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Nutrigreen



ALFALFA - 90 TABLETS

A natural enzyme active tonic for general well being which is also helpful in convalescence and anaemia. Reduces cholesterol levels, aids the circulatory system, menopausal problems and fibroids.

Standardised Nutri Extract:

Alfalfa (*Medicago Sativa*) 300mg

GREEN BARLEY GRASS - 60 CAPSULES

A complete enzyme active source containing all the nutrients necessary for a balanced diet. A natural food for good health & vitality. High in chlorophyll.

Standardised Nutri Extract:

Green barley grass 300mg
(*Hordeum spp.*)
Equivalent to 1200mg

CELERY - 90 TABLETS

A traditional herbal food supplement that is nutritionally beneficial for the symptomatic relief of lumbago, fibrositis, rheumatic pain & gout.

Standardised Nutri Extract and Powder

Equivalent to:
Celery seed extract 2:1 325mg
(*Apium graveolens*)

CHLORELLA - 90 CAPSULES

The king of green superfoods, a microscopic but mighty powerhouse of assimilable nutrients for a healthy active lifestyle.

Nutri Powder:

100% Pure Broken Cell Chlorella 450mg
Providing Chlorophyll App 9mg

FENUGREEK - 90 TABLETS

An enzyme active nutritional supplement to aid the control of blood sugar and cholesterol levels.

Standardised Extract and Powder

Equivalent to:
Fenugreek seed 300mg
(*Trigonella Foenum - Graecum*)

MULTIENZYME- 90 TABLETS

A natural and balanced multi-enzyme formula with bioavailable vitamin, mineral and other nutrients for maximum absorption and digestion of the food supplement and other food ingested. Also rich in chlorophyll, sterols and sterolins.

Standardised Nutri Extract and Powder:

Greenbarley grass (*Hordeum spp.*) 350mg
Fenugreek (*Trigonella foenum*) 80mg
Spirulina 75mg
Peppermint 10mg
Enzymes:
Multienzyme blend 50mg

SPIRULINA- 30 & 90 TABLETS

An enzyme active nutrient rich, pure vegetable algae, high in protein, amino acids, beta-carotene, B vitamins, calcium, phosphorus, iron, magnesium, potassium and more. Nature's energy booster.

Dried Nutri Powder:

Spirulina 500mg

WHEAT GRASS- 60 CAPSULES

A superior food source of SOD (Super oxide dismutase) a natural tonic for general well being with powerful anti-oxidants to aid the body to clear toxins.

Standardised Nutri Powder:

Green wheatgrass (*Triticumaestivum*) 400mg

High Potency. Processed to preserve all natural vitamins, minerals, amino acids, enzymes, chlorophyll, sterols and sterolins.



Did you know
we have over 100
Nutriherb products

NUTRIHERB

Acneaid - 60 capsules

Enzyme active skin nutrition. A unique blend of herbs traditionally used to help maintain a clear healthy skin.

Standardised Herbal Extract & Powder:

Echinacea (*Echinacea Purpurea*)
Horsetail Silica (*Equisetum Lappa*)
Red Clover
Astragalus (*Astragalus Membranaceus*)
Olive Leaves (*Olea Europaea*)
Nettle (*Urtica Dioica*)
Burdock (*Arctium Lappa*)

Cleavers (*Galium Aparine*) 50mg
Milk Thistle (*Silybum Marianum*) 30mg
Bioperine 2mg
Enzymes:
Zymetone™ 10mg
Minerals:
Zinc Gluconate 30mg
Selenium AAC Providing Selenium 6µg

african potato - 60 Tablets

Nutritionally beneficial for a healthy immune system and CD4 count, prostate problems and arthritic conditions.

Standardised Herbal Extract & Powder:

African Potato (*Hypoxis Hemerocallidea*)

600mg

aloeferox - 60 Tablets

An African traditional herbal supplement & adaptogen. A natural aid for constipation. Also used for arthritis, eczema & stress.

Standardised Bitter Extract & Powder:

Aloe Ferox

300mg

aloe - 60 Tablets

A natural detoxifier & aid for regularity.

Standardised Bitters Extract & Powder:

Aloe (*Aloe Barbadosis*)

300mg

angelica/dong quai - 60 capsules

Nutritionally beneficial for female problems, normal blood pressure levels & the elderly.

Standardised Herbal Extract & Powder:

Angelica Sinensis Root 2:1
Equivalent to Angelica Root Powder

475mg
950mg

artemisia/Wormwood - 60 capsules

Nutritionally beneficial for healthy normal appetite, parasite free digestive tract, health levels of resistance to coughs & colds.

Standardised herbal extracts & powder equivalent to:

Artemisium Afra

500mg

NUTRIHERB

artichoke - 60 capsules

Nutritionally beneficial for a healthy liver, kidneys & gall bladder function & the control of cholesterol.

Standardised Herbal Extract & Powder Equivalent to:

Artichoke Leaf (*Cynara Scolymus*) 750mg

ashwaganda - 60 capsules

A herbal food supplement, regarded as an Indian Ginseng, a calming adaptogenic tonic.

Standardised Herbal Extract and Powder:

Ashwagandha Root 2:1 400mg
(*Withania Somnifera*)
Equivalent to Ashwagandha Root Powder 800mg

astragalus - 60 capsules

One of the traditional Chinese medicines most important herbs, Huang Qi, has been found to be a stimulating tonic for maintaining a healthy immune system and more suitable for younger people than ginseng.

Standardised Herbal Extract & Powder Equivalent to:

Astragalus (*Astragalus Membranaceus*) 450mg

Bearberry - 60 capsules

Nutritionally beneficial for a healthy urinary tract. It contains the hydroquinone, arbutin, an antibacterial antiseptic.

Standardised Herbal Extract & Powder :

Bearberry Leaf (*Arctostaphylos Uva-Ursi*) 2:1 350mg
Equivalent to Bearberry leaf powder 700mg

bilberry fruit - 60 capsules

Nutritionally beneficial for the regeneration of retinal purple, commonly known as visual purple, a substance required for good eyesight particularly at

night and when suffering from eyestrain.

Standardised Herbal Extract & Powder Equiv. to:

Bilberry Fruit (*Vaccinium myrtillus*) 10:1 500mg
Providing Anthocyanidins 25mg
Equivalent to Bilberry Fruit Powder 5000mg

bilberry leaf - 60 capsules

Bilberry leaf extract is an effective aid for the control of high blood sugar levels & can encourage insulin

production.

Dried Herbal Extract:

Bilberry Leaf (*Vaccinium Myrtillus*) 400mg

blackcohosh - 60 capsules

A herbal food supplement traditionally used by the native Americans as an aid for rheumatic pain, inflammation and an assortment of "female complaints" for which it is now widely used. Laboratory studies have shown its effectiveness as an aid in the control of high blood pressure and sugar

levels.

Standardised Herbal Extract & Powder Equiv. to:

Black Cohosh (*Cimicifuga Racemosa*) 2000mg

black walnut - 60 capsules

Nutritionally beneficial for the prevention and eradication of intestinal parasites.

Dried Herbal Extract:

Black Walnut (*Juglaris Nigra*) 500mg

blood tonic - 60 capsules

Nutritionally beneficial for healthy blood.

Standardised Herbal Extract & Powder:

| | | | |
|---|-------|--|------|
| Echinacea (<i>Echinacea Purpurea</i>) | 300mg | Cleavers (<i>Galium Aparine</i>) | 50mg |
| Horsetail Silica (<i>Equisetum Lappa</i>) | 150mg | Milk Thistle (<i>Silybum Marianum</i>) | 30mg |
| Red Clover | 100mg | Bioperine | 2mg |
| Astragalus (<i>Astragalus Membranaceus</i>) | 50mg | Enzymes: | |
| Olive Leaves (<i>Olea Europaea</i>) | 50mg | Zymetone™ | 10mg |
| Nettle (<i>Urtica Dioica</i>) | 50mg | Minerals: | |
| Burdock (<i>Arctium Lappa</i>) | 50mg | Zinc Gluconate | 30mg |
| | | Selenium AAC Providing Selenium | 6µg |

Boswellia - 60 capsules

Nutritionally beneficial aid to reduce inflammation and improve circulation to affected joints, providing symptomatic relief for arthritis, bursitis, tendonitis, carpal tunnel syndrome, gout and sports injuries.

Standardised 50% Boswellic Acid extract:

Boswellia (*Boswellia Serrata*) 400mg
Providing: Boswellic Acid 200mg

buchu - 60 capsules

A herbal food supplement traditionally used for the symptomatic relief of urinary tract infections and disorders including cystitis, prostate related problems and excess fluid retention.

Dried Herbal Powder:

Buchu (*Agathosma Betulina*) 350mg

burdockRoot - 60 capsules

A herbal food supplement traditionally used as a "cleansing" aid for skin & rheumatic problems.

Standardised Herbal Extract & Powder Equiv. to:

Burdock Root 2:1 (*Articum Lappa*) 400mg

butcher's broom & Pilewort - 60 tablets

A herbal food supplement traditionally used as an aid for the symptomatic relief of varicose veins, haemorrhoids & poor circulation.

Standardised Herbal Extract & Powder Equiv. to:

Butchers Broom (*Ruscus aculeatus*) 400mg
Pilewort (*Ranunculus ficaria*) 400mg

Cascara complex- 60 tablets

Nutritionally beneficial for normal healthy regularity.

Standardised Herbal Extract & Powder Equiv. to:

Cascara sagrada powder (*Rhamnus furshianus*) 300mg
Cinnamon Powder (*Cinnamomum zeylanicum*) 50mg
Slippery Elm (*Ulmus Rubra*) 50mg
Calcium Sennosides 60% 2mg



NUTRIHERB

cat's claw - 60 tablets

A herbal food supplement traditionally used as a tonic for the immune system and natural anti-oxidant.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|--|--------|
| Cats Claw Bark (<i>Uncaria Tomentosa</i>) | 300mg |
| Cats Claw Bark 1.5% Oxindole Ext Eqv to Cats Claw Powder | 2000mg |

cayenne- 60 capsules

An enzyme active herbal food supplement regarded as warming and stimulating. Beneficial for the symptoms of chills, digestive problems, cholesterol control and debility.

Dried Herbal Extract:

| | |
|--|-------|
| Cayenne Fruit (<i>Capsicum Spp.</i>) | 450mg |
|--|-------|

Chamomile - 60 capsules

A traditional herbal supplement used for centuries as an aid for symptoms of nervousness, stomach upsets, nausea & insomnia.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|--|-------|
| Chamomile (<i>Matricaria Recutita</i>) | 600mg |
|--|-------|

chaste tree - 60 capsules

Regarded as a female aphrodisiac. Nutritionally beneficial for normal healthy hormone balance particularly during menstruation & menopause.

Standardised Berry Extract & Powder Equiv. to:

| | |
|---|-------|
| Chaste Tree Berry (<i>Vitex Agnus-Castus</i>) | 550mg |
|---|-------|

cinnamon - 60 capsules

Nutritionally beneficial for healthy blood sugar levels & digestive problems including diarrhoea & nausea.

Dried Herbal Extract:

| | |
|--|-------|
| Cinnamon (<i>Cinnamomum Zeylanicum</i>) | 450mg |
|--|-------|

Clivers/Cleavers - 60 capsules

A traditional herbal supplement regarded as a "cleansing" herb for maintaining a healthy lymphatic system, clear skin & normal levels of fluid retention.

Dried Herbal Extract:

| | |
|---|-------|
| Cleavers Herb (<i>Galium Aparine</i>) | 450mg |
|---|-------|

Clove - 60 capsules

Clove has a calming, warming, antiseptic effect and aids chills, coughs, digestive upsets and parasite control. The Chinese regard clove as a kidney tonic and aid for the reproductive organs.

Dried Herbal powder:

| | |
|--------------------------------------|-------|
| Clove (<i>Syzygium Aromaticum</i>) | 500mg |
|--------------------------------------|-------|

Cranberry - 60 capsules

Cranberries are a useful source of Vitamin C & Flavonoids. Research in the 1990's in the USA indicated that it is a beneficial nutritional aid for urinary infections & cystitis.

Dried Berry Extract:

| | |
|---|-------|
| Cranberry Fruit Extract 4:1 (<i>Vaccinium oxycoccus</i>) | 450mg |
|---|-------|

dandelion - 60 capsules

A herbal food supplement which is a natural potassium rich diuretic, digestive aid, and tonic for liver, gallbladder and kidney function.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|--|-------|
| Dandelion root | 400mg |
| Dandelion herb (<i>Taraxacum officinale</i>) | 150mg |

devil's claw celery & Selenium- 30 & 60 tablets

Nutritionally supportive and beneficial for joint mobility and the symptomatic relief of degenerative disorders of the locomotor system, painful joint conditions, lumbago, fibrosis, arthritic and rheumatic pain.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|--|-------|
| Devil's Claw (<i>Harpagophytum procumbens</i>) | 400mg |
| Celery seed (<i>Apium graveolens</i>) | 200mg |
| Minerals: Selenium (<i>from selenium selenite</i>) | 10ug |

Diuregen- 60 tablets

A herbal food supplement traditionally used as an aid for fluid retention & the excretion of uric acid. Also beneficial for urinary infections & arthritic conditions.

Standardised Herbal Extract & Powder Equiv. to:

| | | | |
|---|-------|---|------|
| Artichoke (<i>Cynara scolymus</i>) | 150mg | Burdock root (<i>Arctium lappa</i>) | 80mg |
| Kelp (<i>Ecklonia Maxima</i>) | 100mg | Clivers (<i>Galium aparine</i>) | 80mg |
| Dandelion (<i>Taraxacum officinale</i>) | 100mg | Buchu (<i>Agathosma betulina</i>) | 30mg |
| Celery seed (<i>Apium graveolens</i>) | 100mg | Parsley (<i>Petroselinum crispum</i>) | 20mg |

echinacea- 60 capsules

A Nutritional supplement to aid infections & skin complaints such as acne, boils & carbuncles. Also, boosts the immune system.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|---|-------|
| Echinacea (<i>Echinacea Purpurea</i>) | 500mg |
|---|-------|

elderberry- 60 capsules

Nutritionally beneficial to help maintain a clear healthy respiratory system.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|--|--------|
| Elder Flower (<i>Sambucus Nigra</i>) | 1000mg |
|--|--------|

eyebright- 60 capsules

A traditional herbal food supplement regarded as a stimulating tonic to aid a variety of upper respiratory problems such as allergic rhinitis, hay fever and sinusitis.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|--|-------|
| Eyebright (<i>Euphrasia Officinalis</i>) | 500mg |
|--|-------|

fennel- 60 capsules

A traditional herbal food supplement beneficial for the control of indigestion & flatulence. Also believed to stimulate milk flow in nursing mothers.

