



HEALTH GARDE

SOUTHERN AFRICA REGION



PRODUCT GUIDE 2023



Earthy Goodness



WELCOME TO HEALTHGARDE!

OUR MISSION:

We strive to provide our consultants with unique products of the highest quality while delivering an unbeatable compensation plan which will enrich and change the lives of Africans.

WE BELIEVE IN **INTEGRITY**
WE BELIEVE IN **LEADERSHIP**
WE BELIEVE IN **INNOVATION**
WE BELIEVE IN **PROFESSIONALISM**
WE BELIEVE IN **PASSION**
WE BELIEVE IN **FAMILY**
WE BELIEVE IN **YOU!**

Nneka, Lovelyn and the Management Team are committed to reflecting the values, mission and vision of Healthgarde.

OUR PRODUCT PROMISE

It's not just what we put in our products that makes them superior, it's what we choose to formulate without. We integrate the most beneficial botanical ingredients from nature with the principles of green chemistry – we craft products with integrity, expertise and innovation. And we do it responsibly, taking care of our earth at the same time.

Prior to distribution, many products undergo hundreds of tests. Extensive testing ensures the utmost quality throughout a product's lifecycle. Manufacturing of our products has received International Good Manufacturing Practices (GMP) registration which verifies that proper methods, equipment, and controls are in place to produce the highest quality dietary supplement products.

Our values have always been deeply rooted in the four essential deliverables we demand of every product we sell.

EACH PRODUCT MUST BE:

- | | |
|-----------------------|--|
| 1 SAFE | It cannot risk damaging our health in any way. |
| 2 EFFECTIVE | It's got to do the job extremely well. |
| 3 ECO-FRIENDLY | It's concentrated to reduce waste, safe for the environment, and uses biodegradable ingredients. |
| 4 AFFORDABLE | It has to offer good value for money. |



South African
Pharmacy Council

WE ARE BETTER.
WE ARE DIFFERENT.
WE ARE PROUDLY AFRICAN.
WE ARE HEALTHGARDE.



NNEKA NWARUEZE (CEO)

HEALTHGARDE
INTERNATIONAL

LOVELYN BASSEY (CEO)

HEALTHGARDE
SADC REGION



SPORTRON

Nutrition from Nature

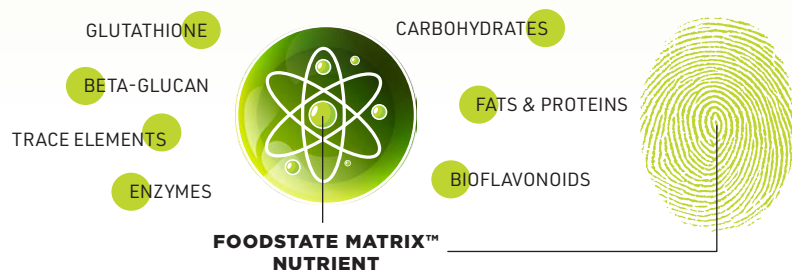


FOODSTATE **MATRIX™**

THE SPORTRON DIFFERENCE



Every natural vitamin and mineral has a unique shell, called a matrix that is made up of various substances and act like a fingerprint for your body to recognize the nutrient, such as Vit C from lemons.



Healthgarde has acquired a patented nano technology originally developed by NASA in the USA to transform a supplementation formula into a matrix enhanced formula, which happens during digestion of Sportron products. Products dissolve in minutes in your gut and thousands of nano reactions occur as natural matrixes form around chelated nutrients and transform them into a natural state so that your body treats them as from food. That is why Sportron is the smart choice for the ultimate nutritional supplement.

In nature, plants don't inherently contain nutrients, instead they extract them from the soil in an inorganic form, and convert them into food nutrients. The same applies to a nutrient - it requires Amino Acids, Lipids, Enzymes, Carbohydrates and Bioflavonoids to reach its intended receptor site, and these are the elements a plant provides in the form of a food matrix. If you take these away you are left with an isolated nutrient with no delivery mechanism.

Sportron Foodstate Matrix™ supplements are re-natured to uniquely mimic the complex and intelligent food matrix structure from nature. The end product is a complex structural matrix that mirrors nature creating fully formed food nutrients in a food matrix with all of the delivery factors provided by natural plants.

Sportron Foodstate Matrix™ is a unique propriety blend especially developed for Healthgarde and we are in the process of scientific intervention studies to support its unique efficacy.

FOODSTATE MATRIX™ CONTENT

CONTENT	ROLE OF FOODSTATE MATRIX™ INGREDIENTS
SPIRULINA	A Kelp active extract that offers various minerals and co-factors for food matrix formation.
CARROT EXTRACT	Rich in Beta-Carotene, which is an essential co-factor for bio-availability, as well as Carbohydrates.
TOMATO EXTRACT	Rich in Phyto-nutrients for food matrix formation, especially Lycopene.
PAW-PAW EXTRACT	Paw-paw is rich in Papain, an enzyme which is known to break down protein into smaller proteins that are essential for food matrix formation.
BIO FRUIT BLEND	Contains Acai Berry, Acerola Cherry, Cranberry, Goji Berry, Pomegranate, Strawberry, Prebiotic Fiber. All rich in Phyto-nutrients proven to stabilize food matrixes.
BIO VEGETABLE BLEND	Contains Wheatgrass, Barley grass, Alfalfa Grass, Kale, Spinach, Moringa Oleifera, Chorella, Prebiotic Fiber. All rich in Phyto-nutrients proven to stabilize food matrixes.
SOYA PROTEIN ISOLATE	Provides key Isoflavones that are essential in food matrix formation and have pharmacokinetic factors that enhance nutrient delivery.
BIO- PIPERINE	An active ingredient from Black Pepper is a natural bio-availability enhancer and acts as a receptor for food matrix formation.

THE SPORTRON DIFFERENCE

Everyone should use Overall Wellness products daily for optimal wellbeing and add a specific supplement to meet a specific need as required.

