Vegetable Capsule Shell (HydroxyPropylMethylCellulose), *Bifidobacterium bifidum* -BBI32, *Lactobacillus rhamnosus* -LRa05, *Lactobacillus plantarum* -LP90, *Bifidobacterium breve* -BBr60, *Bifidobacterium longum* -BL21, *Lactobacillus casei* -LC89, *Lactobacillus lactis* -BL99.





**1 Months Supply**

**60 Capsules**

**No Synthetic Fillers**

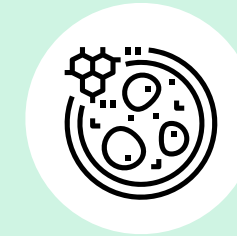
**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**

# BIO CULTURES

**40 Billion CFU Complex**



**Probiotics** are made up of good bacteria that help keep your body healthy and prevent too much bad bacteria building up.



Good bacteria keeps you healthy by supporting your immune function and controlling inflammation.



Certain types of good bacteria can also help your body digest food and breakdown medications.

**Our Bio Cultures Complex Capsules are filled with the highest quality viable bacteria at 40 Billion CFU per serving and with a 15 strain complex.**

The supplements contain viable key bacteria strains, including Lactobacillus acidopholus, Lactobacillus rhamnosus and Bifidobacterium bifidum.

### Nutritional Information

Per daily dose: 2 Capsules

<i>Lactobacillus acidophilus</i>	26 Billion CFU
<i>Streptococcus thermophilus</i>	1 Billion CFU
<i>Bifidobacterium bifidum</i>	1 Billion CFU
<i>Lactobacillus rhamnosus</i>	1 Billion CFU
<i>Lactobacillus plantarum</i>	1 Billion CFU
<i>Bifidobacterium breve</i>	1 Billion CFU
<i>Bifidobacterium longum</i>	1 Billion CFU
<i>Lactobacillus casei</i>	1 Billion CFU
<i>Lactobacillus lactis</i>	1 Billion CFU
<i>Lactobacillus reuteri</i>	1 Billion CFU
<i>Lactobacillus brevis</i>	1 Billion CFU
<i>Lactobacillus bulgaricus</i>	1 Billion CFU
<i>Lactobacillus salivarius</i>	1 Billion CFU
<i>Bifidobacterium lactis</i>	1 Billion CFU
<i>Lactobacillus helveticus</i>	1 Billion CFU

Total 40 Billion live cultures - CFU: Colony-Forming Unit

**Ingredients:** Bulking agent (Microcrystalline cellulose), Gelling agents (Xanthan gum, Acacia gum), Bacterial blend [*Lactobacillus acidophilus*-LA85, *Lactobacillus lactis* (*Lactobacillus delbrueckii* subsp. *lactis*)-BL99, *Lactobacillus bulgaricus* (*Lactobacillus delbrueckii* subsp. *bulgaricus*)-LB2, *Lactobacillus helveticus*-LH76, *Bifidobacterium longum*-BL21, *Lactobacillus reuteri* (*Limosilactobacillus reuteri*)-LR08, *Streptococcus thermophilus*-ST81, *Lactobacillus brevis* (*Levilactobacillus brevis*)-BBr60, *Lactobacillus salivarius* (*Ligilactobacillus salivarius*)-LS97, *Bifidobacterium bifidum*-BBi32, *Lactobacillus rhamnosus* (*Lacticaseibacillus rhamnosus*)-LRa05, *Lactobacillus plantarum* (*Lactiplantibacillus plantarum*)-LP90, *Bifidobacterium breve*-BBr60, *Lactobacillus casei* (*Lacticaseibacillus casei*)-LC89, *Bifidobacterium lactis*-BLa80], Vegetable capsule shell (Glazing agent: Hydroxypropyl methyl cellulose).





**1 Month Supply**

**60 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Delayed Release Capsules**

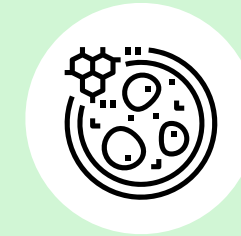
**Vegan Friendly**

**Our Pro Bio Cultures Capsules are filled with the highest quality viable bacteria at 60 Billion CFU per serving with a 21 strain complex.**

We've also included LactoSpore®, a clinically-trialed probiotic that can survive the harsh and acidic conditions of the gut and can help prevent the growth of pathogens.

# PRO BIO CULTURES

**With Lactospore® 60 Billion CFU Complex**



**Probiotics** are made up of good bacteria that help keep your body healthy and prevent too much bad bacteria building up.



Good bacteria keeps you healthy by supporting your immune function and helping control inflammation.



**LactoSpore®** is a superior, clinically trialed probiotic from Bacillus Coagulans, that produces Lactic Acid in the stomach that can help support **digestion**.

Nutritional Information	
Per daily intake:	2 Capsules
<i>Lactobacillus acidophilus</i>	32.2 Billion CFU
<i>Lacticaseibacillus paracasei</i>	3.3 Billion CFU
<i>Lactobacillus gasseri</i>	1.7 Billion CFU
<i>Bifidobacterium infantis</i>	1.7 Billion CFU
<i>Streptococcus thermophilus</i>	1.3 Billion CFU
<i>Bifidobacterium bifidum</i>	1.3 Billion CFU
<i>Lacticaseibacillus rhamnosus</i>	1.3 Billion CFU
<i>Lactiplantibacillus plantarum</i>	1.3 Billion CFU
<i>Bifidobacterium breve</i>	1.3 Billion CFU
<i>Bifidobacterium longum</i>	1.3 Billion CFU
<i>Lacticaseibacillus casei</i>	1.3 Billion CFU
<i>Limosilactobacillus reuteri</i>	1.3 Billion CFU
<i>Levilactobacillus brevis</i>	1.3 Billion CFU
<i>Lactobacillus delbrueckii subsp. bulgaricus</i>	1.3 Billion CFU
<i>Ligilactobacillus salivarius</i>	1.3 Billion CFU
<i>Bifidobacterium lactis</i>	1.3 Billion CFU
<i>Lactobacillus helveticus</i>	1.3 Billion CFU
<i>Bifidobacterium adolescentis</i>	1.3 Billion CFU
<i>Lactobacillus crispatus</i>	1.3 Billion CFU
<i>Lactococcus lactis</i>	1.3 Billion CFU
Inulin	100 mg
<i>Bacillus coagulans</i> (LactoSpore®)	1 Billion CFU

**Ingredients:** Bacterial Blend (*Lactobacillus acidophilus*-LA85, *Streptococcus thermophilus*-ST81, *Bifidobacterium bifidum*-BB132, *Lacticaseibacillus rhamnosus* -LRa05, *Lactiplantibacillus plantarum*-LP90, *Bifidobacterium breve*-BB160, *Bifidobacterium longum*-BL21, *Lacticaseibacillus casei*-LC89, *Lactococcus lactis*-LA61, *Limosilactobacillus reuteri*-LR08, *Levilactobacillus brevis*-LB01, *Lactobacillus delbrueckii subsp. bulgaricus*-LB42, *Ligilactobacillus salivarius*-LS97, *Bifidobacterium lactis*-BLa80, *Lactobacillus helveticus*-LH76, *Bifidobacterium infantis*-BI45, *Bifidobacterium adolescentis*-BAc30, *Lactobacillus gasseri*-LG08, *Lactobacillus crispatus*-LCR86, *Lacticaseibacillus paracasei*-LC86, Gelling agents (Xanthan gum, Acacia gum), Vegetable capsule shell (Hydroxypropyl methyl cellulose), Inulin, Bulking agent (Microcrystalline cellulose), LactoSpore® *Bacillus coagulans*-MTCC 5856.



# 10,000µg BIOTIN

## With Coconut Oil

- 12 Months Supply
- 365 Tablets
- No Synthetic Fillers
- No Artificial Flavours
- GMO Free Ingredients
- Vegan Friendly



Biotin contributes to the maintenance of normal hair.



Biotin contributes to the maintenance of normal skin.



Biotin contributes to normal psychological function.

### Nutritional Information

Serving size: 1 Tablet

	Each Tablet Contains:	NRV*
Biotin	10,000µg	20,000%
Coconut Oil	5mg	--

\*NRV = Nutrient Reference Values

**Ingredients:** Bulking Agents (Dicalcium Phosphate, Microcrystalline Cellulose), Biotin, Coconut Oil Powder.

*Biotin (Vitamin B7) provides multiple health benefits including the maintenance of normal hair and skin.*

Our high strength supplement contains 10,000µg of Biotin, enriched with 5mg Coconut Oil Powder for better absorption.





# 12,000µg BIOTIN

## With Zinc, Selenium and Copper

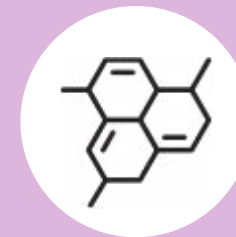
- 12 Months Supply
- 365 Tablets
- No Synthetic Fillers
- No Artificial Flavours
- GMO Free Ingredients
- Vegan Friendly



Zinc contributes to normal DNA synthesis.



Copper contributes to **normal hair** and **skin pigmentation**.



Selenium contributes to the **protection of cells** from oxidative stress.

### NUTRITIONAL INFORMATION

Serving size: 1 tablet

	Each serving contains:	NRV*
<b>Biotin</b>	12,000µg	24000%
<b>Zinc (Albion™)</b>	10mg	100%
<b>Copper</b>	1mg	100%
<b>Selenium</b>	55µg	100%

\*NRV (Nutrient Reference Value)

**Ingredients:** Bulking Agents (Dicalcium Phosphate, Microcrystalline Cellulose), Zinc Bisglycinate (Albion™), D-Biotin, L-Selenomethionine, Cupric Gluconate, Glazing Agents (Hydroxypropyl Methylcellulose, Glycerin, Carnauba Wax).

*Our high strength Biotin has been blended with a superior chelate form of Zinc for enhanced absorption, as well as Selenium and Copper.*

Combined, all ingredients contribute to maintenance of normal hair, skin and nails.





# BLACK ELDERBERRY

With Vitamin C, Zinc and Turmeric



4 Months Supply

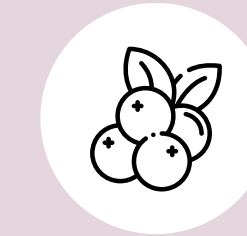
120 Capsules

No Synthetic Fillers

No Artificial Flavours

GMO Free Ingredients

Vegan Friendly



The berries and flowers of **Elderberry** are packed with antioxidants that may help boost your immune system.



Vitamin C and Zinc contribute to the normal function of the immune system and protection of cells from oxidative stress.



**Turmeric** contains the chemical **Curcumin**; some studies show that it may help decrease swelling (inflammation).

## Nutritional Information

Serving size: 1 Capsule

Each Serving Contains:	NRV*
Vitamin C	160mg 200%
Zinc	10mg 100%
Black Elderberry Extract 30:1**	134mg - (*4,020mg - equivalent amount of plant before extraction)
Turmeric Root Extract 22:1**	4.5mg - (*100mg - equivalent amount of plant before extraction)

\*NRV = Nutrient Reference Values

**Ingredients:** Vitamin C (L-Ascorbic Acid), Black Elderberry Extract (*Sambucus nigra* L.) fruit, Vegetable Capsule Shell (Hydroxypropyl Methylcellulose), Zinc Citrate, Anti-Caking Agents (Tricalcium Phosphate, Ascorbyl Palmitate), Turmeric Extract (*Curcuma longa* L.) root.

*The most common variety of elderberry is Sambucus nigra, also known as European elderberry or black elderberry.*

Our Black Elderberry Complex capsules have been expertly formulated with your immune system in mind. The added Vitamin C and Zinc contribute to the normal function of the immune system.







# BLACK SEED OIL

1050mg with Vitamin E 24mg



6 Months Supply

365 Softgels

Easy to Swallow

No Artificial Flavours

GMO Free Ingredients

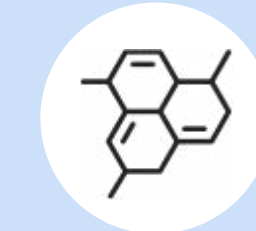
Vegan Friendly



**Black Seed Oil** has **antioxidant** properties that can help relieve inflammation inside the body and on the **skin**.



Black Seed Oil has also been linked with helping reduce **high blood pressure** and aiding with **asthma** symptoms.



Vitamin E contributes to the **protection** of cells from **oxidative stress** as well as the maintenance of **normal skin**.

## Nutritional Information

Serving size: 2 Softgels

Each Serving Contains:		NRV*
Vitamin E	24mg	200%
Black Seed Oil	1050mg	-

\*Nutrient Reference Values

**Ingredients:** Black Seed Oil (*Nigella sativa* L.), Softgel Shell (Modified Corn Starch, Thickeners: Glycerol, Carrageenan, Sodium Carbonate, Colour: Iron oxides and hydroxides), D-Alpha-Tocopherol (Vitamin E).

*Nigella sativa* is a small flowering shrub with purple or white-tinged flowers that grows in Eastern Europe, the Middle East, and western Asia. The plant produces fruits that have tiny black seeds. These black seeds have been used in remedies for thousands of years.

Our Black Seed Oil softgels have been expertly formulated with added Vitamin E.





# BLACK MACA COMPLEX

With L-Arginine and Panax Ginseng



**6 Months Supply**

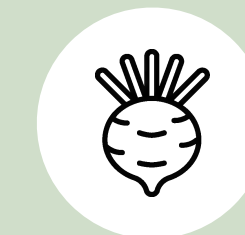
**180 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**



**Maca Root** is rich in amino acids, vitamins, and minerals and has traditionally been used to aid **sex drive, energy** and **stamina**.



**Panax Ginseng** is believed to help **general well-being** and **Black Pepper** aids **absorption**.



**L-Arginine** is used by the body to make nitric oxide, a molecule that helps **relax** and **open blood vessels**.

## Nutritional Information

Per daily dose: 1 Capsule

<b>Maca Root Extract 10:1*</b> (*500mg - equivalent amount of plant before extraction)	50mg
<b>Maca Root Extract 100:1*</b> (*4500mg - equivalent amount of plant before extraction)	45mg
<b>Panax Ginseng Extract 10:1*</b> (*500mg - equivalent amount of plant before extraction) (10mg Ginsenosides)	50mg
<b>L-Arginine</b>	50mg
<b>Black Pepper</b>	10mg

**Ingredients:** Bulking Agents (Dicalcium Phosphate, Microcrystalline Cellulose), Vegetable Capsule Shell (Glazing Agent: Hydroxypropyl Methylcellulose), L-Arginine Hydrochloride, Maca Root Extract 10:1 (*Lepidium meyenii* Walp.), Ginseng Root Extract 10:1 (*Panax ginseng* C.A. Mey.) with 20% Ginsenosides, Maca Root Extract 100:1 (*Lepidium meyenii* Walp.), Black pepper fruit powder (*Piper nigrum* L.).

**Black Maca or more commonly known as Peruvian Ginseng, is highly nutritious and is a great source of vitamins, carbohydrates and protein.**

Our Black Maca contains 5000mg equivalent of concentrated 10:1 and 100:1 ratio of 140mg high strength Maca Root extract, the purest form of Maca.





**6 Months Supply**

**365 Tablets**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegetarian Friendly**

***Calcium, Magnesium and Zinc are three nutrients that help support bone health, mood, immunity, and sleep quality.***

Our supplement contains 800mg Calcium, 360mg Magnesium, 5mg Zinc & Vitamin D3 1000iu as well as Copper, Manganese, Selenium and Boron for added benefits.

# CALCIUM, MAGNESIUM AND ZINC WITH VITAMIN D3



**Calcium** contributes to normal **muscle function** and normal **bones and teeth**.



**Magnesium** and **Vitamin D3** contribute to the normal function of the **immune system** and normal **energy-yielding metabolism**.



**Zinc** contributes to the maintenance of normal **hair, skin, bones, nails** and normal **vision**.

**Ingredients:** Calcium Carbonate, Bulking Agent (Microcrystalline Cellulose), Magnesium Oxide, Tablet Coating (Glazing Agent: HydroxyPropylMethylCellulose, Colour: Calcium Carbonate, Glazing Agent: Isomalt, Medium Chain Triglycerides), Vitamin D3 (Cholecalciferol), Sodium Selenite, Copper Gluconate, Zinc Oxide, Sodium Borate, Manganese Sulphate.

## Nutritional Information

Serving size: 2 Tablets

Each Serving Contains:	2 Tablets	NRV*
Vitamin D3	25µg (1000iu)	500%
Calcium	800mg	100%
Magnesium	360mg	96%
Zinc	5mg	50%
Copper	1mg	100%
Manganese	1mg	50%
Selenium	100µg	181%
Boron	0.6mg	--

NRV = Nutrient Reference Value





# COD LIVER OIL

## High Source of EPA & DHA



**12 Months Supply**

**365 Softgels**

**High Quality Formula**

**No Artificial Flavours**

**GMO Free Ingredients**

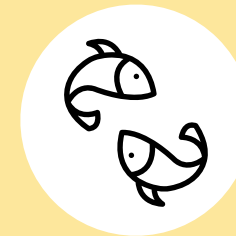
**Easy to Swallow**



**Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA)** both contribute to the maintenance of various body functions, most importantly in the normal function of the **heart**.



**DHA** supports the maintenance of normal **brain function** and **normal vision**.



These **essential fatty acids** play critical roles in maintaining healthy **eyes, heart** and **brain** functions and cannot be produced by the body.

### Nutritional Information

Serving size: 1 Softgel

Each Serving Contains:	NRV*
Vitamin A	800µg 100%
Vitamin D	5µg 100%
Vitamin E	3.33mg 28%
Cod Liver Oil	1000mg -
<i>Providing:</i>	
EPA (Eicosapentaenoic Acid)	80mg -
DHA (Docosahexaenoic Acid)	90mg -
Garlic Oil Extract 500:1 (5.5mg - equivalent amount of plant before extraction)	0.011mg -

\*NRV = Nutrient Reference Values

**Ingredients:** Cod Liver Oil (Fish), Capsule Shell (Gelatine [Bovine]), humectant: Glycerin), D-Alpha-Tocopherol (Vitamin E), Cholecalciferol (Vitamin D), Retinyl Palmitate (Vitamin A), Garlic Oil Extract (*Allium sativum* L.) bulb.

*The 1000mg Cod Liver Cold-Pressed Oil used in our softgels is sourced from Iceland and Norway before being manufactured in the UK.*

Our supplement provides 80mg EPA and 90mg DHA in every serving, giving you a high dose of these vital fatty acids. We use cold pressed oil in our softgels to preserve the nutrients in the oil.





# COLON COMPLEX

With Aloe Vera, Psyllium Husk Extract & Calcium



4 Months Supply

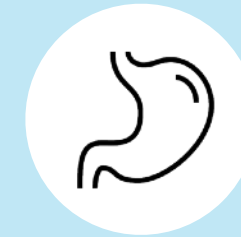
120 Tablets

No Synthetic Fillers

Vegan Friendly

GMO Free Ingredients

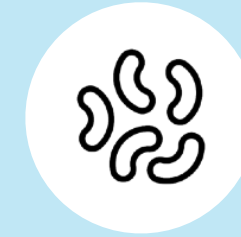
No Artificial Flavours



**Calcium** contributes to the normal function of **digestive enzymes**.



**Psyllium Husk** has been linked with assisting **intestinal transit** and **intestinal function**.



**Lactobacillus Acidophilus** is a **probiotic** that is thought to help promote growth of good bacteria, as well as assist **digestion**.

### Nutritional Information

Serving size: 1 Tablet

	Each Serving Contains:	NRV**
Calcium	120mg	15%
Psyllium Husk Extract 10:1 (500mg - amount of plant before extraction)	50mg	-
Apple Cider Vinegar	150mg	-
Aloe Vera Extract 200:1 (12000mg - amount of plant before extraction)	60mg	-
Ginger Root	50mg	-
Cayenne Fruit	10mg	-
<i>Lactobacillus acidophilus</i>	1 Billion CFU	-
Garlic Extract 100:1 (50mg - amount of plant before extraction)	0.50mg	-

\*\*Nutrient Reference Values

CFU: Colony-Forming Unit

**Ingredients:** Calcium salts of orthophosphoric acid, Bulking Agent (Microcrystalline Cellulose), Apple Cider Vinegar Powder, Aloe Vera Leaf Gel Extract (*Aloe barbadensis* Mill.), Ginger Root Powder (*Zingiber officinale* Rosc.), Psyllium Husk Extract (*Plantago ovata* Forssk.), Glazing Agent (HydroxyPropylMethylCellulose), Cayenne Fruit Powder (*Capsicum frutescens* L.), *Lactobacillus acidophilus*-LA85, Glazing Agents (Glycerin, Carnauba Wax), Garlic Bulb Extract (*Allium sativum* L.).

*The Herbal Colon Complex has been formulated using 8 active ingredients to help maintain a healthy digestive rhythm.*

Our blend contains a powerful selection of botanical ingredients, such as Psyllium Husk, Apple Cider Vinegar, Aloe Vera Extract, Ginger Root, Cayenne Pepper Fruit and Garlic.





# 200mg CoQ10

## Ubiquinone Coenzyme Q10

**4 Months Supply**

**120 Capsules**

**No Synthetic Fillers**

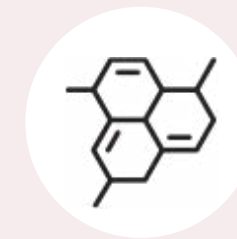
**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**



Coenzyme Q10 is a vitamin-like substance that is present in every cell in your body.



CoQ10 is an antioxidant and helps protect cells from oxidant damage that can interfere with regular cell functioning.



Our CoQ10 is highly absorbable and naturally fermented for optimum purity.