Dried Herbal Extract:

| | |
|--------------------------------------|-------|
| Fennel (<i>Foeniculum Vulgare</i>) | 450mg |
|--------------------------------------|-------|

feverfew- 60 tablets

A traditional food supplement to aid with the symptoms of a migraine, chronic arthritis, period pains and minor fevers.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|--|-------|
| Feverfew (<i>Chrysanthemum Parthenium</i>) | 350mg |
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NUTRIHERB

Garlic & Parsley- 60 tablets

A traditional herbal food supplement. The benefits & health-giving properties of garlic have been known for centuries.

| | |
|--|-------|
| Standardised Root Extract & Powder Equiv. to: | |
| Garlic (<i>Allium Sativum</i>) | 500mg |
| Parsley (<i>Petroselinum Crispum</i>) | 50mg |

Ginger- 60 capsules

A nutritional supplement traditionally used to calm upset stomachs, morning sickness & travel sickness.

| | |
|--|-------|
| Standardised Root Extract & Powder Equiv. to: | |
| Ginger (<i>Zingiber Officinale</i>) | 500mg |

Ginger- 60 tablets

A nutritional supplement traditionally used to calm upset stomachs, morning sickness & travel sickness.

| | |
|--|-------|
| Standardised Herbal Extract & Powder Equiv. to: | |
| Ginger (<i>Zingiber Officinale</i>) | 300mg |

ginkgo biloba - 60 tablets

Nutritionally beneficial circulatory stimulant for peripheral circulation, cognitive function, age-related memory impairment, dementia, vertigo, altitude sickness, anxiety premenstrual syndrome, and varicose veins.

| | |
|---|--------|
| Standardised Herbal Extract & Leaf Powder Equiv. to: | |
| Ginkgo Biloba | |
| Flavones 12% Lactones 3% | 300mg |
| Equivalent to Ginkgo powder | 5500mg |

ginseng - 60 tablets

A nutritional supplement used for thousands of years as an all round tonic, aid for stress and particularly beneficial for the very active and the elderly.

| | |
|--|--------|
| Standardised Herbal Extract & Powder Equiv. to: | |
| Siberian Ginseng | 300mg |
| (<i>Eleutherococcus Senticosus</i>) | |
| Standardise 0.5% Eleutheroside B & E | |
| Equivalent to Ginseng root powder | 1900mg |

Goldenseal-60capsules

A herbal food supplement traditionally used by the Australian Aborigines and American Cherokee for a variety of ailments. It is anti-microbial and beneficial for digestive problems, maintaining healthy gut flora, colds and flu, menstrual and menopausal problems.

| | |
|--|-------|
| Standardised Herbal Extract & Powder Equiv. to: | |
| Goldenseal root extract 15:1 | 116mg |
| (<i>Hydrastis canadensis</i>) | |
| Equivalent to 1750mg powder. | |

Gotu kola-centella - 60tablets

A nutritional supplement traditionally used as a rejuvenating tonic, an aid for circulation, memory, relaxation and an energy booster.

| | |
|--|-------|
| Standardised Herbal Extract & Powder Equiv. to: | |
| Gotu Kola (<i>Centella Asiatica</i>) | 300mg |

graviola - 60 capsules

A potent adaptogen, supportive of the immune system.

| | |
|--|-------|
| Dried Herbal Extract: | |
| Graviola (<i>Annonacea Muricata Folia</i>) | 375mg |

green tea - 60 capsules

A natural antioxidant & adaptogenic tonic for a healthy immune system.

| | |
|--|-------|
| Standardised Herbal Extract & Powder Equiv. to: | |
| Green Tea (<i>Camellia Sinensis</i>) | 370mg |
| Green Tea Ext. 95% Polyphenols | 75mg |
| Total standardised polyphenols per capsule | 110mg |

Guarana - 60 tablets

The nutritional supplement used as a stimulating tonic to aid mental alertness & fight fatigue.

| | |
|--|-------|
| Standardised Herbal Extract & Powder Equiv. to: | |
| Guarana Seed (<i>Paullinia Cupana</i>) | 400mg |

Harpago- 60 capsules

Duivelsklou - Afrikaans, Hambakahle - Zulu. An African traditional herbal supplement and adaptogen used as an aid for the symptomatic relief of lumbago, fibrositis and rheumatic pain.

| | |
|---|-------|
| Standardised Berry Extract & Powder Equiv. to: | |
| Devil's Claw (<i>Harpagophytum procumbens</i>) | 500mg |

hawthorn - 60 capsules

A herbal food supplement traditionally used as a cardiac tonic which also aids peripheral circulation, regular heart rate and blood flow. A useful tonic for the elderly and busy executives under work pressure and stress. Hawthorn is also a useful aid for nervous conditions, particularly insomnia.

| | |
|---|--------|
| Standardised Berry Extract & Powder Equiv. to: | |
| Hawthorn 2:1 (<i>Crataegus Laevigata</i>) | 500mg |
| Equivalent to Hawthorn Berry Powder | 1000mg |

hawthorn - 60 tablets

A herbal food supplement traditionally used as a cardiac tonic which also aids peripheral circulation, regular heart rate and blood flow. A useful tonic for the elderly and busy executives under work pressure and stress. Hawthorn is also a useful aid for nervous conditions, particularly insomnia.

| | |
|---|-------|
| Standardised Berry Extract & Powder Equiv. to: | |
| Hawthorn 2:1 (<i>Crataegus Laevigata</i>) | 300mg |
| Equivalent to Hawthorn Powder Extract | 600mg |





horny goat weed- 60 capsules

Known in China as Yang Huo, where it's believed to be beneficial for male & female libido. Benefits are enhanced by Ginseng, Ginkgo & Catuaba.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|---|--------|
| Horny Goat Weed (<i>Epimedium Sagittatum</i>) | 1000mg |
| Ginkgo Biloba (<i>Ginkgo Biloba</i>) | 400mg |
| Ginseng (<i>Eleutherococcus Senticosus</i>) | 200mg |
| Catuaba (<i>Anemopaegma Arvense</i>) | 140mg |

HorseChestnut - 60 capsules

A traditional herbal food supplement which is a helpful aid for the symptoms of rheumatism, piles and varicose veins. It contains Aescin, a potent anti-inflammatory saponin.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|---|-------|
| Horse Chestnut 2:1 (<i>Aesculus Hippocastanum</i>) | 350mg |
| Equivalent to Horse Chestnut powder | 700mg |

Immuzyme - 90 Capsules

Nutritionally beneficial for a normal, healthy, immune system.

Dried herbal extract & powder

eqvt to:

| | |
|--|-------|
| Astragalus (<i>Astragalus membranaceus</i>) | 500mg |
| Echinacea (<i>Echinacea spp.</i>) | 500mg |
| Turmeric (<i>Curcuma Longa</i>) | 500mg |
| Olive Leaf extract (<i>Olea europaea</i>) | 400mg |
| Liquorice root (<i>Glycyrrhiza Glabra</i>) | 250mg |

Andrographis 200mg

(*Andrographis Paniculata*)

Pelargonium Extract 200mg

Other Nutrients

ZymetoneTM 7mg

Bioperine 2mg

Minerals

Zinc AAC 20% 5mg

Selenium AAC 2% 40µg

Intesticlenz - 60 capsules

Nutritionally beneficial for the prevention and eradication of intestinal parasites.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|---|-------|
| Wormwood (<i>Artemesia Absinthium</i>) | 150mg |
| Clove Buds (<i>Syzygium Aromaticum</i>) | 100mg |
| Black Walnut Hulls (<i>Juglans Nigra</i>) | 100mg |
| Pumpkin Seed (<i>Cucurbita Maxima</i>) | 100mg |
| Capsicum Fruit (<i>Capsicum Spp.</i>) | 25mg |

karela-bitter melon - 60 capsules

Nutritionally beneficial support for healthy blood sugar and cholesterol levels.

Dried Fruit Extract:

| | |
|--|-------|
| Karela/Bitter Melon (<i>Momordica Charantia</i>) | 350mg |
| Standardised to provide Bitter Acid | 3.5mg |

kelp - 60 CAPSULES

A herbal food supplement traditionally used as a tonic to stimulate the thyroid & increase the metabolism.

Dried Herbal Extract:

| | |
|-------------------------------------|-------|
| Kelp (<i>Ascophyllum Nodosum</i>) | 600mg |
| Providing Iodine | 390µg |

Konjac Glucomannan - 90 capsules

A natural calorie free, high fibre powder. Nutritionally beneficial for healthy cholesterol, blood sugar and blood pressure levels and an essential component of a good natural weight loss program and regular digestive system.

Glucomannan Fibre Extract:

| | |
|--|-------|
| Glucomannan Amorphophallus Konjac Root | 550mg |
|--|-------|

Laxegen - 60 tablets

A natural aid for constipation.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|------------------------------------|-------|
| Senna (<i>Senna Alexandrina</i>) | 250mg |
| Providing 6.5mg Sennosides | |
| Aloe (<i>Aloe Barbadenis</i>) | 60mg |

Anise (*Pimpinella anisum*) 20mg

Chamomile (*Matricaria chamomilla*) 20mg

Fennel (*Foeniculum vulgare*) 20mg

Lemon Balm - 60 capsules

Nutritionally beneficial aid for depression, anxiety, tension headaches & nervous tummy upsets.

Dried Herbal Extract:

| | |
|--|-------|
| Lemon Balm Leaves (<i>Melissa Officinalis</i>) | 350mg |
|--|-------|

Liquorice- 60 capsules

Glycyrrhizin is a nutritionally beneficial digestive and hormonal stimulant, anti-inflammatory, helps to inhibit and inactivate herpes simplex virus particles and detoxify the liver.

Dried Herbal Extract:

| | |
|---|--------|
| Liquorice Root Extract 22% glycyrrhizin (<i>Glycyrrhiza Glabra</i>) | 410mg |
| providing 90mg glycyrrhizin equiv. to liquorice root powder | 4100mg |

liverstone- 60 capsules

Nutritionally beneficial for healthy liver, kidney & gall bladder function.

Dried Herbal Extract:

| | |
|--------------------------------------|-------|
| Milk Thistle 80% Silymarin Ext 75:1 | 150mg |
| Globe Artichoke 3% Cynarina Ext 15:1 | 50mg |
| Turmeric | 40mg |
| Dandelion root Ext 4:1 | 35mg |
| Thyme | 20mg |
| Other Nutrients: | |
| Choline Bitartrate | 30mg |
| Betaine Anhydrous | 30mg |
| Inositol | 25mg |
| L-Glutathione | 10mg |
| Alpha Lipoic Acid | 10mg |

Vitamins:

| | |
|---------------------|-------|
| C Calcium ascorbate | 38mg |
| E 50% cws (7.1 IU) | 10mg |
| B5 Ca Pantothenate | 2mg |
| B1 Thiamine HCL | 0.5mg |
| B2 Riboflavin | 0.5mg |
| B12 Cobalamine | 24µg |
| Minerals: | |
| Zinc AAC 20% | 30mg |
| Copper AAC 10% | 5mg |
| Selenium AAC 2% | 1.2mg |
| Enzymes: | |
| ZymetoneTM | 10mg |

milk thistle - high potency- 60 capsules

Nutritionally beneficial for the liver. A natural source of silymarin to protect against damage from toxic chemicals and aid rejuvenation.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|---|---------|
| Milk Thistle Seeds (<i>Silybum Marianum</i>) | 225mg |
| Milk Thistle 80% silymarin extract standardised blend | 225mg |
| Equivalent to Milk Thistle Seed Powder | 17000mg |

NUTRIHERB

milk thistle- 60 tablets

Nutritionally beneficial for the liver. A natural source of silymarin to protect against damage from toxic chemicals and aid rejuvenation.

Standardised Herbal Extract & Powder Equiv. to:

Milk Thistle Seeds (*Silybum Marianum*) 300mg
Standardised to 25% Silymarin extract 6300mg
Equivalent to seed powder

Moringa- 120 capsules

Moringa leaf's high nutritional value and wide range of beneficial ingredients, makes this green vitamin, mineral, amino acid and more, super complex helpful for a range of ailments and general good health.

Dried Herbal Extract:

Moringa Oleifera Leaves 400mg

nettle-60capsules

Nutritionally beneficial for normal healthy fluid retention levels & a clear healthy digestive system.

Standardised Herbal Extract & Powder Equiv. to:

Nettle (*Folia urticae*) 2:1 350mg
Equivalent to Nettle powder 700mg

OliveLeaf- 60 capsules

A herbal food supplement traditionally used as a tonic to aid the immune system, fevers, nervous tension & high blood pressure.

Standardised Herbal Extract & Powder Equiv. to:

Olive Leaves (*Olea Europaea*) 500mg

Olive Leaf- 60 tablets

A herbal food supplement traditionally used as a tonic to aid the immune system, fevers, nervous tension & high blood pressure.

Standardised Herbal Extract & Powder Equiv. to:

Olive Leaves (*Olea Europaea*) 500mg



oregano- 60 capsules

A traditional herbal food supplement which is beneficial for the symptoms of colds and minor digestive upsets. Recent research has established its ability to combat "free radicals" help prevent premature ageing and promote rejuvenation.

Dried Herbal Extract:

Oregano (*Origanum Spp.*) 340mg

Papaya with Papain- 60 capsules

Papain is a natural proteolytic enzymes, which helps in the digestion of protein, supporting proper gastrointestinal function and making these nutrients available for the body's energy needs, cell growth and other functions required for optimal good health.