OVERALL WELLNESS

MULTI VITAMIN & MINERALS

OMEGA-3

IMMUNE BOOSTERS



FOODSTATE **MATRIX™**

PRODUCT

BENEFIT

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ADULT OVERALL WELLNESS - TO BE USED DAILY

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ULTRAGARDE® *matrix*

SPORTRON
Nutrition from Nature



WELLNESS *Booster*

Nutritional supplement for overall well being.

A super Multi-vitamin and mineral supplement that provides your body with most of the nutrients that it needs to function optimally. Combined with probiotics for enhanced immune and gut health.



PRODUCT CODE HW23

FOODSTATE **MATRIX™**

ULTRAGARDE® MATRIX

BENEFITS

A comprehensive scientific formulation of vitamins, minerals and probiotics to boost overall health, vitality and energy.

DIRECTIONS FOR USE:

Take 2 capsules daily with a meal or as directed by your Health Practitioner.

PRECAUTIONS:

Do not use this supplement if you are hypersensitive (allergic) to any of the ingredients in the formulation.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER CAPSULE
VITAMIN C (ASCORBIC ACID)	100 mg
VITAMIN A (RETINYL PALMITATE)	1750 IU
VITAMIN D (CHOLECALCIFEROL)	2000 IU
VITAMIN E (DL- α -TOCOPHEROL ACETATE)	5 IU
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	3 mg
VITAMIN B2 (RIBOFLAVIN)	3 mg
VITAMIN B3 (NIACIN)	10 mg
VITAMIN B5 (CALCIUM D PANTOTHENIC ACID)	10 mg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	5 mg
VITAMIN B7 (D-BIOTIN)	15 mcg
VITAMIN B9 (FOLIC ACID)	250 mcg
VITAMIN B12 (COBALAMIN)	3 mcg
MAGNESIUM (AS MAGNESIUM OXIDE)	30 mg
CALCIUM (AS CALCIUM PHOSPHATE)	37 mg
POTASSIUM (AS POTASSIUM CHLORIDE)	42 mg
CHLORIDE (AS POTASSIUM CHLORIDE)	38 mg
PHOSPHORUS (AS PHOSPHORUS AMINO ACID CHELATE)	5.15 mg
ZINC (AS ZINC OXIDE)	4.4 mg
IRON (AS FERROUS SULPHATE)	7.5 mg
MANGANESE (AS MANGANESE OXIDE)	1.15 mg
COPPER (AS COPPER AMINO ACID CHELATE)	450 mcg
BORON (AS BORON AMINO ACID CHELATE)	150 mcg
IODINE (AS IODINE AMINO ACID CHELATE)	75 mcg
MOLYBDENUM (AS MOLYBDENUM AMINO ACID CHELATE)	45 mcg
CHROMIUM (AS CHROMIUM PICOLINATE)	35 mcg
SELENIUM (AS SELENIUM AMINO ACID CHELATE)	27.5 mcg
CHOLINE BITARTRATE	72 mg
ALOE VERA CONCENTRATE	20 mg
LUTEIN 5%	5 mg
LYCOPENE	300 mcg

60 VEGGIE CAPSULES



RE-NATURED
30 VITAMINS & MINERALS
With **FOODSTATE MATRIX** technology
for improved absorption



& IMMUNE
PROBIOTICS FOR GUT HEALTH
A healthy gut promotes optimal absorption
of nutrients.



PROBIOTICS 9STR BIOMIX	PER CAPSULE	SPORTRON® FOODSTATE MATRIX™ BLEND	25 mg
STREPTOCOCCUS THERMOPHILUS LACTOBACILLUS ACIDOPHILUS LACTOBACILLUS CASEI LACTOBACILLUS PLANTARUM LACTOBACILLUS RHAMNOSUS LACTOBACILLUS SALIVARIUS BIFIDOBACTERIUM BIFIDUM BIFIDOBACTERIUM BREVE BIFIDOBACTERIUM LACTIS	112 Million CFU	BIOPERINE, SOYA PROTEIN ISOLATE, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, FIBRE GUM), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA, SPIRULINA, CHLORELLA, FIBRE GUM), CARROT POWDER, TOMATO POWDER, SPIRULINA, PAPAIA EXTRACT 10:1	

OMEGATONE[®] *matrix*

SPORTRON
Nutrition from Nature



VITALITY *Booster*

Supplement for overall wellness with anti-inflammatory properties.

With Omega-3 & Vitamin D

540mg OMEGA-3 / 5ml



FOODSTATE MATRIX™

PRODUCT CODE HS70

OMEGATONE MATRIX

BENEFITS

Omega-3 is an essential fatty acid that we can only gain from our diet. Omega-3 supports heart health and promotes brain health, especially during pregnancy. It improves eye health, bone and joint health and helps fight inflammation.

DIRECTIONS FOR USE:

Shake well before use, at least 10 shakes. 5ml per day for children 6 – 12 years; 10ml per day for children 13 – 17 years and 15ml per day for 18+ years. Keep refrigerated after opening. Preferably take after a meal. 5ml = 1 teaspoon. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Contains Iodine.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER 10 ml	PER 10 ml	PER 15 ml
OF WHICH IS OMEGA-3 FISH OIL CONTAINING:			
EICOSAPENTAENOIC ACID (EPA)	18 mg	36 mg	54 mg
Docosahexaenoic acid (DHA)	12 mg	24 mg	36 mg
FLAXSEED OIL COLD PRESSED EXTRA CONTAINING:			
OLEIC ACID (C18:1)	36 mg	72 mg	108 mg
LINOLEIC ACID (C18:2)	36 mg	72 mg	108 mg
LINOLEIC ACID (C18:3 N-3)	150 mg	300 mg	450 mg
LINOLEIC ACID (C18:3 N-6)	3 mg	6 mg	9 mg
VITAMIN D3 (AS CHOLECALCIFEROL)	100IU	200IU	300IU

SPORTRON® FOODSTATEMATRIX™ BLEND

50 mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

450 ml +50 ml FREE



BENEFITS OF OMEGA-3

HAIR, SKIN & NAILS

- Hydrate and protect skin from harmful UV rays.
- Relieve inflammatory skin conditions like rosacea, psoriasis and eczema.
- Support strong nails and lustrous hair.