### Nutritional Information

Serving size: 1 Capsule

#### Each Serving Contains

<b>Ubiquinone Coenzyme Q10</b>	200mg
--------------------------------	-------

**Ingredients:** Coenzyme Q10, Bulking Agent (Microcrystalline Cellulose), Vegetable Capsule Shell (HydroxyPropylMethylCellulose).

*Coenzyme Q10 occurs naturally in the body, and is present in every cell as an antioxidant.*

Our high strength CoQ10 vegan capsules contain 200mg of easily absorbable Coenzyme Ubiquinone per capsule. The CoQ10 has been naturally fermented for bioavailability and optimum purity.





# 12,500mg CRANBERRY

## High Strength 50:1 Extract

6 Months Supply

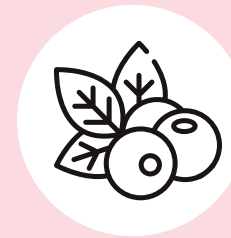
180 Capsules

No Synthetic Fillers

No Artificial Flavours

GMO Free Ingredients

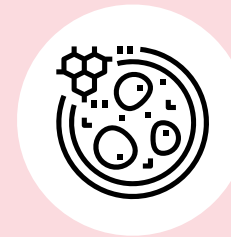
Vegan Friendly



**Cranberries** are full of acid compounds that may help **fight off bad bacteria**, preventing and relieving the effects of **urinary tract infections**.



**Phytochemicals** and **Antioxidants** contained in Cranberries have been linked to aiding **digestive health**.



**Antioxidants** help defend your cells from damage caused by potentially harmful molecules known as free radicals.



*Cranberries are highly nutritious superfoods packed with natural antioxidants.*

Our supplement is made from dried, powdered cranberries providing a potent 250mg of 50:1 Cranberry Extract per serving, equivalent to 12,500mg of fresh cranberries.

### Nutritional Information

Serving size: 1 Capsule

	1 Capsule
<b>Cranberry Extract (50:1)</b> <i>(12500mg equivalent amount of plant before extraction)</i>	250mg

Ingredients: Cranberry Extract (*Vaccinium Macrocarpon* L.), Vegetable Capsule Shell (Hydroxypropyl Methylcellulose).



Also available in higher 37,500mg strength





# 550mg D-MANNOSE

High Strength Formula

4 Months Supply

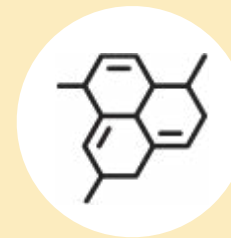
120 Capsules

No Synthetic Fillers

No Artificial Flavours

GMO Free Ingredients

Vegan Friendly



**D-Mannose** has been linked to making it more difficult for the bacteria that are responsible for **UTIs** to attach themselves to the **urinary tract**.



**D-Mannose** may also be used as a **Prebiotic**. Prebiotics are used to stimulate the growth of **good bacteria** in your **digestive system**.

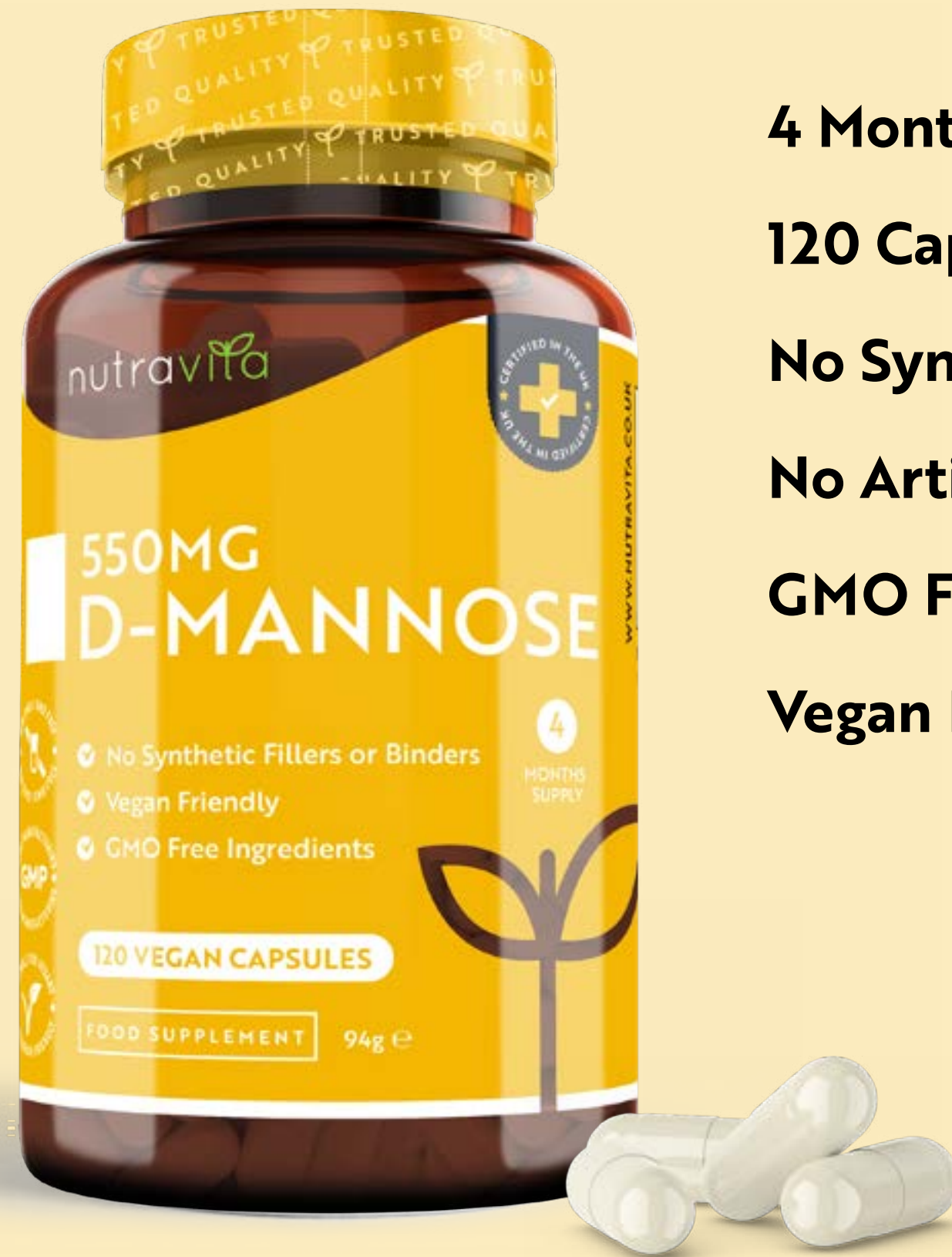
## Nutritional Information

Serving size: 1 Capsule

Each Serving Contains

**D-Mannose** 550mg

**Ingredients:** D-Mannose, Vegetable Capsule Shell (HydroxyPropylMethylCellulose), Bulking Agent (Microcrystalline Cellulose).



Also available in higher 1650mg strength

*D-Mannose is a naturally occurring sugar found in fruits and other plants and is a popular substitute for Cranberry Extract.*

Our D-Mannose supplement contains 550mg of pure and natural D-Mannose per serving.







# FLAXSEED OIL

## With Vitamin E

5 Months Supply

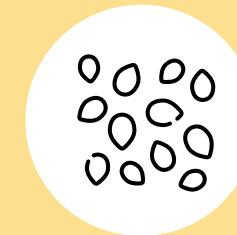
150 Softgels

High Quality Formula

No Artificial Flavours

GMO Free Ingredients

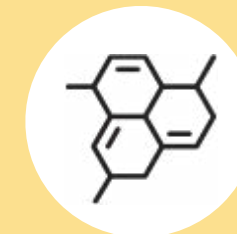
Vegan Friendly



**Flaxseed Oil** is high in **omega-3 fatty acids** that have been linked to several health benefits, such as reduced **blood pressure** and improved **regularity**.



Acids found in Flaxseed Oil contain **antioxidants** that help **defend your cells** from damage caused by potentially harmful molecules known as free radicals.



**Vitamin E** contributes to the **protection** of cells from oxidative stress as well as the maintenance of **normal skin**.

### Nutritional Information

Serving size: 1 Softgel

Each Serving Contains:		NRV*
<b>Vitamin E</b>	2mg	17%
<b>Flaxseed Oil</b>	1000mg	*
<i>Providing:</i>		
<b>Alpha Linolenic Acid</b>	540mg	*
<b>Linoleic Acid</b>	140mg	*

\*NRV = Nutrient Reference Values

**Ingredients:** Flaxseed Oil (*Linum usitatissimum* L.), Softgel Shell (Modified Corn Starch, Thickeners: Glycerol, Carrageenan, Sodium Carbonate), D-Alpha-Tocopherol (Vitamin E).

*Flaxseed is the seed from the plant *Linum usitatissimum*. Cold pressing uses pressure to extract oil without using any heat, meaning no nutrients are lost in the process.*

Our supplement contains 1000mg of pure, coldpressed Flaxseed Oil with added Vitamin E.





# 400µg FOLIC ACID

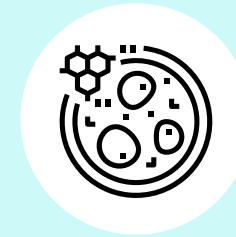
## High Strength



- 13 Months Supply
- 400 Tablets
- No Synthetic Fillers
- No Artificial Flavours
- GMO Free Ingredients
- Vegan Friendly



Folic Acid is particularly important during **pregnancy**. Supplemental folic acid intake increases **maternal folate status** and **maternal tissue growth**. This is important for the healthy development of the foetus.



Folate also contributes to normal **psychological function** and function of the **immune system**. In addition, folate contributes to the **reduction of tiredness and fatigue** and has a role in the process of **cell division**.

### Nutritional Information

Serving size: 1 Tablet

	Each Serving Contains	%NRV*
<b>Folic Acid</b>	400µg	200%

\* Nutrient Reference Values

**Ingredients:** Bulking Agents (Dicalcium Phosphate, Microcrystalline Cellulose), Glazing Agent (Hydroxypropyl Methylcellulose), Folic Acid (Pteroylmonoglutamic Acid), Glazing Agents (Glycerin, Carnauba Wax).

*Folic Acid is a form of folate, which is a naturally occurring B vitamin (Vitamin B9). Folate helps the body make healthy red blood cells and is found in certain foods.*

Our supplement contains 400µg of high strength Folic Acid.





# 15,000MG GARLIC

## High Potency Deodourised Oil

6 Months Supply

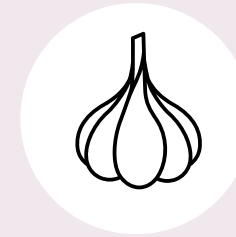
180 Softgels

High Quality Formula

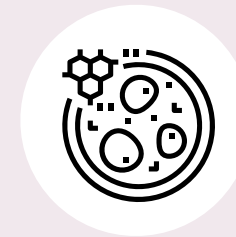
No Artificial Flavours

GMO Free Ingredients

Easy to Swallow



Garlic is the edible bulb of a plant that has been used for thousands of years for **medicinal purposes**.



Garlic contains **Allicin** that is believed to have **antibacterial** and **anti-fungal** properties.



Allicin has been linked to reducing **cholesterol** and aiding general **cardiovascular health**. It may also help improve common **symptoms of cold and flu**.

### Nutritional Information

Serving size: 1 Softgel

#### Each Softgel Contains

**Garlic Oil Extract 500:1\*** 30mg

(\*15,000mg - equivalent amount of Garlic Oil before extraction)

Ingredients: Sunflower Seed Oil, Capsule Shell (Bovine Gelatine, Humectant: Glycerine), Garlic Oil Extract (*Allium sativum* L.) bulb.

*Garlic, being one of the leading superfoods, has been known for its variety of dietary and health benefits. Our careful extraction process allows us to retain the potent natural compound called Allicin without the strong odour and aftertaste.*

Our supplement contains 30mg of 500:1 high potency deodourised Garlic Oil extract equivalent to 15,000mg garlic bulbs.





**3 Months Supply**

**180 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

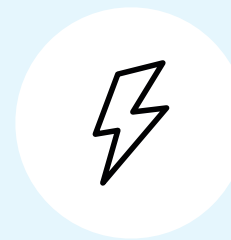
**GMO Free Ingredients**

**Easy to Swallow**

# GLUCOSAMINE & CHONDROITIN



**Glucosamine** and **Chondroitin** help maintain **cartilage structure** and have been linked to aiding **joint health** and reducing **joint pain**.



Added **Vitamin C** contributes to normal **collagen formation** for the normal function of **bones** and **skin** and normal **energy-yielding metabolism**.

**Glucosamine and Chondroitin are structural components of cartilage, the tissue that cushions the joints.**

Every serving contains 1000mg of 2KCL Glucosamine Sulphate (from Crustaceans), 200mg of Chondroitin Sulphate, 100mg of Vitamin C, 50mg of Turmeric Powder, 36 mg of 20:1 Ginger Extract, 4mg of 20:1 Rosehip Extract.

### Nutritional Information

Serving size: 2 Capsules

	Per 2 Capsules	NRV*
<b>Vitamin C</b>	100mg	125%
<b>Glucosamine Sulphate 2KCl</b>	1000mg	--
<i>providing Glucosamine</i>	570mg	--
<b>Ginger Root Extract 20:1**</b>	36mg	--
<small>(**720mg - equivalent amount of fresh plant before extraction)</small>		
<b>Chondroitin Sulphate</b>	200mg	--
<i>providing Chondroitin</i>	128mg	--
<b>Rosehip Extract 20:1**</b>	4mg	--
<small>(**80mg - equivalent amount of fresh plant before extraction)</small>		
<b>Turmeric</b>	50mg	--

\*NRV = Nutrient Reference Values

**Ingredients:** Glucosamine Sulphate 2KCl (**Crustaceans**), Vegetable Capsule Shell (HydroxyPropyl MethylCellulose), Chondroitin Sulphate, Vitamin C (L-Ascorbic Acid), Bulking Agent (Microcrystalline Cellulose), Turmeric Powder (*Curcuma longa* L.) Root, Ginger Root Extract (*Zingiber officinale* Rosc.), Rosehip Extract (*Rosa canina* L.).





# 14MG GENTLE IRON

## Iron Bisglycinate

6 Months Supply

180 Tablets

No Synthetic Fillers

No Artificial Flavours

GMO Free Ingredients

Vegan Friendly



Iron is an important mineral that contributes to the normal formation of **red blood cells** and **haemoglobin**.



Iron contributes to the reduction of **tiredness** and **fatigue** and normal function of the **immune system**.



Iron also contributes to normal **cognitive function** and a normal **energy-yielding metabolism**.

### Nutritional Information

Serving size: 1 Tablet

Each Tablet Contains	NRV*
Iron	14mg 100%

\*Nutrient Reference Values

**Ingredients:** Bulking Agent (Dicalcium Phosphate, Micro crystalline Cellulose), Ferrous Bisglycinate, Anti-caking Agent (Silicon Dioxide), Glazing Agent (HydroxyPropylMethyl-Cellulose, Glycerin, Carnauba Wax).

Also available as 3 month supply



*Iron is an important mineral that is vital for many processes in your body, including keeping you healthy and full of energy. Low Iron levels are fairly common, and can lead to tiredness, poor concentration and a weaker immune system.*

Our high potency Iron provides 14mg, 100% of your daily NRV in a highly absorbable form that is more gentle on the stomach than other iron supplements.





# HYALURONIC ACID

## 600mg High Strength 500-700 KDA



**3 Months Supply**

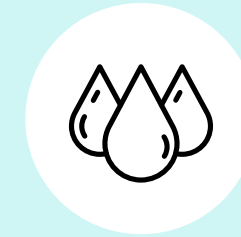
**90 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**



Hyaluronic Acid can retain over 1000 times its weight in water within skin cells.



500-700 kDa is a lower molecular weight which means it can be absorbed better into the body.



Hyaluronic Acid works by cushioning and lubricating the joints and other tissues. It is also well known for its skin benefits.

### Nutritional Information

Serving size: 1 Capsule

Each Serving Contains:	Per 1 Capsule
Hyaluronic Acid	600mg

**Ingredients:** Hyaluronic Acid, Vegetable Capsule Shell (HydroxyPropylMethylCellulose).

*With 600mg of Hyaluronic Acid per capsule, they are much stronger than regular Hyaluronic Acid supplements.*

The high strength 500-700 KDA Hyaluronic Acid is derived from Sodium Hyaluronate and is produced by fermentation using bacteria.





# IMMUNE COMPLEX +

## With Vitamins D3, C, Zinc & Bee Propolis



- 6 Months Supply
- 180 Tablets
- No Synthetic Fillers
- No Artificial Flavours
- GMO Free Ingredients
- Vegetarian Friendly



**Vitamin D3, Vitamin C and Zinc** all contribute to the maintenance of the **immune system**. **Bioflavonoids, Rosehip** and **Yeast Beta Glucan** have also been linked to helping support the **immune system**.



**Bee Propolis Extract** has been used for centuries to support the body's natural defences due to its high **antimicrobial** and **antioxidant** properties.

### Nutritional Information

Serving size: 1 Tablet

Each Tablet Contains:		NRV*
Vitamin D3	5µg	100%
Vitamin C	1000mg	1250%
Zinc	10mg	100%
Citrus Bioflavonoids	17.5mg	*
Rosehip Extract 20:1**	2.5mg	*
(**50mg - equivalent amount of fresh plant before extraction)		
Yeast Beta Glucan	10mg	*
Bee Propolis Extract	40mg	*

\*NRV = Nutrient Reference Values

**Ingredients:** Vitamin C (L-ascorbic Acid), Bulking Agents (Microcrystalline Cellulose, Dicalcium Phosphate), Citrus Bioflavonoids Complex (from *Citrus aurantium* extract), Propolis Extract, Zinc Citrate, Glazing Agent (Hydroxypropyl Methylcellulose), Yeast (*Saccharomyces cerevisiae*) Beta-glucans, Vitamin D3 (Cholecalciferol), Rosehip Extract (*Rose canina* L.) fruit, Glazing Agent (Glycerin, Carnauba Wax).

*The immune system is made up of a diverse group of cells that perform important immunity enhancing functions.*

Our Immune Complex Plus tablets have been expertly formulated with your immune system, health and wellbeing in mind. Vitamin D, Vitamin C and Zinc all contribute to the normal function of the immune system.





# INOSITOL COMPLEX

MYO-INOSITOL & D-CHIRO INOSITOL WITH FOLIC ACID



**1 Months Supply**

**90 Tablets**

**No Synthetic Fillers**

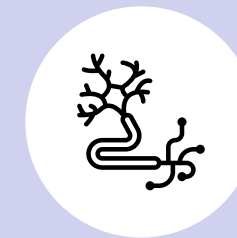
**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**



**Inositol** contributes to **mental performance** and **concentration**.



**Inositol** is important for the **function of the nervous system**.



**Folic Acid** contributes to **healthy arteries** and **vessels**; helps promote **heart health**.

## Nutritional Information

Per daily dose: 3 capsules

		NRV*
<b>Folic Acid</b>	400µg	200%
<b>Myo-Inositol</b>	2000mg	-
<b>D-Chiro Inositol</b>	50mg	-

\*NRV= Nutrient Reference Values

**Ingredients:** Myo-Inositol, Vegetable Capsule Shell (Glazing agent: HydroxyPropyl MethylCellulose), D-Chiro Inositol, Calcium L-Methylfolate (Folic Acid).

*Inositol plays an important role as the structural basis for a number of secondary messengers in eukaryotic cells. Myo-inositol is the most prominent naturally occurring form of inositol.*

Our Inositol Complex capsules have been expertly formulated with your health and wellbeing in mind. Each daily serving contains 400µg of Folic acid, 2000mg of Myo-Inositol and 50mg of D-Chiro Inositol.







# KETO COMPLEX MAX

With MCT Oil, Green Tea & Vitamins B12 + B6



**2 Months Supply**

**120 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegetarian Friendly**



**Vitamins B6, B12 and Magnesium** contribute to normal **energy-yielding metabolism** and **reduction of tiredness and fatigue**.



**Zinc** contributes to normal **carbohydrate metabolism** and normal **cognitive function** to help you stay focused.



**Guarana Extract** is believed to assist **weight reduction** and improve **mental** and **physical fatigue**.

**Ingredients:** Magnesium Oxide, Medium Chain Triglycerides (contains **Milk**), Vegetable Capsule Shell (Hydroxypropyl Methylcellulose), Guarana Extract with Caffeine [Guarana Extract (*Paullinia cupana* L.) Seeds, Caffeine, Colour: Plain Caramel], Bulking Agent: Microcrystalline Cellulose, Zinc Citrate, Green Tea Extract (*Camellia sinensis* (L.) Kuntze) Leaves tit. 95% Polyphenols, Vitamin B12 (Cyanocobalamin), Vitamin B6 (Pyridoxine Hydrochloride), Chromium Picolinate.

## Nutritional Information

Serving size: 2 Capsules

Each Serving Contains:	2 Capsules	NRV*
<b>Vitamin B6</b>	2.8mg	200%
<b>Vitamin B12</b>	5µg	200%
<b>Magnesium</b>	375mg	100%
<b>Zinc</b>	10mg	100%
<b>Chromium</b>	40µg	100%
<b>Medium Chain Triglycerides</b>	400mg	--
<b>Guarana Extract 4:1**</b>	180mg	--
(**720mg - equivalent amount of fresh plant before extraction)		
<b>providing Caffeine</b>	39.6mg	--
<b>Green Tea Extract 12:1**</b>	23.3mg	--
(**280mg - equivalent amount of fresh plant before extraction)		

NRV = Nutrient Reference Values

***The ketogenic diet is an ultra-low carbohydrate, high-fat diet that is believed to help lose excess weight while keeping energy levels high.***

Our Keto Complex Max capsules have been formulated with high quality ingredients including MCT Oil, Green Tea Extract and essential vitamins and minerals to aid a high-fat, low-carb eating plan.

