

Nature's Nutrition

FROM THE SOURCE

# EDUCATION MANUAL

**WELL I AM PTY LTD**

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# YOUR HEALTH, YOUR INGREDIENTS






# 50 ORGANIC SUPERFOODS DRINK MIX

Our all-in-one 100% vegan-friendly superfood formula of fruits, vegetables, dairy-free probiotics and greens supplies a concentration of micronutrients in a convenient powder form, specially designed to help you “eat the rainbow” while leading a more plant-based lifestyle. These blends are high in fibre and contain prebiotics plus 10 medicinal mushrooms.

**Each serving provides:**

- 50 USDA Organic Superfoods
- 10 g Plant Protein
- 1 billion CFU LactoSpore® Probiotics
- 500 mg Buffered Vitamin C




# KIDDIES
# 50 ORGANIC SUPERFOODS DRINK MIX

Our 100% vegan-friendly kids' superfoods powder is a versatile all-in-one kids' health food containing fruits, vegetables, dairy-free probiotics and greens. Fortified with fibre, prebiotics and 10 medicinal mushrooms, it is the delicious way to make sure growing bodies get all the important micronutrients they need.

**Each serving provides:**

- 50 Organic Superfoods
- 100 million CFU LactoSpore® Probiotics
- 100 mg Buffered Vitamin C
- 200 mg Omega-3s from Flaxseed



## While all our formulas contain 50 Organic Superfoods, each flavour blend has been formulated to deliver specific benefits

**Our green blends** contain more wheatgrass and spirulina: Raw Vanilla and Coconut Vanilla

Rich in cleansing chlorophyll - the pigment that gives plants their green colour - plus other antioxidants and minerals, wheatgrass and spirulina both offer powerful antioxidant and anti-inflammatory properties. They are natural detoxifying agents too and may help fight off infections and aid in eliminating heavy metals and toxins from the body.




**Our red blends** contain more beetroot: Berry Banana, Citrus Berry, Blueberry and Kiddies Berry Blast

Beetroot is rich in nitrates: a natural chemical that dilates blood vessels, improving blood flow and lowering blood pressure. Beetroot may improve poor circulation and reduce the risk of cardiovascular events. Beetroot also improves blood flow to the brain, improving concentration, and may protect against age-associated dementia. Beetroot has also been shown to enhance athletic performance, boost stamina and endurance, and may help you to exercise for longer.

**Our chocolate blends** are cacao-rich: Raw Chocolate and Kiddies Raw Chocolate

We swapped noni with raw cacao to create this chocolate blend, boasting health-boosting benefits like:

- 40 x more antioxidants than blueberries
- Highest plant-based source of iron
- Rich in magnesium for heart and brain health
- More calcium than cow's milk
- Mood-elevating and antidepressant properties




## Some of the terms we use in this manual

**Superfoods:**
Superfoods are nutrient-rich or antioxidant-rich foods, considered to be especially beneficial for health and wellbeing.

**Whole Food Supplements:**
Whole food supplements are made from concentrated and dehydrated whole food sources such as fruits and vegetables - carrot, beetroot, celery, etc. Whole food supplements are better absorbed by the body than synthetic vitamins and minerals.

**Antioxidants:**
Antioxidants are mostly found in plant foods. They are natural molecules that help neutralise harmful free radicals in our bodies and may reduce the risk of many diseases.




**Prebiotics:**
These foods are specialised plant fibre that acts as food for the good bacteria in the gut, stimulating its growth.

**Probiotics:**
Living strains of bacteria that add to the population of good bacteria in your digestive system are called probiotics.

**Medicinal Mushrooms:**
These macroscopic fungi are used in the form of extracts or powder for prevention, alleviation or healing of multiple diseases.



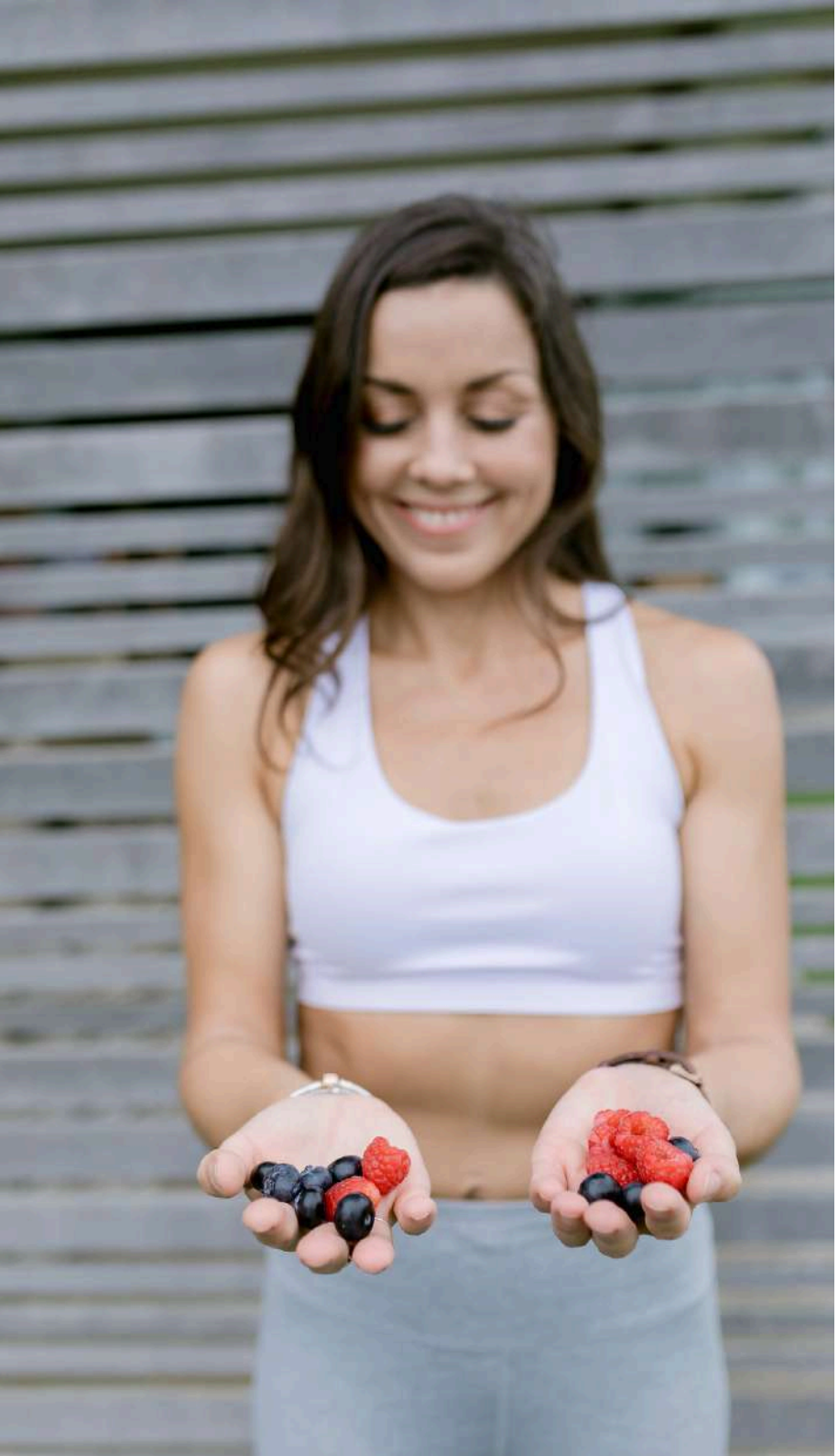

## A few of our amazing Organic Superfoods

**Chlorella:** This powerful bright green detoxifier is a single-celled freshwater algae, packed with chlorophyll and loaded with antioxidant power.