SILENT INFLAMMATION

- Reduce silent inflammation inside (therefore called "silent") the body, such as in veins, heart and joints.
- Can help reduce pain, by reducing inflammation.



HEART HEALTH

- Can reduce elevated cholesterol levels in blood;
- Can help reduce blood pressure by helping to eliminate cholesterol blockages, thereby helping to reduce the risk of a heart attack or stroke.



BRAIN HEALTH

- Can help lower levels of depression and boost the effectiveness of anti-depressants
- Omega-3 in adults helps the body deal with stress, especially by improving focus, memory and decision making quality.
- Protects nerve cell health and assists with regeneration and message relay in the brain, thereby promoting cognitive function and can delay the onset of age-related conditions such as Alzheimer's.



INFANTS & CHILDREN

- Aids in visual and nerve development in infants.
- Reduces the symptoms of ADHD in children and improve their cognitive function.
- Research has confirmed that long-term use of Omega-3 improves concentration and learning ability.

MARINA SPA[®]

matrix



SPORTRON
Nutrition from Nature



IMMUNE *Booster*

Marina Spa Matrix contains a proprietary blend of, anti-oxidant rich Phyto-nutrients to boost wellbeing and the immune system at a cellular level.

With Bio Kelp & Artemisia



PRODUCT CODE HS18

FOODSTATE MATRIX™

MARINA SPA MATRIX

BENEFITS

Marina Spa[®] Plus has been scientifically formulated with Bio Kelp from nature's ocean that is rich in minerals, Phyto-nutrients and anti-oxidants. Artemisia Afra (also known as Sweet Wormwood) is beneficial for boosting your body's defense against viral, bacterial and parasitic infections. Marina Spa[®] Plus contains Sportron[®] Foodstate Matrix™, which offers a unique fusion of nature and science to support the body's immune system.

DIRECTIONS FOR USE:

Take 15ml per day with food or as directed by your Health Practitioner. 15ml = 3 teaspoons.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Contains traces of Iodine.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER 100ml	PER 15ml SERVING
ARTEMISIA AFRA EXTRACT (1:20)	*500mg	*75mg
BIO KELP EXTRACT (1:40)	*250mg	*37.5mg
SPORTRON FOODSTATE MATRIX™ BLEND	3.3mg	500mcg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

*DRIED HERB EQUIVALENT

500 ml



ARTEMESIA/LENGANA UMHLONYANE

Artemisia helps prevent and treat colds and flu, as well as malaria. Initial research also shows that it might improve resistance to Virusses, such as COVID & HIV.



BIO KELP

Kelp promotes your immune system as it is super rich in anti-oxidants and helps promote bone and muscle health, as well as boost your energy metabolism.



PHYTOGARDE[®] *matrix*

SPORTRON
Nutrition from Nature



IMMUNE *Fighter*

Phyto-nutrients are super anti-oxidants and anti-inflammatory boosters, boosting our immune system. It improves intercellular communication, repairs DNA damage from exposure to toxins and detoxifies carcinogens, which cause cancer.

With Goji Berry, Cranberry & Kelp Fucoxanthin



PRODUCT CODE HS72

FOODSTATE MATRIX[™]

PHYTOGARDE MATRIX

BENEFITS

Scientifically formulated blend to help boost the body's immune system and promote optimal health. Cranberry, Grape Seed and Goji berry extracts are rich in anti-oxidants and Vitamin C for extra immune protection. Contains Fucoxanthin, an active ingredient in sea kelp, which protects the body against disease by fighting free radical damage at cellular level.

DIRECTIONS FOR USE:

Take 15ml mixed with 250ml water per day. Take with a meal. Preferably keep refrigerated after opening. 15ml = 3 teaspoons.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	SERVING PER 15ml	450ml PER
ENERGY	2.5kJ	75kJ
PROTEIN	0g	0g
CARBOHYDRATES	0.15g	4.5g
FAT	0g	0g

ACTIVE INGREDIENTS	PER 15ml SERVING	PER 450ml
MORINGA OLEIFERA POWDER	5mg	150mg
CRANBERRY EXTRACT 4:1	100mg	3000mg
AFRICAN POTATO EXTRACT 10:1	50mg	1500mg
GRAPE SEED EXTRACT	50mg	1500mg
GOJI BERRY EXTRACT 4:1	100mg	3000mg
KELP FUcoxANTHIN	5mg	150mg

SPORTRON FOODSTATE MATRIX[™] BLEND

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

450 ml +50 ml FREE



GOJI BERRIES

Super rich in phyto-nutrients, which include polysaccharides, Beta-carotene and Zeaxanthin, which super boost the immune system and eye health.



CRANBERRIES

Super high nutrient and anti-oxidants content with research proving that cranberries can treat urinary tract infection (UTI).



MORINGA

Shown to significantly lower inflammation in cells containing polyphenols and isothiocyanates. Reduces inflammation by suppressing inflammatory enzymes and proteins in the body.



GRAPE SEED EXTRACT

Super-rich in anti-oxidants with x20 the anti-oxidant strength of Vit C and x50 that of Vit E.



AFRICAN POTATO

Rich in natural sterolins that help fight inflammation and promote heart health.



FUCOXANTHIN (KELP EXTRACT)

Active ingredient in kelp with strong anti-oxidant capacity by scavenging free radicals boosting your immune system and fighting inflammation. Early research has indicated that it can help prevent cancer and can help slow down the spread of cancer.

PRO B-9® DROPS



GUT & IMMUNE *Nurse*

With Omega-3 Oil

Probiotics are "friendly bacteria" that are similar to the trillions of organisms that occur naturally in the digestive tract. Certain strains or types of probiotics have been proven to promote gut and immune health, as 70% of immune cells in the body reside in the gut. Probiotics are normally taken together with antibiotics, which kills both good and bad organisms and probiotics help to replace the good ones. Be proactive and take probiotics daily, when you have a chronic condition or struggling with a gut condition.

