



- ✓ Health Foods And Supplements
- ✓ Premium Quality
- ✓ Achieve Your Peak Performance
- ✓ Reach Your Fitness Goals With Ease
- ✓ And Much More...



with choice and sanitising effect. Avoid: Milk, Nuts, Soyabean, Peas. We are not a source of nuts. and diet and

THE TRANSFORMER™
Think YOU Can • Know YOU Can

MEALDEAL Shake
Yummy chocolate & mint flavour protein powder

Dairy-free, high protein and low fat non-GM soya protein powder, with no artificial sweeteners or flavours

600g (21.1oz)

THE TRANSFORMER™
Think YOU Can • Know YOU Can

DIGESTIVEcare (Multi-Enzymes)

Plant derived digestive enzymes with added synergistic herbs including curcumin from turmeric

90g (3.17oz)

THE TRANSFORMER™
Think YOU Can • Know YOU Can

MULTI-FLEXformula

Glucosamine with vitamin C, MSM, sour cherry, rosehip, turmeric and other synergistic herbs

- Contributes to normal collagen formation

60g (2.12oz)

THE TRANSFORMER™
Think YOU Can • Know YOU Can

MULTImplex Fibre

A high fibre bowel formula, sourced from psyllium husk, apple pectin, flaxseed, fig fruit, prune juice and other fibrous foods

100g (3.52oz)

THE TRANSFORMER™
Think YOU Can • Know YOU Can

FatBUSTER

With capsaicin, glucomannan, choline, raspberry ketones, African mango, green tea and other herbs

- Contributes to weight loss**
- Supports energy yielding metabolism and normal blood function
- Supports carbohydrate, lipid and fatty acid metabolism
- Contributes to normal blood glucose levels

90g (3.17oz)

THE TRANSFORMER™
Think YOU Can • Know YOU Can

WHEYProtein PLUS
Delicious vanilla flavour whey protein

Premium quality whey protein concentrate and isolate from British and EU cows
No artificial sweeteners, colours or flavours

1500g (52.9oz)

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SUITAB

Nutrient Typical va

Energy

Fat of which sa Carbohydr of which so Fibre Protein Salt

This pot con 87g • 100kcal (EASOUJ / 2)

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PROTEIN POWDERS, MEAL SHAKES AND DIET FOODS

Products

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OrganicGreens

Organic superfoods combination

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

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

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

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



Beneficial for...

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

Product Information

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

Hemp MULTIformula

Fluid balance support and herbal diuretic

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

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

It is easily digestible and does not cause bloating or flatulence, which many people experience with dairy-based protein powders - an ideal alternative to whey and soya. Also available in delicious choc & mint flavour - see online for more details.

Beneficial for...

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

(Also Available in
Chocolate + Mint
Flavour)



Product Information

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

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

MEALDEAL Shake

Dairy and gluten-free meal shake

MEALDEAL Shake (Chocolate Flavour) is a dairy-free, gluten-free and vegan meal shake and protein powder, that has been fortified with a range of vitamins and minerals.

High in protein and low in fat, this daily shake is also a good source of fibre from psyllium husks, which promotes natural colon detoxification and cleansing.

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

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

Beneficial for...

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

(Chocolate Flavour)



Product Information

Ingredients: Soya Protein Isolate; Carrier: Maltodextrin; Organic Cocoa Powder; Natural Flavouring: Chocolate flavour; Psyllium Husk; Natural Sweetener: Stevia; Guar Gum; Citric Acid; Anti-Caking Agent: Tri-Calcium Phosphate; Vitamin & Mineral Blend: Vitamin A, Vitamin E, Vitamin C, Niacin (B3), Pyridoxine Hcl (B6), Folic Acid (B9), Cyanocobalamine, Thiamine, Riboflavin, Magnesium Oxide, Iron Bisglycinate, Zinc Gluconate, Potassium iodide.