**Kale:** A leafy green full of vitamins, minerals and antioxidants, kale provides vitamin A, vitamin C, more iron per calorie than red meat and is high in fibre.

**Wheatgrass:** This superfood packed with nutrients and antioxidants helps boost the immune system. It has high levels of enzymes that improve digestion, and it has a cleansing effect – eliminating impurities and toxins to boost energy levels. Wheatgrass is made from the first young leaves of the common wheat plant Triticum aestivum and does not contain gluten.

**Barley Grass:** A nutritional powerhouse rich in minerals, vitamins, antioxidants and essential amino acids, barley grass is alkalising and cleansing, improves digestion, stabilises blood sugar levels and lowers cholesterol.



**Alfalfa Grass:** This plant alkalises and detoxifies the body, especially the liver. Alfalfa contains saponins that help with the breakdown of fat. It also contains phytosterols (to help decrease bad cholesterol) and phytoestrogens to aid hormonal imbalance.

**Pomegranate:** Rich in vitamin C, pomegranate contains three times more antioxidants than red wine and green tea. It supports the immune system and combats inflammation. It can fight infections and viruses too.

**Acai Berry:** This berry bursts with antioxidants, is rich in fibre, potassium and vitamin C, helps keep your heart healthy, improves your sleep and gives you loads of energy.

**Acerola:** Acerola cherries are rich in natural vitamin C, vitamin A, thiamine, riboflavin and niacin. They may help to prevent heart disease, hardening of the arteries and blood clots.



**Blueberries:** Full of phytonutrients, antioxidants, vitamin C, vitamin K, iron and manganese, these berries balance cholesterol and blood pressure, look after the eyes and may improve memory.

**Noni:** This Indian mulberry is a wonderful immune booster and detoxifier. It is rich in antioxidants, vitamin C, vitamin B3, vitamin A and iron. It may help alleviate gout, improve skin quality and reduce stress.

**Cranberries:** The high level of antioxidant proanthocyanidins (PACs) in cranberries may help prevent certain bacteria from sticking to the urinary tract walls. Cranberries may also have a role in improving immune function and decreasing blood pressure.



## Our Medicinal Mushrooms

**Reishi:** It contains triterpene - a mood-boosting compound that helps alleviate anxiety, ease depression and improve sleep. Reishi may promote healing and sharpen focus.

**Lion's Mane:** A fluffy mushroom that is packed with antioxidants, promotes mental clarity and strengthens the immune system, lion's mane boosts the production of a bioprotein nerve growth factor (NFG) and myelin (insulates nerve fibres), which is important for brain health. This may assist with Alzheimer's and Multiple Sclerosis. It improves memory and concentration and helps with anxiety and irritability.

**Chaga:** This is an anti-ageing dark black mushroom that combats oxidative stress, fights free radicals and inflammation and effectively lowers "bad cholesterol".

**Turkey Tail:** It is rich in a compound called polysaccharide k (psk) that boosts the immune system. Psk is an approved anti-cancer drug in Japan and helps improve immune systems of people receiving chemotherapy.



**Maitake:** This adaptogen helps with chronic stress and fatigue. It helps to lower cholesterol and blood pressure, boosts immunity and promotes fertility.

**Meshimakobu:** A medicinal mushroom that grows on mulberry trees, this mushroom assists with the following: diabetes, diarrhoea, eczema, heart disease and liver disease.

**Shiitake:** This mushroom is great for the heart, improving circulation, maintaining blood pressure and lowering cholesterol by helping prevent plaque build-up in blood vessels.

**Cordyceps:** As an effective energy booster, cordyceps helps the body utilise oxygen better, enhancing blood flow and assisting with muscle recovery. This makes it ideal for athletes.

**Himematsutake:** It assists with osteoporosis, stomach ulcers and helps prevent heart disease by lowering cholesterol levels and preventing hardening of the arteries.

**Zhu Ling:** This rare mushroom improves treatment of Hepatitis B, protects the kidneys and inhibits tumour growth.



## Our Prebiotics and Fibres

**Pea Fibre:** This natural non-GMO, non-allergenic fibre is extracted from peas. It is high in dietary fibre.

**Acacia Fibre Gum:** Sourced from the sap of the Acacia Senegal tree, it is high in soluble fibre, lowers cholesterol, balances blood pressure and may help with disorders like IBS and leaky gut syndrome.

**Jerusalem Artichoke Inulin:** This prebiotic supplement is packed with fibre. It looks after the intestine by boosting probiotic levels and ensuring better nutrient absorption. Rich in vitamin B1, it helps to maintain healthy stomach acid levels and boosts calcium absorption.

**Blue Agave Inulin:** A soluble fibre extracted from the blue agave plant, this nutritious sweetener is good for the gut and blood sugar levels.




**Apple Pectin:** This is a soluble fibre found in apples. It helps prevent and treat intestinal and metabolic disease. It is a prebiotic that increases butyrate, a short-chain fatty acid that feeds beneficial microbes and combats harmful bacteria.

**Oat Fibre:** This gluten-free fibre comes from the outer shell of the oat grain that is a pure insoluble fibre – it consists mainly of lignan, cellulose and hemicellulos. Oat fibre may help reduce constipation, promote a full feeling for long periods of time and may help reduce overall LDL cholesterol.



## Our Spore Probiotics

**LactoSpore® Bacillus Coagulans:** is a clinically validated probiotic from Sabinsa. It contains microbes that produce lactic acid, helping to improve gut microflora and produce short-chain fatty acids that combat low-grade inflammation. It is a safe and well-tolerated dairy-free probiotic, especially useful for lactose intolerance.

It distinguishes itself from other probiotics through its spore-forming nature, allowing it to withstand high temperatures, stomach acid and bile. This ensures it reaches the intestines, where it can provide maximum benefits.

Once it reaches the intestines, it germinates and produces lactic acid, which lowers the pH of the intestinal environment. This prevents the growth of harmful bacteria, promotes a balanced gut microbiome and reduces the risk of gastro-intestinal infections.




LactoSpore® has been shown to improve gut barrier function by increasing the production of tight junction proteins, which help maintain the integrity of the intestinal lining. This may reduce the risk of toxins and pathogens entering the bloodstream.

It has also demonstrated anti-inflammatory properties by modulating the production of inflammatory cytokines and may help conditions like inflammatory bowel disease and irritable bowel syndrome (IBS).