1. PROMOTE GUT HEALTH
2. BULLETPROOF IMMUNE SYSTEM FUNCTION
3. SOOTHE SYMPTOMS OF IRRITABLE BOWEL SYNDROME
4. PREVENT & TREAT ANTIBIOTIC-ASSOCIATED DIARRHEA
5. BANISH DEPRESSION & ANXIETY
6. PROMOTE HEALTHY CHOLESTEROL

PRODUCT CODE HS83



FOODSTATE **MATRIX™**



PRO B®-9 DROPS

BENEFITS

A healthy gut ensures optimal absorption of all nutrients, including supplementation. This daily health probiotic formula contains 9-strains of probiotic flora that promote gut health. 70% of the body's immune cells reside in the gut and gut health is key for these cells to operate optimally.

DIRECTIONS FOR USE:

1ml per day or as recommended by your Health Practitioner. Add to a smoothie, yoghurt, salad, porridge, etc. or consume by placing on top on the tongue and swallow. Take with a meal. Preferably keep refrigerated after opening.

PRECAUTIONS:

Can be used from 1 year old.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	BILLION PERI ML
BIFIDO BIFIDUM BB-06	2B CFU
BIFIDO BREVE BB-03	1B CFU
BIFIDO LACTIS HN019	0.5B CFU
LACTOBACILLUS ACIDOPHILUS	1B CFU
LACTOBACILLUS CASEI	1B CFU
LACTOBACILLUS PLANTARUM	1B CFU
LACTOBACILLUS RHAMNOSUS	1B CFU
LACTOBACILLUS SALIVARIUS	1B CFU
STREPTOCOCCUS THERMOPHILUS	1B CFU
FLAXSEED AND GRAPESEED OIL CONTAINING 400 OMEGA-3 OILS	0.5ml

CFU = COLONY FORMING UNITS

30 ML DROPS



PROMOTES IMMUNE HEALTH

More than 70% of our immune cells reside in our gut and if our gut health is compromised then these cells do not work as well as they should. Probiotics helps to restore gut health and thereby helps your natural immune system to function better.



PROMOTES GUT HEALTH

Probiotics help balance the friendly bacteria in your digestive system and promote healthy digestion of food, absorption of nutrients, helps support cells that line your gut to prevent bad bacteria that you may have consumed (through food or drinks) from entering your blood. It provides relief of unbalanced bacteria in your gut that are associated with symptoms such as gas, cramping, diarrhea or constipation. Probiotics research has confirmed that probiotics can help relieve symptoms of Ulcers, Crohn's disease and Irritable Bowel Syndrome (IBS).



DEPRESSION & ANXIETY

Research has confirmed a gut health link to mood and anxiety disorders and has shown that it can aid in relieving such symptoms.



ALLERGIES

Probiotics may reduce the severity of various allergies such as Eczema.



OMEGA-3

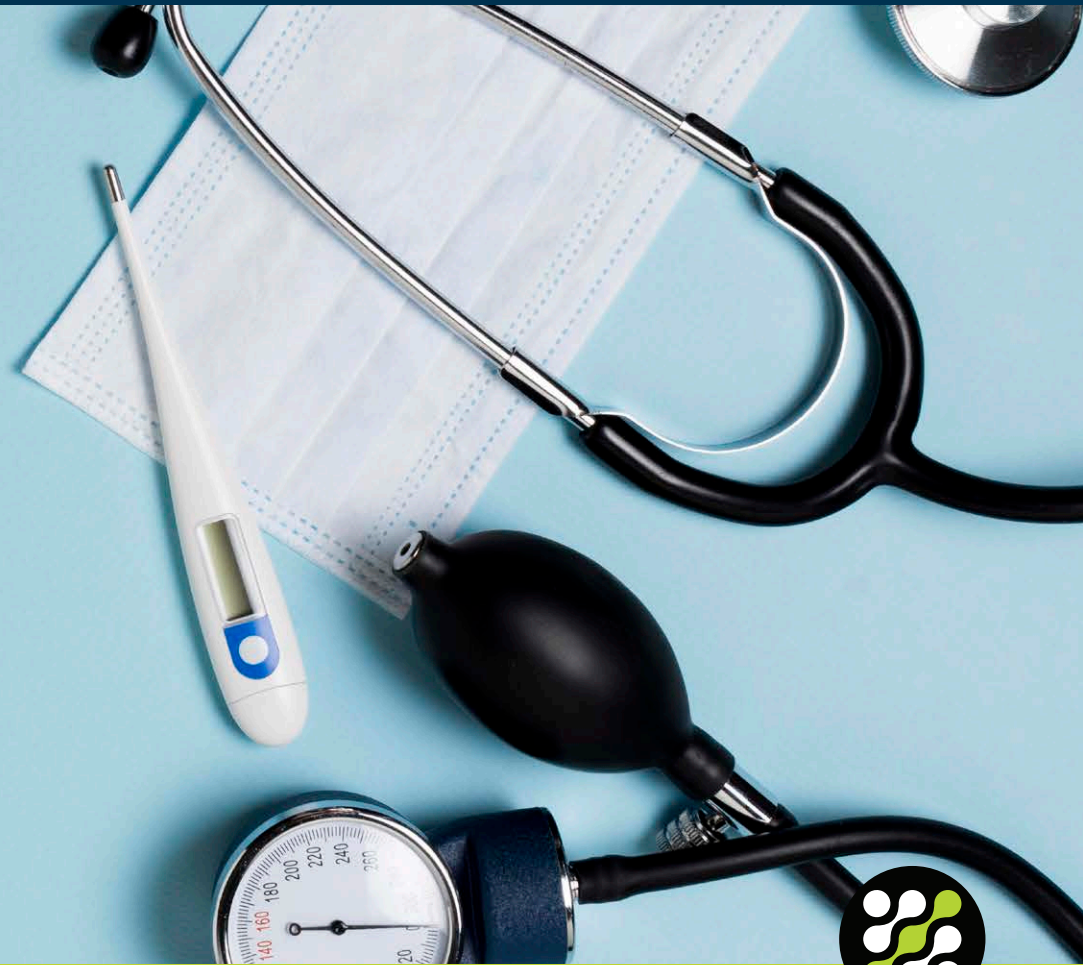
Omega-3 oils are important overall wellness boosters that also have anti-inflammatory properties to aid gut conditions.