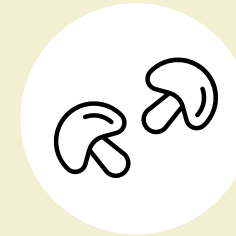




# ORGANIC LIONS MANE



- 4 Months Supply
- 120 Capsules
- No Synthetic Fillers
- No Artificial Flavours
- GMO Free Ingredients
- Vegan Friendly



Lions Mane is rich in **antioxidants** that may fight both **inflammation** and **oxidation** in the body.



Some studies have also shown that the mushroom may support **brain health**, improve **mood** and boost **focus**.



**Black Pepper** contains the chemical **Piperine** that can help with **absorption**.

### Nutritional Information

Serving size: 1 Capsule

#### Each Serving Contains

<b>Organic Lion's Mane Extract 12:1*</b>	125mg
(*1500mg equivalent amount of mushroom before extraction)	
<b>Organic Black Pepper</b>	10mg

**Ingredients:** Organic Lions Mane Extract (*Hericium erinaceus*), Organic Brown Rice Flour, Vegetable Capsule Shell (Hydroxypropyl Methylcellulose), Organic Black Pepper Powder (*Piper nigrum* L.).

*Lion's mane mushrooms (Hericium erinaceus) are white, globe-shaped fungi that have long, shaggy spines.*

Our Organic Lions Mane Mushroom supplement provides 1500mg equivalent of mushroom before extraction, meaning each high strength 12:1 capsule contains 125mg of Organic Lions Mane Extract, with an added 10mg dosage of Organic Black Pepper.





# LIVER COMPLEX MAX

With Choline, Vitamins D3, C and Iron



**3 Months Supply**

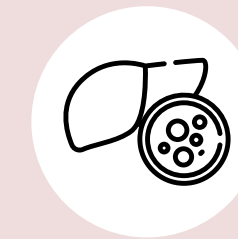
**180 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

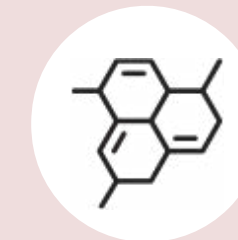
**Vegetarian Friendly**



**Choline** contributes to the maintenance of normal **liver function**.



**Vitamin D** which contributes to the normal function of the **immune system**



**Vitamin C** contributes to the normal **collagen formation** for the normal function of **blood vessels**.

## Nutritional Information

Serving size: 2 Capsules

Each Serving Contains:		NRV*
Vitamin D	5µg (200iu)	100%
Vitamin C	80mg	100%
Thiamin (Vitamin B1)	1.1mg	100%
Folic Acid	200µg	100%
Iron	14mg	100%
Acai Berry Extract 10:1**	200mg	*
(**2000mg - equivalent amount of plant)		
Garlic Extract 100:1**	10mg	*
(**1000mg - equivalent amount of plant)		
Turmeric Extract 10:1**	40mg	*
(**400mg - equivalent amount of plant)		
Dandelion Leaf Extract 4:1**	75mg	*
(**300mg - equivalent amount of plant)		
Ginger Extract 20:1**	15mg	*
(**300mg - equivalent amount of plant)		
L-Glutamine	100mg	*
Inositol	100mg	*
L-Carnitine	67mg	*
Choline	83mg	*
Green Tea Extract 20:1**	0.5mg	*
(**10mg - equivalent amount of plant)		
Beetroot Extract 10:1**	1mg	*
(**10mg - equivalent amount of plant)		
Artichoke Leaf	5mg	*

\*NRV = Nutrient Reference Values

***The liver is the second largest organ in the body, and is responsible for processing the nutrients in food and flushing out the toxins.***

Our Liver Complex has been specially formulated with 83mg of Choline, 200iu of Vitamin D, 14mg of Iron, 80mg of Vitamin C and 1.1mg of Vitamin B1. These ingredients are enhanced by the natural Acai Berry, Garlic, Turmeric, Dandelion Leaf, Ginger, Green Tea and Beetroot Extracts.





# 3500MG MACA ROOT

## High Strength Black Maca Extract



**6 Months Supply**

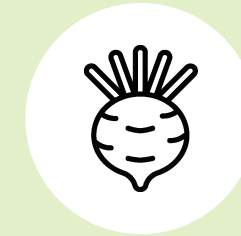
**180 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**



**Maca Root** is rich in amino acids, vitamins, and minerals and has traditionally been used to aid **sex drive, energy** and **stamina**.



Maca contains **antioxidants** called **flavonoids**, which are linked with improving **mood** and reducing **anxiety**.



Research on Maca has linked it with helping balance **hormones** and minimise some of the symptoms of **PMS** and **menopause**.

### Nutritional Information

Serving size: 1 Capsule

**Each Serving Contains: 1 Capsule**

**Maca Root Extract 10:1** 100mg

(\*1000mg - equivalent amount of fresh plant before extraction)

**Maca Root Extract 100:1** 25mg

(\*2500mg - equivalent amount of fresh plant before extraction)

**Ingredients:** Bulking Agents (Dicalcium Phosphate, Microcrystalline Cellulose), Maca Root Extract 10:1 (*Lepidium meyenii* Walp.), Vegetable Capsule Shell (HydroxyPropylMethyl-Cellulose), Maca Root Extract 100:1 (*Lepidium meyenii* Walp.).

*Black Maca or more commonly known as Peruvian Ginseng, is highly nutritious and is a great source of vitamins, carbohydrates and protein.*

Our Black Maca contains 3500mg of concentrated 10:1 and 100:1 ratio of high strength Maca Root extract, the purest form of Maca.

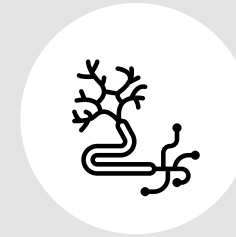




# 440MG MAGNESIUM

## With 1480mg Magnesium Citrate

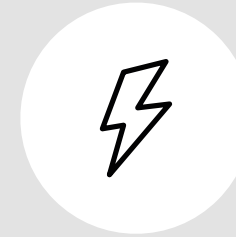
- 3 Months Supply
- 180 Capsules
- No Synthetic Fillers
- No Artificial Flavours
- GMO Free Ingredients
- Vegan Friendly



**Magnesium** contributes to the maintenance of normal **nerve function** and normal **bones** and **teeth**.



Helps with the maintenance of **electrolyte balance** and normal **energy-yielding metabolism**.



Contributes to the reduction of **tiredness** and **fatigue**.

### Nutritional Information

Serving size: 2 Capsules

	Each Serving Contains	%NRV*
<b>Magnesium Citrate</b>	1480mg	**
<i>Providing</i>		
<b>Magnesium</b>	440mg	117%

\* Nutrient Reference Values

**Ingredients:** Magnesium Citrate, Vegetable Capsule Shell (HydroxyPropylMethylCellulose), Bulking Agent (Microcrystalline Cellulose), Bamboo Extract.

*Magnesium is also called "the mighty mineral" because the cells in our body depend on Magnesium in regulating day-to-day metabolic reactions.*

Our high potency formula contains 1480mg Magnesium Citrate per daily serving (2 capsules) providing you with 440mg of needed Elemental Magnesium.





# MARINE COLLAGEN

With Hyaluronic Acid, Vitamin C & Vitamin E



1.5 Months Supply

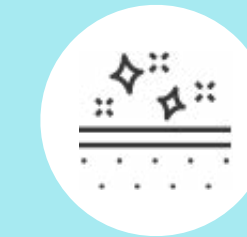
90 Capsules

No Synthetic Fillers

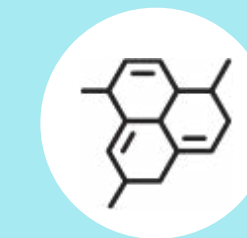
No Artificial Flavours

GMO Free Ingredients

Type 1 Collagen



Vitamin C contributes to normal collagen formation for the normal function of skin.



Vitamin E contributes to the protection of cells and oxidative stress.



Marine Collagen and Hyaluronic Acid are linked to skin and joint health benefits.

## Nutritional Information

Serving size: 2 Capsules

	Each Serving Provides	*NRV
Vitamin E	8.6mg	72%
Vitamin C	50mg	62.5%
Vitamin B2	4mg	285%
Copper	0.5mg	50%
Zinc	3mg	30%
Iodine	100µg	67%
Marine Collagen	1000mg	--
Hyaluronic Acid	100mg	--

\*Nutrient Reference Values

**Ingredients:** Hydrolysed Marine Collagen (**Fish**), Vegetable Capsule Shell (HydroxyPropyl MethylCellulose), Hyaluronic Acid, Vitamin C (L-ascorbic Acid), Vitamin E (Natural) (D-Alpha Tocopherol Succinate), Zinc Citrate Dihydrate, Vitamin B2 (Riboflavin), Copper Gluconate, Potassium Iodide.



Also available as 1 month supply

*Marine Collagen as a Type 1 collagen is one of the types of collagen that is efficiently absorbed.*

Our Marine Collagen's enhanced formulation is blended with hydrating Hyaluronic Acid and Vitamins C & E. It also has Vitamin B2, Zinc, Copper and Iodine to aid in protein synthesis and for added benefits.





# ORGANIC MATCHA TEA

With Organic Turmeric and Black Pepper



2 Months Supply

120 Capsules

No Synthetic Fillers

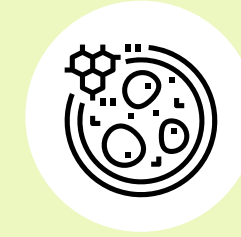
No Artificial Flavours

GMO Free Ingredients

Vegan Friendly



**Matcha** is rich in catechins, a class of plant compounds in tea that act as natural **antioxidants**.



Antioxidants help stabilise harmful **free radicals**, which are compounds that can **damage cells**.



**Turmeric** contains the chemical **Curcumin**; some studies show that it may help **decrease swelling** (inflammation).

## Nutritional Information

Serving size: 2 Capsules

Each Serving Contains:

Organic Matcha Tea	1000mg
Organic Turmeric	300mg
Organic Black Pepper	20mg

**Ingredients:** Organic Matcha Tea powder (*Camellia sinensis* L., leaf), Organic Turmeric Root Powder (*Curcuma longa* L.), Vegetable Capsule Shell (Glazing agent: HydroxyPropyl MethylCellulose), Organic Black Pepper Fruit powder (*Piper nigrum* L.), Organic Brown Rice Flour.

*Matcha literally means 'powdered tea'. It is made up of actual leaves that have been grown, dried and aged to deepen the flavour and texture of the leaves, which are then finely powdered.*

*Because Matcha is made from high-quality tea and the whole leaves are used, it's a more potent source of nutrients than steeped green tea. Additionally, as well as the small amounts of vitamins and minerals, Matcha is rich in antioxidants called Polyphenols.*





# ORGANIC MORINGA

## 600mg High Strength

4 Months Supply

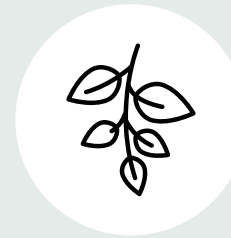
120 Capsules

No Synthetic Fillers

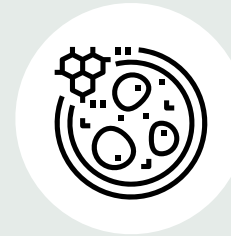
No Artificial Flavours

GMO Free Ingredients

Vegan Friendly



**Moringa** is a nutrient dense plant that is rich in **healthy bioactive plant compounds**.



It may have **antioxidant** and **anti-inflammatory** benefits which can defend the body against **free radical damage**.



Some studies have shown that Moringa may also lead to modest reductions in **blood sugar** and **cholesterol**.

### Nutritional Information

Serving size: 1 Capsule

Each Serving Contains:

<b>Organic Moringa Leaf</b> ( <i>Moringa oleifera</i> )	600mg
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**Ingredients:** Organic Moringa Leaf powder (*Moringa oleifera* Lam.), Vegetable Capsule Shell (Hydroxypropyl Methylcellulose).



Also available as 2 month supply

*Moringa oleifera* (also known as *Drumstick Tree*, *Horseradish Tree* or *Ben Oil Tree*) is a plant native to *India*. The leaves, flowers, seeds and roots have been used in folk medicine for centuries.

Our Organic Moringa is 100% Vegan and Soil Association Organic Certified.







# MSM WITH VITAMIN C

## High Strength 2200mg



**6 Months Supply**

**365 Tablets**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**

*MSM is an organic sulphur compound found naturally in plants, animals and humans.*

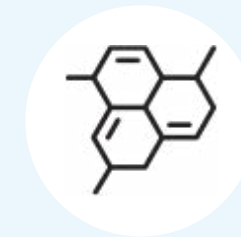
Our MSM Supplement has been formulated with the highest quality MSM (Methylsulfonylmethane). Each daily serving contains 2200mg of MSM (1100mg per tablet) and 80mg of Vitamin C (40mg per tablet).



Research shows that MSM may be helpful in reducing **joint pain**, lowering **inflammation**, improving **skin health** and speeding **recovery** after **exercise**.



Vitamin C contributes to normal **energy-yielding metabolism**, immune system and the reduction of **tiredness** and **fatigue**.



Vitamin C contributes to normal **collagen formation** for the normal function of **blood vessels**, **bones**, **cartilage**, **gums**, **skin** and **teeth**.

## Nutritional Information

Serving size: 2 Tablets

Each Serving Contains:	NRV*	
Vitamin C	80mg	100%
Methylsulfonylmethane (MSM)	2200mg	**

\*NRV = Nutrient Reference Values

**Ingredients:** Methylsulfonylmethane (MSM), Bulking Agent (Microcrystalline Cellulose), Vitamin C (L-Ascorbic Acid), Glazing Agents (Hydroxypropyl Methylcellulose, Glycerin, Carnauba Wax).





- 12 Months Supply**
- 365 Tablets**
- No Synthetic Fillers**
- No Artificial Flavours**
- GMO Free Ingredients**
- Vegan Friendly**

Our Multivitamin Tablets for Men and Women come with 26 Active Vitamins & Minerals that have been carefully selected to support you on a daily basis. Furthermore, our supplement comes with a fantastic 12 month supply, with each of the 365 Vegan Tablets containing the benefits of the 26 essential active Vitamins & Minerals.

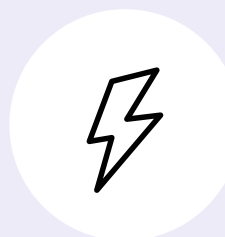


# MULTIVITAMINS

**26 Essential Active Vitamins and Minerals**



Each tablet **contains**: Vitamin A, Vitamin D3, Vitamin E, Vitamin K, Vitamin C, Thiamin, Riboflavin, Niacin, Vitamin B6, Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Potassium, Chloride, Calcium, Phosphorus, Magnesium, Iron, Zinc, Copper, Manganese, Selenium, Chromium, Molybdenum, and Iodine.



Some of the health benefits include reduction of **tiredness** and **fatigue**; maintenance of normal **immunity**; maintenance of normal **bones, teeth, hair, skin** and **muscle function**.

Nutritional Information		
Serving size: 1 Tablet		
	Each Tablet Contains:	*NRV
Vitamin A	800µg	100%
Vitamin D3	5µg	100%
Vitamin E	12mg	100%
Vitamin K	75µg	100%
Vitamin C	80mg	100%
Thiamin	1.1mg	100%
Riboflavin	1.4mg	100%
Niacin	16mg NE	100%
Vitamin B6	1.4mg	100%
Folic Acid	200mcg	100%
Vitamin B12	2.5µg	100%
Biotin	50µg	100%
Pantothenic Acid	6mg	100%
Potassium	50mg	3%
Chloride	45mg	6%
Calcium	130mg	16.25%
Phosphorus	60mg	8.57%
Magnesium	100mg	27%
Iron	14mg	100%
Zinc	10mg	100%
Copper	1mg	100%
Manganese	2mg	100%
Selenium	55µg	100%
Chromium	40µg	100%
Molybdenum	50µg	100%
Iodine	150µg	100%

\*NRV = Nutrient Reference Values

**Ingredients:** Bulking Agents (Dicalcium Phosphate, Microcrystalline Cellulose), Magnesium Oxide, Calcium Carbonate, Vitamin C (L-Ascorbic Acid), Potassium Chloride, Ferrous Fumarate, Vitamin E Acetate (DL-Alpha Tocopherol), Vitamin B3 (Nicotinamide), Zinc Oxide, Glazing Agents (HydroxyPropylMethylCellulose, Glycerine), Vitamin A (Retinyl Acetate), Vitamin B5 (D-Calcium Pantothenate), Manganese Sulphate, Sodium Selenite, Copper Sulphate, Vitamin B12 (Cyanocobalamin), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin K1 (Phytomenadione), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine Hydrochloride), Chromium Picolinate, Folic Acid, Potassium Iodine, Sodium Molybdate, Vegan Vitamin D (Cholecalciferol), Biotin, Coating Agent (Carnauba Wax).





# MEN'S MULTIVITAMINS

27 Essential Active Vitamins and Minerals

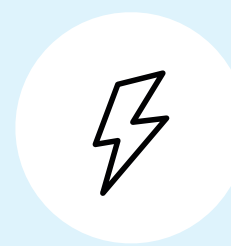


- 6 Months Supply
- 180 Tablets
- No Synthetic Fillers
- No Artificial Flavours
- GMO Free Ingredients
- Vegan Friendly

Our Multivitamin Tablets for Men contain 27 Active Vitamins & Minerals, including Maca Root and Panax Ginseng. These ingredients have been carefully selected to specially support men on a daily basis. We recommend taking one tablet per day, meaning our supplement comes with a 6 month supply of 180 vegan friendly tablets.



Each tablet **contains:** Vitamin A, Vitamin D3, Vitamin E, Vitamin K, Vitamin C, Thiamin, Riboflavin, Niacin, Vitamin B6, Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Potassium, Chloride, Calcium, Phosphorus, Magnesium, Iron, Zinc, Manganese, Selenium, Chromium, Molybdenum, Iodine, Maca Root Extract and Panax Ginseng Extract.



Some of the health benefits include reduction of **tiredness** and **fatigue**; maintenance of normal **immunity**; maintenance of normal **bones, teeth, hair, skin** and **muscle function**.

Nutritional Information		
Serving size: 1 Tablet		
Each Tablet Contains:	*NRV	
Vitamin A	800µg	100%
Vitamin D3	5µg	100%
Vitamin E	12mg	100%
Vitamin K	75µg	100%
Vitamin C	80mg	100%
Thiamin	1.1mg	100%
Riboflavin	1.4mg	100%
Niacin	16mg	100%
Vitamin B6	1.4mg	100%
Folic Acid	200mcg	100%
Vitamin B12	2.5µg	100%
Biotin	50µg	100%
Pantothenic Acid	6mg	100%
Potassium	300mg	15%
Chloride	120mg	15%
Calcium	130mg	16%
Phosphorus	61mg	9%
Magnesium	100mg	27%
Iron	14mg	100%
Zinc	10mg	100%
Manganese	2mg	100%
Selenium	55µg	100%
Chromium	40µg	100%
Molybdenum	50µg	100%
Iodine	150µg	100%
Maca Root Extract 10:1	20mg	**
(*200mg - equivalent amount of plant before extraction)		
Panax Ginseng Extract 10:1	20mg	**
(*200mg - equivalent amount of plant before extraction)		

**Ingredients:** Potassium Citrate, Bulking Agent (Dicalcium Phosphate), Potassium Chloride, Bulking Agent (Microcrystalline Cellulose), Magnesium Oxide, Calcium Carbonate, Vitamin C (L-Ascorbic Acid), Ferrous Fumarate, Maca Extract (*Lepidium meyenii* Walp.) root, Panax Ginseng Extract (*Panax ginseng* C.A. Mey.) root, Glazing Agent (HydroxyPropylMethylCellulose), Niacin (Nicotinamide), Vitamin E (D-Alpha-Tocopheryl Acid Succinate), Zinc Oxide, Vitamin A (Retinyl Acetate), Pantothenic Acid (D-Calcium Pantothenate), Manganese Sulphate, Sodium Selenite, Vegan Vitamin D (Cholecalciferol), Glazing Agent (Glycerol), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin K1 (Phytomenadione), Thiamin (Thiamin Hydrochloride), Vitamin B2 (Riboflavin), Chromium Picolinate, Folic Acid, Potassium Iodide, Sodium Molybdate, Glazing Agent (Carnauba Wax), Biotin, Vitamin B12 (Methylcobalamin).

\*NRV = Nutrient Reference Values





**6 Months Supply**

**180 Tablets**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**

Our Multivitamin Tablets for Women contain 26 Active Vitamins & Minerals, including Biotin and Hyaluronic Acid. These ingredients have been carefully selected to specially support women on a daily basis. We recommend taking one tablet per day, meaning our supplement comes with a 6 month supply of 180 vegan friendly tablets.

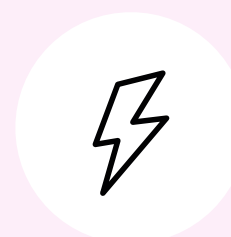
# WOMEN'S MULTIVITAMINS



**26 Essential Active Vitamins and Minerals**



Each tablet **contains:** Vitamin A, Vitamin D3, Vitamin E, Vitamin K, Vitamin C, Thiamin, Riboflavin, Niacin, Vitamin B6, Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Potassium, Chloride, Calcium, Phosphorus, Magnesium, Iron, Zinc, Manganese, Selenium, Chromium, Molybdenum, Iodine and Hyaluronic Acid.