Dried extract equivalent to:

Papaya seed (*Carica papaya*) 500mg
Papain 5000TU

NUTRIHERB

passiflora- 60 capsules

Nutritionally beneficial aid to cope with stress, anxiety and emotional upset. Also, helps promote restful sleep.

Standardised Herbal Extract & Powder Equiv. to:

Passionflower (*Passiflora incarnata*) 350mg

Pau 'D Arco-Taheebo- 60 capsules

Nutritionally beneficial for a healthy immune system, general good health and vitality.

Standardised Herbal Extract & Powder Equiv. to:

Pau D' Arco Bark (*Tabebuia Impetiginosa*) 450mg
Equivalent to 900mg powder

Psyllium Husk- 60 & 90 capsules

Nutritionally beneficial for a clean, healthy & regular digestive system.

Dried Herbal Powder:

Psyllium Husks (*Plantago Psyllium*) 550mg

Pygeum- 60 capsules

Nutritionally beneficial for inflammation, decongestion & particularly helpful to reduce prostate enlargement.

Standardised Herbal Extract & Powder Equiv. to:

Pygeum africanum bark 4:1 350mg
Equivalent to Pygeum bark powder 1400mg

raspberry leaf- 60 capsules

A traditional herbal food supplement which has a tonifying effect on the uterus & is used as a preparative tonic for childbirth & period pain.

Dried Herbal Powder:

Raspberry Leaf (*Rubus Idaeus*) 450mg

Red Clover- 60 capsules

An enzyme active nutritional supplement which is beneficial for skin problems such as psoriasis and eczema and due to its diuretic properties, dry coughs and gout.

Standardised Herbal Extract & Powder Equiv. to:

Red clover 4:1 (*Trifolium pratense*) 400mg
Equivalent to Red Clover powder 1600mg

Respigen- 60 capsules

Nutritionally beneficial as an aid for the symptoms of coughs and upper respiratory problems.

Standardised Herbal Extract & Powder Equiv. to:

| | | | |
|--|-------|---|-------|
| Elderberry (<i>Sambucus nigra</i>) | 100mg | Ligisticum | 100mg |
| Warburgia (<i>Warburgia salutaris</i>) | 100mg | Liquorice root (<i>Glycyrrhiza glabra</i>) | 60mg |
| Pelargonium | 100mg | Wildginger (<i>Siphonochilus aethiopicus</i>) | 50mg |
| Eyebright (<i>Euphrasia Officinalis</i>) | 100mg | Thyme (<i>Thymus vulgaris</i>) | 40mg |

rhodiola- 60 capsules

Nutritionally beneficial for healthy stress, anxiety, mood levels, mental & physical performance, male & female libido.

Standardised Herbal Extract & Powder Equiv. to:

Rhodiola (*Rhodiola Rosea Root*) 350mg
Standardised to 1% Rosavins & 1% Salidroside
Equivalent to 1000mg Powder

rosemary- 60 capsules

A source of borneol, hence its nutritional benefits for temporary fatigue, overwork, headaches, indigestion and as a circulatory stimulant. It's anti-oxidant properties

help prevent premature ageing of cells.

Standardised Herbal Extract & Powder Equiv. to:

Rosemary Leaves (*Rosmarinus Officinalis*) 550mg

sage- 60 capsules

traditional herbal food supplement which has a diuretic & anti-depressive effect & a high oestrogen content hence it's beneficial effect on symptoms of menopause & menstrual problems.

Dried Herbal Extract:

Sage (*Salvia Officinalis*) 300mg

saphila no1- 45 & 90 Tablets

Nutritionally beneficial to help normalise viral levels and CD4 count and maintain a healthy immune system.

Dried Herbal Extract:

| | | | |
|--|-------|--|-----|
| Sutherlandia (<i>Sutherlandia Frutescens</i>) | 125mg | Milk Thistle (<i>Silybum Marianum</i>) | 5mg |
| African Potato (<i>Hypoxis Hemerocallidea</i>) | 100mg | Milk Thistle Silymarin 80% extract | 5mg |
| Olive Leaves (<i>Olea Europaea</i>) | 40mg | Scheduled Vitamin | |
| Graviola (<i>Annonaceae Muricate Folia</i>) | 20mg | Vitamin E 50% | 2mg |
| Turmeric (<i>Curcuma Longa</i>) | 10mg | Scheduled Mineral | |
| Clivers (<i>Galium Aparine</i>) | 10mg | Zinc Gluconate | 5mg |
| | | Selenium AAC 0.2% | 2mg |

saw palmetto- 60 capsules

A herbal food supplement highly valued for its tonic effect in debility & convalescence. Beneficial for the symptoms of cystitis & prostate problems.

Standardised Berry Extract & Powder Equiv. to:

Saw Palmetto Berries (*Serenoa repens*) 500mg

sceletium- 60 capsules

Nutritionally beneficial for a relaxed sense of well-being, mood elevation & reduced levels of anxiety, stress & tension.

Dried Herbal Extract:

Sceletium (*Sceletium Tortuosum*) 100mg

senna- 30 tablets

Nutritionally beneficial for a relaxed sense of well-being, mood elevation & reduced levels of anxiety, stress & tension.

Dried Herbal Extract:

Senna (*Senna Alexandrina*) 40mg
Providing 8mg Sennosides

Silica- 60 tablets

A high potency concentrated silica extract, which is an outstanding nutritional supplement for healthy skin, hair, nails & bones.

Dried Herbal Extract:

Horsetail leaf 5% Silica (*Equisetum arvense*) 300mg
Equivalent to horsetail powder 1000mg





Silica, Seaweed & Brewers Yeast- 60 tablets

A natural nutritional supplement for healthy skin, hair & nails.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|---|-------|
| Horsetail Herb (<i>Equisetum Arvense</i>) | 300mg |
| Brewers Yeast (<i>Saccharomyces Cerevisiae</i>) | 100mg |
| Seaweed (<i>Ascophyllum Nodosum</i>) | 100mg |

sinugen- 60 capsules

A unique blend of herbs traditionally used to aid the symptoms of catarrh & sinus.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|--|-------|
| Elderberry (<i>Sambucus nigra</i>) | 250mg |
| Nettle (<i>Urtica dioica</i>) | 150mg |
| Eyebright (<i>Euphrasia Officinalis</i>) | 150mg |
| Liquorice root (<i>Glycyrrhiza glabra</i>) | 100mg |
| Thyme (<i>Thymus vulgaris</i>) | 50mg |

| | |
|---|------|
| Warburgia (<i>Warburgia salutaris</i>) | 50mg |
| Wildginger (<i>Siphonochilus aethiopicus</i>) | 40mg |
| Capsicum (<i>Capsicum spp.</i>) | 30mg |
| Anise (<i>Pimpinella anisum</i>) | 20mg |
| Wild Mint (<i>Mentha longifolia</i>) | 20mg |

Slippery Elm- 60 capsules

A highly mucilaginous herb used to coat the stomach & provide protection in cases of gastritis, heartburn & ulceration.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|--|-------|
| Slippery elm bark 2:1 (<i>Ulmus rubra</i>) | 350mg |
| Equivalent to 700mg slippery Elm Bark Powder | |

St John's Wort- 60 tablets

A traditional herbal food supplement to aid with nervous tension, depression & emotional upsets associated with menopause & premenstrual syndrome.

Standardised Herbal Extract & Powder Equiv. to:

| | |
|--|--------|
| St John's Wort (<i>Hypericum Perforatum</i>) | 300mg |
| Standardised to 0.2% (5:1) Hypericins | |
| Equivalent to St John's wort powder | 1500mg |

Sutherlandia- 30, 60 & 90 tablets

An African traditional herbal supplement to aid the immune system. Originated with the Khoi & Nama people who used it as a multipurpose adaptogen.

Dried Herbal Powder:

| | |
|---|-------|
| Sutherlandia (<i>Sutherlandia Frutescens</i>) | 300mg |
|---|-------|

NUTRIHERB



Sutherlandia- 60 capsules

An African traditional herbal supplement to aid the immune system. Originated with the Khoi & Nama people who used it as a multipurpose adaptogen.

Dried Herbal Powder:

Sutherlandia (*Sutherlandia Frutescens*) 350mg

tranquigen- 60 tablets

A traditional herbal food supplement to aid relaxation from everyday stress & promote restful sleep.

Standardised Herbal Extract & Powder Equiv. to:

Valerian (*Valeriana officinalis*) 150mg
Hops (*Humulus lupulus*) 150mg
Passionflower (*Passiflora incarnata*) 70mg
Skullcap (*Scutellaria lateriflora*) 70mg

turmeric- 60 capsules

A herbal food supplement traditionally used to aid the control of obesity. Turmeric is beneficial for liver function, the breakdown of dietary fats, stimulating circulation, reducing the tendency to clot and symptoms of inflammation. Bioperine substantially improves the absorption of turmeric.

Dried Herbal Powder

Turmeric (*Curcuma Longa*) 500mg
Bioperine 2mg

uzara- 60 capsules

Nutritionally beneficial for irritable bowel syndrome, overactive bowel movement, diarrhoea, dysentery, stomach cramps and colic. Also helpful for headaches, indigestion, oedema and dysmenorrhoea (painful menstruation). The anti-diarrhoeal benefits are ascribed to several cardiac glycosides of which uzarin is the best known.

Uzara (*Xynsalobium Undulatum*) 500mg

Dried Herbal Powder:

Vascuzyme- 90 tablets

Nutritionally beneficial for the circulatory system, blood pressure, cholesterol, and varicose and spider veins.

Standardised Nutri Extract & Powder:

Green barley grass (*Hordeum spp.*) 100mg
Fenugreek (*Trigonella foenum*) 100mg
Alfalfa (*Medicago sativa*) 30mg

Siberian Ginseng 100mg
Turmeric (*Curcuma longa*) 75mg
Gotu kola (*Centella Asiatica*) 60mg
Horsetail fern (*Equestrian advense*) 60mg
Capsium (*Capsicum frutescens*) 50mg
Ginger (*Zingiber officinale*) 25mg

Standardised Herbal Extract & Powder

Equiv. To:
Ginkgo (*Ginkgo biloba*) 400mg
Butcher's broom (*Ruscus aculeatus*) 120mg

Minerals:
MSM (*Methylsulphonylmethane*) 20mg

Valerian- 60 capsules

Nutritionally beneficial for the symptoms of stress, anxiety and insomnia.

Standardised Herbal Extract & Powder Equiv. to:

Valerian root 3:1 (*Valeriana Officinalis*) 380mg
Equivalent to 1140mg

Virilegen- 60 tablets

A blend of herbs traditionally used as a tonic for the libido.

Standardised Herbal Extract & Powder

Equiv. to:
Catuaba Bark 200mg
Maca (*Lepidium meyenii*) 200mg

Saw Palmetto 200mg
Schisandra berry 100mg
Siberian Ginseng 100mg
Ginkgo Biloba (*Centella asiatica*) 100mg

warburgia- 60 capsules

Traditionally used to aid the symptoms of coughs, colds & chest complaints.

Dried Herbal Powder

Warburgia Leaves (*Warburgia Salutaris*) 350mg

white willow- 60 capsules

Nutritionally beneficial aid for pain associated with arthritis, gout & headaches.

Standardised Herbal Extract & Powder Equiv. to:

White Willow 4:1 (*Salix Alba*) 250mg
Equivalent to 1000mg

wild ginger- 60 capsules

Assists in the relief of flu, headaches, sinusitis and candidas.

Dried Herbal Extract:

African Ginger (*Siphonochilus aethiopicus*) 125mg

wild yam- 60 capsules

Wild yam was the original source of the oral contraceptive. It is rich in steroidal saponins which provided the diosgenin for conversion into oestrogen and progesterone like substances. It is helpful for period pain, menopause, cramps, colic and rheumatism.

Standardised Herbal Extract & Powder Equiv. to:

Wild Yam (*Dioscorea Villosa*) 550mg

women's range

collagen- 90 capsules

Nutritionally beneficial and Helps:

- Rejuvenate and revitalise skin cells.
- Smooth wrinkles and improve skin elasticity and firmness.
- Improve the appearance of cellulite.
- Soothe joint discomfort and aid mobility.
- Promote the re-growth of cartilage.
- Support muscle tissue recovery.
- Helps regulate sleep patterns.

Active Ingredients:

Hydrolyzed Collagen 500mg

Female Formula- 60 capsules

Advanced nutritional support for menopausal upsets, premenstrual syndrome and female health and vitality.

Standardised Herbal Extract & Powder Equiv. to:

Chaste Tree Berry (*Vitex agnus-castus*) 200mg
Siberian Ginseng 120mg
Black Cohosh (*Cimicifuga racemosa*) 120mg
Dong Quai (*Angelica Sinensis*) 100mg
Wild Yam (*Dioscorea villosa*) 75mg
Alfalfa (*Medico Sativa*) 70mg
Sage (*Salvia officinalis*) 70mg
Liquorice (*Glycyrrhiza glabra*) 25mg

Femétone - hormonal balance-

90 capsules

Provides the essential nutrients to help support hormone production, maintain a healthy hormone balance and general good health for the menopause and post-menopause years.

Active Ingredients:

Flax Oil Powder 50% 225mg

Providing:

ALA (*Alpha-linolenic acid*) 70mg
Linoleic acid 20mg
Oleic acid 20mg
Palmitic Acid 6mg
Stearic Acid 4mg

Dried Herbal Extract

Wild yam root 6% diosgenin (*Dioscorea villosa*) 100mg
Dong Quai root 4:1 extract (*Angelica Sinensis*) 75mg
Chaste tree berries 0.6% agnusides (*Vitex agnus castus*) 75mg
Black cohosh root 8:1 55mg
2.5% Triterpene glycosides (*Cimicifuga racemosa*)
Bioperine 1mg

Vitamins

Vita B5 (*Calcium D-Pantothenate*) 20mg
Vita B6 (*Pyridoxine Hydrochloride*) 25mg
Vita B9 Folic Acid 200µg
Vita B12 (*Methylcobalamin*) 25µg
Vita E 50% (*DL-Alpha Tocopheryl*) 27mg
- Providing 10iu

Minerals

Selenium AAC 2% 1.17mg
- Providing 25µg

varicogen- 90 tablets

Nutritionally beneficial for the circulatory system, blood pressure, cholesterol, and varicose and spider veins.