MEALDEAL Shake

Dairy and gluten-free meal shake

MEALtime (Choc & Mint Flavour) is a dairy-free, gluten-free meal shake and non-GM soya isolate protein powder, that has been fortified with a range of vitamins, minerals and other nutrients.

High in protein (71.4g per 100g) and low in fat (0.3g saturated fat per 100g), this chocolate and mint flavoured daily shake is also a good source of dietary fibre from psyllium husks.

An ideal supplement and flavour for slimmers, particularly in the early stages of a weight loss plan when cravings for chocolate can be at their worst.

Also available in vanilla flavour and chocolate flavour.

No artificial sweeteners or flavours.

Beneficial for...

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



Product Information

Ingredients (dried, powdered): Soya Protein Isolate; Carrier: Maltodextrin; Natural Flavourings: Mint & Chocolate; Organic Cocoa Pdr; Psyllium Husk; Natural Sweetener: Stevia; Guar Gum; Acidity Regulator: Citric Acid; Anti-Caking Agent: Tri-Calcium Phosphate; Vitamin & Mineral Blend: Vitamin A, Vitamin E, Vitamin C, Niacin (B3), Pyridoxine Hcl (B6), Folic Acid (B9), Cyanocobalamine, Thiamine, Riboflavin, Magnesium Oxide, Iron Bisglycinate, Zinc Gluconate, Potassium iodide.

Pea-Plus Formula

High quality protein with added phyto-nutrients

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

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

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

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



Beneficial for...

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

Product Information

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

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

Rice-UltimateNourish

Choc and mint flavour rice protein blend

This premium rice protein powder blend, with added dietary fibre and alfalfa, green tea and guarana boosts the user's daily intake of lean protein and generally enhances their diet.

It is a delicious chocolate and mint flavour and is low in saturated fat and provides 66.7g of protein per 100g!

It is high in dietary fibre and low in carbohydrates, with no artificial sweeteners or flavours.

Can be enjoyed as a breakfast, lunch, or anytime shake, or as a guilt-free, tasty dessert!

(Chocolate + Mint Flavour)



Beneficial for...

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

Product Information

Ingredients (dried, powdered): Rice Protein Isolate (78%), Cocoa Powder, Psyllium Husk, Stevia Extract (Sweetener), Tricalcium Phosphate (Anti Caking Agent), Xanthum Gum (Stabiliser), Natural Flavouring, Alfalfa Herb Powder, Green Tea Powder, Guarana Seed Powder

WHEYProtein PLUS

From whey concentrate and isolate

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

Providing 21.9g of protein and just 2g of fat per 30g serving, this formula contains only the highest grade hormone-free milk, sourced from EU and British cows - no GMOs.

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

Also available in vanilla flavour.

(Chocolate Flavour)



Beneficial for...

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

Product Information

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

WHEYProtein PLUS

From whey concentrate and isolate

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

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

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

Also available in chocolate flavour.

Beneficial for...

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



Product Information

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

SLIMMING

Products

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Green Coffee Beans SUPREME
FatBUSTER
MULTIcomplex Garcinia Cambogia

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Green Coffee Beans SUPREME

High-strength natural slimming formula

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

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

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



Beneficial for...

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

Product Information

Each capsule provides:		%NRV*
Chromium Picolinate	50mcg	125%

*NRV = Nutrient Reference Value

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

Other herbal ingredients (from extracts):
equivalent to 420mg powder
Cinnamon Extract (30:1), Kelp Extract (4:1), Cayenne Extract (8:1)

FatBUSTER

Herbal fat burner and weight loss supplement

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

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

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



Beneficial for...

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

Product Information

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

*NRV = Nutrient Reference Value

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

MULTIcomplex Garcinia Cambogia Slimmer's complex support formula

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

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

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



Beneficial for...