**Additional benefits of LactoSpore® Probiotics:**

- A balanced gut microbiome that ensures a robust immune system
- Positive impact on the gut-brain axis, improving mental health and cognitive function by modulating the production of neurotransmitters and reducing inflammation
- May help regulate appetite and energy usage, supporting healthy weight management

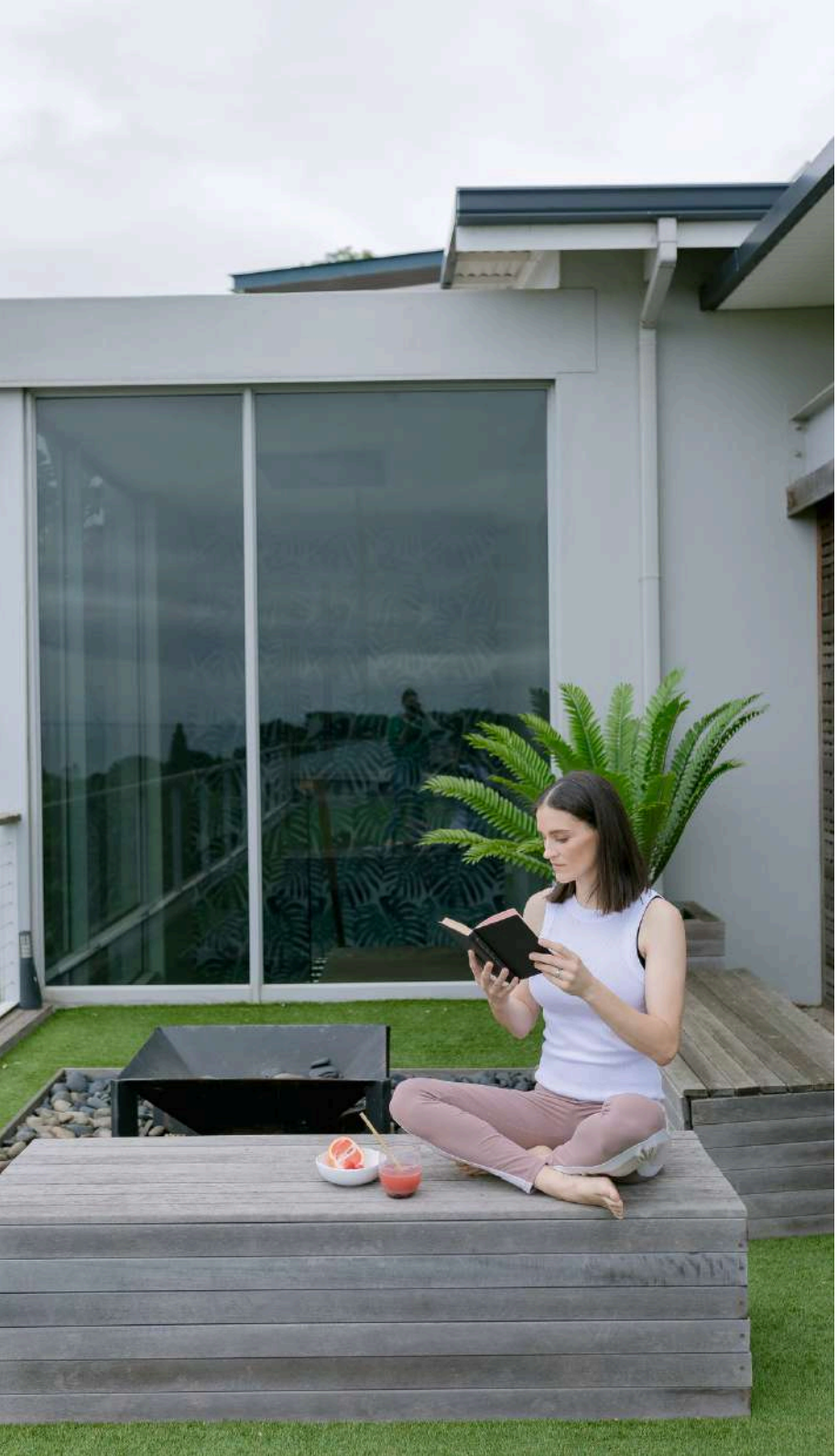


## Our Essential Fatty Acids

**Omega-3s:** These types of polyunsaturated fat are deemed essential fatty acids because they're necessary for health (heart and brain health, immune functions, role in inflammation) but cannot be made by the body. Omega-3s need to be sourced from our diet or supplements.

The three most important types are ALA, EPA and DHA. ALA (an essential precursor of EPA or DHA) is mostly found in plants, while EPA and DHA are mostly found in animal foods like fatty fish.

Fish, however, don't make omega-3s themselves; they get it from what they eat. We can therefore go straight to the source too: algae. EPA and DHA from chlorella, kelp and spirulina are incorporated into our blends. They absorb into the body far better than sources such as fish oil or krill oil because of the natural binding to glycolipids and phospholipids. This results in spontaneous emulsions once the omega-3s enter the body.



**Flaxseed**: A source of omega-3 (ALA), -6 and -9 fatty acids, flaxseed also provides protein, fibre, vitamins and minerals.




# PLANT PROTEIN

Our Nature's Nutrition Plant Protein, a highly bioavailable source of vegan protein, is 100% plant-derived. This synergistic blend of rice and pea protein has been carefully formulated to provide a complete and balanced amino acid profile.

Pea protein is naturally low in cysteine and methionine amino acids and rich in lysine, while rice protein is high in cysteine and methionine, but low in lysine. When combined, these plant-derived proteins provide a balanced amino acid profile of both essential and non-essential amino acids - superior to any single plant protein source.




Pea protein is a high-quality protein and a good source of iron. It may aid muscle growth, assist with weight management and support heart health. It contains nine essential amino acids that your body cannot manufacture. It is high in BCAA, especially arginine, which is good for blood flow, plus leucine, isoleucine and valine, which all promote muscle growth.

Rice protein is easily digested, has a subtle taste and is absorbed fast. It provides 2.8 g BCAAs per 15 g protein, gives you 10–20% of your daily iron needs, and may help regulate blood sugar, offset insulin spikes and prevent fatigue.

It contains sustainable, earth-friendly ingredients that are free from cholesterol, gluten, egg, dairy and soy, while providing 15 g of complete protein.

**Every serving is:**

- 100% vegan-friendly
- High in prebiotic fibre
- Hypoallergenic




# ACTIVE GREENS+

100% plant-based

**Comprehensive Nutrition for Daily Performance and Vitality.**

Level up with Active Greens+, comprehensive nutrition for daily performance and vitality. This science-driven blend is fortified with the vitamins, minerals, superfoods, adaptogens and good bacteria you need to live better. Whole food ingredients have been carefully selected to lift energy levels, build resilience to stress, balance immune function and support the gut.




*Lay the foundations for exceptional health with **88 ingredients**. One serving, once a day.*

- Natural energy
- Immune support
- Mind balance
- Stress relief
- Gut support

## *Other Benefits:*

- Improves circulation
- Combats inflammation
- Allergy relief
- Alkalises, cleanses and detoxifies
- Supports kidney and liver health
- Promotes problem-free skin
- Musculo-skeletal support




## Natural Energy & Immune Support

***7500 mg Alkaline, Nutrient Dense, Raw Super Greens & Reds Complex (50 Organic Superfoods)**

Superfoods directly support mental health and boost energy, stamina and longevity.

**Organic Greens Blend:** Oat Fibre, Wheatgrass, Barley Grass, Alfalfa Leaf, Flaxseed, Spinach, Parsley, Spirulina, Chlorella, Aloe Vera Concentrate, Broccoli, Kale, Green Cabbage - Green superfoods are rich in minerals, vitamins and chlorophyll to help alkalise and cleanse the body, fighting inflammation and leading to optimal energy levels.