Some of the health benefits include reduction of **tiredness** and **fatigue**; maintenance of normal **immunity**; maintenance of normal **bones, teeth, hair, skin** and **muscle function**.

Nutritional Information		
Serving size: 1 Tablet		
Each Tablet Contains:		NRV*
Vitamin A	800µg	100%
Vitamin D3	5µg	100%
Vitamin E	12mg	100%
Vitamin K	75µg	100%
Vitamin C	80mg	100%
Thiamin	1.1mg	100%
Riboflavin	1.4mg	100%
Niacin	16mg	100%
Vitamin B6	1.4mg	100%
Folic Acid	200µg	100%
Vitamin B12	2.5µg	100%
Biotin	100µg	200%
Pantothenic Acid	6mg	100%
Potassium	300mg	15%
Chloride	120mg	15%
Calcium	130mg	16%
Phosphorus	61mg	9%
Magnesium	100mg	27%
Iron	14mg	100%
Zinc	10mg	100%
Manganese	2mg	100%
Selenium	55µg	100%
Chromium	40µg	100%
Molybdenum	50µg	100%
Iodine	150µg	100%
Hyaluronic Acid	10mg	**

\*NRV = Nutrient Reference Values

**Ingredients:** Potassium Citrate, Bulking Agent (Dicalcium Phosphate), Potassium Chloride, Bulking Agent (Microcrystalline Cellulose), Magnesium Oxide, Calcium Carbonate, Vitamin C (L-Ascorbic Acid), Ferrous Fumarate, Glazing Agent (HydroxyPropylMethylCellulose), Niacin (Nicotinamide), Vitamin E (D-Alpha-Tocopheryl Acid Succinate), Zinc Oxide, Hyaluronic Acid, Vitamin A (Retinyl Acetate), Pantothenic Acid (D-Calcium Pantothenate), Manganese Sulphate, Sodium Selenite, Vegan Vitamin D (Cholecalciferol), Glazing Agent (Glycerol), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin K1 (Phytomenadione), Thiamin (Thiamin Hydrochloride), Vitamin B2 (Riboflavin), Chromium Picolinate, Folic Acid, Potassium Iodide, Sodium Molybdate, Biotin, Glazing Agent (Carnauba Wax), Vitamin B12 (Methylcobalamin).





**3 Months Supply**

**180 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**

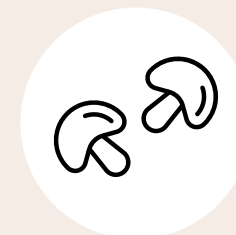


*Medicinal mushrooms have been used in Eastern medicine for thousands of years, and have gained popularity recently due to their health benefits.*

Our Advanced Mushroom Superblend is a mix of 6 mushrooms that have been expertly formulated to support your health and wellbeing, as mushrooms are a rich source of fibre, protein and vitamins.



# ADVANCED MUSHROOM SUPERBLEND 6 Mushroom Formula



Our supplement contains: **Chaga** Mushroom, **Cordyceps** Mushroom, **Shiitake** Mushroom, **Reishi** Mushroom, **Maitake** Mushroom and **Lions Mane** Mushroom.



All 6 mushrooms have been linked to supporting the **immune system** due to being rich in **antioxidants** that may fight both **inflammation** and **oxidation** in the body.



**Reishi** and **Lions Mane** may help support **cognitive health** and minimise **anxiety**.

## Nutritional Information

Serving Size: 2 Capsules

### Each Serving Contains:

Chaga Mushroom Extract	160mg
Cordyceps Mushroom Extract	160mg
Shiitake Mushroom Extract	160mg
Reishi Mushroom Extract	160mg
Maitake Mushroom Extract	160mg
Lions Mane Mushroom Extract	160mg

**Ingredients:** Bulking Agent (Microcrystalline Cellulose), Vegetable Capsule Shell (Hydroxypropyl Methylcellulose), Chaga Mushroom Extract (*Inonotus obliquus*), Cordyceps Mushroom Extract (*Cordyceps militaris*), Shiitake Mushroom Extract (*Lentinula edodes*), Reishi Mushroom Extract (*Ganoderma lucidum*), Maitake Mushroom Extract (*Grifola frondosa*), Lion's Mane Mushroom Extract (*Hericium erinaceus*).





**5 Months Supply**

**150 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

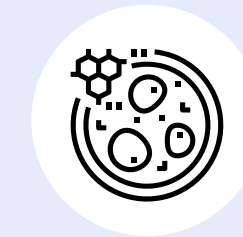
**Vegan Friendly**

# 600MG NAC

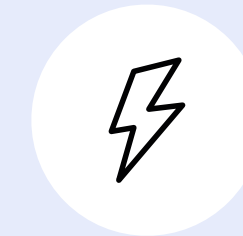
## N-Acetyl-Cysteine



**NAC** is used by the body to build antioxidants, such as **glutathione**.



**Antioxidants** are agents that **defend** the body against free radicals that damage cells in the body.



NAC may help with **mood disorders, sleep, infections, and inflammation**.

### Nutritional Information

Serving size: 1 Capsule

#### Each Serving Contains

<b>N- Acetyl L-Cysteine</b>	<b>600mg</b>
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**Ingredients:** N-Acetyl L-Cysteine, Capsule Shell (HydroxyPropylMethylCellulose), Bulking Agents (Microcrystalline Cellulose, Dicalcium Phosphate).

*N-Acetyl-Cysteine is a stable form of the amino acid, L-Cysteine. Cysteine is commonly found in high-protein foods, like chicken, eggs and legumes.*

Our N-Acetyl-Cysteine (NAC) supplement provides you with 150 vegan capsules per bottle for a 5 month supply and has been formulated with the highest quality NAC.





# NATURAL EYE COMPLEX

With Lutein, Zeaxanthin and Bilberry



**3 Months Supply**

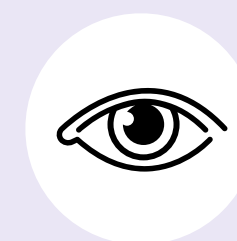
**90 Capsules**

**No Synthetic Fillers**

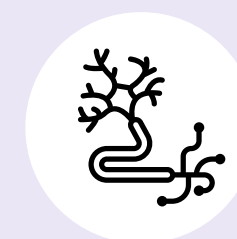
**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**



**Vitamin A** and **Zinc** which both contribute to the maintenance of **normal vision**; Zinc for normal metabolism of vitamin A.



**Vitamin B12** which contributes to **red blood cell formation** and normal functioning of the nervous system including the **optic nerves**.

## Nutritional Information

Serving size: 1 Capsule

Each Serving Contains	NRV*	
Vitamin A	800µg	100%
Vitamin B12	400µg	16000%
Zinc	10mg	100%
Lutein	20mg	--
Zeaxanthin	2.5mg	--
Bilberry Extract 100:1**	6mg	--

(\*\*600mg of fresh plant before extraction)

\*Nutrient Reference Values

**Ingredients:** Bulking Agent (Microcrystalline Cellulose), Lutein, Vegetable Capsule Shell (HydroxyPropylMethylCellulose), Zeaxanthin, Zinc Citrate Dihydrate, Vitamin A (Retinyl acetate), Bilberry (*Vaccinium uliginosum*) Extract, Vitamin B12 (Methylcobalamin).

*Our Eye Complex includes nutrients vital for eye health such as Bilberry Extract and natural antioxidants Lutein and Zeaxanthin, two types of carotenoids which are found in green leafy vegetables. Both pigments are found in high concentration in the macula of the eye.*

Each bottle of our supplement comes with 90 easy-to-swallow vegan capsules for a 3-month supply.





- 4 Months Supply
- 120 Capsules
- No Synthetic Fillers
- No Artificial Flavours
- GMO Free Ingredients
- Vegan Friendly

*Melatonin tablets for sleeping are a prescription-only medicine in the UK. Therefore, our vegan friendly supplement is the perfect alternative to melatonin to add to your night time routine.*

Our Natural Night Complex has been formulated with carefully selected botanicals and minerals such as calming Lemon Balm and Chamomile; 5HTP and L-Theanine; and Magnesium, Vitamin B12 and Biotin.

# NATURAL NIGHT COMPLEX



With Lemon Balm, Chamomile, 5HTP & Magnesium



Our supplement contains **Magnesium** and **Vitamin B12** which contribute to the normal functioning of the **nervous system**.



Along with **Biotin**, these essential nutrients also contribute to normal **psychological function**.

### Nutritional Information

Serving size: 1 Capsule

Each Serving Contains:		NRV*
Vitamin D3	5µg	100%
Vitamin B12	2.5µg	100%
Biotin	50µg	100%
Magnesium	187.5mg	50%
L-Theanine	100mg	--
5HTP (from Griffonia 8:1** Extract)	50mg	--
<small>(**400mg equivalent amount of fresh plant before extraction)</small>		
Lemon Balm Extract 4:1**	25mg	--
<small>(**100mg equivalent amount of fresh plant before extraction)</small>		
Chamomile Extract 12:1**	8.3mg	--
<small>(**100mg equivalent amount of fresh plant before extraction)</small>		

\*Nutrient Reference Values

**Ingredients:** Magnesium Oxide, Bulking Agent (Microcrystalline Cellulose), Vegetable Capsule Shell (HydroxyPropylMethylCellose), L-Theanine, 5HTP (from *Griffonia simplicifolia* (DC.)), Lemon Balm Extract (*Melissa officinalis* L.) leaf, Chamomile Extract (*Matricaria recutita* L.) flower, Vitamin D3 Oil Powder (Cholecalciferol from Lichen, Antioxidants: Sodium Ascorbate, Tocopherol Rich Extract), Biotin, Vitamin B12 (Methylcobalamin).







# 1100MG OMEGA 3

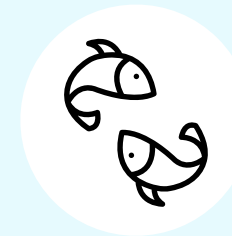
## High Source of EPA & DHA



**Eicosapentaenoic Acid (EPA)** and **Docosahexaenoic Acid (DHA)** both contribute to the maintenance of various body functions, most importantly in the normal function of the **heart**.



**DHA** supports the maintenance of normal **brain function** and **normal vision**.



These **essential fatty acids** play critical roles in maintaining healthy **eyes**, **heart** and **brain** functions and cannot be produced by the body.



**4 Months Supply**

**240 Softgels**

**High Quality Formula**

**No Artificial Flavours**

**GMO Free Ingredients**

**Easy to Swallow**

*Our Omega 3 Fish Oil is naturally sourced from the rich waters of the Peruvian Coast. The oils are then distilled for increased purity to deliver the highest levels of contaminant free Omega 3 fatty acids - EPA & DHA, by removing metals, PCBs and other toxins.*

At 2 capsules per daily serving, our supplement provides high strength 660mg of EPA & 440mg of DHA.

### Nutritional Information

Serving size: 2 Softgels

Each Serving Contains:	2 Softgels
Fish Oil	2000mg
<i>providing Omega 3</i>	1100mg
EPA (Eicosapentaenoic Acid)	660mg
DHA (Docosahexaenoic Acid)	440mg

**Ingredients:** Omega 3 **Fish** Oil, Soft Gel Shell (Gelatine [Bovine], Glazing Agent: Glycerine), Antioxidant (Tocopherol-rich Extract).





# 1400MG OMEGA 3

Maximum Source of EPA & DHA



1.5 Months Supply

90 Softgels

High Quality Formula

No Artificial Flavours

GMO Free Ingredients

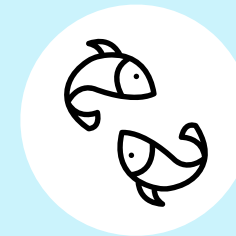
Easy to Swallow



**Eicosapentaenoic Acid (EPA)** and **Docosahexaenoic Acid (DHA)** both contribute to the maintenance of various body functions, most importantly in the normal function of the **heart**.



**DHA** supports the maintenance of normal **brain function** and **normal vision**.



These **essential fatty acids** play critical roles in maintaining healthy **eyes**, **heart** and **brain** functions and cannot be produced by the body.

## Nutritional Information

Serving size: 2 Softgels

### Each Serving Contains:

<b>Fish Oil</b>	2000mg
<i>providing Omega 3</i>	1400mg
<b>EPA (Eicosapentaenoic Acid)</b>	1000mg
<b>DHA (Docosahexaenoic Acid)</b>	400mg

**Ingredients:** Omega 3 Fish Oil, Softgel Shell (Fish Gelatin, Humectant: Glycerol).

*Our Omega 3 Fish Oil is naturally sourced from the rich waters of the Peruvian Coast. The oils are then distilled for increased purity to deliver the highest levels of contaminant free Omega 3 fatty acids - EPA & DHA, by removing metals, PCBs and other toxins.*

At 2 capsules per daily serving, our supplement provides maximum strength 1000mg of EPA & 400mg of DHA.





# PSYLLIUM HUSK

100% Pure, 700mg High Grade Powder



**3 Months Supply**

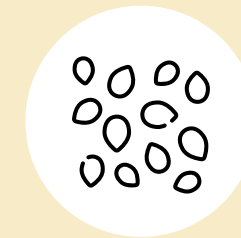
**180 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**



**Psyllium Husk** is naturally high in soluble **dietary fibre** to help you maintain your daily rhythm.



Psyllium is also a **prebiotic** - a substance needed for healthy colonies of probiotics to grow in the gut.



Some research has shown that taking soluble fibre can help people manage their **cholesterol levels**.

## Nutritional Information

Serving size: 2 Capsules

Each Serving Contains:

**Psyllium Husk** 1400mg

**Ingredients:** Psyllium Husk (*Plantago ovata*), Vegetable Capsule Shell (HydroxyPropylMethylCellulose).

*Psyllium is a form of soluble fibre made from the husks of the Plantago Ovata seeds, which is often referred to as bulking fibre because of its excellent water solubility. It can absorb and hold up water and become a thick, viscous compound that plays a role in digestion.*





**2 Months Supply**

**120 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

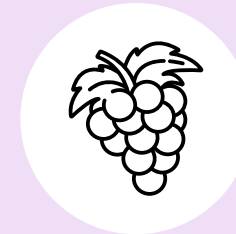
**GMO Free Ingredients**

**Vegan Friendly**

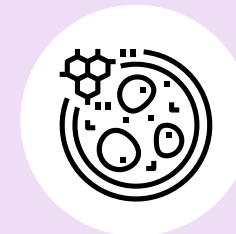
# QUERCETIN COMPLEX



**With Vitamin C**



**Quercetin** has **antioxidant** and **anti-inflammatory** effects which might help reduce **inflammation**.



**Antioxidants** are agents that defend the body against free radicals that damage cells in the body.



Added **Vitamin C** contributes to the normal function of the **immune system** and protection of cells from **oxidative stress**.

*Quercetin is a plant pigment called flavonoid. These flavonoids are present in vegetables, fruits, grains, tea and wine.*

Our Quercetin Complex has added Acerola, Bioflavonoids, Rosehip and Rutin which are naturally occurring compounds to enhance the action of Vitamin C.

Nutritional Information		
Serving size: 2 Capsules		
Each Serving Contains	%NRV*	
<b>Vitamin C</b>	80mg	100%
<b>Quercetin</b>	500mg	--
<b>Rosehip Extract 20:1*</b> (*500 mg equivalent amount of fresh plant before extraction)	25mg	--
<b>Bioflavonoids from</b>		
<b>Citrus aurantium</b>	17.5mg	--
<b>Bromelain</b>	50mg	--
<b>Acerola Extract 4:1**</b> (**50 mg equivalent amount of fresh plant before extraction)	12.5mg	--
<b>Rutin</b>	10mg	--
* Nutrient Reference Values		
<b>Ingredients:</b> Quercetin Dihydrate (from <i>Sophora japonica</i> L.), Vegetable Capsule Shell (HydroxyPropylMethylCellulose), Bulking Agent (Microcrystalline Cellulose), Vitamin C (L-Ascorbic Acid), Citrus Bioflavonoids Complex (from <i>Citrus aurantium</i> L.), Bromelain (from <i>Ananas comosus</i> (L.) Merr.), Rosehip Extract ( <i>Rosa canina</i> L.) fruit, Acerola Cherry Extract ( <i>Malpighia glabra</i> L.) fruit, Rutin (from <i>Sophora japonica</i> L.).		





# SEA KELP

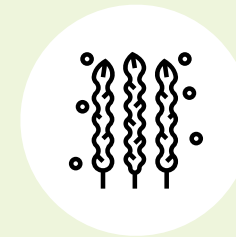
2000mg per serving



- 8 Months Supply
- 240 Tablets
- No Synthetic Fillers
- No Artificial Flavours
- GMO Free Ingredients
- Vegan Friendly



Iodine plays a key role in making **thyroid hormones** (essential for supporting a **healthy metabolism**, robust **hair** and **skin**, as well as normal **cognitive function**).



Those on plant-based diets will struggle to gain enough Iodine from fruits and vegetables alone. Sea Kelp is a great alternative to help maintain healthy Iodine levels.

## Nutritional Information

Per serving size: 1 Tablet	NRV*
<b>Kelp Extract 35:1</b> 57.15mg (2000mg - equivalent amount of plant before extraction)	-
<i>providing Iodine</i> 435µg	290%

\*NRV (Nutrient Reference Value)

**Ingredients:** Bulking Agents (Calcium Phosphates, Microcrystalline Cellulose), Sea Kelp Extract (*Ascophyllum nodosum*), Glazing Agents (HydroxyPropylMethylCellulose, Glycerin), Coating Agent (Carnauba Wax).

*Sea Kelp absorbs high levels of beneficial nutrients and minerals from seawater through its leaves where they are concentrated and stored.*

Each tablet contains trace amounts of a broad spectrum micronutrients, prebiotics, carotenoids and most impressively, provides a mighty 290% of your recommended daily dose of iodine!







- 3 Months Supply**
- 180 Capsules**
- No Synthetic Fillers**
- No Artificial Flavours**
- GMO Free Ingredients**
- Vegan Friendly**


# ORGANIC TURMERIC

## With Ginger & Black Pepper



- 

**Turmeric** contains the chemical **Curcumin**; some studies show that it may help **decrease swelling** (inflammation).
- 

**Ginger** in conjunction with Turmeric may help to **reduce inflammation** and help **absorption**.
- 

**Black Pepper** contains the chemical **Piperine** that can help with **absorption**.

*Turmeric contains Curcumin, an ingredient which studies have shown has powerful anti-inflammatory and antioxidant properties.*

The raw ingredients found in this product have gone through rigorous checks and have been thoroughly tested to acquire all necessary approvals to be certified Organic by the prestigious Soil Association.

<b>Nutritional Information</b>	
<b>Serving size: 2 Capsules</b>	
<b>Each Serving Contains:</b>	<b>2 Capsules</b>
<b>Organic Turmeric</b>	1340 mg
<b>Organic Ginger</b>	80 mg
<b>Organic Black Pepper</b>	20 mg
<b>Ingredients:</b> Organic Turmeric, Capsule Shell (HydroxyPropylMethylCellulose), Organic Ginger, Organic Black Pepper.	





**2 Months Supply**

**180 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**

# ORGANIC TURMERIC & ASHWAGANDHA

**1200mg With Ginger, Black Pepper & Ashwagandha KSM-66**



**Turmeric and Ashwagandha** are ancient Ayurvedic herbs that have been used for centuries.



ingredients sourced from **India**, where the producer of the materials have been **subject to rigorous quality standards**.

*The Organic Turmeric used in this supplement contains 58mg of beneficial Curcumin per serving.*

Organic Ashwagandha KSM-66 has been added as it uses the highest concentration, most bioavailable, full-spectrum organic Ashwagandha root extract. Added Organic Ginger and Black Pepper assist with absorption and provide other added benefits.

### Nutritional Information

Per daily intake: 3 capsules

Each serving contains:

Organic Turmeric	2100mg
of which Curcumin	58mg
Organic Ginger	60mg
Organic Ashwagandha KSM-66®	30mg
Organic Black Pepper	15mg

**Ingredients:** Organic Turmeric Root Powder (*Curcuma longa* L.), Vegetable Capsule Shell (HydroxyPropylMethylCellulose), Organic Ginger Root Powder (*Zingiber officinale* Rosc.), Organic KSM-66® Ashwagandha Root Extract (*Withania somnifera* (L.) Dunal), Organic Black Pepper Fruit Powder (*Piper nigrum* L.).





# VEGAN ESSENTIALS

With Vitamins B12, D3, DHA and Iodine



4 Months Supply

120 Capsules

No Synthetic Fillers

No Artificial Flavours

GMO Free Ingredients

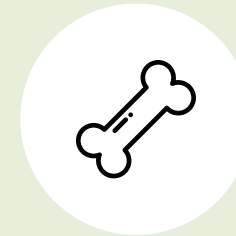
Vegan Friendly



**Vitamin B12** contributes to normal functioning of the **immune system**, red **blood cell formation** and reduction of **tiredness and fatigue**.



**Iron** which contributes to normal **cognitive function** and to normal **energy-yielding metabolism**.



**Calcium** contributes to the maintenance of normal **bones, teeth and muscle**.

### Nutritional Information

Serving size: 1 Capsule

	Per Capsule	NRV*
Vitamin D3	5µg	100%
Vitamin B12	400µg	16000%
Calcium	200mg	25%
Iron	14mg	100%
Zinc	10mg	100%
Iodine	150µg	100%
Algae Powder	33.33mg	--
providing		
DHA (Docosahexaenoic Acid)	3.33mg	--

\*Nutrient Reference Values

**Ingredients:** Calcium Carbonate, Ferrous Gluconate, Bulking Agent (Microcrystalline Cellulose), Vegetable Capsule Shell (Glazing Agent: HydroxyPropyl MethylCellulose), Bulking Agent (Calcium Phosphates), DHA Powder (Oil from the Microalgae *Schizochytrium* sp., Antioxidant: Sodium Ascorbate, Natural Flavourings, Antioxidant: Tocopherol Rich Extract), Zinc Citrate, Vegan Vitamin D3 (Cholecalciferol), Methylcobalamin (Vitamin B12), Potassium Iodide.