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

Product Information

Each capsule provides:		%NRV*
Chromium Picolinate	100mcg	250%

Also provides:
Garcinia Cambogia Powder
Glucomannan Powder
Green Coffee Extract 20:1
(equivalent to 1500mg green coffee powder)
Kidney Bean Extract 4:1
(equivalent to 200mg kidney bean powder)
Conjugated Linoleic Acid (CLA)
Cinnamon Extract 30:1
(equivalent to 400mg cinnamon powder)
*NRV = Nutrient Reference Value

HERBAL FORMULAS, OMEGA OILS AND ORGANIC SUPPLEMENTS

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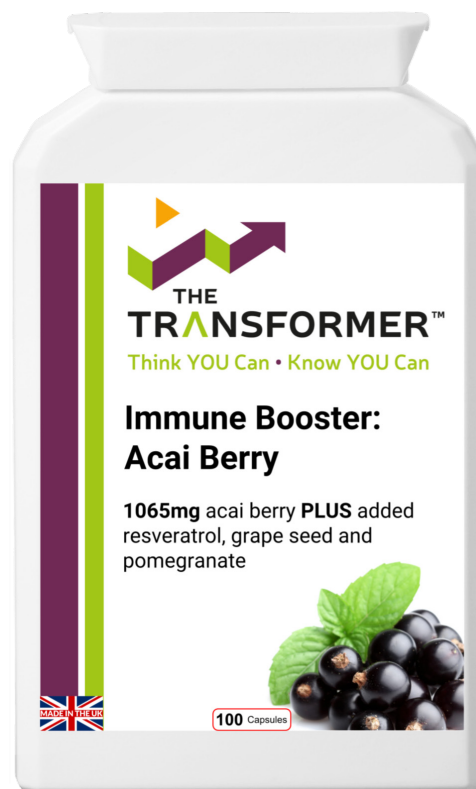
Immune Booster: Acai Berry

Concentrated antioxidant formula

Immune Booster: Acai Berry is a high-potency formulation, which combines 1065mg of freeze-dried acai berry powder and extract, with 465mg of added antioxidants from three other active ingredients - resveratrol, grape seed extract and pomegranate.

This superfood supplement is high in antioxidants (including anthocyanins), which offer cells protection against free radical damage and support the body's own natural defence systems.

Also rich in vitamins, minerals, phyto-nutrients and polyphenols, Acai Berry Supreme offers all-round support for energy, immunity, health and vitality - ideal for slimmers, athletes and diabetics.



Beneficial for...

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

Product Information

Each capsule provides:	
Freeze Dried Acai Berry Powder	465mg
Vegetarian Capsule Shell: Hydroxypropyl Methylcellulose (HPMC)	110mg
Acai 10:1 Extract (equivalent to 600mg fresh acai powder)	60mg
Resveratrol	25mg
Grape Seed 10:1 Extract (95%) (equivalent to 200mg fresh grape seed powder)	20mg
Pomegranate 12:1 Extract (equivalent to 240mg fresh pomegranate powder)	20mg

Immune Booster: Antarctic Krill Oil

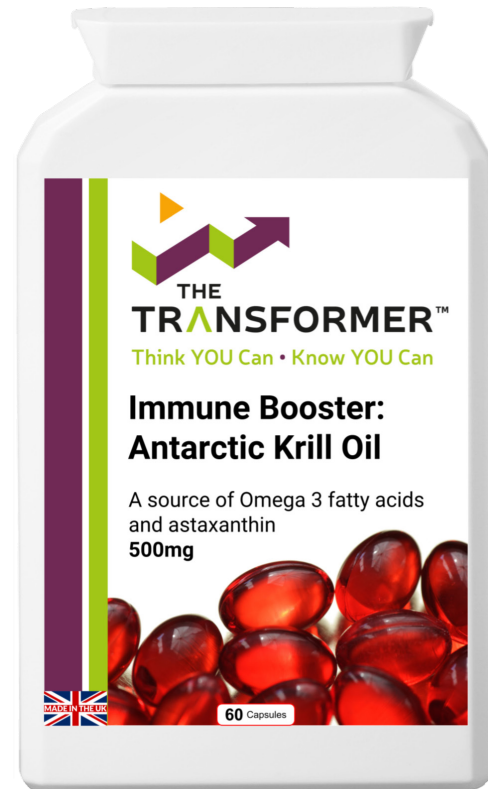
A source of Omega 3, phospholipids and astaxanthin