Standardised Nutri Extract & Powder:

Green barley grass (*Hordeum spp.*) 100mg
Fenugreek (*Trigonella foenum*) 100mg
Alfalfa (*Medicago sativa*) 30mg

Standardised Herbal Extract & Powder Equiv. To:

Ginkgo (*Ginkgo biloba*) 400mg
Butcher's broom (*Ruscus aculeatus*) 120mg
Siberian Ginseng 100mg
Turmeric (*Curcuma longa*) 75mg
Gotu kola (*Centella Asiatica*) 60mg
Horsetail fern (*Equestrian advense*) 60mg
Capsium (*Capsicum frutescens*) 50mg
Ginger (*Zingiber officinale*) 25mg

Minerals:

MSM (*Methylsulphonylmethane*) 20mg



men's range

Full Monty- 60 capsules

Nutritionally beneficial for:

- Healthy sexual desire, performance and enjoyment.
- Healthy hormone levels including testosterone
- Lean body mass, muscle size and strength.

Dried herbal extract:

Catuaba 10:1 Extract 75mg
 Epimedium 10% icariin extract 20:1 75mg
 Standardised tribulus 75mg
 Terrestris 40% saponins

Maca standardized 6% macamides & macaenes 10:1 (Lepidium meyenii) 75mg
 Panax Ginseng 5:1 30mg
 Gotu Kola 4:1 (*Centella asiatica*) 30mg

libidoplus-30 tablets

Nutritionally beneficial for male libido health and vitality.

Standardised Herbal Extract & Powder Equiv. to:

Catuaba Bark 200mg
 Maca (*Lepidium meyenii*) 200mg
 Saw Palmetto 200mg

Schisandra berry 100mg
 Siberian Ginseng 100mg
 Ginkgo Biloba (*Centella asiatica*) 100mg

prostegen- 60 tablets

A herbal food supplement traditionally used as an aid for male urinary problems.

Standardised Herbal Extract & Powder Equiv. to:

Saw Palmetto Berries (*Serenoa Serrulata*) 250mg
 Pygeum Bark (*Pygeum Africanum*) 250mg
 Horsetail Herb (*Equisetum arvense*) 100mg
 Bearberry Leaf (*Arctostaphylos Uva-Ursi*) 100mg
 Zinc Gluconate 15mg

prostone-60 capsules

Nutritionally beneficial vitamin, mineral, nutrient and herbal complex to help maintain and support a healthy prostate, urinary function and libido.

Herbal Extracts:

Saw palmetto berries 25% free fatty acids Ext 8:1 150mg
 (*Serenoa Repens*)
 Pygeum Bark 10% sterols Ext 5:1 100mg
 (*Prunus africanum*)
 Stinging Nettle Root (*Urtica dioica*) Ext 20:1 25mg
Other Nutrients:
 Beta-sitosterols 100mg
 Lycopene 10% 20mg

Bioperine 2mg
Minerals:
 Zinc from Zinc Gluconate 7mg
 Copper from Copper AAC 10% 500µg
 Selenium from Selenium AAC 2% 50µg
Vitamins:
 Vitamin E 15iu

tribulus- 60 capsules

Nutritionally beneficial for; healthy elevated levels of several hormones including testosterone, luteinizing hormone (LH), follicle stimulating hormone (FSH), & estradiol; lean body mass, muscle size & strength; improved recovery time from physical stress.

Dried herbal extract:

Standardized tribulus 550mg
 Terrestris 40% saponins



G.i nutrilean

African Mango Seed- 60 tablets

Restores the body's sensitivity to leptin and increase levels of adiponectin, which improves the body's sensitivity to insulin and helps the body burn fat and control appetite. Insulin resistance is associated with obesity. Also helpful for emotional eaters.

Active Ingredients:

| | |
|---|-------|
| African Mango Seed (<i>Irvingia Gabonensis</i>) | 160mg |
| Vitamin B6 Pyridoxine | 5mg |
| Zinc from Zinc AAC 20% | 3mg |
| Bioperine | 2mg |
| Chromium from Ch. Polynicotinate | 70µg |
| Iodine from Potassium iodate | 60µg |

Bitter Orange plus - 60 capsules

A natural thermogenic blend that may be beneficial to boost metabolism and manage weight in conjunction with appropriate diet and exercise.

Active Ingredients:

| | |
|--|--------------|
| ThermoBlend | 555mg |
| <i>Providing</i> | |
| Caffeine Anhydrous | |
| Citrus Aurantium 35% Synephrine | |
| Raspberry Ketones 98% | |
| Green Tea 95% Polyphenols Ext. | |
| African Mango Seed 10% Ext. <i>Irvingia Gabonensis</i> | |
| Other Nutrients | |
| Green Coffee Bean 45% Chlorogenic Acid Ext. | 45mg |
| Bioperine | 1,6mg |
| Chromium Polynicotinate | 600µg |
| Potassium Iodate | 100µg |

CLA plus - Conjugated Linoleic Acid- 60 Softgels

Nutritionally beneficial for a positive muscle to fat ratio. CLA encourages muscle formation and helps maintain leaner fat cells. Also aids in maintaining healthy blood pressure, cholesterol levels and insulin levels.

Active Ingredients:

| | |
|------------------------------|-------|
| Conjugated linoleic acid 80% | 950mg |
| Green tea extract | 100mg |
| L-Carnitine | 50mg |

Coleus Forskohlii- 60 tablets

The main supplementation use is to increase levels of cyclic adenosine monophosphate - cAMP in fat cells, which increases the rate of fat loss. However increasing cAMP can induce a wide variety of effects: Increase male testosterone levels, have anti-cancer effects, anti-inflammatory effects, interacts with muscle tissue, and pancreatic cells to release insulin. Also helpful for eczema, psoriasis, irritable bowel syndrome, high blood pressure, urinary tract and bladder infections and insomnia.

Standardised root extract:

| | |
|--|------|
| Coleus Forskohlii 40% Forskolin (<i>Plectranthus barbatus</i>) | 64mg |
| Providing Forskolin | 25mg |

G.I Nutrilean

Garcinia Cambogia- 60 tablets

HCA promotes fat loss by preventing carbohydrates converting into fat. Effectively a fat blocker. Gymnemic acid reduces intestinal absorption of glucose and may stimulate pancreatic beta cell function, increasing the release of insulin. Chromium works synergistically with HCA and Gymnemic acid, promoting energy release rather than fat storage.

| | |
|--|-------|
| Active Ingredients: | |
| Garcinia Cambogia 60% HCA ext. | 500mg |
| Gymnema Sylvestre 25% Gymnemic acid | 50mg |
| Vitamin B6 Pyridoxine HCl | 5mg |
| Chromium Polynicotinate providing chromium | 160µg |
| | 16µg |

green coffee bean- 60 capsules

A Natural Fat-Loss aid, anti-diabetic and antioxidant which also helps reduce triglyceride and cholesterol levels.

| | |
|----------------------------|-------|
| Active Ingredients: | |
| Green Coffee Bean | 400mg |
| 45% Chlorogenic Acid Ext. | |

Gymnema Sylvestre- 60 capsules

Nutritional benefits for healthily balanced blood sugar and cholesterol levels, sweet cravings and weight management have been established over centuries of traditional use.

| | |
|----------------------------|-------|
| Active Ingredients: | |
| Gymnema Sylvestre 25% | 500mg |
| Providing Gymnemic Acid | 125mg |

HERBAL APPETITE CONTROL- 30 & 60 capsules

Nutritional benefits for healthily balanced blood sugar and cholesterol levels, sweet cravings and weight management have been established over centuries of traditional use.

| | |
|---|-------|
| Dried Herbal Extract & Powder: | |
| Konjac Glucomannan | 320mg |
| Kelp | 75mg |
| Inulin | 75mg |
| Hoodia gordonii | 55mg |

hoodia gordonii- 60 capsules

Used for centuries by the San people to sustain themselves and suppress thirst and hunger in the harsh Kalahari desert. Nutritionally beneficial as an appetite suppressant aid as part of a calorie controlled diet.

| | |
|-----------------------------|-------|
| Dried Herbal Powder: | |
| Hoodia Gordonii | 400mg |

multi action- 60 capsules

A natural weight loss aid, anti-diabetic and antioxidant formula, containing the latest and most effective slimming aids, without potentially harmful stimulants.

| | | | |
|---|-------|-----------------------------|-------|
| Active Ingredients: | | | |
| Green Coffee Bean 45% Chlorogenic Acid | 240mg | Sceletium | 10mg |
| Garcinia Cambogia 60% HCA | 100mg | Zinc Glycinate 10% | 10mg |
| Gymnema Sylvestre 25% | 100mg | Vitamin B6 | 5mg |
| White Kidney Bean Ext 20:1 | 50mg | Bioperine | 2mg |
| African Mango Seed 15:1 Irvingia Gabonensis | 80mg | Vitamin D 100iu/mg | 1mg |
| Raspberry Ketones 98% | 60mg | Chromium Polynicotinate 10% | 0.2mg |
| Coleus Forskohlii 40% Forskolin | 10mg | Potassium iodate | 0.1mg |

Raspberry ketones- 60 capsules

A Natural thermogenic aid to enhance energy metabolism and reduce body fat with the added beneficial antioxidant, proanthocyanidin.

New Improved

| | |
|----------------------------|-------|
| Active Ingredients: | |
| Raspberry Ketones 98% | 500mg |

white kidney bean- 60 capsules

Has salivary and pancreatic amylase inhibitory effects which substandardly reduce the absorption of starch, resulting in significant reduction in body weight and starch-induced hyperglycemia in diabetic subjects.

| | |
|--|-------|
| Active Ingredients: | |
| White Kidney Bean 20:1 (<i>Phaseolus Vulgaris</i>) | 500mg |

DRINKS



GREEN COFFEE - KETONES BLEND Instant coffee drink- 150 grams

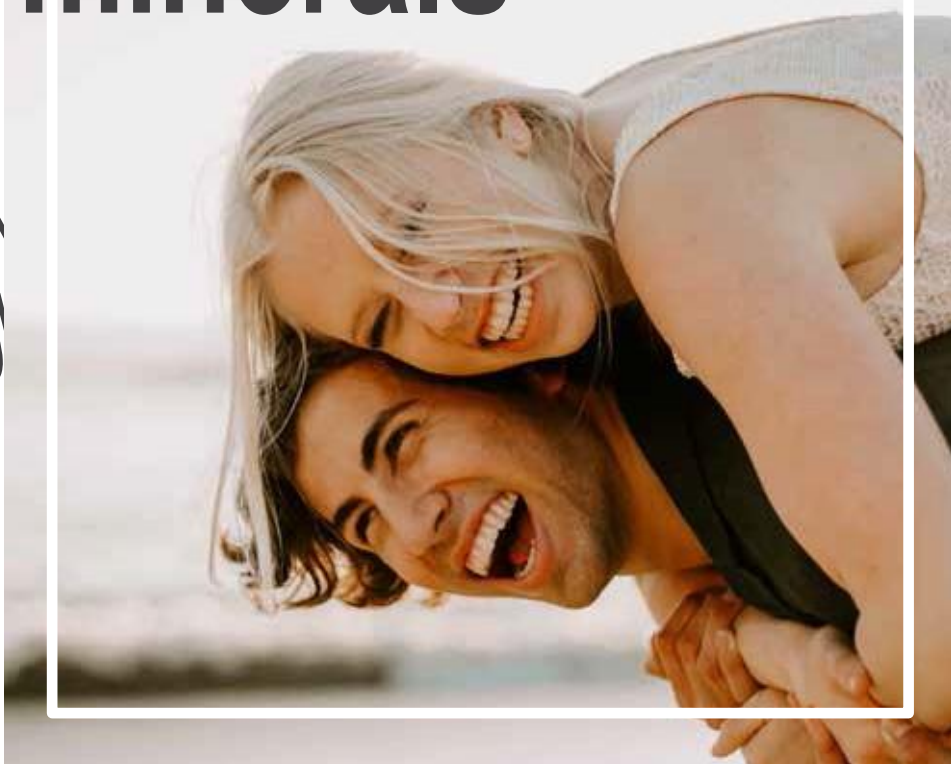
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|--|
| Active Ingredients: |
| Pure Brazilian Roasted Instant Coffee |
| Unroasted Green Coffee Bean 45% Chlorogenic Acid Extract |
| Raspberry Ketones 98% |
| Citrus Aurantium Extract |
| African Mango Seed 10% Extract |
| Chicory |
| Silicon Dioxide (E551) |

MultiFibre - White Kidney Bean Plus fibre drink- 220 grams

| |
|--|
| Active Ingredients: |
| Soluble Fibre |
| White Kidney Bean Extract |
| Collagen Peptides |
| Konjac Glucomannan |
| Inulin |
| Green Coffee Bean Extract 45% Chlorogenic Acid |
| Garcinia Cambogia 60% HCA |
| Aloe Concentrate |
| Cinnamon |
| Sucralose |

nutrilife minerals

putting back
life takes off



calmag citrate complex- 90 caplets

Nutritional benefits for healthily balanced blood sugar and cholesterol levels, sweet cravings and weight management have been established over centuries of traditional use.

| Minerals | | Providing: | |
|----------------------|-------|-------------------------------------|-------|
| Calcium carbonate | 350mg | Magnesium | 110mg |
| Calcium AAC 20% | 125mg | Zinc gluconate | 10mg |
| Tri-calcium citrate | 125mg | Boron AAC 5% | 2mg |
| Di-calcium phosphate | 250mg | Manganese AAC 10% | 1mg |
| Calcium ascorbate | 32mg | Copper AAC 10% | 1mg |
| Providing: Calcium | 260mg | Vitamins | |
| Phosphorus | 60mg | Vitamin D3 Cholecalciferol 100iu/mg | 1mg |
| Vitamin C | 30mg | Vitamin K Phylloquinone 1% | 5mg |
| Magnesium oxide | 150mg | Nutrients | |
| Magnesium AAC 20% | 75mg | Inulin | 20mg |
| Magnesium citrate | 70mg | Horsetail herb Silica 5:1 Extract | 15mg |
| | | Citric acid | 10mg |

calmag & BORON- 100 tablets

A balanced calcium and magnesium supplement with boron & vitamins B2, C & D & Inulin for enhanced efficacy.