*The Vegan diet, if not planned properly, can often be lacking in key nutrients such as Calcium, Iron and Vitamin B12.*

Our unique Vegan Essentials supplement is a Multivitamin and Multimineral supplement specially designed to provide the essential vitamins and minerals that might be missing in a plant-based diet.







# VEGAN COLLAGEN

## With Vitamins B12, D3, DHA and Iodine



**3 Months Supply**

**180 Capsules**

**No Synthetic Fillers**

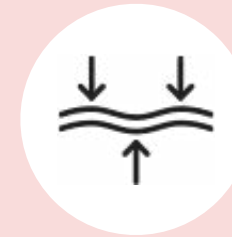
**No Artificial Flavours**

**GMO Free Ingredients**

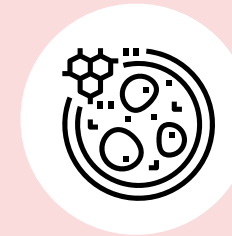
**Vegan Friendly**



**Collagen** is the most abundant protein in the human body—found in our **tendons, ligaments, skin, muscles, bones,** and **blood vessels.** Collagen production declines as we age.



**Vitamin C** contributes to normal **collagen formation** for the normal function of **bones** and **skin.**



**Vitamin E** contributes to the **protection of cells** from **oxidative stress.**

**Ingredients:** Vegetable Capsule Shell (HydroxyPropylMethylCellulose), L-Histidine Hydrochloride, L-Lysine Hydrochloride, L-Ascorbic Acid (Vitamin C), L-Leucine, L-Threonine, L-Isoleucine, L-Valine, L-Methionine, L-Phenylalanine, Bulking Agent (Microcrystalline Cellulose), L-Tryptophan, L-Proline, L-Glycine, Beetroot Extract (Beta vulgaris L.) root, D-alpha-tocopherol (Vitamin E), Zinc Oxide, Kale Powder (Brassica oleracea L.) leaf, Broccoli Extract (Brassica oleracea L.) leaf, Rosehip Extract (Rosa canina L.) fruit, Carrot powder (Daucus carota L.) root, Pomegranate Extract (Punica granatum L.) fruit, Goji Berry Extract (Lycium barbarum L.) fruit, Acerola Cherry Extract (Malpighia glabra L.) fruit, Blueberry Leaf Extract (Vaccinium corymbosum L.), Spinach Powder (Spinacia oleracea L.) leaf, Bilberry Extract (Vaccinium uliginosum L.) fruit, Wheatgrass Powder (Triticum aestivum), Chlorella Powder (Chlorella vulgaris) (Contains sulphites), Spirulina Powder (Arthrospira platensis), Garlic Powder (Allium sativum L.) bulb, Cupric sulphate.

Nutritional Information		
Serving size: 2 Capsules		
	Each Serving Contains	NRV†
Vitamin E	12mg	100%
Vitamin C	80mg	100%
Zinc	10mg	100%
Copper	1mg	100%
L-Histidine	80mg	--
L-Lysine	80mg	--
L-Leucine	80mg	--
L-Threonine	80mg	--
L-Isoleucine	80mg	--
L-Valine	80mg	--
L-Methionine	80mg	--
L-Phenylalanine	80mg	--
L-Tryptophan	40mg	--
L-Proline	40mg	--
L-Glycine	20mg	--
Beetroot extract 5:1 (equivalent to 100mg Beetroot)	20mg	--
Kale	10mg	--
Broccoli extract 4:1 (equivalent to 40mg Broccoli)	10mg	--
Rosehip extract 20:1 (equivalent to 200mg Rosehip)	10mg	--
Carrot	10mg	--
Pomegranate extract 5:1 (equivalent to 50mg Pomegranate)	10mg	--
Goji Berry extract 4:1 (equivalent to 40mg Goji Berry)	10mg	--
Acerola Cherry extract 4:1 (equivalent to 40mg Acerola Cherry)	10mg	--
Blueberry Leaf extract 12:1 (equivalent to 120mg Blueberry)	10mg	--
Spinach	10mg	--
Bilberry extract 100:1 (equivalent to 1000mg Bilberry)	10mg	--
Wheatgrass	10mg	--
Chlorella	10mg	--
Spirulina	10mg	--
Garlic	10mg	--

†Nutrient Reference Values

*Our Vegan Collagen Formation Complex is a healthy, herbal way of getting the benefits of Collagen with the natural power of plant superfoods.*

Our supplement has been blended with a variety of vitamins and minerals as well as Beetroot, Kale, Broccoli, Rosehip, Carrot, Pomegranate, Goji Berry, Acerola Cherry, Blueberry Leaf, Spinach, Bilberry, Wheatgrass, Chlorella, Spirulina and Garlic.





# 440MG VEGAN DHA

Derived from Algal Oil

1 or 2 Months Supply

60 Softgels

High Quality Formula

No Artificial Flavours

GMO Free Ingredients

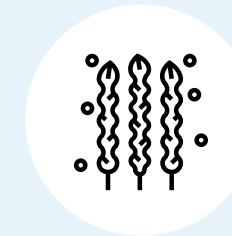
Vegan Friendly



**Docosahexaenoic Acid (DHA)** contributes to maintenance of various body functions, most importantly in the normal function of the **heart**.



**DHA** supports the maintenance of normal **brain function** and **normal vision**.



This **essential fatty acids** play critical roles in maintaining healthy **eyes**, **heart** and **brain** functions and cannot be produced by the body.

## Nutritional Information

Serving size: 1 or 2 Softgels

Each Serving Contains:	1 Softgel	2 Softgels
<b>Oil from the microalgae <i>Schizochytrium</i> sp.</b>	550mg	1,100mg
<i>Providing:</i>		
<b>DHA (Docosahexaenoic Acid)</b>	220mg	440mg

**Ingredients:** Algal oil (Oil from the microalgae *Schizochytrium* sp., Extract of rosemary, Antioxidants: L-ascorbyl palmitate, Tocopherol-rich extract), Softgel Shell (Modified Corn Starch, Thickeners: Glycerol, Carrageenan, Sodium Carbonate).

*DHA is an Omega 3 Fatty Acid that is a primary structural component of the brain, skin and retina. DHA is typically derived from fish oil, but our DHA has been derived from vegan Algal Oil.*

At 2 softgels per daily serving, our supplement provides high strength 440mg of DHA.





# VEGAN OMEGA 3

Derived from Algal Oil



1 Months Supply

60 Softgels

High Quality Formula

No Artificial Flavours

GMO Free Ingredients

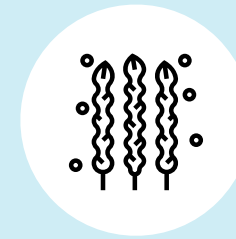
Vegan Friendly



**Eicosapentaenoic Acid (EPA)** and **Docosahexaenoic Acid (DHA)** both contribute to maintenance of various body functions, most importantly in the normal function of the **heart**.



**DHA** supports the maintenance of normal **brain function** and **normal vision**.



These **essential fatty acids** play critical roles in maintaining healthy **eyes**, **heart** and **brain** functions and cannot be produced by the body.

## Nutritional Information

Serving size: 2 Vegan Softgels

### Each Serving Contains

<b>DHA and EPA-rich oil from the microalgae</b>	2000mg
<i>Schizochytrium sp.</i>	
Providing:	
<b>DHA (Docosahexaenoic Acid)</b>	600mg
<b>EPA (Eicosapentaenoic Acid)</b>	300mg

**Ingredients:** Algal oil (DHA and EPA-rich oil from the microalgae *Schizochytrium sp.*, Extract of rosemary, Antioxidants: L-ascorbyl palmitate, Tocopherol-rich extract), Softgel Shell (Modified Corn Starch, Thickeners: Glycerol, Carrageenan, Sodium Carbonate).

*Our Vegan Omega 3 has been derived from Algal Oil and is rich in Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA). EPA and DHA is typically derived from fish oil, but our DHA has been derived from vegan Algal Oil.*

At 2 capsules per daily serving, our supplement provides high strength 300mg of EPA & 600mg of DHA.





# VEGAN VITAMIN D3

1000iu or 25µg per serving



6 Months Supply

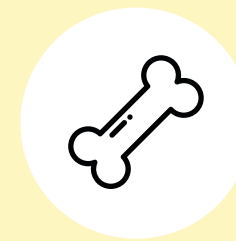
180 Softgels

High Quality Formula

No Artificial Flavours

GMO Free Ingredients

Vegan Friendly



Vitamin D contributes to the maintenance of normal **bones** and normal **teeth**.



Vitamin D contributes to the maintenance normal **muscle function**.



Vitamin D contributes to the maintenance of the **immune system**.

## Nutritional Information

Serving size: 1 Softgel

	Per Softgel	NRV*
<b>Vitamin D3</b>	25µg (1000iu)	500%

\*Nutrient Reference Values

**Ingredients:** Sunflower Seed Oil, Capsule Shell (Modified Corn Starch, Thickeners: Glycerin, Carrageenan, Sodium Carbonate), Vitamin D3 oil (Medium Chain Triglycerides, Antioxidant: Alpha tocopherol, Cholecalciferol).

*Vitamin D3 is produced naturally by the body in response to sunlight, and is found in certain dietary sources such as oily fish, mushrooms and eggs. Getting enough Vitamin D is essential for our health.*

Most Vitamin D3 is derived from Lanolin (sheep wool). Our Vitamin D3 is derived from Lichen and is therefore 100% vegan friendly.





# 8000IU VITAMIN A

## High Strength



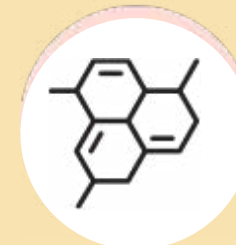
- 12 Months Supply
- 365 Softgels
- High Quality
- No Artificial Flavours
- GMO Free Ingredients
- Easy to Swallow



Vitamin A contributes to the normal function of the **immune system**.



Vitamin A contributes to the maintenance of normal **skin** and normal **vision**.



Vitamin A has a role in the process of **cell specialisation** and normal **iron metabolism**.

### Nutritional Information

Serving size: 1 Softgel

	Each Serving Contains	%NRV*
<b>Vitamin A</b>	2400µg (8000iu)	300%

\* Nutrient Reference Values

**Ingredients:** Sunflower Oil, Capsule Shell (Gelatine [Bovine], Humectant: Glycerine, Water), Vitamin A (Retinyl Palmitate, Antioxidant: Alpha-tocopherol).

*Vitamin A is a fat-soluble vitamin that plays a vital role in your body and is naturally present in many foods.*

Each softgel capsule contains 2400µg of high strength Vitamin A to meet your daily requirement. The supplement comes in easy-to-swallow soft gel capsules which are free from additives, and artificial colours and flavours.



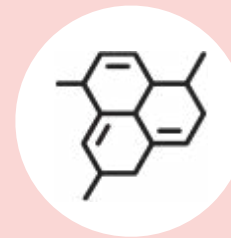


- 12 Months Supply**
- 365 Tablets**
- No Synthetic Fillers**
- No Artificial Flavours**
- GMO Free Ingredients**
- Vegetarian Friendly**

Our Vitamin B Complex contains the perfect blend of the following 8 highly bio-available B-Vitamins: Vitamins B1 (Thiamin), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic Acid), B6 (Pyridoxine Hydrochloride), B7 (Biotin), B9 (Folic Acid), and Vitamin B12 (Methylcobalamin). The complex also has added Vitamin D3 for extra support.

# VITAMIN B COMPLEX

## With Vitamin D3



B and D Vitamins play a vital role in maintaining good health and well-being.



Our Vitamin B Complex with added Vitamin D3 supports the maintenance of normal **hair, skin, bones**, absorption of **calcium**, reduction of **tiredness and fatigue**, normal **energy-yielding metabolism**, normal red **blood cell production**, and normal function of the **immune system**.

### Nutritional Information

Serving size: 1 Tablet

Each Tablet Contains:		NRV*
Vitamin D3	10µg	200%
Vitamin B1 (Thiamin)	1.4mg	127%
Vitamin B2 (Riboflavin)	1.4mg	100%
Vitamin B3 (Niacin)	18mg	113%
Vitamin B6	2mg	143%
Folic Acid	200µg	100%
Vitamin B12	2.5µg	100%
Biotin	150µg	300%
Vitamin B5 (Pantothenic Acid)	6mg	100%
PABA	30mg	--

\*NRV = Nutrient Reference Values

**Ingredients:** Bulking Agents (Dicalcium Phosphate, Microcrystalline Cellulose), Para-Amino-Benzoic-Acid (PABA), Vitamin B3 (Nicotinamide), Vitamin B5 (D-Calcium Pantothenate), Vitamin D3 (Cholecalciferol), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Hydrochloride), Vitamin B2 (Riboflavin), Folic Acid, Biotin, Vitamin B12 (Methylcobalamin).





# VITAMIN B12

## From Methylcobalamin



Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.



Vitamin B12 contributes to the normal function of the immune system and normal red blood cell formation.



Vitamin B12 contributes to normal psychological function and normal function of the nervous system.

Also available as 1 & 15 month supply



- 12 Months Supply
- 365 Tablets
- No Synthetic Fillers
- No Artificial Flavours
- GMO Free Ingredients
- Vegan Friendly
- Available as 500µg / 1000µg



### Nutritional Information

Serving size: 1 Tablet

	Each Tablet Contains	%NRV*
Vitamin B12	1000µg	40,000%

\*NRV = Nutrient Reference Values

*Also known as the 'energy vitamin', Vitamin B12 is a powerhouse. Vitamin B12 can be hard to source in our diets, especially plant-based diets. A lack of vitamin B12 can lead to energy crashes.*

Our Vitamin B12 tablets are derived from Methylcobalamin, a pure and active form of B12 for efficient absorption.





# 1000MG VITAMIN C

## With Bioflavonoids & Rosehip Extract



**6 Months Supply**

**180 Tablets**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

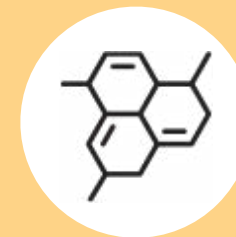
**Vegan Friendly**



Vitamin C contributes to the normal function of the immune system and protection of cells from oxidative stress.



Vitamin C contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.



Vitamin C contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth.

### Nutritional Information

Serving size: 1 Tablet

	Each Serving Contains	%NRV*
<b>Vitamin C</b>	1000mg	1250%
<b>Rosehip</b>	20mg	--
<b>Bioflavonoids</b> (From <i>Citrus Aurantium</i> * Extract) 7mg		--
(*20mg equivalent amount of fresh plant before extraction)		

\* Nutrient Reference Values

**Ingredients:** Vitamin C (L-Ascorbic Acid), Bulking Agent (Microcrystalline Cellulose), Rosehip Powder (*Rosa canina*), Citrus Bioflavonoids Complex (*Citrus Aurantium*), Glazing Agents (HydroxyPropylMethyl-Cellulose, Glycerin, Carnauba Wax).

*One of Vitamin C's most important functions is that it contributes to the maintenance of normal immune system.*

Our supplement contains 1,000mg of Vitamin C, enhanced with essential Rosehip and Citrus Bioflavonoids. Both are naturally occurring plant pigments known to complement the action of Vitamin C.







# VITAMIN C EFFERVESCENTS



**20 Soluble Tablets**

**Available in 3 Pack**

**0 Calories + Sugar Free**

**No Artificial Flavours**

**GMO Free Ingredients**

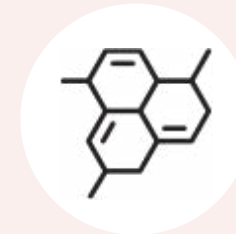
**Vegan Friendly**



Vitamin C contributes to the normal function of the immune system and protection of cells from oxidative stress.



Vitamin C contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.



Vitamin C contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth.

## Nutritional Information

Per 1 Effervescent Tablet:	NRV*	
<b>Vitamin C</b>	1000 mg	1250%

\*NRV: Nutrient Reference Value

**Ingredients:** Acid (Citric Acid), L-Ascorbic acid (Vitamin C), Acidity regulator (Sodium hydrogen carbonate), Bulking agent (Sorbitol), Anti-caking agent (Polyethylene glycol), Maltodextrin, Sweetener (Sucralose), Colour (beetroot red), Thickener (Acacia gum), Natural flavouring.

*Our easy to dissolve effervescent tablets contain 1000mg of Vitamin C from Ascorbic Acid, the purest and most readily absorbed form of Vitamin C.*

The effervescent tablets have been designed to be dissolved in water and have a yummy raspberry taste.





# VITAMIN C & ZINC

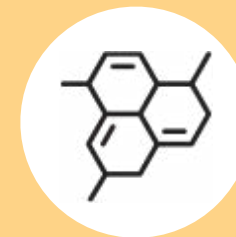
## High Strength Formula



Vitamin C and Zinc contribute to the normal function of the immune system and protection of cells from oxidative stress.



Vitamin C contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.



Vitamin C contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth.



**2 Months Supply**

**120 Capsules**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**

*Vitamin C and Zinc are two essential trace elements that play important roles in immune support and maintenance of health.*

Our carefully formulated supplement contains 1200mg Ascorbic Acid, the purest and most readily absorbed form of Vitamin C, together with 40mg Zinc Citrate.

### Nutritional Information

Serving size: 2 Capsules

Each Serving Contains	%NRV*	
Vitamin C	1200mg	1500%
Zinc	40mg	400%

\*NRV = Nutrient Reference Value

Ingredients: Vitamin C (Ascorbic Acid), Bulking Agent (Microcrystalline Cellulose), Vegetable Capsule Shell (HydroxyPropyl-MethylCellulose), Zinc Citrate.





# 1000MG VITAMIN C

## With Zinc

**7 Month Supply**

**210 Tablets**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

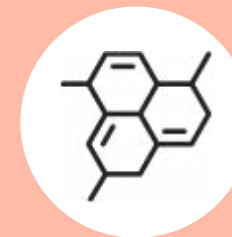
**Vegan Friendly**



Vitamin C and Zinc contribute to the normal function of the immune system and protection of cells from oxidative stress.



Vitamin C contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.



Vitamin C contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth.

### Nutritional Information

Serving size: 1 Tablet

	Amount Per Serving	NRV*
<b>Vitamin C</b>	1000mg	1250%
<b>Zinc</b>	15mg	150%

\*NRV = Nutrient Reference Values

**Ingredients:** L-Ascorbic Acid (Vitamin C), Bulking Agents (Microcrystalline Cellulose, Dicalcium Phosphate), Zinc Bisglycinate (Albion™), Glazing Agents (Hydroxypropyl Methyl Cellulose, Glycerin, Carnauba Wax).

*Our 1000mg Vitamin C is produced with Albion™ Chelated Zinc. This material provides superior bioavailability, which increases the absorption of nutrients into the body.*

Our carefully formulated supplement contains 1000mg Ascorbic Acid, the purest and most readily absorbed form of Vitamin C, together with 15mg Zinc Bisglycinate.





# VITAMIN D3

25µg Vitamin D3 per serving



12 Months Supply

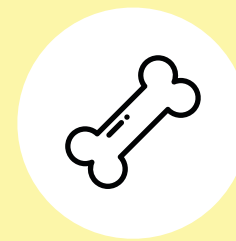
365 Softgels

High Quality Formula

No Artificial Flavours

GMO Free Ingredients

Easy to Swallow



Vitamin D contributes to the maintenance of normal **bones** and normal **teeth**.



Vitamin D contributes to the maintenance normal **muscle function**.



Vitamin D contributes to the maintenance of the **immune system**.

### Nutritional Information

Serving size: 1 Softgel

	Each Serving Contains	%NRV*
Vitamin D3	25µg (1000iu)	500%

\* Nutrient Reference Values

Available as high strength 2000iu, 4000iu and 10,000iu



*Vitamin D3 is produced naturally by the body in response to sunlight, and is found in certain dietary sources such as oily fish, mushrooms and eggs. Getting enough Vitamin D is essential for our health.*

Taken only once a day, our Vitamin D3 comes in small, easy-to-swallow soft gel capsules, not tablets, and does not contain bulking or anti-caking agents.





# VITAMIN D3 DROPS

1000iu or 25µg per serving



Approx. 2000 Drops

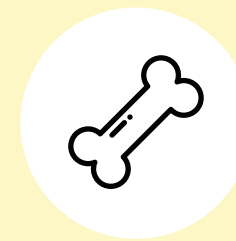
60ml (2 fl. oz)

High Quality Formula

No Artificial Flavours

GMO Free Ingredients

Vegetarian Friendly



Vitamin D contributes to the maintenance of normal **bones** and normal **teeth**.



Vitamin D contributes to the maintenance normal **muscle function**.



Vitamin D contributes to the maintenance of the **immune system**.

## Nutritional Information

Serving size: 1 Drop

Each Drop Contains	%NRV*
Vitamin D3	25µg (1000iu) 500%

NRV = Nutrient Reference Values

**Ingredients:** Fractionated Coconut Oil, Vitamin D3 (Cholecalciferol, Antioxidant: Alpha Tocopherol).

*Our Vitamin D drops are easy to use - 1 drop contains 1000iu which you can either drop directly into the mouth or add to a drink of water.*

With only liquid Vitamin D3 and MCT Oil from Fractionated Coconut Oil as carrier for Vitamin D3 as ingredients, our oil-based Vitamin D3 formula is much better absorbed than tablets.