Antarctic Krill Oil (*Euphausia superba*) is a great natural source of Omega 3 oil, the antioxidant astaxanthin, as well as high levels of phospholipids - a fundamental component of human cell membranes.

A high-strength formula (500mg) in an easy-to-swallow gel capsule form, offering support for the heart, blood pressure, brain, vision and more.

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

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



Beneficial for...

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

Product Information

Each 715mg capsule provides:

Krill Oil (Superba)	500mg
Of which...	
Total Phospholipids	200mg
(of which Phosphatidyl Choline 150mg, of which Choline 25mg)	110mg
Omega 3 (of which EPA 60mg, DHA 27.5mg)	
Astaxanthin	50mcg
Ingredients: Krill Oil (<i>Euphausia Superba</i>) Extract (Crustacean), Capsule Shell (Bovine Gelatin), glycerol, water	

Immune Booster: BeetrootCherry

Montmorency cherry and beetroot formula

BeetrootCherry combines beetroot powder and extract (10:1), with Montmorency (sour) cherry powder and extract (10:1), to provide a concentrated formula - 4500mg per capsule.

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

Combination cherry and beetroot capsules are particularly popular with athletes, because of the presence of dietary nitrate, anti-inflammatory agents and antioxidants present in both.

Allied with vitamin B6, black pepper powder and turmeric extract, this supplement offers those who place high demands on their body a winning combination for high energy levels, stamina, immunity, general well-being and more.



Beneficial for...

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

Product Information

Each capsule provides:		%NRV*
Vitamin B6	2mg	142%
*NRV = Nutrient Reference Value		
Also provides:		
Beetroot extract 10:1 (equivalent to 2250mg beetroot powder)		225mg
Montmorency cherry extract 10:1 (equivalent to 2250mg cherry powder)		225mg
Black pepper powder		5mg
Turmeric (Curcuma Longa) extract 10:1 (95% curcumin) (equivalent to 50mg turmeric powder of which 4.75mg curcuminoids)		5mg

MULTI-FLEXformula

Collagen, bone and cartilage formula

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

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

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



Beneficial for...

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

Product Information

Each capsule provides:		%NRV*
Vitamin C (Ascorbic acid)	12mg	15%
*NRV = Nutrient Reference Value		
Also provides:		
Glucosamine HCL (from shellfish)		300mg
MSM		200mg
Turmeric (providing 50mg curcumin)		52mg
Nettle leaf 4:1 extract (equivalent to 100mg powder)		25mg
Montmorency cherry powder		20mg
Panax ginseng 10:1 extract (equivalent to 100mg powder)		10mg
Apple cider vinegar powder		5mg
Bromelain (1,200 GDU/g)		5mg
Horsetail 10:1 extract, 7% silica		5mg
Kelp (Ascophyllum nodosum) powder		5mg
Papain (2000u/mg)		5mg
Rosehip 20:1 extract (equivalent to 100mg powder)		5mg
Ginger root 20:1 extract		2mg

UltimateNourish Organic

Organic multi-nutrient superfood supplement

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

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

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



Beneficial for...

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

Product Information

Each 620mg proprietary blend vegetarian capsule provides:

Organic Greens Blend:

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

Organic Fruit Blend:

*Baobab, *Tomato

Organic Vegetable Blend:

*Beet, *Parsley, *Spinach

Other Organic Ingredients:

*Turmeric

* = Certified organic ingredients

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

Vit-C Complex

Food form vitamin C

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

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

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



Beneficial for...