**Organic Fruits & Vegetables Blend:** Beetroot, Red Raspberry, Cranberry, Strawberry, Blackberry, Blueberry, Pomegranate, Carrot, Cherry, Acerola, Apple, Banana, Flaxseed, Mango, Papaya, Pear, Pineapple, Tomato, Peach, Noni, Acai, Watermelon - Organic fruits and vegetables are high in antioxidants to fight free radicals and premature ageing and are rich in phytonutrients, vitamins, minerals and fibre to help fight off infections and inflammation. Beetroot is rich in nitrates that turn into nitric oxide in the body, enhancing blood flow and improving the efficiency of your body's energy-producing cells – the mitochondria.

**10 Medicinal Mushrooms**

**Organic Mushroom Blend:** Maitake, Himematsutake, Cordyceps Sinensis, Turkey Tail, Shiitake, Lion's Mane, Zhu Ling, Chaga, Reishi and Meshimakobu Mushrooms

Medicinal mushrooms are powerful antioxidants and high in beta-glucans, essential for optimal immunity. They effectively fight off inflammation and help manage blood sugar levels, increasing energy and stamina. They look after the brain and nervous system, reducing stress and promoting restful sleep and ensure a healthy circulatory system by lowering cholesterol.

**Energy Supporting Complex: 100 mg CitraPeak® (Orange Peel Extract) & Green Coffee Bean Extract**

**CitraPeak™:** Citrus fruit peel extract increases vasodilation and blood flow to working muscles. CitraPeak™ is a glucosyl hesperidin, naturally derived from orange peels. It effectively increases circulation and energy levels. It is highly bioavailable and fast-acting (in 30 minutes). It provides an 18% increase in blood flow and a pleasant thermogenic effect. It breaks down in the body to hesperidin, which helps to increase the release of nitric oxide, besides other benefits like wound healing and anti-inflammation.

**Green Coffee Bean Extract:** Green coffee bean extract yields long-lasting energy. This all-natural ingredient delivers nootropic benefits like sustained alertness, better mood, and improved energy without edginess and tenseness, which results in optimal performance. Green coffee beans are raw unroasted coffee beans, high in antioxidants called chlorogenic acids that may help maintain a healthy weight while balancing blood sugar and blood pressure.

**Antioxidants**

***50 mg Green Tea Extract (Polyphenols ⩾95%) - sourced from Camellia Sinensis:** Green tea extract increases energy levels and endurance. It is rich in flavonols, including EGCG (epigallocatechin gallate) and contains strong antioxidants called polyphenols. Green tea catechins have anti-inflammatory properties and fight free radicals effectively. Studies have shown that green tea extract consumption may:

- Protect against heart disease
- Lower total cholesterol and low-density lipoprotein cholesterol
- Lower risk of stroke
- Lower risk of type 2 diabetes
- Improve memory
- Reduce the risk of Alzheimer's disease and dementia due to its neuroprotective effects

***50 mg Alpha-Lipoic Acid (ALA):** Alpha-lipoic acid is a potent antioxidant that supports healthy energy levels. This fatty acid is found naturally inside every cell and its main function is to convert blood sugar (glucose) into energy using oxygen. ALA may:

- Help control blood sugar levels and cholesterol levels
- Reduce symptoms of nerve damage (numbness, pain, paralysis)
- Lower C-reactive protein levels (an inflammatory marker that indicates chronic inflammation)
- Reduce oxidative stress (linked to heart disease) due to its potent antioxidant properties
- Slow the progression of Alzheimer's disease




***100 mg N-Acetyl Cysteine (NAC):** NAC is a supplement form of cysteine. NAC bonds with glutamine and glycine to make glutathione, a potent antioxidant that fights free radicals and lowers the risk of heart disease, diabetes and other chronic conditions. NAC may:

- Aid detoxification of the kidneys and liver
- Improve immune function: NAC may assist in loosening thick mucus in the lungs, suppressing viral replication and reducing inflammation
- Improve insulin resistance
- Regulate glutamate and improve brain health and energy levels
- Reduce LDL cholesterol and help boost nitric oxide production, improving blood flow




***50 mg Quercetin:** Quercetin is a flavonol, a potent antioxidant pigment found in plants, fruits and vegetables. Quercetin may:

- Reduce inflammation and fight free radicals
- Relieve allergies by restricting histamine release from cells
- Reduce the risk of infection due to its anti-bacterial and antiviral properties
- Reduce the risk of Alzheimer's and Parkinson's disease
- Help protect against heart disease




***25 mg Co-Enzyme Q10:** Ubiquinones or Q-vitamins are a group of fat-soluble compounds with antioxidant activity and a structure close to vitamins. Most CoQ10 sourced from food is ubiquinone and this gets converted to the active form ubiquinol in the intestinal wall and liver. The liver's ability to make CoQ10 decreases with age and is influenced by chronic disease. CoQ10 may:

- Guard your cells against oxidative damage
- Stimulate cellular energy production
- Decrease the frequency, duration and severity of migraines
- Be beneficial for people with heart disease
- Help relieve symptoms like muscle pain and weakness caused by statins (statins lower the liver's ability to make CoQ10)
- Improve insulin sensitivity

**Vitamins**

**3000 IU Vitamin A:** is important for immune system function, normal vision, proper bone growth and development, healthy growth and reproduction.

**B-Vitamins:** Vitamin B1, Vitamin B2, Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin B6, Vitamin B7 (Biotin), Vitamin B9 (Methylfolate) and Vitamin B12 (Methylcobalamin) are necessary for:

- Healthy brain function
- Fighting stress and chronic fatigue
- Reducing depression and anxiety

**1000 mg Vitamin C (Ascorbic Acid):** may boost immunity by encouraging the production of white blood cells that help fight off infection, strengthening the skin's defence system and helping wounds heal faster.

**600 IU Vitamin D3 (Cholecalciferol):** helps to balance the immune/inflammation system by regulating the production of inflammatory cytokines and inhibiting the proliferation of pro-inflammatory cells.

**15 mg Vitamin E TE:** is necessary to protect cells from oxidative damage, proper immune function and cellular signalling. Vitamin E may:

- Benefit skin health
- Protect against cognitive decline




**Minerals**

***130 mg Calcium (from Calcium Citrate):** is an important mineral to help build strong bones and maintain heart health.

***42 mg Magnesium (from Magnesium Glycinate):** is formed by a combination of elemental magnesium and the amino acid glycine. It's a highly bioavailable form of magnesium and may help prevent migraine headaches, ease muscle cramps, relieve anxiety, lower blood pressure and reduce the risk of heart disease and stroke.

***11 mg Zinc (from Zinc Lactate):** is a zinc salt derived from lactic acid. It is an antioxidant and may reduce inflammation. Zinc is necessary for immune cell function and cell signalling, so a deficiency can lead to a weakened immune response. Zinc is important for wound healing as well as your sense of taste and smell.




***50 mcg Chromium (from Chromium Picolinate):** contains chromium in the form of picolinic acid to promote easier absorption.

Chromium is an essential trace mineral needed for the metabolism of carbohydrates, fats and proteins. It also helps the production of insulin and regulates blood sugar levels.

Chromium may enhance insulin sensitivity by increasing the number of insulin receptors that cells express, boosting the role of insulin (controlling blood sugar and bringing glucose into cells to be used for energy). Chromium may also fight bad cholesterol by aiding fat metabolism.