| Minerals | | Providing: | |
|-------------------------------|-------|---------------------------|------|
| Calcium carbonate | 230mg | Boron AAC 5% | 2mg |
| Dicalcium phosphate | 225mg | Providing elemental Boron | 10µg |
| Tri-Calcium citrate anhydrous | 25mg | Vitamins | |
| Providing elemental calcium | 160mg | Vitamin C Ascorbic Acid | 30mg |
| Magnesium Oxide | 125mg | Vitamin B2 Riboflavin | 1mg |
| Magnesium malate dihydrate | 25mg | Vitamin D | 50iu |
| Providing elemental magnesium | 80mg | Other nutrients | |
| | | Citric acid anhydrous | 10mg |

Chromium polynicotinate-90 TABLETS

A bio-available source of chromium. Nutritionally beneficial for the control of blood cholesterol and glucose levels, fat loss and increase in lean muscle tissue.

| Active Ingredients: | |
|----------------------------|-------|
| Chromium Polynicotinate | 400µg |
| Providing Chromium | 50µg |

copper Selenium & zinc- 30 & 60 TABLETS

Provides Minerals; Copper, Selenium and Zinc with Vitamin E, which are nutritionally beneficial for a healthy immune system, resistance to viral and bacterial infection including colds, flu and diarrhoea, prostate problems, decreasing cholesterol, healthy circulatory system, healthy skin & hair colour, skin healing, acne, eczema, psoriasis, carbuncles, sty's and arthritis. Recommended nutrition when on Anti-Retroviral medication

| Active Ingredients: | |
|------------------------------|------|
| Copper AAC 10% | 20mg |
| Providing Elemental Copper | 2mg |
| Selenium AAC 2% | 3mg |
| Providing elemental Selenium | 60µg |
| Zinc Gluconate | 70mg |
| Zinc AAC 10% | 45mg |
| Providing Elemental Zinc | 15mg |
| Vitamin E 50% | 20mg |
| Providing Vitamin E | 15iu |

nutrilife minerals

Foliron plus - 60 TABLETS

Iron amino acid is more absorbable than iron salts and less likely to cause constipation. Vitamins C and B12 aid with the absorption of iron.

Both iron and folic acid are nutritionally beneficial for:

- Many women of childbearing age
- Women with very heavy menstrual periods and flow
- Women using oral contraceptives
- Pregnant or breastfeeding women
- Older people (over 55)
- Anyone with an inadequate diet.

Minerals

Iron AAC 20% 60mg
Providing Elemental Iron 12mg

Vitamins

Vitamin C Ascorbic Acid 25mg
Vitamin B9 Folic Acid 250µg
Vitamin B12 25µg

gtfchromium-60 capsules

A biologically active source of chromium with Brewer's Yeast which contains chromium as GTF (glucose tolerance factor) is 50 times as effective as other forms and provides the co-factors to improve absorption in addition to numerous other nutrients.

Active Ingredients:

Chromium Polynicotinate 400µg
Brewer's Yeast (*Saccharomyces Cerevisiae*) 400mg
Providing Chromium 50µg

Iron - Ferrous sulphate- 100 tablets

Iron is an essential mineral, necessary for the production of haemoglobin (red blood-corpuscles), myoglobin (the red pigment in muscles) and certain enzymes.

Active Ingredients:

Ferrous Sulphate 75m
Providing elemental Iron 15mg

Iron - GLYCINATE AMINO ACID CHEALATE- 30 CAPSULES

Iron glycinate is a highly absorbable form of iron which does not cause constipation.

Active Ingredients:

Ferrous Glycinate AAC 20% 120mg
Elemental iron: 24mg

MSM- Methylsulfonylmethane- 60 & 120 tablets

A naturally occurring organic form of sulphur, MSM is an essential mineral element found in foods and the human body. Nutritionally beneficial for pain, all athletic and injury inflammatory conditions, arthritis, allergies, asthma and degenerative wear and tear.

Active Ingredients:

Methylsulfonylmethane - MSM 500mg

Selenium- 60 tablets

A natural anti-oxidant, nutritionally beneficial for healthy: liver function, heart and blood pressure, hair, nails, skin, eyes, male sexual reproductive capacity, joint mobility and immune system.

Mineral

Selenium AAC 2% 10mg
Providing Elemental Selenium 200µg

Vitamin

Vitamin E 50% CWS 10mg
Providing Vitamin E 5mg / 7.5iu

Selenium complex- 60 tablets

A natural anti-oxidant, nutritionally beneficial for healthy: liver function, heart and blood pressure, hair, nails, skin, eyes, male sexual reproductive capacity, joint mobility and immune system. An enzyme active complex of amino acid chelated selenium, vitamin E, coral calcium, and phytobase to provide the natural co-factors for maximum bio-absorption and efficacy.

Mineral

Selenium 5mg
Providing elemental Selenium 100µg

Vitamin

Vitamin E 50% 10mg
Providing Vitamin E 7.5iu

Other nutrients

Barley grass 35mg
Spirulina 35mg
Coral calcium 20mg
Broccoli extract 0.5% 15mg

Zinc- 60 tablets

Zinc is an essential mineral, beneficial for symptoms of acne, eczema, prostate problems, regulating blood fat levels and insulin activity.

Mineral

Zinc Gluconate 115mg
Providing Elemental Zinc 15mg

Zinc complex- 60 capsules

An enzyme active buffered zinc supplement with natural co-factors for enhanced bio-absorption and efficacy. Zinc is an essential mineral, beneficial for symptoms of acne, eczema, prostate problems, regulating blood fat levels and insulin activity.

Mineral

Zinc Gluconate 80mg
Zinc Amino Acid Chelate 10% 50mg
Providing Elemental Zinc 15mg

Nutri Extract

Barley Grass 30mg Equiv to 120mg
Spirulina 30mg Equiv to 120mg

New

Zinc soft tablet lozenges- 60 lozenges

A Nutritionally beneficial for a healthy immune system, sore throats, colds and flu.

Active Ingredients

Vitamin C (Ascorbic Acid) 30mg
Zinc (as Zinc AAC Citrate & Gluconate) 7mg

nutrilife speciality



activated charcoal- 60 & 90 capsules
Activated Charcoal helps counter the toxic effects of organic and inorganic poisons by reducing their systematic absorption from the gastrointestinal tract. It is a beneficial aid for the symptomatic relief of flatulence, and certain gastrointestinal disorders including ulcers.

Ingredients
Activated Charcoal (*carbo activatus*) 300mg

adrenocare formula- 60 capsules
Nutritionally beneficial in support of a healthy endocrine system. ie. Adrenal, parathyroid, thyroid, pineal, and pituitary glands. For energy, stamina and coping ability.

Ingredients
Guggulipid Extract 2.5% (*Commiphora mukul, Gum Resin*) 250mg
Providing Guggulsterones E&Z 6.25mg
L-Tyrosine 220mg
Vitamin B5 20mg
Potassium Iodate 50µg
Providing iodine 30µg

bee pollen- 60 capsules
100 % Bee pollen is one of the most healthy natural supplements, containing nearly every nutrient the human body needs. It is nutritionally beneficial for general good health and wellness.

Ingredients
Bee Pollen 450mg

brewer's yeast- 90 CAPlets
Brewer's yeast is used as a nutritional supplement. It's a rich source of GTF Chromium, several B- Vitamins, protein & dietary fibre, which may help your body maintain normal blood sugar levels.

Ingredients
Brewers Yeast (*Saccharomyces cerevisiae*) 600mg

co-enzyme q10- 30 Veggie capsules
Nutritionally beneficial for a healthy cardiovascular system and cellular energy. The bioavailability and efficacy of Q10 are enhanced by vitamin E, turmeric Bioperine and Flax seed oil.

Ingredients:
Coenzyme Q10- Ubiquinone 50mg
Scheduled Vitamins
Vitamin E 50% CWS 20mg
Standardised Nutri Extract & Powder Equiv. to:
Turmeric (*Curcuma longa*) 700mg
Flax Seed oil powder (*Linum usitatissimum*) 50mg
Bioperine 2mg

colostrum- 60 capsules
Formulated by nature, colostrum contains high levels of protein, growth and immune boosting factors to protect and promote cell growth in newborn infants. As a supplement colostrum can boost the immune system, aid healing,

and help the body to burn fat, build lean muscle, increase stamina and vitality and have an anti-aging effect. Enzyme active Green Barley grass and sprouts are one of nature's best cell foods providing a full range of bio-available nutrients to help keep the body in balance.

Ingredients:
Colostrum (*Bovine*) 150mg
Barley Green Grass (*Hordeum spp.*) 60mg
Equivalent to Barley Green Grass powder 240mg

d-mannose- 60 veggie capsules
Nutritionally beneficial for a healthy urinary tract.

Active Ingredients:
D-Mannose 500mg

diabetic aid- 60 capsules
Nutritionally beneficial for the management and control of blood sugar levels.

Active Ingredients:
Cinatrimeric (Cinnamon Extract 2:1) 500mg
Alpha Lipoic Acid 20mg
Vitamin B3 Nicotinamide 10mg
Chromium Polynicotinate 200µg
Providing Chromium 50µg

flaxseed oil- 60 softgels

All Omega Flaxseed oil delivering an excellent form of Omega-3, Omega-6, and Omega-9 essential fatty acids. This may assist with health issues related to mental health, women's health and skin conditions.

Active Ingredients:

| | |
|--------------------|--------|
| Flaxseed Oil | 1000mg |
| Delivering: | |
| Omega 3 | 57 % |
| Omega 6 | 16 % |
| Omega 9 | 18 % |
| Other | 9 % |
| D-alpha-tocopherol | 10mg |

Containing:

| | |
|------------------------------|-----------------------|
| Vitamin E | |
| Palmitic Acid | 30-75 mg/g as FFA |
| Stearic Acid | 25 - 40 mg/g as FFA |
| Oleic Acid | 110 -190 mg/g as FFA |
| Linoleic Acid | 130 -190 mg/g as FFA |
| A-Linolenic Acid | 460 - 680 mg/g as FFA |
| Other valuable plant lignans | |

gaba- 60 capsuleS

An amino acid formed in the body from glutamic acid. Its function is to decrease neurone activity and inhibit nerve cells from over firing. Together with Niacinamide and Inositol, it helps prevent anxiety and

stress-related messages from reaching the motor centres of the brain by occupying their receptor sites. GABA can calm the body in a similar way to tranquilizers without addiction. Nutritionally beneficial aid for anxiety, stress, hypertension, depressed libido and ADD.

Active Ingredients:
Gamma-Aminobutyric Acid 500mg

Glucosamine- 60 capsules

An important amino sugar which the body needs to produce glucose-amino-glycans, the living glue that holds cells together and provides

the building blocks of connective tissue, cartilage, ligaments, tendons and linings of hollow organs like the digestive tract. The synthesis of Glucosamine is enhanced by Vitamin C, flavonoids (Vitamin P) and enzymes to enhance absorption and efficacy.

Active Ingredients:
Glucosamine Sulphate 550mg
Vitamin C (Calcium Ascorbate) 60mg

Glucosamine & chondroitin- 60 capsules

Glucosamine is an amino sugar which the body uses to form glucose-amino-glycans, the building blocks of connective tissue, cartilage, ligaments and tendons. Chondroitin facilitates optimum nutritional metabolism and vitamin C, Citrus Bioflavonoids and Zymetone provide natural co-factors, flavonoids (vitamin P) and enzymes to enhance absorption and efficacy.

Active Ingredients:

| | |
|---|-------|
| Glucosamine sulphate | 300mg |
| Chondroitin sulphate | 300mg |
| Vitamin C | 30mg |
| Citrus bioflavonoids 8% | 10mg |
| Enzymes: | |
| Zymetone™ - Multienzyme blend providing | 5mg |

New

Grapeseed Extract - Proanthocyanidin- 30 capsules

Nutritionally beneficial for slowing the aging effects of free radicals and maintaining a healthy immune system.

Active Ingredients:

| | |
|---|------|
| Grape seed - Proanthocyanidin 95% Extract | 50mg |
|---|------|

green lipped mussel- 60 capsules

A unique high potency green lipped mussel extract that provides all the natural nutrients to help maintain mobility of the joints.

Active Ingredients:

| | |
|---|-------|
| Green Lipped Mussel Freeze dried powder | 400mg |
|---|-------|

hi cider plus- 60 capsules

Nutritionally beneficial for weight management and control when used as part of a calorie controlled diet.

Dried Extract Equivalent To:

| | |
|-------------------------------------|-------|
| Apple Cider Vinegar Extract | 200mg |
| Kelp | 150mg |
| Providing Approximately 70µg Iodine | |
| Turmeric | 60mg |

Citrus Bioflavonoids

| | |
|--------------------------|------|
| Scheduled Mineral | 10mg |
| Chromium Polinicotinate | 50µg |
| Scheduled Vitamin | |
| Vitamin B6 | 6mg |

INOSITOL & CHOLINE- 60 capsules

Usually considered part of the vitamin B complex. Inositol and choline

play a similar role in helping remove fats out of the liver, control cholesterol levels and protect cells from oxidation damage. They also help maintain healthy hair and protect against hair loss.

Active Ingredients:

| | |
|--------------------|-------|
| Inositol | 250mg |
| Choline Bitartrate | 250mg |

LYCOPENE- 60 capsules

A tomato and lycopene complex providing lycopene with its natural co-factors for enhanced absorption and efficacy. Nutritionally beneficial for its antioxidant and protective benefits, also helpful for prostate problems.

Active Ingredients:

| | |
|----------------------|-------|
| Lycopene extract 10% | 20mg |
| Nutri extract | |
| Tomato Concentrate | 400mg |

Mushrooms - Reishi, Shiitake, Maitake- 60 veggie caps

Nutritionally supportive of the body's detoxification mechanism and entire metabolic function, providing numerous health benefits.