SPORTRON

Nutrition from Nature

SPECIALITY WELLNESS



Special conditions require special nutrients to address and help those conditions.
To be taken over-and-above Overall Wellness supplements.



FOODSTATE MATRIX™

A-TRON[®] *Gel*



JOINT & MUSCLE *Relief*

Feel the soothing effects this wonderful formula for inflammation in sore joints and injured muscles. For best results use with A-tron Capsules.

With Arnica, Clove, Rosemary & Cannabidiol Extract



PRODUCT CODE HS19

A-TRON GEL

BENEFITS

A scientifically formulated ointment to soothe joint pain, swelling and stiffness. Arnica, Clove, Rosemary and Cannabidiol oils are known for their anti-inflammatory properties that help to relieve joint inflammation and pain.

DIRECTIONS FOR USE:

Apply a thin layer to the affected area no more than 3 to 4 times per day.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might.

ACTIVE INGREDIENTS	PER 1g
CBD (CANNABIDIOL)	0.1 mg
METHYL SULFONYL METHANE (MSM)	25 mg
ARNICA OIL	20 mg
MENTHOL CRYSTALS	15 mg
ROSEMARY ESSENTIAL OIL	2 mg
CLOVE BUD ESSENTIAL OIL	1.5 mg
WINTERGREEN OIL	0.25 mg

50 g OINTMENT



ARNICA

Arnica is used as an alternative medicine for treating bruising, pain, myalgia (muscle soreness), and arthralgia (joint aches).



CLOVE

Clove oil is capable of reducing pain (analgesic) and decreasing the perception of pain (anti-nociceptive) by acting on various pathways and systems and it is anti-inflammatory in nature.



ROSEMARY OIL

Rosemary oil is an excellent aromatherapy for pain and inflammation reduction.



CANNABIDIOL

Cannabidiol (CBD) oil has been extracted from the Cannabis plant and has become a popular alternative therapy for pain relief.



JOINT & MUSCLE *Nurse*

A-Tron provides cartilage-building cells called chondrocytes with the proper nutrients necessary for construction of new cartilage. It is a comprehensive formula to nutritionally support healthy joint function. It contains MSM, and ingredients that support the re-synthesis of flexible disulfide bonds in connective tissue, including tendons and ligaments of the joint. The goal is to support overall flexibility and ease of movement, preferably without discomfort.

With Cannabidiol Extract

PRODUCT CODE HS80



A-TRON MATRIX

BENEFITS

A scientific formula designed to promote joint and muscle health by providing natural compounds that are necessary for the healthy functioning of bones, joints, ligaments and muscles.

DIRECTIONS FOR USE:

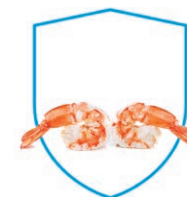
Take 2 capsules daily with a meal, preferably in the evening.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Not to be used by those younger than 18 years.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER SOFTGEL CAPSULE
METHYLSULFONYLMETHANE (MSM)	400 mg
GLUCOSAMINE SULPHATE	250 mg
CHONDROITIN SULPHATE	35 mg
BROMELAIN/ PAPAINE BLEND	11 mg
VITAMIN C	22 mg
CANNABIDIOL (CBD)	25 mg
SPORTRON FOODSTATE MATRIX™ BLEND	25mg
BIOPERINE, SOYA PROTEIN ISOLATE, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, FIBREGUM), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA, SPIRULINA, CHLORELLA, FIBRE GUM), CARROT POWDER, TOMATO POWDER, SPIRULINA, PAWPAW EXTRACT 10:1	

60 CAPSULES



GLUCOSAMINE SULPHATE

Glucosamine sulphate is a natural ingredient found in and around the fluid and tissues that cushion your joints, called cartilage. It helps to repair cartilage damage and ease painful joints.



CHONDROITIN SULPHATE

Chondroitin sulphate may be useful for people with Osteo Arthritis (OA), where there has been a breakdown of cartilage. It is thought that taking Glucosamine and/or Chondroitin supplements may relieve the pain and prevent or slow the breakdown of cartilage.



MSM

MSM is an anti-inflammatory and natural analgesic (pain reliever). It also increases cellular permeability and dilates blood vessels, increasing circulation and the removal of waste products from the cells, decreasing time needed to heal from injury and wounds. MSM is also a muscle relaxant.



CANNABIDIOL EXTRACT

Cannabidiol (CBD) oil has been extracted from the Cannabis plant and has become a popular alternative therapy for pain relief.

CAL-C-MAG[®] *matrix*



BONE & JOINT *Strengthener*

Calcium and Magnesium promote healthy bones, teeth, joints and muscles function. Collagen is a major component of various cells in our bodies and may boost muscle mass, prevent bone loss, help with joint pain and boost plump healthy skin.

With Collagen



PRODUCT CODE HS74

FOODSTATE **MATRIX™**

CAL-C-MAG COLLAGEN

BENEFITS

This mineral-rich formulation combines the bone health power of Calcium, Magnesium with Vitamin C, Vitamin D3 and Zinc. It helps to promote healthy nerve and muscle function and can assist in the prevention and treatment of osteoporosis (fragile bones), which occurs frequently in middle age women.