**Mind Balance and Stress Relief**

**Herbal Extract Adaptogen Blend:**

***100 mg Siberian Ginseng Extract:** Ginseng is an adaptogen and contains ginsenosides, which enable it to normalise the way the body responds to stress. This also helps to regulate the manufacturing and secretions of adrenal hormones. Ginseng strengthens the adrenal glands, protects against chronic stress and increases energy levels. Energising hormones and enzymes are secreted through the adrenal glands, and ginseng stimulates these enzymes to prevent fatigue. Ginseng helps to increase white blood cell counts and is an effective immune booster, and may improve memory and concentration by boosting blood flow to the brain.

***25 mg Ginkgo Biloba Extract (standardised to 24% Flavones):** Gingko is a herb rich in antioxidants. Studies have shown that ginkgo improves blood flow to the brain, eyes, kidneys, liver and lungs by the dilation of blood vessels. Ginkgo is rich in flavonoids and terpenoids, which are high in antioxidants that neutralise the damaging effects of free radicals.

Ginkgo may:

- Reduce inflammation and assist with diseases like arthritis, IBD, cancer and heart disease; it can also improve asthma and COPD due to its anti-inflammatory properties that may reduce inflammation in the airways and increase lung capacity
- Improve mental performance in healthy people and alleviate symptoms of Alzheimer's and other forms of dementia
- Help alleviate anxiety and symptoms of depression
- Support vision and eye health

***150 mg Maca Root Extract:** Maca is often called Peruvian ginseng and is a plant known for various health benefits. Maca may:

- Boost energy, endurance and resilience to stress
- Improve mood and reduce anxiety
- Improve blood pressure
- Promote natural antioxidants glutathione and superoxide dismutase, to fight free radicals and combat chronic illness

***100 mg Astragalus Powder:** Astragalus contains three main active compounds:

- Polysaccharides: complex carbohydrates that boost the immune system and have antioxidant effects
- Flavonoids: plant chemicals that have anti-inflammatory, antidiabetic and antioxidant traits
- Saponins: compounds that may lower cholesterol and fight cancer

Astragalus:

- Has antiviral and antibacterial properties and may help reduce the risk of respiratory infections and improve lung function
- Has anti-allergic effects and may therefore assist with hay fever and allergic rhinitis.
- May be beneficial for kidney and liver disease
- Might widen blood vessels and boost blood flow and reduce blood pressure




***40 mg Ashwagandha Extract:** This powerful herb contains bioactive compounds called withanolides which have anti-inflammatory and antioxidant benefits. It has calming effects and boosts healthy energy levels.

Ashwagandha is an adaptogen, which means that it can help you cope better with stress. It may normalise cortisol levels in your body and help balance your body's stress response. Ashwagandha decreases hypothalamic-pituitary-adrenal axis activity, a mechanism in the body that supports stress. Consuming ashwagandha soothes anxiety and promotes calmness. Ashwagandha also contains an active ingredient called triethylene glycol that may enhance sleep quality.

Ashwagandha's antioxidant properties may help protect nerve cells from free radicals, help memory enhancement and aid cognitive decline in neurodegenerative diseases. Studies have shown that ashwagandha can improve insulin sensitivity and lower blood sugar levels in healthy individuals and those with diabetes. It specifically balances the rise in blood sugar, which usually increases after a meal or during fasting. It lowers glucose levels and triglycerides in the blood.




Ashwagandha contains saponins, alkaloids and steroidal lactones that give it its anti-inflammatory properties.

Ashwagandha contains an active compound called withaferin A that has shown inhibitory effects on cell growth in various cancers. Some studies have shown that it may enhance the effectiveness of chemotherapy and radiation.

Ashwaganda enhances energy levels. It can therefore improve muscle strength, physical performance and recovery times after exercise.



***100 mg Rhodiola Rosea Extract (standardised to 1% Salidroside):** Rhodiola is an adaptogen herb. Its root contains over 140 active ingredients, the two most potent being rosavin and salidroside. Rhodiola may help strengthen the body's response to physical stressors like exercise and psychological stressors such as fatigue and depression.

Rhodiola may:

- Help your body adapt to stress and improve symptoms of burnout due to chronic stress
- Alleviate fatigue caused by chronic stress, anxiety and inadequate sleep; clinical experience has shown that rhodiola is beneficial in chronic fatigue syndrome and fibromyalgia syndrome; it may treat decreased motivation, daytime sleepiness, decreased libido and irritability
- Help balance the neurotransmitters in your brain, helping with mild depression
- Improve memory; it has been shown to increase mental performance during stressful periods
- Be useful in adjunctive treatment of ADHD because it activates cognition and improves accuracy, alertness and attention
- Improve muscle power and strength performance by reducing physical and mental fatigue and increasing antioxidant activity




***50 mg Turmeric Powder:** Turmeric contains compounds called curcuminoids with medicinal properties. Curcumin is the main acitve ingredient in turmeric and has powerful anti-inflammatory effects. It is also a potent antioxidant that neutralises free radicals. When taken in conjunction with piperine, curcumin's absorption is enhanced by 2000%.

Inflammation and endothelial dysfunction are two main causes of heart disease. Curcumin improves the function of the endothelium and fights inflammation. It may combat inflammation in the joints, relieving pain and other symptoms of OA and RA.

Curcumin also has positive effects on the brain. It boosts neurotransmitters serotonin and dopamine and reduces inflammation, aiding mild to moderate depression. It also increases brain levels of BDNF (brain-derived neurotrophic factor), which are involved in memory and learning. Many brain disorders are linked to decreased levels of BDNF protein.

**Gut Support**

**Digestion & Absorption Complex:**

***1000 mg Organic Prebiotic Fibre Blend:** This complex includes healthy fibre for optimal digestive health and prebiotics to provide food for healthy gut microbes.

This includes:

**Green Pea Fibre:** is a natural non-GMO, non-allergen fibre extracted from peas with high dietary fibre content.

**Acacia Gum™:** is sourced from the sap of the acacia senegal tree. It is high in soluble fibre, lowers cholesterol, balances blood pressure and helps disorders like IBS.

**Blue Agave Inulin:** is a soluble fibre extracted from the blue agave plant. It is a nutritious sweetener, good for the gut and blood sugar levels.

**Jerusalem Artichoke Inulin:** is a prebiotic supplement packed with fibre. It looks after the intestine by boosting probiotic levels to ensure better nutrient absorption. It is rich in vitamin B1, helping to maintain healthy stomach acid levels. It also boosts calcium absorption.

**Apple Pectin:** is a soluble fibre found in apples. It helps to prevent and treat intestinal and metabolic disease. It is a prebiotic and increases butyrate, a short chain fatty acid that feeds beneficial microbes and combats harmful bacteria.

**Chicory Inulin:** Fresh chicory root is made of 68% inulin, a type of fibre (fructan) made from a short chain of fructose molecules. It is a prebiotic, feeding beneficial bacteria in the gut.




***2.5 Billion CFU Lactospore® (Bacillus Coagulans):**
Friendly gut bacteria help us assimilate more nutrients from our diet. They also help our immune system function properly and keep harmful microorganisms in check.

LactoSpore® survives its journey down the digestive tract into the intestine where it settles in the gut and produces enough lactic acid and other antagonistic substances to inhibit the growth of harmful bacteria.