Standardised Nutri Extract and Powder:

| | |
|--------------------------------------|-------|
| Reishi Mushroom (Ganoderma lucidum) | 100mg |
| Reishi 10% polysaccharides ext. | 100mg |
| Shiitake Mushroom (Lentinula edodes) | 100mg |
| Maitake Mushroom (Grifola frondosa) | 100mg |

OMEGA 3 EPA & DHA- 30 & 60 capsules

Pure fish oil concentrate providing omega-3 polyunsaturates EPA and DHA in their free form for improved digestibility and bio-absorption. Providing omega-3, 6 & 9.

Active Ingredients:

| | |
|---------------------------|--------|
| Pure Fish Oil Concentrate | 1000mg |
| Providing | |
| Epa -eicosapentaenoic | 180mg |
| DHA -Docosahexaenoic Acid | 120mg |
| Mixed Tocopherols | 7mg |

Proanthocyanidin- 60 tablets

Nutritionally beneficial for slowing the aging effects of free radicals and maintaining a healthy immune system.

Active Ingredients:

| | |
|----------------------------------|--------|
| Grape seed 95% Proanthocyanidin | 100mg |
| Pine Bark Extract 95% Pycnogenol | 25mg |
| Scheduled vitamin | |
| Beta carotene 10% | 5mg |
| Providing Vitamin A activity | 1665iu |
| Vitamin C ascorbic acid | 60mg |
| Vitamin E 50% | 15mg |
| Providing Vitamin E | 7.5mg |

Scheduled mineral

| | |
|------------------------------|-------|
| Zinc AAC 20% | 20mg |
| Providing elemental Zinc | 4mg |
| Copper AAC 10% | 1mg |
| Providing elemental Copper | 100µg |
| Selenium AAC 2% | 500µg |
| Providing elemental Selenium | 10µg |
| Other Nutrients | |
| Bioperine | 2mg |

propolis- 60 capsules

Is produced by bees from pure organic plant saps to protect the hive and its members from bacteria and fungus. It is high in bioflavonoids.

Active Ingredients:

| | |
|------------------------|-------|
| Propolis | |
| Phenolics Extract 3.5% | 350mg |

shark cartilage- 60 capsules

A unique enzyme active high potency freeze dried shark cartilage extract. With calcium for maximum efficacy.

Active Ingredients:

| | |
|-----------------|-------|
| Shark cartilage | 500mg |
|-----------------|-------|

Total detox- 60 capsules

A unique enzyme active high potency freeze dried shark cartilage extract. With calcium for maximum efficacy.

Standardised herbal extracts & powder equivalent to:

| | |
|----------------|-------|
| Cats Claw | 250mg |
| Red Clover | 250mg |
| Turmeric | 250mg |
| Dandelion Root | 200mg |
| Burdock Root | 100mg |
| Aloe | 100mg |

Milk Thistle (80% Silymarins)

| | |
|---------------------------|-------|
| Minerals | |
| Magnesium Oxide | 100mg |
| Magnesium chelate AAC 20% | 50mg |
| Magnesium Citrate | 50mg |
| Other nutrients | |
| Bioperine | 2mg |



multivitamin-enzyme active-60 veggie capsules

A balanced multivitamin to provide the necessary additional vitamins for health and vitality.

Vitamins:

| | |
|---------------------------|-------------|
| A Retinal Acetate | 1000RE |
| B1 Thiamine HCL | 20mg |
| B2 Riboflavin | 20mg |
| B3 Nicotinamide | 30mg |
| B5 D-Calcium Pantothenate | 20mg |
| B6 Pyridoxine HCL | 20mg |
| B9 Folic Acid | 400µg |
| B12 Methylcobalamin | 100µg |
| Biotin | 200µg |
| C Calcium Ascorbate | 100mg |
| D3 Cholecalciferol | 10µg /400iu |
| E DL-Alpha-Tocopheryl-A | 30.000TE |

Other Nutrients:

| | |
|---|----------------|
| PABA (<i>Para-Aminobenzoic Acid</i>) | 7.5mg |
| Choline Bitartrate | 18.75mg |
| Inositol | 7.5mg |
| Nutri Extracts | |
| Alfalfa (<i>Medicago Sativa</i>) | equiv to 30mg |
| Green barley grass (<i>Hordeum spp</i>) | equiv to 160mg |
| Spirulina | equiv to 40mg |
| Tomato 10% Lycopene | 5mg |
| Wild Carrot 10% Beta Carotene | 5mg |
| Marigold 5% Lutein | 5mg |
| Zymetone™ - Multienzyme blend providing | 5mg |

multivitamin forte-100 tablets

A balanced multivitamin providing high potency doses of the necessary additional vitamins for family health and vitality.

Scheduled Vitamins:

| | |
|-----------------|--------|
| A Retinol | 1000iu |
| B1 Thiamine | 5mg |
| B2 Riboflavin | 2mg |
| B3 Nicotinamide | 20mg |

| | |
|-------------------------|-------|
| B5 Calcium Pantothenate | 3mg |
| B6 Pyridoxine | 2mg |
| C Ascorbic Acid | 10mg |
| D Cholecalciferol | 50iu |
| Folic Acid | 500µg |

PABA (Para-Aminobenzoic Acid)- 60 tablets

Also known as Vitamin Bx, bacterial vitamin H, anti-grey hair factor. Nutritionally beneficial for healthy intestinal flora/ bacteria, folic acid and pantothenic acid production, utilisation of proteins and formation of red blood cells. A deficiency of PABA may lead to gastrointestinal disorders, fatigue, depression, irritability, nervousness, skin wrinkles, greying of the hair and vitiligo, a skin pigmentation disorder resulting in patchy areas of white skin.

Vitamins:

| | |
|------------------------------|-------|
| PABA Para Amino benzoic Acid | 100mg |
|------------------------------|-------|

vitamin B forte complex- 100 tablets

A balanced bio-available vitamin B complex for family health and vitality.

Vitamins:

| | |
|-------------------|------|
| B1 Thiamine HCL | 5mg |
| B2 Riboflavin | 2mg |
| B3 Nicotinamide | 20mg |
| B6 Pyridoxine HCL | 2mg |

nutrilife vitamins



VITA B1 THIAMINE- 60 capsules

An advanced enzyme active complex buffered with natural protein bonded enzymes and co-factors for enhanced absorption and efficacy. Nutritionally beneficial for fatigue, muscle weakness, poor appetite, nausea, digestion, constipation, memory, concentration, tender calves and tingling in toes and soles.

Vitamins:

| | |
|--------------------------------------|-------|
| Vitamin B1 (<i>Thiamine HCL</i>) | 100mg |
| Barley Grass (<i>Hordeum spp.</i>) | 240mg |
| Spirulina | 60mg |

Enzymes:

| | |
|--|-----|
| ZymetoneTM - Multienzyme blend providing | 5mg |
|--|-----|

VITAMIN B12 & B9 - 100 tablets

Vitamin B12 is nutritionally beneficial for normal growth and development, anaemia, healthy myelin sheaths (nerve insulator) mood levels and good mental health. Vitamin B9 (folic acid) is essential for red blood cells, RNA and DNA production, body cell division and sugar and amino acid utilisation.

Active Ingredients:

| | |
|-----------------------|-------|
| Vitamin B12 Cobalamin | 100µg |
| B9 Folic Acid | 500µg |

VITAMIN B2 RIBOFLAVIN - 60 capsules

An advanced enzyme active (high potency) complex buffered with natural protein bonded enzymes and co-factors for enhanced absorption and efficacy. Nutritionally beneficial for tired and bloodshot eyes, mouth ulcers and cracks, gastric ulcers, scaly skin, hair loss, trembling, dizziness, insomnia and healthy liver function and mucous membranes.

Vitamin:

| | |
|-----------------------|-------|
| Vitamin B2 Riboflavin | 100mg |
|-----------------------|-------|

Nutri Extract

| | |
|--|------|
| Barley Grass (<i>Hordeum spp.</i>) 4:1 | 70mg |
| Spirulina | 70mg |

Enzymes:

| | |
|--|-----|
| ZymetoneTM - Multienzyme blend providing | 5mg |
|--|-----|

Other Nutrients

| | |
|-----------|-----|
| Bioperine | 2mg |
|-----------|-----|

VITAMIN B25 complex - 60 veggie capsules

An advanced enzyme active vitamin B complex providing a complete range of the B group vitamins with their natural protein bonded enzymes and co-factors for enhanced absorption and efficacy.

Vitamin:

| | | | |
|-------------------------------|-------|-----------------------------|-------|
| Vitamin B1 thiamine | 25mg | Vitamin B12 Cobalamin | 100µg |
| Vitamin B2 Riboflavin | 25mg | Biotin | 250µg |
| Vitamin B3 Nicotinamide | 25mg | PABA Para Aminobenzoic Acid | 25mg |
| Vitamin B5 D-Ca. Pantothenate | 25mg | Other Nutrients: | |
| Vitamin B6 Pyridoxine | 25mg | Spirulina | 55mg |
| Vitamin B9 Folic Acid | 500µg | Alfalfa | 50mg |
| | | Barley Grass | 50mg |

VITAMIN B3 NIACIN (NICOTINIC ACID) - 60 capsules

Nicotinic acid, or niacin aids in the release of energy from foods, synthesise DNA and the two coenzymes NAD and NAPD which are necessary for healthy skin, nerves, digestive system, blood vessels and cholesterol control. Essential for synthesis of sex hormones - oestrogen, progesterone and testosterone.

Vitamin:

| | |
|----------------|------|
| Nicotinic Acid | 50mg |
|----------------|------|

VITAMIN B3 NIACIN (NICOTINIC ACID) - 100 tablets

Nicotinic acid, or niacin aids in the release of energy from foods, synthesise DNA and the two coenzymes NAD and NAPD which are necessary for healthy skin, nerves, digestive system, blood vessels and cholesterol control. Essential for synthesis of sex hormones - oestrogen, progesterone and testosterone.

Vitamin:

| | |
|----------------|------|
| Nicotinic Acid | 35mg |
|----------------|------|

VITAMIN B3 NICOTINAMIDE - 60 capsules

An advanced enzyme active complex buffered with natural co-factors for enhanced absorption and efficacy. Nutritionally beneficial for proper utilisation of fats, healthy skin, nerves, digestive system, blood vessels and cholesterol control. Essential for synthesis of sex hormones - oestrogen, progesterone and testosterone.

Vitamin:

| | |
|-------------------------|-------|
| Vitamin B3 Nicotinamide | 250mg |
|-------------------------|-------|

Other Nutrients:

| | |
|----------|------|
| Inositol | 50mg |
|----------|------|

Nutri Extract 4:1

| | |
|---|------|
| Barley Grass (<i>Hordeum Spp grass</i>) | 60mg |
| Spirulina Powder | 50mg |

Enzymes:

| | |
|--|-----|
| ZymetoneTM - Multienzyme blend providing | 5mg |
|--|-----|

VITA B3 NICOTINAMIDE - 60 tablets

An active metabolic non-flush form of nicotinic acid. Helpful for proper utilisation of fats, healthy skin, nerves, digestive system, blood vessels and cholesterol control. Essential for the synthesis of sex hormones - oestrogen, progesterone and testosterone.

Vitamin:

| | |
|-------------------------|-------|
| Vitamin B3 Nicotinamide | 100mg |
|-------------------------|-------|

nutrilife vitamins

VITamin B5 (CALCIUM D-PANTOTHENATE) - 60 capsules

An advanced enzyme active complex buffered with natural protein bonded enzymes and co-factors for enhanced absorption and efficacy. Acts as coenzyme A in the production of energy, anti-stress hormones and antibodies. Nutritionally beneficial for healthy nerves, stress, allergic skin reactions and rheumatoid arthritis.

Vitamin:

Vitamin B5 (*calcium D-pantothenate*)

200mg

NutriExtract

Barley grass (*hordeum spp.*)

50mg equiv to 200mg

Spirulina

60mg

Other Nutrients:

Bioperine

2mg

Zymetone™ - Multienzyme blend providing

10mg

VITamin B6 PYRIDOXINE - 60 capsules

An enzyme active complex buffered with natural co-factors for enhanced absorption and efficacy. B6 participates actively in many chemical reactions of proteins and amino acids, acting as a coenzyme in carbohydrate, protein and fat metabolism. Maintains chemical balance amongst body fluids and regulates excretion of water. Helpful for stress control and brain function.

Vitamin:

Vitamin B6 Pyridoxine

100mg

NutriExtract

Green Barley Grass (*Hordeum spp.*)

70mg

Spirulina

70mg

Zymetone™ - Multienzyme blend providing

5mg

VITamin B6 PYRIDOXINE - 100 tablets

The anti-depression vitamin. B6 participates actively in many chemical reactions of proteins and amino acids, acting as a coenzyme in carbohydrate, protein and fat metabolism. Maintains chemical balance amongst body fluids and regulates excretion of water. Helpful for stress control and brain function.

Vitamin:

Vitamin B6 Pyridoxine HCL

25mg

VITamin b9 folic acid - 100 tablets

Also known as vitamin B9 or M, folacin or pteroylglutamic acid. Essential for red blood cells, RNA and DNA production, body cell division and sugar and amino acid utilisation.

Vitamin:

Vitamin B9

500µg

VITAMIN C (ASCORBIC ACID) - 100 tablets

An essential vitamin, necessary for the formation of collagen which is important for the growth and repair of tissue cells, gums, blood vessels, bones and teeth. A natural anti-histamine and anti-oxidant.

Vitamin:

Vitamin C (ascorbic acid)

500mg

Vitamin D3- 60 TABLETS

Vitamin D3 supports the development and maintenance of bones, teeth, skin, hair, nails and a healthy immune, brain and nervous system.

Vitamin:

Vitamin D3

1000iu

VITAMINE COMPLEX - 60 VEGGIE CAPSULES

Vitamin E, d-alpha tocopherol, is a natural antioxidant, vasodilator and anti-coagulant. Zymetone™ provide bio-available co-factors and enzymes which in conjunction with selenium maximise absorption and efficacy.