DIRECTIONS FOR USE:

Take 2 tablets daily or as directed with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Not to be used by those younger than 18 years.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER TABLET
CALCIUM ELEMENTAL (AS CALCIUM CARBONATE AND DI CALCIUM PHOSPHATE)	313.20 mg
MAGNESIUM ELEMENTAL (AS MAGNESIUM SULPHATE HEPTA-HYDRATE AND MAGNESIUM OXIDE)	151 mg
PEPTAN B (COLLAGEN)	50.00 mg
VITAMIN C	145.50 mg
VITAMIN D	500.00 IU
VITAMIN K2	0.12 mg
ZINC ELEMENTAL (AS ZINC AAC 10%)	5.00 mg
COPPER ELEMENTAL (AS COPPER AAC 10%)	0.45 mg
BORON ELEMENTAL (AS BORON AAC 10%)	0.75 mg
SELENIUM ELEMENTAL (AS SELENIUM AAC 0,2%)	5,50 mcg

SPORTRON FOODSTATE MATRIX™ BLEND

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

60 TABLETS



CALCIUM

Calcium supplementation strengthens bones and can reduce the risk of developing osteoporosis ('brittle bones'). It promotes dental health and is important for heart muscle health, arteries, blood pressure, and boosting our immune health. Calcium helps maintain a healthy PH in your gut and can prevent kidney stones.



MAGNESIUM

Magnesium helps to maintain normal bone and teeth structure and muscle function. It helps to maintain our electrolyte balance, can help to reduce tiredness and fatigue. It is important to maintain normal functioning of the nervous system and energy release. Magnesium helps with muscle cramping and tightness.



COLLAGEN

Collagen is a protein responsible for healthy joints and skin elasticity, or stretchiness. It's in your bones, muscles, and blood, comprising three quarters of your skin and a third of the protein in your body. It is the substance that holds the body together. Collagen forms a scaffold to provide strength and structure. Collagen supports the above functions.



VITAMIN C & D

Assist in skeletal strengthening by promoting the absorption of Magnesium and Calcium.

DIAGARDE® *matrix*



Blood Glucose Assistant
DIA GARDE

with Red Leaf Vine & Cinnamon

A scientific herbal blend of ingredients to help regulate blood sugar levels naturally. Only effective when used in combination with healthy eating habits and lifestyle.

With Marigold Extract & Beta Carotene



FOODSTATE MATRIX™

PRODUCT CODE HS12

DIAGARDE MATRIX

BENEFITS:

DiaGarde is a specially formulated nutritional supplement to benefit people who struggle with raised blood sugar levels, such as in the case of Diabetes. Cinnamon with Red Leaf Vine extracts help to stabilize blood sugar levels, thereby lowering the risk of cell damage that can be caused by consistent high blood sugar levels.

DIRECTIONS FOR USE:

Take 1 tablet daily with meals or as directed. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult your Health Practitioner when taking Diabetes medication. Needs to be taken together with a healthy eating plan and exercise to be effective.

NUTRITIONAL INFORMATION (INGREDIENTS)

PER CAPSULE

RED LEAF VINE EXTRACT
CINNAMON EXTRACT

400mg
112mg

SPORTRON FOODSTATE MATRIX™ BLEND

25mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

30 TABLETS



RED LEAF VINE

Red vine leaves are harvested when they achieve a rich red colour and have the highest content of anti-oxidant polyphenols. Their extracts are used medicinally for helping to reduce inflammation, especially within the circulatory system. Those struggling with Diabetes have increased sugar in their blood and this causes inflammation in veins and cells. Red leaf extract can help mitigate such inflammation.



CINNAMON

Cinnamon can help manage Diabetes Type 2 by reducing blood pressure and improving insulin sensitivity. Certain compounds in Cinnamon can imitate the effects of insulin and help regulate blood sugar, a function which is crucial for those living with Diabetes. Cinnamon extract has anti-inflammatory properties that helps to reduce inflammation caused by high blood sugar. Cinnamon has anti-bacterial properties and can help fight infection, especially in Diabetes patients which have compromised immune systems.

ENERGISER[®] *matrix*


SPORTRON
Nutrition from Nature



ENERGY

Booster

A slow release formula for extra energy, vitality and alertness.



FOODSTATE MATRIX™

PRODUCT CODE HS75

ENERGISER MATRIX

BENEFITS

Energiser syrup has been scientifically formulated to help energize the mind and body. It may assist with physical energy and improve concentration, alertness and mental vitality.

DIRECTIONS FOR USE:

Take 50ml mixed with 250ml water as needed. Do not take more than 4 times/ day or after 12:00 as you might have trouble falling asleep.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult with your Health Practitioner if you have high blood pressure or suffer from cardio-vascular disease.

NUTRITIONAL VALUE	PER 50ml	PER 250ml
ENERGY	83.5 kJ	417.5 kJ
PROTEIN	0 g	0 g
CARBOHYDRATES	5 g	25 g
FAT	0 g	0 g
INGREDIENTS	PER 50ml	PER 250ml
VITAMIN B1	30 mg	150 mg
VITAMIN B2	25 mg	125 mg
VITAMIN B3	75 mg	375 mg
VITAMIN B5	35 mcg	175 mcg
VITAMIN B6	62.5 mg	312.5 mg
COBALAMIN (VIT B12)	0.1 mg	0.8 mg
TAURINE	66.6 mcg	333.3 mcg
KOLA NUT EXTRACT 4:1	100 mg	500 mg
HIBISCUS EXTRACT 4:1	5 mg	25 mg
SIBERIAN GINSENG	200 mcg	1000 mcg
FRUCTOSE	5000 mcg	25000 mcg
CAFFEINE	100 mg	500 mg
GUARANA DRY EXTRACT	100 mg	500 mg
HERB BLEND:		
CELERY	45 mg	225 mg
ALFALFA	45 mg	225 mg
GARLIC	10 mg	50 mg

SPORTRON FOODSTATE MATRIX™ BLEND 25mg

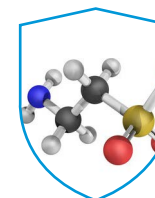
SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

250 ml



KOLA NUT, GUARANA, CAFFEINE & GINSENG

Kola Nut, Guarana, Ginseng, Caffeine works by stimulating the central nervous system (CNS), heart, and muscle. It can boost the body's energy supply for short-term relief of fatigue, depression, chronic fatigue syndrome, melancholy, lack of normal muscle tone and exhaustion. It reduces fatigue, improves focus and learning ability, as well as endurance when exercising.