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

Product Information

Each capsule provides:		%NRV*
Vitamin C	125mg	156%
(from food form Acerola Cherry)		
*NRV = Nutrient Reference Value		

Also provides:		
Acerola Cherry Extract (25% Vitamin C)		500mg
Parsley Leaf Powder (Petroselinum sativum)		50mg
Blackcurrant Ext 4:1 (>2% anthrocyanadins)		27mg
(equivalent to 108mg powder)		
Rosehip Extract 4:1		27mg
(equivalent to 108mg powder)		
Elderberry Extract (30% polyphenols)		7mg

Omega 3-6-9 Oils

A balanced blend of these beneficial oils

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

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

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



Beneficial for...

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

Product Information

Each 1000mg capsule provides:		%NRV*
Vitamin E	10iu	83.3%
*NRV = Nutrient Reference Value		
Omega 3		
Eicosapentaenoic Acid (EPA)		72mg
Docosahexaenoic Acid (DHA)		48mg
Alpha-Linolenic Acid (ALA)		150mg
Omega 6		
Linoleic Acid (LA)		200mg
Omega 9		
Oleic Acid (OA)		100mg

Beach-Formula

Anti-inflammatory, joints, immunity and energy

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

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

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



Beneficial for...

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

Product Information

Each 590mg proprietary blend capsule provides:

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

*NRV = Nutrient Reference Value

Also provides:

Organic seaweed	300mg
Ascophyllum Nodosum and Fucus Vesiculosus Powders	
Other ingredients	290mg
Hydroxypropyl Methylcellulose (HPMC)	
Capsule Shell	
Organic Spirulina Powder	
Organic Artichoke Powder	
Organic Chlorella Powder	
Organic Green Tea Leaf Powder	
Organic Rhubarb Powder	
Organic Cayenne Powder	

Turmeric-Formula

Anti-inflammatory, joints, immunity and energy

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

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



Beneficial for...

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

Product Information

Each capsule provides:	%NRV*
Zinc - 1.5mg	15%
Vitamin B6 - 0.21mg	15%
*NRV = Nutrient Reference Value	
Also provides:	
Organic Turmeric Powder	
Turmeric (Curcuma Longa) Extract 10:1 (95% curcumin) (equivalent to 1580mg turmeric powder of which 150mg curcuminoids)	200mg 158mg
Ginger Root Extract 20:1, 5% gingerols (equivalent to 200mg powder of which 0.5mg gingerols)	10mg
Cayenne Extract 7:1 (100au capsaicin) (equivalent to 40mg powder)	5.7mg
Piperine 95% extract (black pepper extract)	5mg

WOMEN'S HEALTH

Products

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HarmonyFormula

High-strength natural slimming formula

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

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

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



Beneficial for...

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

Product Information

Each capsule provides:		%NRV*
Vitamin B6 (pyridoxine HCL)	5mg	357%
Zinc	2.5mg	25%

*NRV = Nutrient Reference Value

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

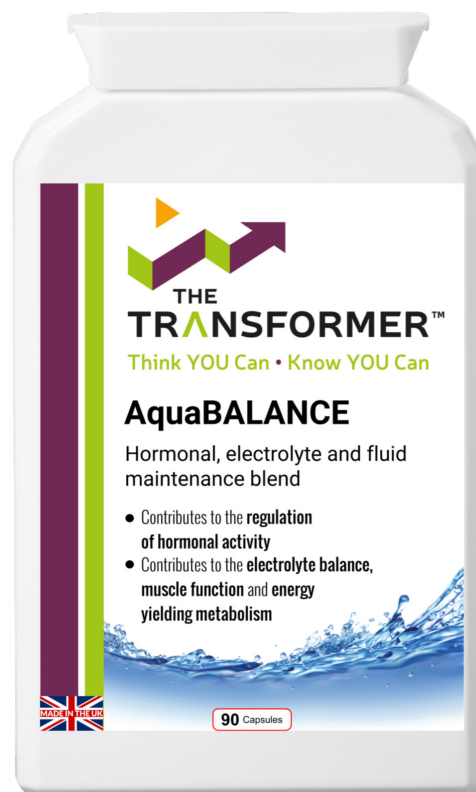
AquaBALANCE

Fluid balance support and herbal diuretic

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

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

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



Beneficial for...