Some of the beneficial effects of LactoSpore® consumption include:

- Improving intestinal tract health
- Enhancing the immune system
- Synthesising and enhancing the bioavailability of nutrients
- Reducing symptoms of lactose intolerance
- Decreasing the prevalence of allergy in susceptible individuals

***50 mg DigeZyme® (α-Amylase, Cellulase, Lactase, Lipase, Protease):** DigeZyme® is a multi-enzyme complex, incorporated with a variety of enzymes that aid digestion.

These include:

**α-Amylase:** Breaks down the carbohydrates, such as starch, glycogen, and polysaccharides into smaller units (e.g. simple sugars)

**Cellulase:** Breaks down cellulose and chitin; it helps to free nutrients in both fruits and vegetables

**Lactase:** Breaks down lactose (milk sugar) and is useful for lactose intolerance

**Lipase:** Breaks down lipids, improves fat utilisation and supports healthy gallbladder function

**Protease:** Breaks down protein and peptides

***5 mg Black Pepper Extract (95% Piperine):** Black pepper is rich in vitamins and minerals and has many health benefits, mainly due to its bioactive compound piperine. Piperine helps with nutrient availability by increasing the amount of nutrients absorbed into your bloodstream. It may also:

- Stimulate hydrochloric acid in your stomach so you can better digest and absorb food
- Help reduce gas buildup in your intestines
- Boost white blood cells and help fight infections




**Active Greens+ may:**

- Improve circulation: beetroot, CitraPeak™, ginkgo, astragalus
- Combat inflammation: greens, turmeric, medicinal mushrooms, beetroot, green tea, ALA, quercetin, ashwagandha, astragalus, zinc
- Relieve allergies: quercetin, LactoSpore® probiotics, astragalus
- Alkalise, cleanse and detoxify: mineral-rich greens
- Support kidney and liver health: astragalus, NAC
- Promote problem-free skin: vitamin A, vitamin E, LactoSpore® probiotics
- Provide musculo-skeletal support: magnesium glycinate, calcium citrate, vitamin D, turmeric, ashwaganda, rhodiola



# SUPER CELERY

**100% Organic Celery Powder**

Super celery is a wholefood blend rich in organic phytonutrients. Potent antioxidants provide effective anti-inflammatory support, protecting the body's cells, blood vessels and organs from oxidative damage. This alkalising formula aids detoxification, healthy digestion and weight management while serving as a mild diuretic. Every scoop offers cardiovascular and neurological support, helping to reduce blood pressure while boosting energy, stamina and health.



- Packed with vitamins and minerals
- Offers an alkalising formula: It contains minerals like magnesium, iron and sodium, potassium and folate
- Provides an antioxidant health boost, protecting our bodies from oxidative damage; celery contains vitamin C, beta carotene and flavonoids plus at least 12 more antioxidants
- Acts as an anti-inflammatory, containing at least 25 anti-inflammatory compounds
- Supports detoxification
- Supports healthy digestion: It contains pectin-based polysaccharides including apiuman that assist with stomach ulcers, improving the lining of the stomach and regulating stomach secretions
- Has a high water content (95%) and contains soluble and insoluble fibre, aiding constipation and ensuring a healthy digestive tract
- Supports weight management: It is low on the glycaemic index so it has a slow, steady effect on blood sugar levels; it contains less calories than it takes the body to digest them, hence it is a negative-calorie food that helps your body burn fat and lose weight




# 100% INSTANT OAT MILK POWDER

Nature's Nutrition 100% Instant Oat Milk Powder mixes instantly for a rich and creamy taste.

- Free from dairy and soy
- Non-GMO
- No added sugar
- Net 500 g: makes 5 litres
- Ingredients: 100% oats

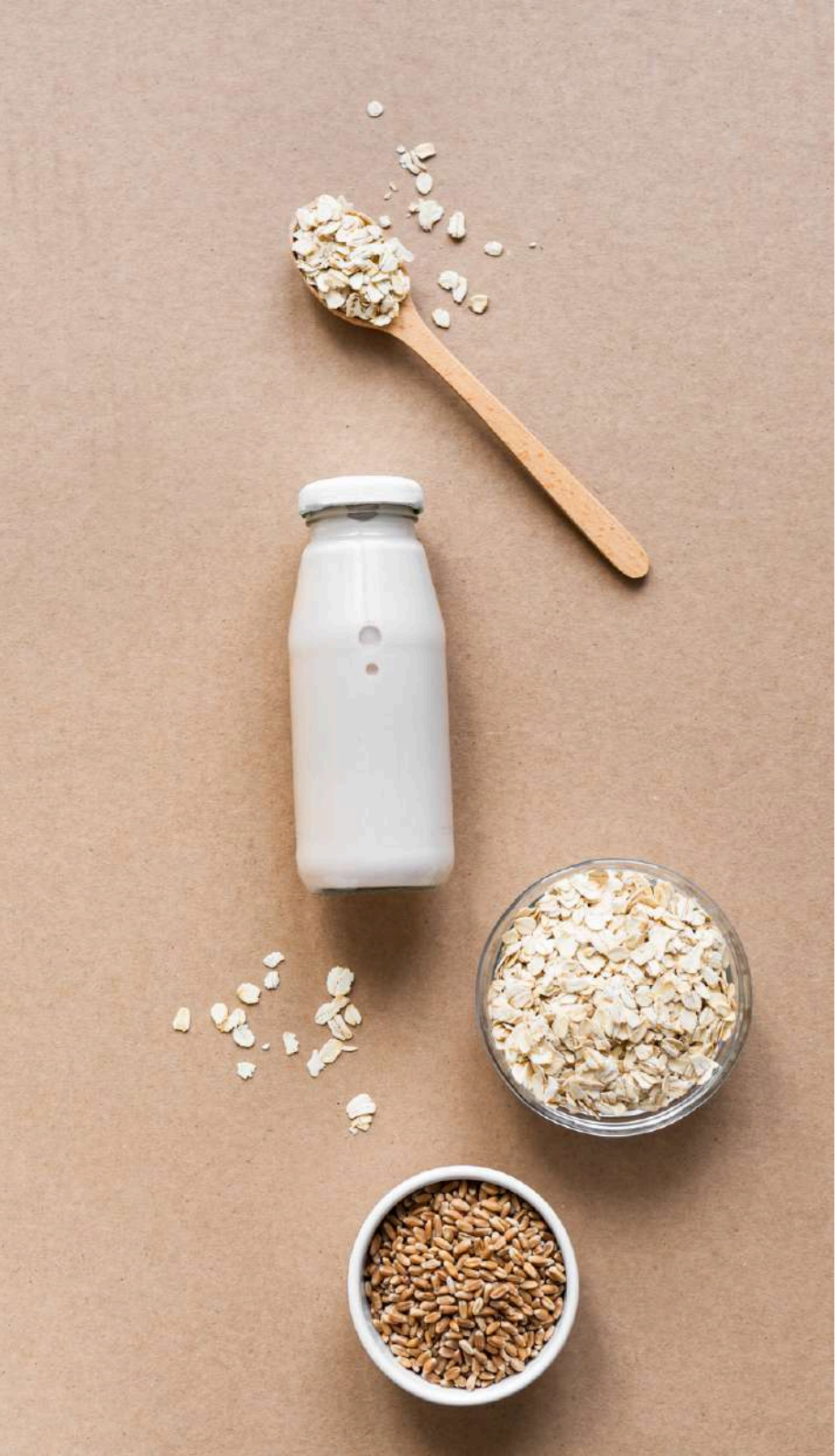


**Nutrition**

Oat milk is a plant-based milk alternative that is naturally free of dairy, lactose, nuts and soy. Oat milk is high in protein, fat, dietary fibre and contains trace elements calcium, magnesium, iron and potassium. It has a low sodium content.