# VITAMIN D3 DROPS

1000iu or 25µg per serving



Approx. 2000 Drops

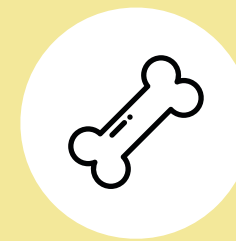
60ml (2 fl. oz)

High Quality Formula

No Artificial Flavours

GMO Free Ingredients

Vegetarian Friendly



Vitamin D contributes to the maintenance of normal **bones** and normal **teeth**.



Vitamin D contributes to the maintenance normal **muscle function**.



Vitamin D contributes to the maintenance of the **immune system**.

## Nutritional Information

Serving size: 2 Drops

Per 2 Drops:		%NRV*
Vitamin D3	25µg (1000iu)	500%
Vitamin K2	20µg	27%

\*NRV = Nutrient Reference Values

**Ingredients:** Sunflower Seed Oil, Vitamin K2 (Menaquinone-7), Vitamin D3 (Cholecalciferol, Antioxidant: Alpha-tocopherol).

*Vitamin D3's natural partner is Vitamin K2. Vitamin D helps maintain calcium absorption and Vitamin K helps our bones use that calcium effectively.*

Our droplet tool allows you to take your daily dose of Vitamin D3 and K2 by simply dropping straight into the mouth, or adding to a glass of water. Our Vitamin D3 and K2 bottle contains 2,000 drops which will last you over a year!





Approx. 2000 Drops

60ml (2 fl. oz)

High Quality Formula

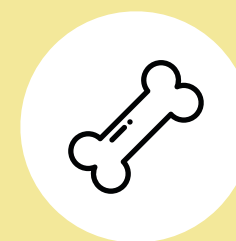
No Artificial Flavours

GMO Free Ingredients

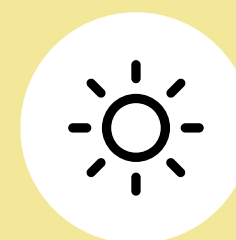
Vegetarian Friendly

# VITAMIN D3 DROPS

For Children - 10µg (400iu)



Vitamin D is needed for normal growth and bone development in children and also contributes to the normal function of their immune system.



According to NHS guidelines, babies up to the age of 1 year need 8.5 to 10 micrograms of Vitamin D a day. Children from the age of 1 year and adults need 10 micrograms of Vitamin D a day. Your child does not need to take extra Vitamin D if they are drinking 500ml or more of infant formula a day, as formula has vitamins added to it.

*Our Vitamin D3 Drops are specifically designed to be the easiest way to supplement the daily Vitamin D requirement of infants and children from newborn baby to 5 years of age.*

Our drops comes in 60ml bottles with approximately 2000 drops. One drop directly into the mouth provides the 10µg or 400IU of daily recommended dosage of Vitamin D3 for kids.

## Nutritional Information

Serving size: 1 Drop

Each Drop Contains	%NRV*
Vitamin D3	10µg (400iu) 200%

\*Nutrient Reference Values

**Ingredients:** Fractionated Coconut Oil, Vitamin D3 (Cholecalciferol, Antioxidant: Alpha-Tocopherol).





# VITAMIN D3 TABLETS

4000IU or 100µg Vitamin D3 per serving



16.5 Months Supply

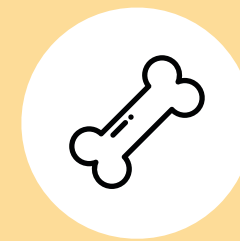
500 Tablets

High Quality Formula

No Artificial Flavours

GMO Free Ingredients

Vegan Friendly



Vitamin D contributes to the maintenance of normal **bones** and normal **teeth**.



Vitamin D contributes to the maintenance normal **muscle function**.



Vitamin D contributes to the maintenance of the **immune system**.

## Nutritional Information

Serving size: 1 Tablet

Each Serving Contains:	%NRV*
Vitamin D3 100µg (4000iu)	2000%

\* Nutrient Reference Values

**Ingredients:** Cholecalciferol (Vitamin D3), Bulking Agents (Microcrystalline Cellulose, Dicalcium Phosphate).

*Vitamin D3 is produced naturally by the body in response to sunlight, and is found in certain dietary sources such as oily fish, mushrooms and eggs. Getting enough Vitamin D is essential for our health.*

The tablets have been designed to be taken with water, a healthy smoothie or shake. If you struggle to take tablets, you can crush the tablet and sprinkle over food to ingest.







# VITAMIN D3 & K2 MK-7

Vitamin D3 3000iu with 100µg MK7 K2



**4 Months Supply**

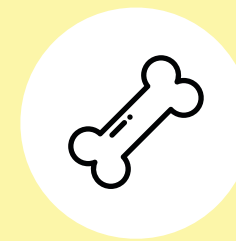
**120 Capsules**

**High Quality Formula**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegetarian Friendly**



Vitamin D contributes to the maintenance of normal **bones** and normal **teeth**.



Vitamin D contributes to the maintenance normal **muscle function**.



Vitamin D contributes to the maintenance of the **immune system**.

## Nutritional Information

Serving size: 1 Capsule

	Amount Per Serving	NRV*
<b>Vitamin D3</b>	75µg (3000iu)	1500%
<b>Vitamin K2</b>	100µg	133%

NRV = Nutrient Reference Values

Ingredients: Bulking Agent (Microcrystalline Cellulose), Vegetable Capsule Shell (HydroxyPropylMethyl-Cellulose), Vitamin D3 (Cholecaliferol), Vitamin K2 (Menaquinone - 7).

*Vitamin D3's natural partner is Vitamin K2. Vitamin D helps maintain calcium absorption and Vitamin K helps our bones use that calcium effectively.*

Our supplement comes with 120 days supply of vegetarian-friendly capsules. Each capsule contains 3000iu Vitamin D and 100 micrograms of Vitamin K2.





# VITAMIN D3 & K2 MK-7

Vitamin D3 4000iu with 100µg K2VITAL®



4 Months Supply

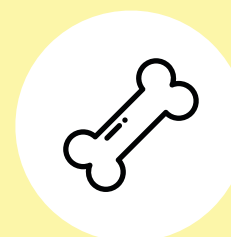
120 Capsules

High Quality Formula

No Artificial Flavours

GMO Free Ingredients

Vegetarian Friendly



Vitamin D contributes to the maintenance of normal **bones** and normal **teeth**.



Vitamin D contributes to the maintenance normal **muscle function**.



Vitamin D contributes to the maintenance of the **immune system**.

### Nutritional Information

Serving size: 1 Capsule

	Amount Per Serving	NRV*
<b>Vitamin D3</b>	100µg (4.000 IU)	2000%
<b>Vitamin K2</b>	100µg	133%

\*NRV = Nutrient Reference Values

**Ingredients:** Bulking Agent (Microcrystalline Cellulose), Vegetable Capsule Shell (Glazing agent: HydroxyPropyl MethylCellulose), Vitamin D (Cholecalciferol), K2VITAL® Menaquinone-7 (Vitamin K2).

## K2VITAL®

*Our Vitamin D3 & K2 MK-7 is an expertly blended formulation of high quality Vitamin D3 4000IU and 100mcg of fully bioactive, all trans Vitamin K2 MK-7.*

We use K2 from Kappa Bioscience which is backed by 22 clinical trials to back up the effectiveness of the K2. This form of K2 MK-7 contributes to the maintenance of normal bones.

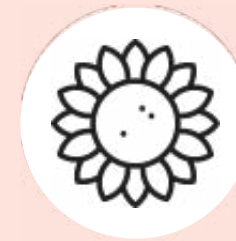




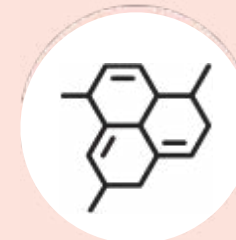
# 400IU VITAMIN E

## As D-Alpha-Tocopherol Succinate

- 3 Months Supply
- 90 Capsules
- No Synthetic Fillers
- No Artificial Flavours
- GMO Free Ingredients
- Vegan Friendly



Our Vitamin E is an antioxidant derived from D-alpha tocopherol found naturally in sunflower oil.



Vitamin E contributes to the protection of cells from oxidative stress as well as the maintenance of normal skin.



Antioxidants are agents that defend the body against free radicals that damage collagen in the skin.

### Nutritional Information

Serving size: 1 Capsule

	Each Serving Contains	%NRV*
<b>Natural Vitamin E</b>	268mg (400iu)	2234%

\* Nutrient Reference Values

**Ingredients:** Vitamin E (D-Alpha-Tocopheryl Acid Succinate), Bulking Agent (Microcrystalline Cellulose), Vegetable Capsule Shell (HydroxyPropylMethylCellulose).

*Our high absorption Vitamin E vegan capsules are a great alternative to Vitamin E Oil and are derived from 100% natural sources.*

Naturally occurring D-alpha-Tocopherol succinate is the most readily absorbed form of Vitamin E by the body.





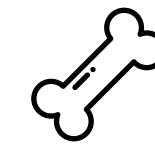
# 100µg VITAMIN K2 MK-7

- 12 Months Supply
- 365 Tablets
- High Quality Formula
- No Artificial Flavours
- GMO Free Ingredients
- Vegetarian Friendly



*Our Vitamin K2 is an expertly blended formulation of high quality and fully bioactive Vitamin K2 MK-7 Menaquinone, known as the gold standard of Vitamin K2.*

We use K2 from Kappa Bioscience which is backed by 22 clinical trials to back up the effectiveness of the K2. This form of K2 MK-7 contributes to the maintenance of normal bones.



Vitamin K2 MK-7 helps activate **osteocalcin** which integrates **calcium into bone**. The body naturally needs K2 to make calcium work properly.



Vitamin K2 also helps aid **heart health** by stopping calcium being deposited into the arteries, where it can build up and cause cardiovascular problems over time.

## Nutritional Information

Serving size: 1 Tablet

Each Serving Contains: 1 Tablet		NRV*
Vitamin K2 (MK-7)	200µg	267%

\*NRV = Nutrient Reference Value

**Ingredients:** Bulking Agents (Dicalcium Phosphate, Microcrystalline Cellulose), Menaquinone-7 (Vitamin K2).





# VITAMIN K2 MK-7

K2VITAL® 200mcg



**6 Months Supply**

**180 Tablets**

**No Synthetic Fillers**

**No Artificial Flavours**

**GMO Free Ingredients**

**Vegan Friendly**



Vitamin K2 MK-7 helps activate **osteocalcin** which integrates **calcium into bone**. The body naturally needs K2 to make calcium work properly.



Vitamin K2 also helps aid **heart health** by stopping calcium being deposited into the arteries, where it can build up and cause cardiovascular problems over time.

## Nutritional Information

Per daily dose: 1 tablet

	NRV*
<b>Vitamin K2 (K2VITAL®)</b> 200µg	267%

\*NRV = Nutrient Reference Values

**Ingredients:** Bulking Agents (Dicalcium Phosphate, Microcrystalline Cellulose), K2VITAL® Menaquinone-7 (Vitamin K2).

# K2VITAL®

*Vitamin K2 MK-7 is an expertly blended formulation of high quality and fully bioactive, all trans Vitamin K2 MK-7 which is backed by 22 published studies.*

Our supplement contains 180 easy to swallow tablets for a full 6 months supply.





# 50MG ZINC

50mg ELEMENTAL ZINC PER SERVING



6 Months Supply

365 Tablets

No Synthetic Fillers

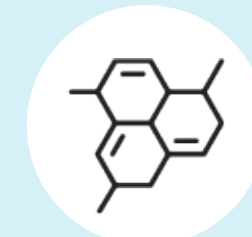
No Artificial Flavours

GMO Free Ingredients

Vegan Friendly



Zinc contributes to the normal function of the **immune system** and protects cells from **oxidative stress**.



Zinc contributes to the maintenance of normal **bones, hair, skin, nails, DNA synthesis, carbohydrates and fatty acids metabolism**.



Zinc contributes to normal **cognitive function** and also maintains normal **testosterone levels** in the blood.

### Nutritional Information

Serving size: 2 Tablets

Each Serving Contains:	NRV*	
Zinc	50mg	500%

\*NRV = Nutrient Reference Values

**Ingredients:** Zinc Gluconate, Bulking Agents (Dicalcium Phosphate, Calcium Carbonate, Microcrystalline Cellulose), Anti-Caking Agents (Fatty Acids, Magnesium Salts of Fatty Acids, Silicon Dioxide), Glazing Agents (HydroxyPropylMethylCellulose, Glycerin, Carnauba Wax).

*Zinc is a nutrient that plays many vital roles in your body. As your body doesn't naturally produce Zinc, you must obtain it through food or supplements.*

Our supplement contains 365 easy to swallow tablets for a full 6 months supply.





# SPORTS RANGE

*FORMULATED FOR SUCCESS*

NUTRAVITA SPORTS RANGE



240 VEGAN TABLETS



# L-LYSINE

Lysine is an essential amino acid. It's found in most cells in your body and is important for normal growth and muscle turnover.

Our product is one of the most high-strength L-Lysine supplements available on the market.

The tablets have been formulated using some of the finest quality ingredients and are suitable for vegetarians and vegans, as well as being free from allergens such as gluten, lactose, and wheat.

- ✔ 8 Months Supply
- ✔ No Synthetic Fillers
- ✔ No Artificial Flavours
- ✔ GMO Free
- ✔ Vegan Friendly
- ✔ Made in the UK

## Nutritional Information

Serving size: 1 Tablet

### Each Tablet Contains:

L-Lysine	1100mg
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**Ingredients:** L-Lysine Hydrochloride, Bulking Agents (Microcrystalline Cellulose, Calcium Phosphates), Glazing Agents (Fatty Acids, Hydroxypropyl Methyl Cellulose, Glycerin, Carnauba Wax).





150 VEGAN CAPSULES



# L-CARNITINE

L-Carnitine is a chemical similar to an amino acid that is produced in the body. L-Carnitine helps the body turn fat into energy. Our product has been blended with Vitamin D3, Vitamin B2, B3 and B6, Biotin and Chromium for added benefits.

- **Vitamin D** contributes to the maintenance of normal bones and muscle function.
- **Riboflavin, Niacin and Vitamin B6** contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.
- **Chromium and Biotin** contributes to normal macronutrient metabolism.

- ✔ 2.5 Months Supply
- ✔ No Synthetic Fillers
- ✔ No Artificial Flavours
- ✔ GMO Free
- ✔ Vegan Friendly
- ✔ Made in the UK

## Nutritional Information

Serving size: 2 Capsules

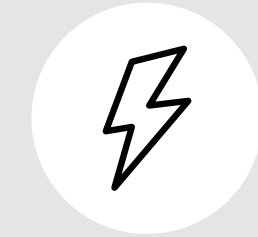
	Per Serving:	NRV**
Vitamin D3	10µg (400iu)	200%
Riboflavin (Vitamin B2)	0.7mg	50%
Niacin (Vitamin B3)	8mg	50%
Vitamin B6	0.7 mg	50%
Biotin	25µg	50%
Chromium	40µg	100%
L-Carnitine L-Tartrate	1100mg	-

\*\*NRV=Nutrient Reference Value

**Ingredients:** L-Carnitine L-Tartrate, Vegetable Capsule Shell (HydroxyPropylMethylCellulose), Bulking Agent (Microcrystalline Cellulose), Niacin (Nicotinamide), Vegan Vitamin D3 (Cholecalciferol), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Chromium Picolinate, D-Biotin.



180 VEGAN CAPSULES



# 2:1:1 BCAA

The branched-chain amino acids (BCAAs) are a group of three essential amino acids: leucine, isoleucine and valine and cannot be produced by your body. We have also included Vitamin B6 and B12 for added benefits.

• **Vitamin B6 and Vitamin B12** contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

- ✔ 3 Months Supply
- ✔ No Synthetic Fillers
- ✔ No Artificial Flavours
- ✔ GMO Free
- ✔ Vegan Friendly
- ✔ Made in the UK

Nutritional Information		
Serving size: 2 Capsules		
	Per Serving:	NRV*
Vitamin B6	1.4mg	100%
Vitamin B12	200µg	8000%
L-Leucine	500mg	-
L-Valine	250mg	-
L-Isoleucine	250mg	-

\*NRV=Nutrient Reference Value

**Ingredients:** BCAA 2:1:1 (L-Leucine, L-Isoleucine and L-Valine), Bulking Agents (Microcrystalline Cellulose and Dicalcium Phosphate), Vegetable Capsule Shell (Glazing Agent: Hydroxypropyl Methyl Cellulose), Pyridoxine Hydrochloride (Vitamin B6), Methylcobalamin (Vitamin B12).



240 VEGAN TABLETS



# ELECTROLYTE COMPLEX

Our Electrolyte Complex has been blended with Sodium, Potassium and Chloride which are salts and minerals found in the blood. They hydrate the body, regulate muscle function, and conduct electrical impulses needed for nerve signalling.

- **Magnesium** contributes to electrolyte balance and normal muscle function.
- **Potassium and Calcium** contribute to normal muscle function.

- ✔ 4 Months Supply
- ✔ No Synthetic Fillers
- ✔ No Artificial Flavours
- ✔ GMO Free
- ✔ Vegan Friendly
- ✔ Made in the UK

## Nutritional Information

Serving size: 2 Tablets

	Per Serving:	NRV**
Potassium	500mg	25%
Chloride	700mg	88%
Calcium	250mg	31%
Magnesium	150mg	40%
Sodium	200mg	-

\*\*NRV=Nutrient Reference Value

**Ingredients:** Calcium salts of orthophosphoric acid, Potassium Chloride, Bulking Agent (Microcrystalline Cellulose), Sodium Chloride, Magnesium Oxide, Potassium Citrate, Glazing Agents (Hydroxypropyl Methyl Cellulose, Glycerin and Carnauba Wax).



120 VEGAN CAPSULES



# ZMA<sup>®</sup>

ZMA, or Zinc Magnesium Aspartate, is a popular supplement among athletes, bodybuilders, and fitness enthusiasts. It contains a combination of three ingredients – Zinc, Magnesium, and Vitamin B6.

- **Magnesium** contributes to normal muscle function.
- **Zinc** contributes to the maintenance of normal testosterone levels in the blood.
- **Vitamin B6** contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

- ✔ 2 Months Supply
- ✔ No Synthetic Fillers
- ✔ No Artificial Flavours
- ✔ GMO Free
- ✔ Vegan Friendly
- ✔ Made in the UK

## Nutritional Information

Serving size: 2 Capsules

	Per Serving:	NRV*
Vitamin B6	4.3mg	309%
Magnesium	186mg	49%
Zinc	12mg	124%

\*NRV=Nutrient Reference Value

**Ingredients:** ZMA<sup>®</sup> (Magnesium Citrate, Magnesium Oxide, Zinc L-Aspartate, Zinc Mono-L-Methionine Sulphate, Pyridoxine Hydrochloride (Vitamin B6)), Bulking Agent (Microcrystalline Cellulose), Vegetable Capsule Shell (Glazing Agent: Hydroxypropyl Methyl Cellulose).



210 VEGAN CAPSULES



# TESTOMAX™ 2.0

High strength Testomax 2.0 contains 17 active ingredients including CoQ10, Maca Root Extract, Fenugreek, Ashwagandha & Vitamin D, A, B12 and B5 for powerful testosterone boosting effects.

- **Zinc** contributes to the maintenance of normal testosterone levels in the blood.
- **Vitamin B6** contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

- ✔ 3.5 Months Supply
- ✔ No Synthetic Fillers
- ✔ No Artificial Flavours
- ✔ GMO Free
- ✔ Vegan Friendly
- ✔ Made in the UK

Nutritional Information		
Serving size: 2 Capsules		
	Per Serving:	NRV**
Vitamin A	800µg	100%
Vitamin D	5µg	100%
Vitamin K1	75µg	100%
Vitamin B6	1.4mg	100%
Folic Acid	200µg	100%
Vitamin B12	2.5µg	100%
Pantothenic acid (Vitamin B5)	6mg	100%
Magnesium	100mg	27%
Zinc	10mg	100%
Selenium	55µg	100%
D-Aspartic Acid	410mg	-
Fenugreek Extract 4:1	100mg	-
(400mg equivalent amount of plant before extraction)		
Maca Extract 10:1	30mg	-
(300mg equivalent amount of plant before extraction)		
Fennel Extract 4:1	37.5mg	-
(150mg equivalent amount of plant before extraction)		
Ginger Extract 20:1	2mg	-
(40mg equivalent amount of plant before extraction)		
KSM-66® Ashwagandha Extract	25mg	-
CoQ10	2mg	-

\*\*Nutrient Reference Values

**Ingredients:** D-Aspartic Acid, Bulking Agent (Microcrystalline Cellulose), Magnesium salts of citric acid, Vegetable Capsule Shell (HydroxypropylMethylCellulose), Fenugreek Seed Extract (*Trigonella foenum-graecum* L.), Fennel Seed Extract (*Foeniculum vulgare* Mill.), Zinc Citrate, Maca Root Extract (*Lepidium meyenii* Walp.), KSM-66® Ashwagandha Root Extract (*Withania somnifera* (L.) Dunal), Sodium Selenite, Retinol (Vitamin A), D-Calcium Pantothenate (Vitamin B5), Vegan Cholecalciferol (Vitamin D3), Ginger Root Extract (*Zingiber officinale* Rosc.), CoQ10, Phylloquinone (Vitamin K1), Pyridoxine Hydrochloride (Vitamin B6), Pteroylmonoglutamic Acid (Folic Acid), Methylcobalamin (Vitamin B12).