TAURINE

Some studies suggest that Taurine supplementation might improve athletic performance.



B-VITAMINS

B-vitamins play an important role in nearly in 50+ processes in the body, especially in the energy metabolism. Almost every cell in the body uses B12. Besides helping form red blood cells, B12 converts fat and protein to energy. A Vitamin B12 deficiency causes tiredness and anemia.



HIBISCUS EXTRACT

Hibiscus Extract is super rich in anti-oxidants to boost your immune system. It is caffeine free and can improve energy and hydration levels.

EYEGARDE[®] *matrix*


SPORTRON
Nutrition from Nature



EYESIGHT

Booster

A formula that helps boost eye health on a cellular level by promoting blood supply to eye membranes, cellular repair of retina cells and helps heal eye inflammation.

With Marigold Extract & Beta Carotene



PRODUCT CODE HS82

FOODSTATE **MATRIX™**

EYEGARDE MATRIX

BENEFITS

Support your eye health with anti-oxidant rich ingredients combined with Lutein and Zeaxanthin, as well as Beta-carotene. This soothing formula contains nutrients that helps to protect, maintain and improve blood circulation to the eyes. It can be especially beneficial for ageing eyes, continuous eye strain and dry eyes.

DIRECTIONS FOR USE:

Take 2 capsules with a meal or as directed your Health Practitioner.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. The supplement offers nutritional assistance and cannot cure eye disease. Please consult your Health Practitioner if eye problems become chronic.

ACTIVE INGREDIENTS	PER CAPSULE
VIT C (ASCORBIC ACID)	103.1mg
LUTEIN	90mg
ZINC OXIDE	31mg
BILBERRY EXTRACT (4:1)	30mg
ZEAXANTHIN	30mg
SELENIUM AAC	25mg
SPORTRN FOODSTATE MATRIX™	25mg
SPORTRON FOODSTATE MATRIX™ BLEND	25mg

BIOPERINE, SOYA PROTEIN ISOLATE, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, FIBREGUM), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA, SPIRULINA, CHLORELLA, FIBRE GUM), CARROT POWDER, TOMATO POWDER, SPIRULINA, PAWPAW EXTRACT 10:1

60 CAPSULES



BILBERRY

Bilberry has strong anti-oxidant properties that improve blood circulation to the eye cells thereby boosting eye health. Some studies indicate that it might help to prevent retinal inflammation and cataracts.



BETA CAROTENE

Beta Carotene is a precursor of vitamin A, which we need for healthy skin and mucus membranes, our immune system, and good eye health and vision.



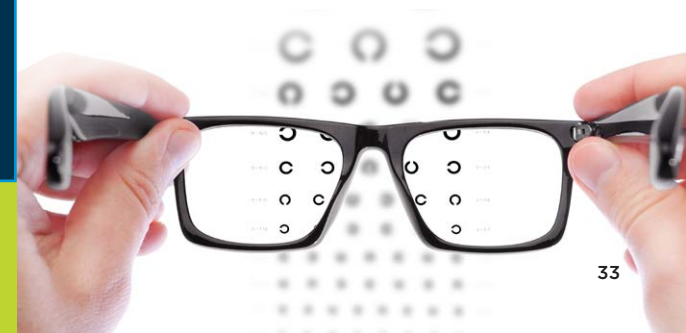
ZINC

Zinc prevents cellular damage in the eye retina, which helps in delaying the progression of age-related vision loss.



MARIGOLD EXTRACT (LUTEIN AND ZEAXANTHIN)

Due to its powerful antioxidant properties, Lutein and Zeaxanthin may help reduce inflammation in your eyes, fight off free radicals, reduce oxidative stress, and boost the sharpness of your vision.



HAIR, SKIN & NAILS[®]

matrix

SPORTRON
Nutrition from Nature



BEAUTY *Enhancer*

A scientific blend of various nutrients that boosts beauty from within. It strengthens cell membrane health, resulting in more youthful skin and healthy hair and nails.

With Collagen



PRODUCT CODE HS76

FOODSTATE MATRIX™

SKIN, HAIR & NAILS MATRIX

BENEFITS

An anti-oxidant rich formula providing nutrients that benefit skin, hair and nail health. The ingredients help to firm and increase skin elasticity, fight dullness and uneven texture. Collagen and Vitamin A and E help to fight signs of ageing.

DIRECTIONS FOR USE:

Take 1 capsule with a meal daily or as directed your Health Practitioner.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER CAPSULE
VITAMIN C (ASCORBIC ACID)	150mg
HYDROLYZED COLLAGEN (PEPTAN B)	50mg
ELEMENTAL ZINC AAC	50mg
ELEMENTAL MAGNESIUM (MAGNESIUM OXIDE HEAVY, MAGNESIUM SULPHATE)	44.16mg
VITAMIN E	10mg
VITAMIN D3	5mg
ELEMENTAL COPPER AAC	4.5mg
BORON AAC	4.5mg
SELENIUM AAC	2.75mg
VITAMIN A	0.43mg
BIOTIN	0.25mg
VITAMIN K2	0.06mg
SPORTRON FOODSTATE MATRIX™ BLEND	25mg

BIOPERINE, SOYA PROTEIN ISOLATE, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, FIBREGUM), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA, SPIRULINA, CHLORELLA, FIBRE GUM), CARROT POWDER, TOMATO POWDER, SPIRULINA, PAWPAW EXTRACT 10:1

30 CAPSULES



COLLAGEN (PEPTAN B)

Collagen is a protein in the body that form the building blocks for many cells, especially skin cells. It improves skin elasticity and plumpness and aids skin regeneration.