**How it is made**

In general, oat milk is made by combining whole oats with water, then blending and straining it. Enzymes are then added to break down oat starch and bran solids are separated out, leaving behind a liquid base. This is concentrated into a powder. Oats tend to absorb water more easily than other types of non-dairy milk; more of the oats pass through the strainer, giving it a much creamier texture than other types of plant-based milks.



Nature's Nutrition Oat Milk Powder is 100% oat-derived and goes through a very advanced enzymatic hydrolysis process, whereby the carbohydrates (starch) and proteins in the oats are naturally 'digested" into smaller and more soluble nutrients. This gives our oat milk a smoother taste, whilst achieving the oat nutrient retention. The starch in the oats turns into oligosaccharides (shorter carbohydrate chains), improving the solubility and the taste of our oat milk powder.

**How Nature's Nutrition Oat Milk Powder differs from other oat milk products on the market.**

Nature's Nutrition Oat Milk Powder is made from pure oats and nothing else. Unlike other oat milk on the market, ours contains no oil, sugar, flavouring, additives or preservatives. It is free from palm oil, maltodextrin, casein (cow's milk), thickeners, stabilisers and emulsifiers.

**Oat milk powder vs. oat milk**

Nature's Nutrition Oat Milk Powder dissolves instantly and has a longer shelf life than liquid oat milk. It is also more affordable and very convenient when travelling. Liquid oat milk needs to be refrigerated. Our powder dissolves instantly and is just as creamy as liquid oat milk, leaving no residue or grittiness in your cup. It is Ideal for hot drinks as it does not curdle in coffee.

**Oat milk taste**

Creamy oat milk tastes more like traditional cow's milk than other plant-based milk. It has a subtle oaty flavour and the texture is thicker than other plant-based milks.

**Benefits of oat milk**

- Oat milk is safe for babies and children, but not a suitable replacement for breast milk.
- It is suitable for most diets due to it being vegan-friendly, lactose, soy and nut-free.
- Oat milk is rich in dietary fibre and helps to support healthy digestion, regulate blood sugar levels and keep cholesterol in check. It may make you feel fuller for longer due to its fibre content, helping with appetite control.
- It is a good protein source: a cup of oat milk contains 3 g of protein, meaning it has more protein than nut, coconut and rice milk.
- Oat milk contains polysaccharides and beta-glucans that have heart health benefits, aid prevention of diabetes and obesity and may decrease cholesterol. It also has gut benefits, improving gut metabolism.



**Quick facts about oats**

- Oats begin in their complete form with the husk intact: the tough outer covering. Once the husk is removed, the groat remains, which is then processed to create different types of oats of various tastes and textures.
- Steel-cut oats are closest to the groat. Groats are chopped, creating coarse, chewy oats with a nutty flavour.
- With rolled oats, the groats go through a steaming process and are then flattened with heavy rollers, creating softer oats with a mild flavour.
- Oat milk powder is different from oat powder or oat flour. Oat flour consists of dried oats milled into a fine powder and is used as an alternative to over-processed flours for baking and cooking.




# 100% INSTANT OAT MILK POWDER PLUS

Nature's Nutrition 100% Instant Oat Milk Powder Plus mixes instantly for a rich and creamy taste.

**Added ingredients:**
Digestive Enzymes, Fibre, Prebiotics and Probiotics

- Free from dairy and soy
- Non-GMO
- High in fibre
- Digestive enzymes
- Prebiotics and probiotics
- No added sugar
- Net 450 g: makes 4 litres



**Acacia fibre**

Acacia fibre is a form of soluble dietary fibre made from resin of the acacia tree. Acacia fibre has a neutral taste and fine texture.

It reduces the absorption of cholesterol from the gut, lowering cholesterol levels. This contributes to heart health.

Clinical studies have shown that it promotes growth of healthy microbes in the digestive system. It is an effective prebiotic and is a source of food for beneficial microbes.

Acacia fibre helps bulk up and soften stool, aiding the elimination of waste from the digestive tract. It takes longer to digest, making you feel fuller for longer. It therefore plays an important role in weight management.

Acacia fibre may help reduce blood glucose and insulin levels.

**DigeZyme®**

Digestive enzymes are involved in breaking down protein, carbohydrates, fats and other complex molecules in food into smaller, simpler fundamental blocks. Through this action, food becomes easier to digest and absorb nutrients from. When we age, the body's natural ability to produce these enzymes starts to decline, resulting in digestive issues.

**DigeZyme® is a multi-enzyme complex consisting of:**

- Amylase that breaks down starch
- Protease that breaks down protein
- Lipase to break down dietary fat
- Lactase to break down lactose, a sugar found in dairy
- Cellulase to assist the breakdown of cellulose plant fibre in fruit and vegetables

**Benefits:**

Suitable for vegans and vegetarians
Individual enzymes are non-GMO
Relieves digestive discomfort such as cramps, pain and bloating
Aids stimulation of digestive enzyme production and assimilation of nutrients



**LactoSpore® probiotics (bacillus coagulans MTCC 5856)**

When harmful bacteria thrives in our gut, it creates an imbalance which can impair normal gut function and lead to symptoms like bloating, diarrhoea and constipation. Spore probiotics can withstand stomach acid and bile, reaching the intestine safely. Here, they settle and produce lactic acid and antibiotic-like substances (bacteriocins) to prevent the growth of harmful bacteria while also stimulating the growth of beneficial bacteria. This ultimately restores Intestinal flora balance.




# MEGA SHROOMS

**Plant-powered vitality and stress support.**

Embrace a science-backed blend of functional mushrooms and herbal adaptogens to help you think clearer, feel better and do more – naturally.

Nature's Nutrition Mega Shrooms supports mind-body balance with 12 premium extracts for resilience, vitality and focus.



**Mindful Energy**
Lion’s mane, cordyceps and ginseng support mental performance and stamina without stimulants.

**Inner Calm**
Ashwagandha, rhodiola and maca root help your body adapt to stress while supporting emotional balance.

**Immune Defence**
Turkey tail, chaga and shiitake work with vitamin C–rich herbs to strengthen immune resilience year-round.



**Functional Mushrooms in Mega Shrooms**

**Lion's Mane Extract 1000 mg**

- Lion's mane mushrooms are big, white mushrooms that resemble a lion's mane and grow on both trees and logs in North America, Europe and Asia. Lion's mane contains at least 32 bioactive compounds and is rich in vitamins and minerals. It also contains beta-glucan polysaccharides beneficial for heart health and immune function.

- Lion's mane promotes the synthesis of NGF (nerve growth factor) - responsible for nerve cell growth, reproduction, cellular health and preventing cell death. Lion's mane may therefore boost regenerative activity in the brain, stimulate growth of brain cells and reverse or slow degeneration in the brain - useful in treating dementia. Lion's mane reduces memory loss and prevents neuronal damage caused by amyloid-beta plaques that accumulate in the brain - possibly helpful in treating Alzheimer's disease.