Vitamin:

Dry Vitamin E 50% providing

287mg

Mineral:

Selenium AAC 2% providing

1.5mg

Nutrients:

Zymetone™ - Multienzyme

300µg

5mg

Vitamin FORTE- 60 CAPLETS

A complete and balanced A to Z vitamin and mineral supplement for health and vitality.

Vitamin:

Vitamin A

2500iu

Vitamin B1 Thiamine HCL

2mg

Vitamin B2 Riboflavin

2mg

Vitamin B3 Nicotinamide

15mg

Vitamin B5 Ca. Pantothenate

3mg

Vitamin B6 Pyridoxine HCL

2mg

Vitamin B9 Folic Acid

200µg

Vitamin B12 Cyano-Cobalamin

2µg

Vitamin C Ascorbic Acid

25mg

Vitamin D

200iu

Vitamin E

5mg

Minerals:

Calcium

200mg

Chromium

10µg

Copper

1.2mg

Iron

20mg

Magnesium

30mg

Manganese

1.4mg

Phosphorus

50mg

Selenium

30µg

Sulphur

20mg

Vanadium

5µg

Zinc

10mg

Vitamin K2 Menaquinone-7- 60 TABLETS

Vitamin K2 helps bind calcium into bones for strong bone development and directs free calcium away from the arteries to maintain healthy circulation.

Vitamin:

Vitamin K2 VITAL® DELTA Powder

60mg

Providing microencapsulated K2 all-trans MK7

120µg

New

Vitmin Boost- 30 CAPSULES

A complete and balanced A to Z vitamin and mineral supplement for health and vitality.

Vitamin:

Vitamin B1 Thiamine HCL

20mg

Vitamin B2 Riboflavin

20mg

Vitamin B3 Nicotinamide

30mg

Vitamin B6 Pyridoxine HCL

20mg

Vitamin B9 Folic Acid

600µg

Vitamin B12 Methylcobalamin

25µg

Vitamin C Calcium Ascorbate

142mg

Vitamin E DL-Alpha-Tocopheryl

20mg

Minerals:

Zinc Gluconate

115mg

Selenium

200µg



L-Arginine- 60 veggie capsule

Arginine retards the growth of tumours and increases the size and activity of the thymus gland, which manufactures lymphocytes (T-cells), crucial components of the immune system hence helpful against cancer, aids and other diseases that suppress the immune system. Nutritionally beneficial for the body's management of nitrogen levels, muscle metabolism, reduction of body fat, tissue generation and regeneration, healthy relaxation of blood vessels, blood flow in main peripheral arteries, exercise tolerance levels, insulin production and glucose tolerance.

Active Ingredients:
L-Arginine 500mg

L- GLUTAMINE - 60 veggie capsule

The brain and body's major fuel source. It is metabolised by the body into glutamic acid. Nutritionally beneficial for a healthy immune system, proper brain function, protein synthesis, which leads to increased muscle mass and nitrogen retention which decreases muscle breakdown and recovery time after exercise. Helpful for arthritis, auto-immune diseases, fibrosis, intestinal disorders, peptic ulcers, connective tissue diseases, development disabilities, epilepsy, fatigue, impotence, depression, schizophrenia, senility and mental

function.
Active Ingredients:
L-Glutamine 500mg

L-lysine - 60 veggie capsule

An essential amino acid nutritionally beneficial for growth, tissue repair, the production of hormones, enzymes and antibodies, the absorption of calcium, formation of collagen, the basic matrix of connective tissue, skin, cartilage and bone. Helpful for a healthy immune function, viral control, including herpes, cold sores, mouth

blisters and hair growth.
Active Ingredients:
L-Lysine 500mg

L-taurine - 60 veggie capsule

Nutritionally beneficial for the healthy functioning of the brain, heart, gallbladder, eyes, vascular system, nervous system, digestion of fats and control of serum and cholesterol levels.

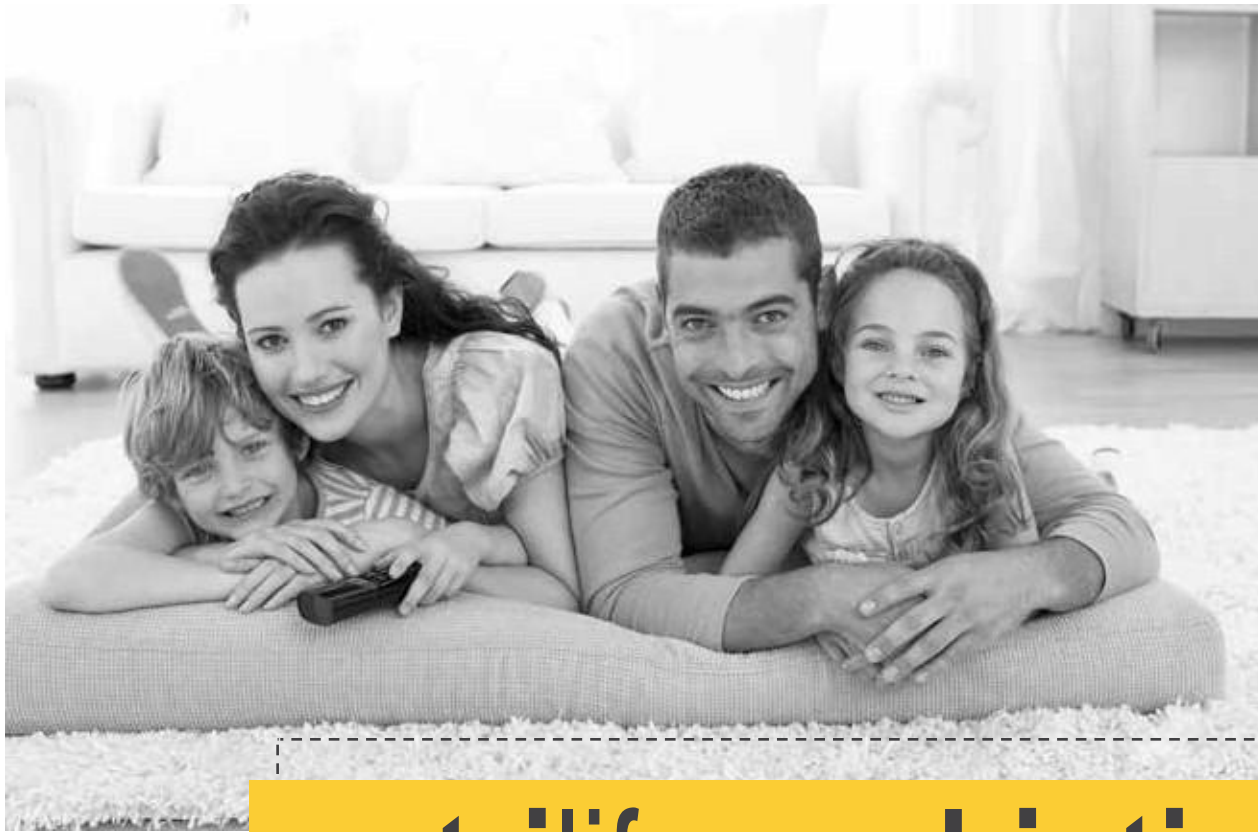
Active Ingredients:
L-Taurine 700mg

L-theanine - 60 veggie capsule

L-Theanine is a water-soluble, nonproteinous amino acid found in green tea. L-theanine is used to support physical and mental balance and focus in times of stress and anxiety. Also, beneficial for insomnia, learning performance and emotional eaters.

Active Ingredients:
L-Theanine 150mg
(Derived from Green Tea - Camellia sinensis)

nutrilife amino acids



nutrilife probiotics

good gut health for the whole family

bacillus spore - 60 tablets

Helps maintain a healthy, balanced intestinal ecology. Pre and Probiotics improve immunity, general health and assists with; IBS, candida control, flora balance, constipation, diarrhoea, bloating, flatulence, stomach cramps, indigestion & cholesterol. Bacillus Coagulans, previously called, lactobacillus sporogenes, is a spore-forming lactic acid producing bacteria, which is stable at room temperature and resistant to stomach acid. Documented clinical effectiveness for cholesterol and blood sugar management.

Probiotic

Bacillus Coagulans- Lactospore®

500 Million CFU

Prebiotic

Oligosaccharides - Inulin

100mg

CFU - Colony Forming Units

bacillus spore - Kids - 60 chewable tablets

Helps maintain a healthy, balanced intestinal ecology. Pre and Probiotics improve immunity, general health and assists with; IBS, candida control, flora balance, constipation, diarrhoea, bloating, flatulence, stomach cramps, indigestion & cholesterol. Bacillus Coagulans, previously called, lactobacillus sporogenes, is a spore-forming lactic acid producing bacteria, which is stable at room temperature and resistant to stomach acid.

Probiotic

Bacillus Coagulans

100 Million CFU

Lactospore® ATCC No 7050

Prebiotic

Sorbitol & Mannitol

150mg

Oligosaccharides - Inulin

20mg

Vitamins

Vitamin C

15mg

CFU - Colony Forming Units

lbs 8 - 30 & 60 capsules

Formulated with additional L-plantarum & B-infantis to assist with IBS. It contains 4 genera, providing 11 strains, totalling 8 billion for a healthy, balanced intestinal ecology. Pre and Probiotics improve immunity, general health and assists with; IBS, candida control, flora balance, constipation, diarrhoea, bloating, flatulence, stomach cramps, indigestion & cholesterol.

Bacillus coagulans have documented clinical effectiveness for cholesterol and blood sugar management.

CFU - Colony Forming Units

Probiotic Mix containing:

Lactobacillus

8,00 Billion CFU

Streptococcus thermophilus

75 Million CFU

-plantarum

2.50 Billion CFU

Bacillus coagulans- Lactospore®

1 Billion CFU

-casei

1.06 Billion CFU

Prebiotic

300mg

-acidophilus

380 Million CFU

Oligosaccharides - Inulin

-rhamnosus

30 Million CFU

-salivarius

30 Million CFU

Bifidobacterium

-infantis

2.5 Billion CFU

-bifidum

380 Million CFU

-longum

25 Million CFU

-breve

25 Million CFU

ultra 4 probiotic 8 billion - 10, 30 & 60 capsules

Contains 4 genera, providing 11 strains, totalling 8 billion for a healthy, balanced intestinal ecology. Pre and Probiotics improve immunity, general health and assists with; candida control, flora balance, constipation, diarrhoea, bloating, flatulence, stomach cramps & indigestion.

CFU - Colony Forming Units

Probiotic Mix containing:

8,00 Billion CFU

-bifidum

2.05 Billion CFU

Lactobacillus

-infantis

500 Million CFU

-acidophilus

2.36 Billion CFU

-longum

50 Million CFU

-casei

1.06 Billion CFU

-breve

50 Million CFU

-plantarum

1.06 Billion CFU

Streptococcus Thermophilus

150 Million CFU

-rhamnosus

60 Million CFU

Bacillus Coagulans

600 Million CFU

-salivarius

60 Million CFU

Prebiotic

Oligosaccharides - Inulin

300mg

Bifidobacterium

New Improved ENZYME RANGE



bromelain & papain - 60 veggie capsules

A high potency enzyme active fruit extract traditionally used to aid the symptoms of indigestion and gastritis. Also beneficial as a slimming aid, and to counter worm infestations.

Standardised Extract & Powder:

| | |
|---|-------|
| Bromelian (2400GDU/g from Pineapple) Providing 600GDU (Gelatine Digesting Units) | 250mg |
| Papain (6000TU/mg from Papaya) Providing 1 500 000TU (Tyrosine Units) | 250mg |

digestezyme- 60 capsules

A natural enzyme active digestive aid, colon conditioner and gentle cleanser. A unique blend of green barley grass, psyllium husks, enzyme extracts and digestive, stomachic, carminative and aromatic herbs.

Standardised Herb & Nutri Extract:

| | | | |
|---|-------|--|------|
| Green barley grass (<i>Hordeum spp.</i>) | 240mg | Peppermint herb (<i>Mentha piperita</i>) | 25mg |
| Psyllium husks fibre | 140mg | Aniseed (<i>Pimpinella anisum</i>) | 20mg |
| Alfalfa herb (<i>Medicago sativa</i>) | 50mg | Dill seed (<i>Anethum graveolens</i>) | 20mg |
| Fenugreek seed (<i>Trigonella foenuga</i>) | 40mg | Parsley herb (<i>Petroselinum sativum</i>) | 20mg |
| Konjac Glucomannan | 40mg | Marjoram herb (<i>Origanum vulgare</i>) | 20mg |
| Buchu herb (<i>Agathosma betulina</i>) | 30mg | Ginger root (<i>Zingiber officinale</i>) | 20mg |
| Chamomile flower (<i>Matricaria chamomilla</i>) | 30mg | Digestive Enzymes | |
| Fennel seed (<i>Foeniculum vulgare</i>) | 30mg | Multi Enzyme Mix | 20mg |

nutrigrreen superfoods

ashwagandha - 200 grams

Ashwagandha is an adaptogen which is nutritionally supportive of a healthy balanced thyroid and adrenal function, blood sugar and cholesterol levels. It's often referred to as Indian Ginseng, because of its ability to enhance stamina and relieve stress.

Ingredients:

Ashwagandha Root Powder 200g
(*Withania somnifera*)

Barley Blend Multienzyme -

150 grams

NUTRITIONALLY BENEFICIAL AID TO:

- Improve alkalinity/acidity ratio
- Enhance digestion
- Antioxidant
- Nutrition and rejuvenation
- Detoxify
- Slimming

Ingredients:

Green Barley Grass
Alfalfa
Spirulina
Enzyme Blend
Formulated to ensure that all vitamins, minerals and enzymes are maintained

Barleygrass powder - 150 grams

Green Barley Grass provides natural plant carotenoids, providing an antioxidant activity, chlorophyll providing antioxidant activity with cleansing, balancing and protective benefits. It's also a good source of amino acids, vitamins, minerals, and prebiotic fibre. It helps alkalise the digestive system and supports general wellness

and good health.

Ingredients:

Green Barley Grass powder 150g

Baobab- 150 grams

Baobab with its creamy sherbert like taste is not only the best tasting but also one of the most

potent superfoods. It is super low in calories and fat. Super high in prebiotic fibre and phytonutrients and high in Vitamin C, Calcium, Magnesium and Potassium. Super nutrition for healthy blood cholesterol, sugar levels and wellness.