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

Product Information

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

*NRV = Nutrient Reference Value

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

DIGESTION, CLEANSE AND DETOX

Products

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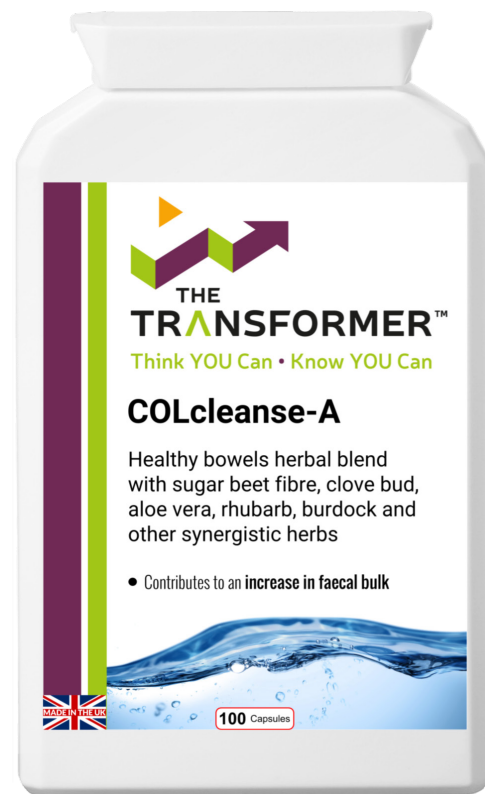
COLcleanse-A

Internal cleanse support

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

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

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



Beneficial for...

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

Product Information

Each 725mg proprietary blend capsule provides:

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

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

COLcleanse-B

Internal cleanse support

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

Popular with colonic hydrotherapists, COL-Clear B v2 contains a range of active herbal ingredients which help to cleanse the intestinal tract, soften the stool, stimulate the liver and improve peristalsis. This, in turn, helps to produce bowel movements and expel layers of old encrusted mucus and faecal matter that may have accumulated over time.

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

Beneficial for...

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



Product Information

Each 810mg proprietary blend vegetarian capsule provides:

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

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

MULTIcomplex Fibre

A multi-fibre nutritional formula

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

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

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

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



Beneficial for...

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

Product Information

Each capsule provides:

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

Dietary fibre: 513mg per capsule

DIGESTIVEcare (Multi-Enzymes)

High-strength plant digestive enzymes

DIGESTIVEcare is a high-strength supplement which combines a broad spectrum range of plant-derived digestive enzymes with carminative, anti-spasmodic and gut-soothing herbs.

A unique blend to aid the digestive system naturally and healthily.

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

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



Beneficial for...

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

Product Information

Each capsule provides:

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

Ultimate Fibre

High dietary fibre, bulk and weight loss blend

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

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

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

Beneficial for...

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



Product Information

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

Kid's BellyBuddies

Children's probiotic powder

Kid's BellyBuddies is a child-specific probiotic supplement in tasteless powder form, suitable for babies and children of all ages.

It comes in easy-to-administer 1g sachets. It contains 7 strains of naturally-occurring beneficial bacteria (1 billion organisms per sachet), including the child-specific Bifidobacterium infantis strain, as well as the prebiotic FOS (Fructooligosaccharide).

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

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



Beneficial for...