120 VEGETARIAN CAPSULES



# TESTOMAX™

Testomax contains 13 active ingredients including Zinc, Maca Root Extract, Fenugreek, Ginseng & Vitamin D3, A, K2 and B5 for powerful testosterone boosting effects.

- **Zinc** contributes to the maintenance of normal testosterone levels in the blood.
- **Vitamin B6** contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

- ✔ 2 Months Supply
- ✔ No Synthetic Fillers
- ✔ No Artificial Flavours
- ✔ GMO Free
- ✔ Vegetarian Friendly
- ✔ Made in the UK

## Nutritional Information

Serving size: 2 Capsules Servings per container: 60

	Amount per serving	*NRV
Vitamin A	500µg	63%
Vitamin D	10µg	200%
Vitamin K2	100µg	133%
Folic Acid	200µg	100%
Vitamin B12	2µg	80%
Pantothenic Acid	16mg	267%
Magnesium	200mg	53%
Zinc	15mg	150%
Selenium	55µg	100%
Maca Extract	20mg	**
D Aspartic Acid	600mg	**
Panax Ginseng Extract	40mg	**
Fenugreek Extract	50mg	**

\*Nutritional Reference Value

**Ingredients:** D-Aspartic Acid, Magnesium Oxide, Vegetable Capsule Shell (HydroxyPropylMethylCellulose), Fenugreek Seed Extract (*Trigonella foenum-graecum* L.), Zinc Citrate, Korean (Panax) Ginseng Root Extract (*Panax ginseng* C.A. Mey.), Vitamin B5 (D-Calcium Pantothenate), Maca Root Extract (*Lepidium meyenii* Walp), Anti-Caking Agents (Magnesium stearate and Silicon Dioxide), Vitamin K2 (Menaquinone-7), Vitamin A (Retinyl acetate), Sodium Selenite, Vitamin D (Cholecalciferol), Vitamin B12 (Cyanocobalamin), Pteroylmonoglutamic acid (Folic Acid).





# **GUMMIES RANGE**

**FULL OF YUMMY GOODNESS**

60 VEGAN GUMMIES



# APPLE CIDER VINEGAR

Our Apple Cider Vinegar with the Mother gummies have been formulated using premium ingredients and have a natural apple flavour. Added Pomegranate is packed full of healthy nutrients and powerful plant compounds.

**Vitamin B12** contributes to normal function of the immune system, energy-yielding metabolism and the reduction of tiredness and fatigue.

**Folic Acid** contributes to normal psychological function and has role in the process of cell division.

- ✔ 2 Months Supply
- ✔ Natural Flavour
- ✔ Vegan Friendly
- ✔ Gluten Free
- ✔ GMO Free
- ✔ Made in the EU

## Nutritional Information

Per Serving: 1 Gummy		NRV*
Vitamin B12	1.2 µg	48%
Folic Acid	120 µg	60%
Apple Cider Vinegar	500 mg	-
Pomegranate	40 µg	-

\*NRV: Nutrient Reference Value

**Ingredients:** Glucose syrup, Sugar, Pre-mix [Apple cider vinegar, Cyanaocobalamin (Vitamin B12), Pteroylmonoglutamic acid (Folate), Beetroot juice, Pomegranate juice (*Punica granatum* L.), Maltodextrin], Water, Gelling agent (Pectins), Acidity regulators (Citric Acid, Sodium citrates), Vegetable oil (Coconut/Palm), Anti-caking agent (Carnauba wax), Natural apple flavour, Colour (Anthocyanins).





60 GUMMIES



# HAIR + SKIN COMPLEX

Our Hair and Skin Complex with Biotin and Collagen gummies have been formulated using premium ingredients and have a natural raspberry flavour. Added Blueberry and Grape Seed Extract are packed full of healthy nutrients and powerful plant compounds.

**Biotin** contributes to the maintenance of normal **hair and skin** while **Selenium** contributes to the maintenance of normal **hair and nails**.

**Vitamin C** contributes to normal **collagen formation**.

- ✔ 1 Month Supply
- ✔ Natural Flavour
- ✔ High Quality
- ✔ Gluten Free
- ✔ GMO Free
- ✔ Made in the EU

## Nutritional Information

Per Serving: 2 Gummies NRV\*\*

Vitamin A	800 µg	100%
Vitamin E	1.8 mg	15%
Vitamin C	80 mg	100%
Niacin (Vitamin B3)	6 mg	38%
Vitamin B6	5 mg	357%
Biotin	200 µg	400%
Zinc	2 mg	20%
Copper	500 µg	50%
Selenium	55 µg	100%
Turmeric	80 mg	-
Blueberry	50 mg	-
Collagen (Bovine)	20 mg	-
Grape seed extract	10 mg	-
Lutein	5 mg	-
Lycopene	3 mg	-

\*\*Nutrient Reference Value



60 VEGAN GUMMIES



# IMMUNE SUPPORT

Our Immune Support with Vitamins C & D and Zinc gummies have been formulated using premium ingredients and have a natural raspberry flavour. Added Elderberry Extract is packed full of healthy nutrients and powerful plant compounds.

Vitamin C, D and Zinc all contribute to the maintenance of the immune system.

Vitamin C and Zinc also contribute to the protection of cells from oxidative stress.

- ✔ 1 Month Supply
- ✔ Natural Flavour
- ✔ Vegan Friendly
- ✔ Gluten Free
- ✔ GMO Free
- ✔ Made in the EU

Nutritional Information		
Per Serving: 2 Gummies		NRV**
Vitamin C	100 mg	125%
Vitamin D	25 µg	500%
Zinc	10 mg	100%
Elderberry extract 30:1 (4500mg - equivalent amount of plant)	150 mg	-

\*\*NRV: Nutrient Reference Value

**Ingredients:** Glucose syrup, Sugar, Water, L-ascorbic acid (Vitamin C), Elderberry fruit extract (*Sambucus nigra* L.), Gelling agent (Pectins), Acidity regulators (Citric acid, Sodium citrates), Zinc citrate, Ergocalciferol (Vitamin D), Vegetable oil (Coconut/Palm), Natural raspberry flavour, Anti-caking agent (Carnauba Wax).



60 VEGAN GUMMIES



# NIGHT COMPLEX

Each gummy contains 60mg of natural Griffonia Seed and has also been blended with other calming ingredients such as L-Theanine to naturally help you drift off. Added Chamomile, Lemon Balm and Lavender extracts are packed full of healthy nutrients and powerful plant compounds.

5HTP helps to promote healthy serotonin levels which can enhance mood and may reduce restlessness.

L-Theanine helps to maintain a healthy sleep and alleviates psychological stress.

- ✔ 1 Month Supply
- ✔ Natural Flavour
- ✔ Vegan Friendly
- ✔ Gluten Free
- ✔ GMO Free
- ✔ Made in the EU

## Nutritional Information

Per daily intake: 2 Vegan Gummy

### Each Serving Contains:

<b>5HTP (From Griffonia 25:1 Extract)</b> (1500 mg – equivalent amount of fresh plant before extraction)	60 mg
<b>L-Theanine</b>	2.5 mg
<b>Chamomile Extract 2:1</b> (2mg - equivalent amount of fresh plant)	1 mg
<b>Lemon Balm Extract 4:1</b> (4mg - equivalent amount of fresh plant)	1 mg
<b>Lavender Extract 2:1</b> (2mg - equivalent amount of fresh plant)	1 mg

**Ingredients:** Glucose syrup, Sugar, Water, Gelling agent (Pectins), Acidity regulators (Citric acid, Sodium citrates), 5HTP from Griffonia seed extract (*Griffonia simplicifolia* (DC.) Baill.), Vegetable oil (Coconut/Palm), Natural passionfruit flavour, Colour (Anthocyanins), Spirulina powder, L-Theanine, Anticaking agent (Carnauba wax), Chamomille flower extract (*Matricaria recutita* L.), Lemon balm leaf extract (*Melissa officinalis* L.), Lavender flower extract (*Lavandula angustifolia* Mill.).



60 VEGAN GUMMIES



# VITAMIN C & IRON

Our Vitamin C with Iron gummies have been formulated with Vitamins B3, B5, B6, B12, Folic Acid, Biotin and Zinc. The supplement is vegan friendly and has a natural orange flavour.

Vitamin C and Iron contribute to the reduction of **tiredness** and **fatigue** and normal function of the **immune system**, as well as normal energy-yielding metabolism .

Iron is an important mineral that contributes to the normal **formation of red blood cells** and **haemoglobin**.

- ✔ 1 Month Supply
- ✔ Natural Flavour
- ✔ Vegan Friendly
- ✔ Gluten Free
- ✔ GMO Free
- ✔ Made in the EU

## Nutritional Information

Per Serving: 2 Gummies		NRV*
Vitamin C	15 mg	19%
Niacin (Vitamin B3)	2.4 mg	15%
Vitamin B6	0.4 mg	29%
Folic Acid	50 µg	25%
Vitamin B12	3.8 µg	150%
Biotin	7.5 µg	15%
Vitamin B5	1 mg	17%
Zinc	1.5 mg	15%
Iron	4 mg	29%

\*NRV: Nutrient Reference Value

**Ingredients:** Glucose syrup, Sugar, Water, Gelling agent (Pectins), Acidity regulators (Citric acid, Sodium citrates), Maltodextrin, L-Ascorbic acid (Vitamin C), Ferrous sulphate, Vegetable oil (Coconut /Palm), Beta-carotene, Zinc citrate, Colour (Paprika extract), Natural orange flavour, Nicotinamide (Vitamin B3), Anti-caking agent (Carnauba wax), Calcium-D-pantothenate (Vitamin B5), Pyridoxine hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12), Pteroylmonoglutamic acid (Folate), D-Biotin.





# PREMIUM RANGE

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ADVANCED NUTRITION



120 CAPSULES

# CURCUMIN WITH BIOPERINE®

Our Premium Curcumin & Bioperine® contains a high strength of 500mg curcumin from 95% Turmeric powder with added Bioperine® (10mg per capsule).

Bioperine® is a clinically backed patented black pepper that contains 95% of piperine, the active ingredient in black pepper. This high strength of piperine enhances the bioavailability of the curcumin.

- ✓ 4 Months Supply
- ✓ Advanced Formula
- ✓ Quality Ingredients
- ✓ GMO Free
- ✓ Made in the UK

## Nutritional Information

Serving size: 1 Capsule

### Each Serving Contains:

Curcuminoids (from <i>Curcuma longa</i> )	500mg
BioPerine® (from <i>Piper nigrum</i> )	5mg

**Ingredients:** Curcuminoids (from *Curcuma longa* L.), Bulking Agent (Microcrystalline Cellulose), Vegetable Capsule Shell (Hydroxypropyl MethylCellulose), BioPerine® (from *Piper nigrum* L.).

Made with  **BIOPERINE®**  
BioPerine® is a trademark of Sabinsa



90 CAPSULES

# MULTI COMPLEX COLLAGEN

**Our Multi Complex Collagen formulation contains 4 different collagen sources to support your skin.**

This formulation also supports joint health and helps to support the health of connective tissue in the body. Collagen is the major component of connective tissues and is needed in the body to provide your skin with structure and keep skin elastic and hydrated.

- ✓ **1.5 Months Supply**
- ✓ **Advanced Formula**
- ✓ **Quality Ingredients**
- ✓ **GMO Free**
- ✓ **Made in the UK**

## Nutritional Information

Serving size: 2 Capsules

### Each Serving Contains:

Bovine Collagen	800mg
Marine Collagen	200mg
Chicken Collagen	90mg
Eggshell Membrane Collagen	10mg
Turmeric Powder	20mg
Blueberry Leaf Extract 12:1 (240mg equivalent amount of plant)	20mg
Ascophyllum nodosum	20mg
Hyaluronic Acid	10mg
Piperine (from <i>Piper nigrum</i> )	10mg
Aloe Vera Extract 200:1 (2000mg equivalent amount of plant)	10mg

**Ingredients:** Bovine Collagen, Vegetable Capsule Shell (Hydroxypropyl Methylcellulose), Marine Collagen (**Fish**), Chicken Collagen, Bulking agent (Microcrystalline Cellulose), Eggshell Membrane Collagen (**Egg**), Turmeric Root Powder, Blueberry Leaf extract, Ascophyllum nodosum Powder, Hyaluronic Acid, Piperine (from *Piper nigrum* L.), Aloe Vera Extract, Bamboo Extract.



120 CAPSULES

# WOMEN'S BIO COMPLEX

Our Women's Bio Complex is filled with the highest quality viable bacteria at 5 Billion CFU per serving with a 5 strain complex, expertly chosen to support women's health.

We only use high quality, viable, good bacteria that each have their own function in the gut. We also ensure that the bacteria remain live and stable throughout the shelf life of the product.

- ✓ 4 Months Supply
- ✓ Advanced Formula
- ✓ Quality Ingredients
- ✓ GMO Free
- ✓ Made in the UK

## Nutritional Information

Serving Size: 1 Capsule

<i>Lactobacillus rhamnosus</i>	1 Billion CFU
<i>Lactobacillus reuteri</i>	1 Billion CFU
<i>Lactobacillus gasseri</i>	1 Billion CFU
<i>Lactobacillus plantarum</i>	1 Billion CFU
<i>Lactobacillus acidophilus</i>	1 Billion CFU

CFU: Colony-Forming Unit

**Ingredients:** Bulking Agent (Microcrystalline Cellulose), Vegetable Capsule Shell (Hydroxypropyl MethylCellulose), *Lactobacillus rhamnosus* (*Lacticaseibacillus rhamnosus*)–LRa05, *Lactobacillus reuteri* (*Limosilactobacillus reuteri*) –LR08, *Lactobacillus gasseri* –LG08, *Lactobacillus plantarum* (*Lactiplantibacillus plantarum*) –LP90, *Lactobacillus acidophilus*–LA85.





60 TABLETS & 60 SOFTGELS

# EXPERT PRENATAL

Support for your whole pregnancy.

Our supplement duo provides nutritional support that is vital throughout pregnancy, not just the first 12 weeks.

The vegan multivitamin has 19 essential vitamins and minerals, including Folic Acid (400ug) and Vitamin D (10ug), the exact levels as recommended by the UK Department of Health.

The vegan DHA supplement is derived from Algae Oil and contributes to normal foetal development.

- ✓ 2 Months Supply
- ✓ Advanced Formula
- ✓ Quality Ingredients
- ✓ GMO Free
- ✓ Vegan Friendly
- ✓ Made in the UK

Nutritional Information		
Per Serving: 1 Tablet	NRV*	
Vitamin D	10µg	200%
Vitamin E	12mg	100%
Vitamin K	75µg	100%
Vitamin C	80mg	100%
Riboflavin (Vitamin B2)	2mg	143%
Niacin (Vitamin B3)	16mg	100%
Vitamin B6	1.4mg	100%
Folic Acid (Folate)	400µg	200%
Vitamin B12	2.5µg	100%
Biotin	150µg	300%
Pantothenic Acid (Vitamin B5)	6mg	100%
Calcium	120mg	15%
Magnesium	60mg	16%
Iron	14mg	100%
Zinc	10mg	100%
Copper	1mg	100%
Manganese	2mg	100%
Selenium	55µg	100%
Iodine	150µg	100%

\*NRV = Nutrient Reference Values

**Ingredients:** Calcium salts of orthophosphoric acid, Bulking agent (Microcrystalline cellulose), Magnesium oxide, L-Ascorbic acid (Vitamin C), Ferrrous bisglycinate, Zinc citrate, Nicotinamide (Vitamin B3), D-alpha-tocopherol (Vitamin E), Glazing agents (Hydroxypropyl Methyl Cellulose, Glycerine), D-Calcium pantothenate (Vitamin B5), Cupric gluconate, Manganese sulphate, Menadione-7 (Vitamin K2), Sodium selenite, Vegan Cholecalciferol (Vitamin D), Methylcobalamin (Vitamin B12), Riboflavin (Vitamin B2), Pyridoxine hydrochloride (Vitamin B6), Calcium-L-methylfolate (Folic acid), Potassium iodide, D-Biotin, Coating agent (Carnauba wax).

Nutritional Information	
Serving size: 1 Softgel	
<b>Each Serving Contains:</b>	<b>1 Softgel</b>
Oil from the microalgae <i>Schizochytrium</i> sp.	550mg
<b>Providing:</b>	
DHA (Docosahexaenoic Acid)	220mg

**Ingredients:** Algae oil (Oil from the microalgae *Schizochytrium* sp., Extract of rosemary, Antioxidants: L-ascorbyl palmitate Tocopherol-rich extract), Softgel Shell (Modified Corn Starch, Thickeners: Glycerol, Carrageenan, Sodium Carbonate).



# POWDERS RANGE

HIGH QUALITY SUPPLEMENTS





**7.8g per Sachet**

**Advanced Beauty Formula**

**30 Servings**

**Raspberry Flavour**

**GMO Free**

**7 Key Ingredients**

*Our Beauty Collagen is hydrolysed into individual collagen peptides that are easier for your body to transport and absorb effectively.*

Our formulation contains a total of 7 active ingredients to support your hair, skin and nails. 30 days supply.



# BEAUTY COLLAGEN

**With Biotin, Hyaluronic Acid, Vitamin C, Vitamin E and Selenium**



Type 1 **Bovine collagen** is a form of protein that's associated with several health benefits, including improved **skin health**, and **bone loss prevention**.



100% NRV of **Vitamins C & E** are powerful **antioxidants** for a healthy skin glow. **Hyaluronic Acid, Biotin, MSM** and **Selenium** provide **skin, hair and nail support**.

## NUTRITIONAL INFORMATION

	Per Serving: 1 Sachet	NRV*
Vitamin E	12 mg	100%
Vitamin C	80 mg	100%
Biotin	50 µg	100%
Selenium	55 µg	100%
Collagen (Bovine)	6.4 g	-
Methylsulfonylmethane (MSM)	100 mg	-
Hyaluronic Acid	50 mg	-

\*NRV=Nutrient Reference Value

**Ingredients:** Hydrolysed bovine collagen, Acidity regulator (Citric acid), Sweeteners (Xylitol, Steviol glycosides), Natural raspberry flavouring, Vitamin and mineral blend [L-Ascorbic acid (Vitamin C), DL-alpha-tocopheryl acetate (Vitamin E), L-selenomethionine, D-biotin], Methyl Sulfonyl Methane, Colour (Beetroot red), Sodium hyaluronate.





# BOVINE COLLAGEN

## Pure Hydrolysed Collagen Peptides



**450g Powder**

**45 Servings**

**100% Natural**

**Unflavoured Formula**

**No Artificial Flavours**

**Sugar, Gluten and Soy Free**



Collagen is the most abundant protein in the human body—found in our tendons, ligaments, skin, muscles, bones, and blood vessels. Collagen production declines as we age.



Type 1 **Bovine collagen** is a form of protein that's mainly derived from cows. It's associated with several health benefits, including improved skin health, and bone loss prevention.

### Nutritional Information

Serving size: 10-20g (1-2 Level Scoops)

Each serving contains:	Per 10g	Per 20g	Per 100g
<b>Bovine Collagen Peptides</b>	9g	18g	90g
<b>Energy</b>	150kJ / 36kcal	150kJ / 72kcal	1506kJ / 360kcal
<b>Fat</b>	0g	0g	0g
<i>Of which saturates</i>	0g	0g	0g
<b>Carbohydrate</b>	0g	0g	0g
<i>Of which sugars</i>	0g	0g	0g
<b>Protein</b>	9g	18g	90g
<b>Salt</b>	0.04g	0.08g	0.4g

### Amino Acid Profile (\*essential)

	Per 10g	Per 20g	Per 100g
<b>Alanine</b>	914mg	1828mg	9140mg
<b>Arginine</b>	756mg	1512mg	7560mg
<b>Aspartic Acid</b>	560mg	1120mg	5600mg
<b>Cysteine</b>	0mg	0mg	0mg
<b>Cystine</b>	0mg	0mg	0mg
<b>Glutamic Acid</b>	1000mg	2000mg	10000mg
<b>Glycine</b>	2470mg	4940mg	24700mg
<b>Histidine*</b>	69mg	138mg	690mg
<b>Hydroxyproline</b>	1160mg	2320mg	11600mg
<b>Isoleucine*</b>	118mg	236mg	1180mg
<b>Leucine*</b>	272mg	544mg	2720mg
<b>Lysine*</b>	360mg	720mg	3600mg
<b>Ornithine</b>	<5mg	<10mg	<50mg
<b>Phenylalanine*</b>	184mg	368mg	1840mg
<b>Proline</b>	1390mg	2780mg	13900mg
<b>Serine</b>	334mg	668mg	3340mg
<b>Threonine*</b>	182mg	364mg	1820mg
<b>Tyrosine</b>	33.1mg	66.2mg	331mg
<b>Valine*</b>	242mg	484mg	2420mg

*Our expertly formulated Pure Hydrolysed Bovine Collagen Peptide powder is only 72 calories per serving and offers a 45 days supply.*

Our unflavoured Collagen Powder is quickly dissolvable in water, with no lumps or residue. Simply add to your coffee, tea, juice, or any other hot or cold drink!





**500g Powder**

**50 Servings**

**100% Natural**

**Unflavoured Formula**

**Fat, Sugar & Gluten Free**

**Free from Additives**



*Our powder contains Peptan® type I collagen, the same found in our bones and skin.*

The 100% natural and unflavoured Collagen powder is quickly dissolvable in water, with no lumps or residue. Simply add to your hot and cold drinks and even bake into your favourites recipes!