- It can help prevent damage caused by lack of blood flow to the brain (ischemic injury) and may help speed recovery from brain or spinal cord injuries by stimulating the growth and repair of nerve cells. It also reduces the severity of brain damage after a stroke.

- Lion's mane promotes normal nerve cell growth and supports myelination and may therefore aid people suffering from multiple sclerosis.

- Lion's mane contains powerful **antioxidant** and **anti-inflammatory** compounds that can reduce the effects of chronic disease.

- It has adaptogenic properties that target the negative effects of **stress** and help with **fatigue.**




- It may enhance immune function by boosting the activity of the intestinal immune system, encouraging growth of beneficial gut bacteria and reducing inflammation. Lion's mane may boost innate immunity and natural killer cell activity.

- Lion's mane may improve fat metabolism and lower triglyceride levels. This mushroom contains hericenone B, a compound that may decrease the rate at which blood clots and may lower the risk of a **heart attack**.

- Lion's mane contains unique compounds that may help fight **cancer** by killing cancer cells as well as slowing tumor growth and the spread of tumors.

- Lion's mane may **lower blood sugar levels** by blocking the activity of the enzyme alpha-glucosidase, which breaks down carbohydrates in the small intestine. The body is then unable to digest and absorb carbohydrates effectively, resulting in lower blood sugar levels. Lion's mane can increase insulin levels and reduce lipids in the bloodstream. It may also reduce diabetic nerve pain in the hands and feet.



**Cordyceps Militaris Extract 1000 mg**

Cordyceps militaris extract is derived from the fruiting bodies of the cordyceps militaris fungus. It contains various bioactive compounds, including cordycepin, cordycepic acid, adenosine, polysaccharides and other nutrients.

- Cordyceps may increase ATP production and improve the body's oxygen use during exercise. It is considered a powerhouse of energy, boosting endurance and ventilatory threshold. It contains adenosine, a naturally occurring compound that may have heart protective effects.
- Cordyceps may reduce inflammation.
- It contains polyphenols that fight free radicals and may have the potential to slow tumor growth.
- Cordyceps has adaptogenic properties and can help the body cope better with stress.
- It may also be useful in treating diabetes and atherosclerosis (by decreasing blood sugar and lipid levels).



**Reishi, Turkey Tail, Chaga and Shiitake Mushroom Extracts 2000 mg**

- Reishi mushroom extract is a fungus that grows in hot and humid climates in Asia. It contains triterpene – a mood-boosting compound that helps alleviate anxiety, ease depression, sharpen focus and improve sleep. Reishi may boost the immune system and help manage the function of T cells, fighting off infections and decreasing inflammation. It may also help manage blood sugar and triglycerides levels.

- Turkey tail mushroom extract contains polysaccharide peptide (PSP) and polysaccharide krestin (PSK) that boosts the immune system. PSK is an approved anti-cancer drug in Japan and helps improve the immune systems of people receiving chemotherapy.



- Chaga mushroom extract is a type of fungus that grows on the bark of birch trees in cold climates. Chaga combats oxidative stress, fights free radicals and inflammation and effectively lowers "bad cholesterol" and blood sugar levels. Studies have shown that chaga reduces chronic inflammation and fights bacteria and viruses by promoting the formation of beneficial cytokines (which stimulate white blood cells) and preventing the production of harmful cytokines (inflammation).

- Shiitake mushroom extract is derived from a macro fungus in East Asia that grows on decaying hardwood tree sand is packed with nutrients. Shiitake contains many of the same amino acids as meat, fibre, B vitamins, minerals, polysaccharides, terpenoids, sterols and lipids. Shiitake may support heart health, improve circulation, combat inflammation, maintain blood pressure and lower cholesterol by helping prevent plaque build-up in blood vessels.



**Adaptogens in Mega Shrooms**

**Maca Root Powder 1000 mg**

Maca is often called Peruvian ginseng and is a plant known for various health benefits. Maca may:

- Boost energy, endurance and resilience to stress
- Improve mood and reduce anxiety
- Improve blood pressure
- Promote natural antioxidants – glutathione and superoxide dismutase – to fight free radicals and combat chronicillness



**Astragalus Root Powder 1000 mg**
Astragalus contains three main active compounds:

Polysaccharides: Complex carbohydrates that boost the immune system and have antioxidant effects
Flavonoids: Plant chemicals that have anti-inflammatory, antidiabetic and antioxidant traits
Saponins: Compounds that may lower cholesterol and fight cancer

It has:

- Antiviral and antibacterial properties and may help reduce the risk of respiratory infections and improve lung function
- Anti-allergic effects and may therefore assist with hay fever and allergic rhinitis
- Potential benefits for kidney and liver disease
- The ability to widen blood vessels, boost blood flow and reduce blood pressure




**Ashwagandha Extract (Withania Somnifera / Winter Cherry / Indian Ginseng) 250 mg**

- This powerful herb contains bioactive compounds called with anolides, which have anti-inflammatory and antioxidant benefits. It has calming effects and boosts healthy energy levels.

- Ashwagandha is an adaptogen and may normalise cortisol levels in your body plus help balance your body's stress response. Consuming ashwagandha soothes anxiety and promotes calmness. Ashwagandha also contains an active ingredient called triethylene glycol that may enhance sleep quality.

- Ashwagandha's antioxidant properties may help protect nerve cells from free radicals, help memory enhancement and aid cognitive decline in neurodegenerative diseases.



- Studies have shown that ashwagandha can improve insulin sensitivity and lower blood sugar levels in healthy individuals and those with diabetes. It specifically balances the rise in blood sugar.

- Ashwagandha contains saponins, alkaloids and steroidal lactones that give it its anti-inflammatory properties.

- Ashwagandha contains an active compound called withaferin A that has shown inhibitory effects on cell growth in various cancers. Some studies have shown that it may enhance effectiveness of chemotherapy and radiation.

- Ashwagandha improves muscle strength, physical performance and improve recovery times after exercise.



**Ginseng Root Extract 200 mg**

- Ginseng is an adaptogen and contains ginsenosides, which enable it to normalise the way the body responds to stress and regulate the manufacturing and secretions of adrenal hormones. Ginseng strengthens the adrenal glands and protects against chronic stress.

- Ginseng increases energy levels. The adrenal glands secrete energising hormones and enzymes, and ginseng simulates these enzymes to prevent fatigue.
- Ginseng may improve memory and concentration by boosting blood flow to the brain.



**Rhodiola Rosea Extract (Arctic Root / Golden Root) 100 mg**

- Rhodiola is an adaptogen herb. Its root contains over 140 active ingredients, the two most potent being rosavin and salidroside. Rhodiola may help strengthen the body's response to physical stressors like exercise and psychological stressors such as fatigue and depression (balances the neurotransmitters in the brain).

- It may improve memory. It has been shown to increase mental performance during stressful periods.

- Rhodiola has ergogenic properties – enhancing energy utilisation. Rhodiola may improve muscle power and strength performance by reducing physical and mental fatigue and increasing antioxidant activity.

- It contains salidroside, a compound that has shown to protect against diabetes, diabetic nephropathy (kidney disease)and cancer.

Nature's Nutrition

FROM THE SOURCE

# THANK YOU

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