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

Product Information

Each 1g sachet provides:

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

Total Viable Count 1.00 x 10⁹ CFU/gram

1 billion organisms per sachet Fructooligosaccharide (FOS)

Home Enema Kit

Durable, re-usable and easy to use

A 2 litre capacity boxed Enteroclisma FullWash home enema kit for personal use. A basic colonic hydrotherapy session in the privacy of home, without embarrassment.

This kit has both an anal cannula for colonic enemas and also a vaginal irrigation cannula.

Durable and easy to use, this re-usable enema pack delivers best results when used in combination with products from our Digestive System, Colon Cleansers, Cleanse & Detox and Probiotics ranges.



Beneficial for...

- Colon cleansing
- Digestive tract health
- Cleanse and detox
- Constipation
- Fermentation and putrefaction in the gut
- A healthy balance of gut flora
- Digestive disorders
- Irritable Bowel Syndrome (IBS)
- Bloating
- Elimination of accumulated fat, waste, toxins and parasites
- Toned bowel walls
- Weight loss
- General immunity and well-being

Product Information

The kit has both an anal cannula for colonic enemas and also a vaginal irrigation cannula.

For best results, home enemas can be combined with use of our other digestive system supplements and intestinal products.

Best practice is to replenish bowel flora with probiotics after kit use.

InternaSoothe

Saccharomyces boulardii probiotic yeast PLUS

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

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

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



Beneficial for...

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

Product Information

Per capsule:	%NRV*
Biotin - 8µg	16%
Vitamin D - 2.5µg	50%

NRV = Nutritional Reference Value

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

L-Glutamine

Pure amino acid powder

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

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

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



Beneficial for...

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

Product Information

Ingredients:

L-Glutamine powder

Source: Fermented glucose

LIVERcleanse

For healthy liver function

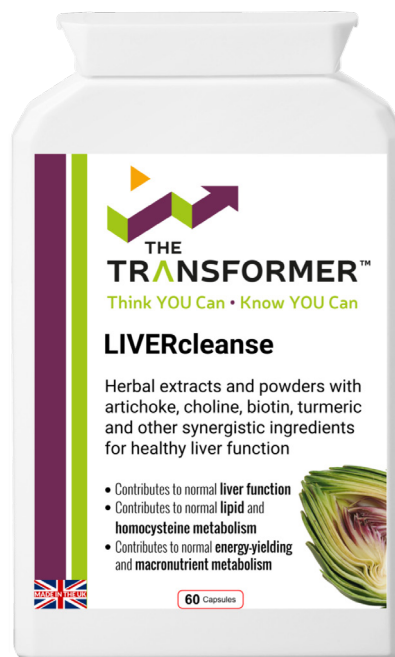
LIVERcleanse is a healthy liver support formula, with a combination of herbal extracts and powders, plus vitamins.

It is designed to support liver function, along with the other detoxification organs and systems of the body - particularly during periods of overindulgence in food, alcohol or smoking.

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

It has been formulated to stimulate, flush, cleanse and protect these two important organs.

If you thought milk thistle worked well, this formula will “blitz” internal congestion and toxins.



Beneficial for...

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

Product Information

Per capsule:		%NRV*
Choline	82.5mg	-
Biotin	8mcg	16%

NRV = Nutritional Reference Value

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

MULTIcomplex Live Cultures

A high-strength, multi-strain probiotic

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

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

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



Beneficial for...

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

Product Information

Each 230mg proprietary blend capsule provides:

Lactobacillus casei PXN37 1.5 x 10⁹
Lactobacillus rhamnosus PXN54 1.4 x 10⁹
Bifidobacterium breve PXN25 1.9 x 10⁸
Bifidobacterium longum PXN30 7.9 x 10⁷
Lactobacillus acidophilus PXN35 3.5 x 10⁸
Streptococcus thermophilus PXN66 3.8 x 10⁸
Bifidobacterium infantis PXN27 5.3 x 10⁷
Lactobacillus bulgaricus PXN39 3.8 x 10⁷
Total Viable Count 4.0 x 10⁹
4 billion live organisms per capsule