Ingredients:

Baobab Fruit Powder 150g

maca- 200 grams

Macaenes and macamides, polyunsaturated acids and their amides are unique to maca. this nutritional plant is an adaptogen which through physiological processes helps regulate, support and balance the body to maintain good health and

vitality.

Ingredients:

Raw Maca powder 200g

moringa oleifera- 200 grams

Moringa leaf's high nutritional value and wide range of beneficial ingredients, makes this green vitamin, mineral, amino acid, super antioxidant complex and so much more, nutritionally beneficial for a range of ailments and general good health.

Ingredients:

Moringa Oleifera powder 200g

peaprotein- 200grams

Pea protein powder is among the most hypoallergenic of all protein powders, as it contains no gluten or dairy. It's also easy on the tummy and doesn't cause bloating, a common side effect of many other protein powders.

Ingredients:

Yellow Pea Isolate powder 200g

schisandra powder- 200 grams

Nutritionally supports healthy levels of the enzyme glutathione, which supports detoxification response, liver and kidney function, mental and physical health and the body's ability to adapt to varied stimuli.

Ingredients:

Schisandra Powder 200g

spirulina- 200grams

An enzyme active nutrient rich, pure vegetable algae, high in protein, amino acids, beta carotene, B vitamins, calcium, phosphorus, iron, magnesium, potassium and more. Nature's energy booster.

Ingredients:

Spirulina powder 200g

nutrigrreen superfIBRES

psyllium husk powder- 250 grams

Psyllium husk Powder contains 90% of soluble gelling fibre, a prebiotic colon cleanser that supports healthy gut flora, bowel and digestive function, blood sugar and cholesterol levels as well as weight management.

Ingredients:

Psyllium Husk Powder 250g
(Plantago Psyllium/ Ispaghula)

RAW

GLUTEN
FREE

100%
NATURAL

NO
ADDITIVES

VEGAN



nutriherb POWDERS

Kelp- 250 grams

An enzyme active nutrient rich, pure vegetable algae, high in protein, amino acids, beta carotene, B vitamins, calcium, phosphorus, iron, magnesium, potassium and more. Nature's energy booster.

Ingredients:

Dried kelp, seaweed (*Ecklonia maxima*) 250g

Konjac Glucomannan- 100 grams

Nutritionally beneficial for healthy cholesterol, blood sugar and blood pressure levels and an essential component of a good natural weight loss program and regular digestive system.

Ingredients:

Glucomannan 98% (*Fibre extract from Amorphophallus konjac root*) 100g

Saphila No- 50 grams

Nutritionally beneficial for healthy cholesterol, blood sugar and blood pressure levels and an essential component of a good natural weight loss program and regular digestive system.

Dried herbal extract:

| | |
|----------------|-------|
| Sutherlandia | 490mg |
| African potato | 395mg |
| Olive leaves | 130mg |
| Graviola | 80mg |
| Turmeric | 40mg |
| Clivers | 40mg |

Milk thistle

| | |
|--------------------------|------|
| Scheduled vitamin | 20mg |
| Vitamin E 50% | 10mg |
| Scheduled mineral | |
| Zinc gluconate | 20mg |
| Selenium AAC | 5mg |

Sutherlandia- 50 & 150 grams

Kankerbos: Afrikaans; Cancer Bush: English; Unwele: Zulu.

An African traditional herbal supplement to aid the immune system. Originated with the Khoi and Nama people who used it as a multipurpose adaptogen.

Dried herbal extract:

Sutherlandia (*Sutherlandia frutescens*)

NUTRILIFE probiotics POWDER

ProBIZYME- 225 grams

Contains 4 genera, providing 10 strains, totalling 305 Million for a healthy, balanced intestinal ecology. Fibre with Pre and Probiotics and enzymes improve immunity, general health and assists with; IBS, candida control, flora balance, constipation, diarrhoea, bloating, flatulence, stomach cramps & indigestion. Documented clinical effectiveness for reducing cholesterol and blood sugar levels. Helpful for weight management.

Probiotic Mix containing: 305 Million CFU

| | |
|-------------------------------|-----------------|
| Lactobacillus | |
| -acidophilus | 5 Million CFU |
| -casei | 5 Million CFU |
| -plantarum | 5 Million CFU |
| -rhamnosus | 5 Million CFU |
| -salivarius | 5 Million CFU |
| Bifidobacterium | |
| -bifidum | 5 Million CFU |
| -longum | 5 Million CFU |
| -breve | 5 Million CFU |
| Streptococcus thermophilus | 15 Million CFU |
| Bacillus Coagulans- | 205 Million CFU |
| Lactospore® | |
| Multienzyme Blend - Zymetone™ | |

CFU - Colony Forming Units

Nutrilife POWDERS

Activated charcoal- 150 grams

Natural Detoxifier

Ingredients

Activated Charcoal (*carbo activatus*) 150g

Altistat- 220 grams

A blend of nutritional supplements with documented clinical trials supporting their efficacy and approved food claims for dietary support of healthy levels of triglycerides and cholesterol, blood glucose levels, digestive tract and general wellness.

Ingredients

Soluble fibre (Fibersol2®)
Soy - 95% Phytosterols ext
Oats Beta Glucan
Grape seed - 95% Proanthocyanidins
Milk thistle - 80% Silymarin Ext.
Probiotics - Bacillus coagulans

Co-enzyme Q10
Inositol hexanicotinate B3
Zymetone™-Multienzyme Blend
Bioperine (Black Pepper Ext)
B6 Pyridoxine HCL
B9 Folic Acid.

Brewer's Yeast- 200grams

Brewer's yeast is used as a nutritional supplement. It's a rich source of GTF Chromium, several B- Vitamins, protein & dietary fibre, which may help your body maintain normal blood sugar levels. It's produced

by cultivation of *Saccharomyces cerevisiae* on malted barley in the production of beer.

Ingredients

Brewer's Yeast (*Saccharomyces cerevisiae*) 200g

Hi Bio Calmag Complex- 125grams

Formulated to provide the recommended daily allowance of calcium and magnesium in a single dose. Bio availability and efficacy are enhanced by the inclusion of vitamins C and D, Boron, Zinc and Iodine with traces of other minerals. Essential nutrients for healthy bones, teeth, nails and hair. Calcium is beneficial for restful sleep with absorption and assimilation taking place while asleep. It is, therefore, best taken in a single daily dose 30 to 60 minutes before retiring.

Ingredients

Per 4g serving

Calcium Carbonate 1200mg
Coral Calcium 600mg
Calcium Citrate 400mg
Calcium Ascorbate 100mg
Magnesium Carbonate 500mg
Magnesium Oxide 300mg
Boric Acid AAC 10mg
Zinc Gluconate 100mg
Vitamins
Vitamin C 100mg

Vitamin D 100iu/mg 2mg
Nutri Extract:
Cranberry Fruit 388mg
Xylitol 300mg
Providing Elemental:
Calcium 829mg
Magnesium 305mg
Zinc 13mg
Boron 4mg
Iodine 24mg
Vitamin C 180mg
Vitamin D 200iu

Hydrolysed Collagen peptides

Complex plain- 185 grams

Supports mobility and joint health. Beneficial for healthy bone density and strength by supporting the living dynamic metabolic system of osteoblasts (restoring) and osteoclasts (resorbing) cells that maintain the positive balance between bone formation and resorption.

Ingredients

Protein

Collagen Powder (Fortigel®) 10g

Fibres

Inulin

Scheduled Minerals

Each Providing - 20% RDI
Tri-Calcium citrate anhydrous
MSM (Methylsulfonylmethane)
Magnesium Hydrogen Citrate
Zinc Gluconate
Manganese AAC 20%
Copper AAC 10%

Selenium AAC 2%
Boron AAC 5%
Scheduled Vitamins
Each Providing - 20%RDI
C Calcium Ascorbate
K Phylloquinone 1 %
D3 Cholecalciferol 100iu/mg
B6 Pyridoxine, B2 Riboflavin
Enzymes
Zymetone™- Multienzyme Blend Providing
Units - Amylase 240, Cellulase 2, Lactase
40, Protease 60, Lipase 10, Bioperine.

Hydrolysed Collagen peptides Complex apple- 185 grams

Supports mobility and joint health. Beneficial for healthy bone density and strength by supporting the living dynamic metabolic system of osteoblasts (restoring) and osteoclasts (resorbing) cells that maintain the positive balance between bone formation and resorption.

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Protein

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Tri-Calcium citrate anhydrous
MSM (Methylsulfonylmethane)
Magnesium Hydrogen Citrate
Zinc Gluconate
Manganese AAC 20%
Copper AAC 10%

Selenium AAC 2%
Boron AAC 5%
Scheduled Vitamins
Each Providing - 20%RDI
C Calcium Ascorbate
K Phylloquinone 1 %
D3 Cholecalciferol 100iu/mg
B6 Pyridoxine, B2 Riboflavin
Enzymes
Zymetone™- Multienzyme Blend Providing Units - Amylase 240,
Cellulase 2, Lactase 40, Protease 60, Lipase 10, Bioperine.
Other - Apple Flavour TSL, Green Apple Deep (E) Sucralose

creatine - 250 grams

A naturally occurring metabolite of red muscle tissue. Beneficial for muscle regeneration growth and energy.

Ingredients

Creatine Monohydrate 250g

d-mannose- 50g Powder

Nutritionally beneficial for a healthy urinary tract.

Active Ingredients:

D-Mannose 50g

L-arginine- 250grams

Arginine retards the growth of tumors and increases the size and activity of the thymus gland, which manufactures lymphocytes (T-cells), crucial components of the immune system hence helpful against cancer, aids and other diseases that suppress the immune

system. Nutritionally beneficial for the body's management of nitrogen levels, muscle metabolism, reduction of body fat, tissue generation and regeneration, healthy relaxation of blood vessels, blood flow in main peripheral arteries, exercise tolerance levels, insulin production and glucose tolerance.

Ingredients

L-Arginine Powder 250g

L-glutamine - 250 grams

Promotes protein synthesis, which leads to increased muscle mass and nitrogen retention, which decreases muscle breakdown and recovery after exercise.

Ingredients

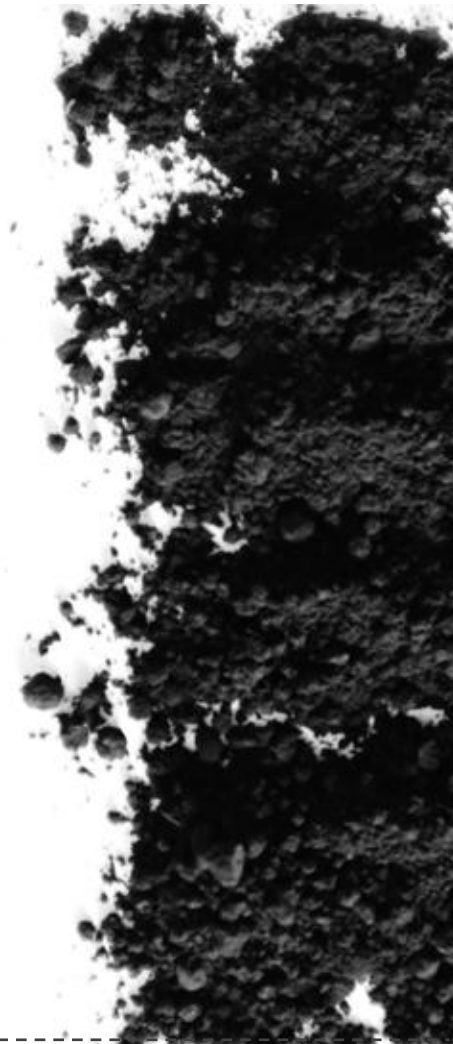
L-Glutamine Powder 250g

L-lysine- 180grams

An essential amino acid nutritionally beneficial for growth, tissue repair, the production of hormones, enzymes and antibodies.

Ingredients

L-Lysine Powder As per container size



Nutrilife

Lecithin- 200 grams

Soya lecithin is a natural pleasant tasting source of choline, inositol, fatty acids, phosphorous, glycerin and other nutrients. Nutritionally beneficial in solubilizing and mobilizing fats, preventing fat build up in organs, controlling blood cholesterol or triglycerides levels and high blood pressure, protecting against damage to cells by oxidation and facilitating the passage of many nutrients from the bloodstream into cells. Provides helpful nutrients for people suffering from atherosclerosis, senile dementia and Alzheimer's disease.

Ingredients

Soya Lecithin 98% 250g

Malic Acid- 100 grams

Malic Acid plays a key role in the energy producing Krebs (citric acid) and glyoxylate cycles, it provides the cells with energy and carbon skeletons for the formation of amino acids. Other cycles which involve malic acid are the urea cycle and the dicarboxylate shunt of the liver. Nutritionally beneficial for fibromyalgia.

Ingredients

Malic Acid 100g

MSM - Methylsulfonylmethane- 250 & 500 grams

An essential nutrient for healthy bones, joints, skin, hair and nails.

Active Ingredients:

Methylsulfonylmethane - MSM 250g/500g

Nutri Yeast- 200 grams

A primary-grown inactive dried yeast produced for its bioavailable nutritive value.

An excellent source of non-animal protein with a delicious nutty flavour, providing 50% protein with 41% as amino acids, 27% dietary fibres, 4% minerals, 0.04% B group vitamins.

Ingredients

Nutri yeast (*Saccharomyces cerevisiae*) Lyside® NUTRI 200g

Potassium Compound- 100 grams

Potassium is an electrolyte (a substance that maintains your body's fluid levels)

Ingredients

Potassium Gluconate, Potassium Acetate & Potassium Phosphate in equal amounts (33.34mg) of each Potassium Salt

Vitamin C Ascorbic Acid- 100 grams

A 99.9% pure ascorbic acid, vitamin C.

Ingredients

Vitamin C - Ascorbic Acid 1000mg per ¼ tsp

Vitamin C calcium ascorbate- 100 & 500 grams

A calcium buffered non acidic vitamin C for improved digestibility.

Ingredients

Calcium Ascorbate 1300mg per ¼ tsp