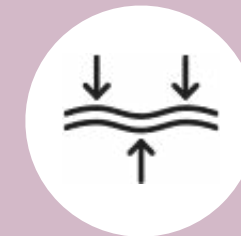


# PURE COLLAGEN

## Bio-Active Peptan® Bovine Collagen



Our formula contains **Peptan®** which contains bio-active collagen peptides in their hydrolysed form. This means that amino acids within the collagen are broken down so that they're more **easily digested** and **absorbed**.



Type I **Bovine collagen** is a form of protein that's associated with several health benefits, including improved **skin health**, and **bone loss prevention**.

### Nutritional Information Serving size: 10-20g (1-2 Level Scoops)

Each serving contains:	Per 10g	Per 20g	Per 100g
<b>Bovine Collagen Peptides</b>	10g	20g	100g
<b>Energy</b>	153kJ / 36kcal	306kJ / 72kcal	1530kJ / 360kcal
<b>Fat</b>	0g	0g	0g
<i>Of which saturates</i>	0g	0g	0g
<b>Carbohydrate</b>	0g	0g	0g
<i>Of which sugars</i>	0g	0g	0g
<b>Protein</b>	9g	18g	90g
<b>Salt</b>	0.11g	0.21g	1.1g

### Amino Acid Profile (\*essential)

	Per 10g	Per 20g	Per 100g
<b>Alanine</b>	810mg	1620mg	8100mg
<b>Arginine</b>	711mg	1422mg	7110mg
<b>Aspartic Acid</b>	495mg	990mg	4950mg
<b>Glutamic Acid</b>	900mg	1800mg	9000mg
<b>Glycine</b>	1971mg	3942mg	19710mg
<b>Histidine*</b>	135mg	270mg	1350mg
<b>Hydroxylysine</b>	117mg	234mg	1170mg
<b>Hydroxyproline</b>	1008mg	2016mg	10080mg
<b>Isoleucine*</b>	135mg	270mg	1350mg
<b>Leucine*</b>	261mg	522mg	2610mg
<b>Lysine*</b>	324mg	648mg	3240mg
<b>Methionine*</b>	72mg	144mg	720mg
<b>Phenylalanine*</b>	216mg	432mg	2160mg
<b>Proline</b>	1170mg	2340mg	11700mg
<b>Serine</b>	288mg	576mg	2880mg
<b>Threonine*</b>	162mg	324mg	1620mg
<b>Tyrosine</b>	27mg	54mg	270mg
<b>Valine*</b>	216mg	432mg	2160mg





# VEGAN PROTEIN

Premium Multi-Blend Powder



750g Powder

20 Servings

100% Natural

Vegan Friendly

No Artificial Flavours

Sugar Free



This product contains **25g of Plant Protein**, **1.2g of Fibre** with only **134/136 calories** per serving, delivering high-quality nutrients to help optimise your daily nutrition.



The added **digestive enzyme blend** helps aid absorption of the product.

*Our vegan-friendly plant protein is a Pea, Rice and Hemp super-blend. It's deliciously flavoured and formulated to to be a complete, balanced protein that meets your macronutrient needs.*

The blend is 100% natural and sugar, soya and gluten free, with your choice of yummy Vanilla or Chocolate flavour for a great taste and texture.

Nutritional Information	
<b>Per serving (36g):</b>	
Energy (Per 100g)	1582 kJ / 378 kcal
Energy	570 kJ / 136 kcal
Fat	2.5 g
of which saturates	0.2 g
Carbohydrate	5.0 g
of which sugars	< 0.5 g
Fibre	1.2 g
Protein	25 g
Salt	1.1 g
Pea protein	34.2g
Brown rice protein	0.9g
Hemp protein	0.9g
Protease	50 HUT*
Lactase	50 ALU*
Amylase	50 SKB*
Cellulase	50 CU*
Lipase	50 LU*
<b>INGREDIENTS:</b> Pea protein, Sweeteners (Xylitol, Steviol glycosides from Stevia), Natural vanilla flavour, Brown rice protein, Hemp seed protein, Salt, Thickener (Xanthan gum), 0,1% Madagascar vanilla seeds, Enzyme blend [Cellulase (4000 U/g), Protease (5000 HUT/g), Lactase (100000 U/g), Amylase fungal (50000 SKB/g), Lipase fungal (10000 U/g)].	

Nutritional Information	
<b>Per serving (36g):</b>	
Energy (Per 100g)	1547 kJ / 372 kcal
Energy	557 kJ / 134 kcal
Fat	2.5 g
of which saturates	0.2 g
Carbohydrate	5.0 g
of which sugars	< 0.5 g
Fibre	1.2 g
Protein	25 g
Salt	1.1 g
Pea protein	34.2g
Brown rice protein	0.9g
Hemp protein	0.9g
Protease	50 HUT*
Lactase	50 ALU*
Amylase	50 SKB*
Cellulase	50 CU*
Lipase	50 LU*
<b>INGREDIENTS:</b> Pea protein, 15% cocoa powder, Sweeteners (Xylitol, Steviol glycosides from Stevia), Natural chocolate flavour, Brown rice protein, Hemp seed protein, Thickener (Xanthan gum), Salt, Enzyme blend [Cellulase (4000 U/g), Protease (5000 HUT/g), Lactase (100000 U/g), Amylase fungal (50000 SKB/g), Lipase fungal (10000 U/g)].	





# FIBRE COMPLEX

## Premium Superblend Powder



**200g Powder**

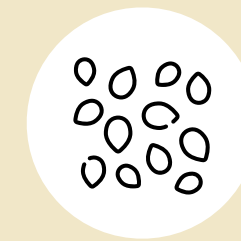
**40 Servings**

**100% Natural**

**Vegan Friendly**

**No Artificial Flavours**

**Sugar Free**



**Flaxseed** and **Psyllium Husk** are forms of bulking fibre that don't dissolve in water, instead remaining in the digestive tract after eating. There, it absorbs water and adds bulk, which may help promote regularity.



With today's modern lifestyles and diets, it can be difficult to obtain enough fibre from our food; our Complex can be a great way to top up your levels.

### Nutritional Information

Per daily dose (5g):

Inulin	2700mg
Flaxseed	500mg
Glucomannan	500mg
Psyllium Husk	500mg
Peppermint Leaf	50mg
Aloe Vera Extract 200:1 (10g - equivalent amount of plant before extraction)	50mg

**INGREDIENTS:** Inulin, Milled flaxseed Powder (*Linum usitatissimum* L.), Glucomannan Root powder (*Amorphophallus konjac* K. Koch), Psyllium husk powder (*Plantago ovata* Phil.), Sweeteners (Xylitol, Steviol glycosides from Stevia), Natural blackberry flavouring, Peppermint leaf powder (*Mentha x piperita* L.), Aloe vera leaf gel extract (*Aloe barbadensis* Mill.).

*Nutravita's vegan-friendly Fibre Complex contains a premium super-blend of Inulin, Flaxseed, Glucomannan, Psyllium Husk, Peppermint Leaf and Aloe Vera to help maintain your daily rhythm.*

Our powder is 100% natural and sugar-free, with a yummy Blackberry flavour for a great taste and texture.





# GREENS COMPLEX

## Premium Superblend Powder



200g Powder

40 Servings

100% Natural

Vegan Friendly

No Artificial Flavours

Sugar Free



Contains **18 botanical ingredients** to help boost your daily vegetable intake, with high fibre and only 20 calories per serving.



Our blend contains Spinach, Beetroot, Maca Root, Broccoli, Spirulina, Kale, Chlorella, Moringa, Kelp, Turmeric, Artichoke and Ginger Root as well as high fibre Wheatgrass, Barley Grass, Psyllium Husk, Alfalfa and Flaxseed.

### Nutritional Information

#### Per daily dose (7g):

Wheatgrass	1200mg
Apple	800mg
Barley Grass	530mg
Spinach	570mg
Psyllium Husk	500mg
Beetroot	330mg
Alfalfa	300mg
Maca	265mg
Broccoli	250mg
Flaxseed	250mg
Spirulina	250mg
Kale	200mg
Chlorella	130mg
Moringa oleifera	115mg
Kelp	100mg
Turmeric	50mg
Artichoke Extract 4:1 (100mg - equivalent plant before extraction)	25mg
Ginger Root	25mg

**INGREDIENTS:** **WHEAT**grass Powder (*Triticum aestivum* L.), Apple Fruit Powder (*Malus pumila* Mill.), Sweeteners (Xylitol, Steviol glycosides from Stevia), Spinach Leaf Powder (*Spinacia oleracea* L.), **BARLEY** Grass Powder (*Hordeum vulgare* L.), Psyllium Husk Powder (*Plantago ovata* Phil.), Natural Apple Flavour, Beetroot Powder (*Beta vulgaris* L.), Alfalfa Powder (*Medicago sativa* L.) aerial parts, Maca Root Powder (*Lepidium meyenii* Walp.), Spirulina Powder (*Spirulina platensis* (Gomont) Geitler), Broccoli Powder (*Brassica oleracea* var. *Italica*) Leaf/Flower, Milled Flaxseed Powder (*Linum usitatissimum* L.), Kale Leaf Powder (*Brassica oleracea* var. *Sabellica*), Chlorella Powder (*Chlorella vulgaris*), Moringa Leaf Powder (*Moringa oleifera* Lam.), Kelp Powder (*Ascophyllum nodosum*), Turmeric Root Powder (*Curcuma longa* L.), Artichoke Leaf Extract (*Cynara scolymus* L.), Ginger Root Powder (*Zingiber officinale* Rosc.).

*Nutravita's vegan-friendly Greens Complex contains a botanical super-blend packed with antioxidants, fruits and vegetables. It's deliciously flavoured and formulated to provide nutritional support to your daily diet.*

Our powder is 100% natural and sugar-free, with a yummy Apple flavour for a great taste and texture.





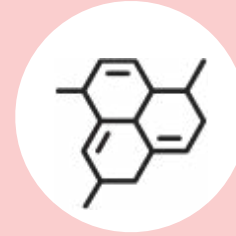
# ESSENTIALS RANGE

NUTRAVITA ESSENTIALS RANGE





180 VEGAN TABLETS



# VITAMIN B-COMPLEX

## WITH VITAMIN D3

Our Essential Vitamin B-Complex have been expertly formulated with your health and well being in mind.

Our Vitamin B Complex supports the maintenance of normal **hair, skin, bones**, absorption of **calcium**, reduction of **tiredness** and **fatigue**, normal **energy-yielding metabolism**, normal red **blood cell production**, and normal function of the **immune system**.

- ✔ 6 Month Supply
- ✔ Expertly Formulated
- ✔ Vegetarian Friendly
- ✔ No Artificial Flavours
- ✔ Easy to Swallow
- ✔ Made in the UK



### NUTRITIONAL INFORMATION

Per daily dose: 1 Tablet

		NRV*
Vitamin D3	10µg	200%
Thiamin	1.4mg	127%
Riboflavin	1.4mg	100%
Niacin	18mg	113%
Vitamin B6	2mg	143%
Folic Acid	200µg	100%
Vitamin B12	2.5µg	100%
Biotin	150ug	300%
Pantothenic Acid	6mg	100%
PABA	30mg	-

\*NRV = Nutrient Reference Values

**Ingredients:** Bulking Agent (Microcrystalline Cellulose), Para Amino Benzoic Acid (PABA), Nicotinamide (Niacin), Calcium Pantothenate (Pantothenic Acid), Cholecalciferol (Vitamin D3), Pyridoxine Hydrochloride (Vitamin B6), Thiamin Hydrochloride (Thiamin), Riboflavin, Pteroylmonoglutamic acid (Folic Acid), D-Biotin (Biotin), Methylcobalamin (Vitamin B12).





180 VEGAN TABLETS



# 10,000µg BIOTIN + WITH ZINC & SELENIUM

Our Essential Biotin have been expertly formulated with your health and well being in mind. Each daily serving contains contains 10,000µg of Biotin, 20mg of Zinc, 55µg of Selenium.

Biotin contributes to the maintenance of normal hair and skin. Biotin also contributes to normal psychological function.

- ✓ 3 Month Supply
- ✓ Expertly Formulated
- ✓ Vegan Friendly
- ✓ No Artificial Flavours
- ✓ Easy to Swallow
- ✓ Made in the UK



## NUTRITIONAL INFORMATION

Per daily dose: 2 tablets

		NRV*
<b>Biotin</b>	10,000µg	20000%
<b>Zinc</b>	20mg	200%
<b>Selenium</b>	55µg	100%

\*NRV = Nutrient Reference Values

**Ingredients:** Bulking Agents (Microcrystalline Cellulose, Calcium Carbonate), Zinc Citrate, D-Biotin (Biotin), L-Selenomethionine.

10,000µg BIOTIN +





180 VEGAN TABLETS



# 14mg IRON +

GINGER, CURCUMIN & BLACK PEPPER WITH VITAMIN C, B12 AND FOLIC ACID

Our Essential Iron Plus have been expertly formulated with your health and wellbeing in mind. Each daily serving contains contains 80mg of Vitamin C, 200µg of Folic Acid, 2.5µg of Vitamin B12 and 14mg of Iron.

Iron contributes to the reduction of **tiredness** and **fatigue** and normal function of the **immune system**.

Iron also contributes to normal **cognitive function** and a normal **energy-yielding metabolism**.

- ✓ 6 Month Supply
- ✓ Expertly Formulated
- ✓ Vegan Friendly
- ✓ No Artificial Flavours
- ✓ Easy to Swallow
- ✓ Made in the UK



## NUTRITIONAL INFORMATION

Per daily dose: 1 tablet

		NRV*
Vitamin C	80mg	100%
Folic Acid	200µg	100%
Vitamin B12	2.5µg	100%
Iron	14mg	100%

\*NRV = Nutrient Reference Values

**Ingredients:** Bulking Agent (Microcrystalline Cellulose), L-Ascorbic Acid (Vitamin C), Ferrous Fumarate, Pteroylmonoglutamic Acid (Folic Acid), Methylcobalamin (Vitamin B12).

14mg IRON +





180 VEGAN TABLETS



# 2500mg TURMERIC

## GINGER, CURCUMIN & BLACK PEPPER

Our Essential Turmeric have been expertly formulated with your health and wellbeing in mind. Each daily serving contains contains 50mg of Turmeric Root Extract, 50mg of Ginger Root Extract and 8mg of Black Pepper Fruit Extract.

Ginger in conjunction with Turmeric may help to reduce inflammation and help absorption. Black Pepper contains the chemical Piperine that can help with absorption.

- ✓ 3 Month Supply
- ✓ Expertly Formulated
- ✓ Vegan Friendly
- ✓ No Artificial Flavours
- ✓ Easy to Swallow
- ✓ Made in the UK



### NUTRITIONAL INFORMATION

Per daily dose: 2 Tablets

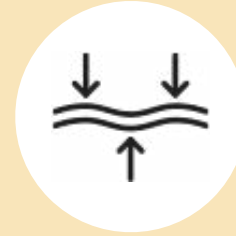
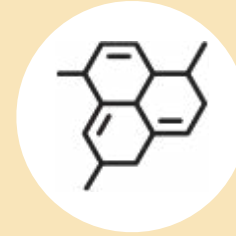
Turmeric Root Extract 50:1 (2500mg equivalent amount of plant)	50mg
of which Curcumin	47mg
Ginger Root Extract 20:1 (1000mg equivalent amount of plant)	50mg
Black Pepper Fruit Extract 25:1 (200mg equivalent amount of plant)	8mg
of which Piperine	7.6mg

**Ingredients:** Bulking Agent (Microcrystalline Cellulose), Curcuminoids (from *Curcuma longa* L.), Ginger Root Extract (*Zingiber officinale* Rosc.), Black Pepper Fruit Extract (*Piper nigrum* L.).





120 VEGAN TABLETS



# 10,000IU VITAMIN A

## SUPPORT FOR SKIN & VISION

Our Essentials Vitamin A have been expertly formulated with your health and wellbeing in mind. Each daily serving contains contains 10,000IU of Vitamin A.

Vitamin A contributes to the maintenance of normal **skin** and normal **vision**. Vitamin A has a role in the process of **cell specialisation** and normal **iron metabolism**.

- ✓ 1 Year Supply
- ✓ Expertly Formulated
- ✓ Vegan Friendly
- ✓ No Artificial Flavours
- ✓ Easy to Swallow
- ✓ Made in the UK



### NUTRITIONAL INFORMATION

Per daily dose: 1 tablet

		NRV**
Vitamin A	3,000µg (10,000IU)	375%

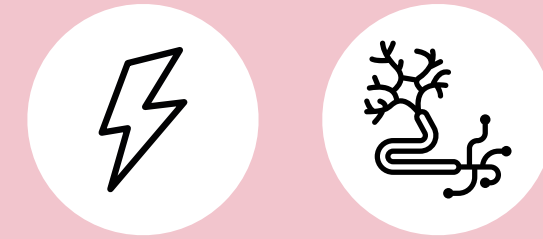
\*\*NRV = Nutrient Reference Values

**Ingredients:** Bulking Agents (Microcrystalline Cellulose, Calcium Phosphates), Retinyl Acetate (Vitamin A), Antioxidant (Sodium Ascorbate).





120 VEGAN TABLETS



# 100mg VITAMIN B6

SUPPORT FOR THE NERVOUS SYSTEM

Our Essentials Vitamin B6 have been expertly formulated with your health and wellbeing in mind. Each daily serving contains contains 100mg of Vitamin B6.

Vitamin B6 contributes to the reduction of **tiredness and fatigue** and contributes to normal functioning of the **nervous system** and the **immune system**.

- ✔ 4 Month Supply
- ✔ Expertly Formulated
- ✔ Vegan Friendly
- ✔ No Artificial Flavours
- ✔ Easy to Swallow
- ✔ Made in the UK



#### NUTRITIONAL INFORMATION

Per daily dose: 1 tablet

		NRV**
Vitamin B6	100mg	7143%

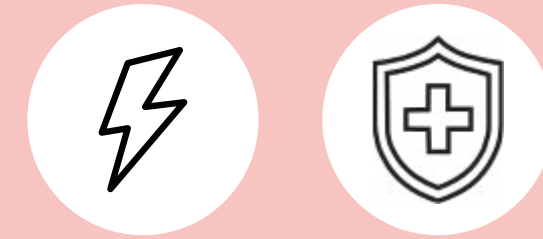
\*\*NRV = Nutrient Reference Values

**Ingredients:** Bulking Agents (Microcrystalline Cellulose, Calcium Phosphates), Pyridoxine Hydrochloride (Vitamin B6).





365 VEGAN TABLETS



# 1200µg VITAMIN B12

## ENERGY SUPPORT

Our Essentials Vitamin B12 have been expertly formulated with your health and wellbeing in mind. Each daily serving contains contains 1200µg of Vitamin B12.

Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue and contributes to the normal function of the immune system and normal red blood cell formation.

- ✓ 1 Year Supply
- ✓ Expertly Formulated
- ✓ Vegan Friendly
- ✓ No Artificial Flavours
- ✓ Easy to Swallow
- ✓ Made in the UK



### NUTRITIONAL INFORMATION

Per daily dose: 1 tablet

		NRV**
Vitamin B12	1200µg	48000%

\*\*NRV = Nutrient Reference Values

**Ingredients:** Bulking Agent (Microcrystalline Cellulose), Methylcobalamin (Vitamin B12).

1200µg VITAMIN B12







90 VEGAN TABLETS



# 1100MG VITAMIN C

## SUPPORT FOR THE IMMUNE SYSTEM

Our Essentials Vitamin C have been expertly formulated with your health and wellbeing in mind. Each daily serving contains contains 1100mg of Vitamin C.

Vitamin C contribute to the reduction of **tiredness** and **fatigue** and normal function of the **immune system**, as well as normal energy-yielding metabolism .

- ✔ 3 Month Supply
- ✔ Expertly Formulated
- ✔ Vegan Friendly
- ✔ No Artificial Flavours
- ✔ GMO Free
- ✔ Made in the UK

### NUTRITIONAL INFORMATION

Per daily dose: 1 Tablet

		NRV**
Vitamin C	1100mg	1375%

\*\*NRV = Nutrient Reference Values

**Ingredients:** L-Ascorbic Acid (Vitamin C), Bulking Agent (Microcrystalline Cellulose).



1100mg VITAMIN C





400 VEGAN TABLETS



# 4000IU VITAMIN D3

## SUPPORT FOR BONES, MUSCLES & TEETH

Vitamin D3 is produced naturally by the body in response to sunlight, and is found in certain dietary sources such as oily fish, mushrooms and eggs. Getting enough Vitamin D is essential for our health.

Vitamin D contributes to the maintenance of normal **bones** and normal **teeth, muscle function** and **immune system**.

- ✔ Over 1 Year Supply
- ✔ Expertly Formulated
- ✔ Vegan Friendly
- ✔ No Artificial Flavours
- ✔ Easy to Swallow
- ✔ Made in the UK



### NUTRITIONAL INFORMATION

Per daily dose: 1 tablet

		NRV**
Vitamin D3	100µg (4000IU)	2000%

\*\*NRV = Nutrient Reference Values

**Ingredients:** Bulking Agents (Microcrystalline Cellulose, Calcium Phosphates), Cholecalciferol (Vitamin D3).



**Nutravita is involved with well established charities including Mission Direct and Ecologi.**

Not only do we give a portion of profits to charity but we also donate supplements to parts of the world with serious deficiencies such as Iron in Cambodia.



For every product you purchase, a tree will be planted to help build the forest of tomorrow.

IN PARTNERSHIP WITH

*Ecologi*



Since we launched in late 2014, Nutravita has helped thousands of people achieve their desired goals as well as live a healthier lifestyle. We wanted to take this opportunity to thank all of our customers and let you know that we are here to support you throughout this journey.

We are always available for questions & advice - just give us a call or drop us an email.

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