BOWELBuster

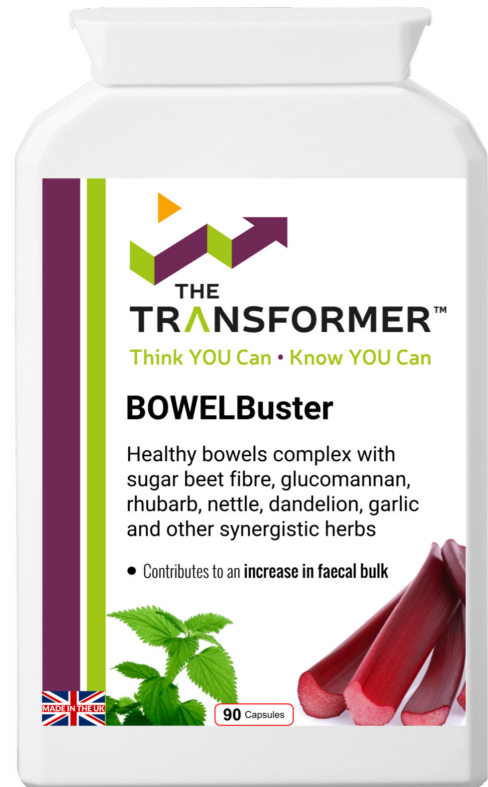
High-strength colon cleanser

BOWELBuster is a fast-acting colon cleanser, designed for the chronically constipated in need of strong treatment for a blocked bowel.

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

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

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



Beneficial for...

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

Product Information

Each 605mg proprietary blend vegetarian

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

Detox n' cleanse

Magnesium based 'oxy' formula

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

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

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



Beneficial for...

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

Product Information

A proprietary blend

Each 2 capsule serving provides:

%NRV*

Magnesium	498mg	132mg
Sugar Beet Fibre	110mg	-
Vitamin C	80mg	100%

NRV = Nutritional Reference Value

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

DIGESTIVEcleanse

Gastrointestinal cleanse support

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

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

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

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



Beneficial for...

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

Product Information

Each capsule provides:

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

MULTIcomplex Live Cultures Infinite

A practitioner-strength, multi-strain probiotic

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

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

Micro-encapsulated for acid resistance, this probiotic has been specifically formulated for natural health practitioners who treat digestive and intestinal disorders.

It is ideal for use following antibiotics, travelling abroad and colonic hydrotherapy treatment.



Beneficial for...

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

Product Information

Each 230mg proprietary blend capsule provides:

- Bifidobacterium breve PXN25 9.8 x 10⁸
- Bifidobacterium infantis PXN27 2.0 x 10⁸
- Bifidobacterium longum PXN30 4.0 x 10⁸
- Lactobacillus acidophilus PXN35 1.7 x 10⁹
- Lactobacillus bulgaricus PXN39 1.9 x 10⁸
- Lactobacillus casei PXN37 7.8 x 10⁹
- Lactobacillus rhamnosus PXN54 6.9 x 10⁹
- Streptococcus thermophilus PXN66 1.9 x 10⁹

Total Viable Count 4.0 x 10⁹
20 billion viable organisms per capsule

Guaranteed strength for 12 months from the date of manufacture.

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

MULTIcomplex GI Cleanser

Anti-Candida, healthy gut and detox formula

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

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

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

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



Beneficial for...

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

Product Information

Each capsule provides:		%NRV*
Zinc	3.1mg	31%

*NRV = Nutrient Reference Value

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

ABOUT OUR PRODUCTS

Our products are manufactured using the highest quality ingredients and in accordance with GMP (Good Manufacturing Practice) and ISO 9001 standards, ensuring quality and traceability.

For further information, visit: www.transformerlifestyle.co.uk

or email info@thetransformer.co.uk

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