ZINC

Zinc is known to support wound healing. With its anti-oxidant and anti-inflammatory properties, it enhances skin repair function and reduces redness and inflammation. It helps to relieve eczema, acne rosacea, irritation, dermatitis, itchy and dry skin.



VITAMIN A

Vitamin A helps to speed up healing, prevent breakouts and support the skin's immune system. It helps to retain hydration, providing radiant glowing skin.



VITAMIN E

Vitamin E is found in our sebum (skin oil), which creates a natural barrier to retain skin moisture and provides a soft, plump skin appearance.



BIOTIN

Biotin is important for beautiful hair and strong nails.

KARDIOGARDE® *matrix*



HEART *Assist*

A scientific formula to keeping your heart happy and healthy.

With Vitamin K2, D3 & Turmeric



PRODUCT CODE HS16

FOODSTATE **MATRIX™**

KARDIOGARDE MATRIX

BENEFITS

Optimize and support the health of your heart with this specially formulated product packed with an array of heart health nutrients. In addition to regular exercise, healthy diet and stress management, this product may help maintain normal cholesterol and blood pressure levels. It may also support healthy blood circulation thereby assisting in heart health.

DIRECTIONS FOR USE:

Take 1 capsule daily or as directed with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might; or if you already take cardio-vascular medication.

NUTRITIONAL INFORMATION (ACTIVE INGREDIENTS)	PER CAPSULE
VITAMIN K2	7.5 mg
VITAMIN D3	6 mg
TURMERIC	5mg
SPORTRON FOODSTATE MATRIX™ BLEND	5 mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

OTHER INGREDIENTS: GELATIN (CAPSULE SHELL), MICROCRYSTALLINE CELLULOSE, AEROSIL, CALCIUM CARBONATE HEAVY PROPYL PARABEN, METHYL PARABEN, MAGNESIUM STEARATE, POTASSIUM SORBATE

60 CAPSULES



VITAMIN K2

Vitamin K2 activates proteins that play a role in blood clotting, calcium metabolism and heart health. In a Rotterdam scientific study spanning 7-10 years, people with the highest intake of vitamin K2 were 52% less likely to develop artery calcification and had a 57% lower risk of dying from heart disease.



VITAMIN D3

A growing number of studies point to vitamin D deficiency as a risk factor for heart attacks, congestive heart failure, strokes, and the conditions associated with cardiovascular disease, such as high blood pressure and diabetes.



TURMERIC

Turmeric is a natural blood thinner that can help to prevent blood clots and potential strokes.



MENTAL FITNESS CALM[®] *matrix*



ANXIETY *Nurse*

With L-Theanine, Passiflora and Valerian

A natural blend of ingredients to help you deal with the stress of a busy life.
It will help you feel calmer, without causing drowsiness.



PRODUCT CODE HS40

FOODSTATE **MATRIX™**

MENTAL FITNESS CALM MATRIX

BENEFITS

A scientific blend of traditional herbs known for their calming benefits. L-Theanine assists feelings of wellbeing by helping the body produce feel good chemicals.

DIRECTIONS FOR USE:

Take 1 tablet daily or as directed your Health Practitioner.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult your Health Practitioner if anxiety becomes chronic.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER TABLET
L-THEANINE	100 mg
PASSIFLORA	50 mg
VALERIAN ROOT EXTRACT (4:1)	45 mg
CHAMOMILE	25 mg
SPORTRON FOODSTATE MATRIX™ BLEND	25 mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

*DRIED HERB EQUIVALENT

30 TABLETS



L-THEANINE

Theanine is an amino acid found in green tea and is a precursor for many feel good brain chemicals, such as serotonin, dopamine and GABA. It has been proven to assist with anxiety and promote calmness and feelings of wellbeing. If your body is in short supply, supplementation can assist.



PASSIFLORA

Passiflora is commonly used as a herb to treat anxiety and insomnia.



VALERIAN

Valerian has been found to inhibit the breakdown of a chemical messenger, (GABA), in the brain, that helps regulate nerve impulses resulting in feelings of calmness and tranquility.



CHAMOMILE

Chamomile extract may significantly reduce moderate to severe symptoms of generalized anxiety disorders.

MENTAL FITNESS[®] *matrix*



MENTAL *Booster*

With Saffron

A scientific formula to promote brain and mental health, promote concentration and cognitive ability.



PRODUCT CODE HS30

FOODSTATE **MATRIX™**

MENTAL FITNESS MATRIX

BENEFITS

A scientific blend of compounds that has been proven by research to aid brain health and cognitive function.

DIRECTIONS FOR USE:

Take 1 capsule daily or as directed your Health Practitioner.

PRECAUTIONS:

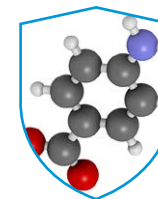
Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult your Health Practitioner you are being treated for a mental disorder.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER TABLET
N-ACETYL -L- CARNITINE	250mg
L-THEANINE	100mg
L-ARGININE	50mg
SAFFRON EXTRACT	50mg
GINGKO BILOBA LEAF POWDER	30mg
GINSENG EXTRACT 5:1	25mg
L-GLUTAMINE	25mg
L-TYROSINE	25mg
L-TAURINE	25mg
CHOLINE BITRATE	10mg
ALA (ALPHA LIPOIC ACID)	10mg
VITAMIN B3 (NIACIN)	5mg
VITAMIN B5 (PANTOTHENIC ACID)	4.85mg
VITAMIN B2 (RIBOFLAVIN)	2.5mg
VITAMIN B6 (PYRIDOXINE)	2.05mg
VITAMIN B1 (THIAMINE)	2.22mg
FOLIC ACID	0.2mg
VITAMIN B12	2.5mcg

SPORTRON FOODSTATE MATRIX™ BLEND 25 mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

30 CAPSULES



N-ACETYL-L-CARNITINE

It is made in the human brain, liver, and kidneys. It helps the body turn fat into energy. It is important for heart and brain function, muscle movement, and many other body processes.

L-THEANINE

Theanine protects brain cells and promotes cognitive function. There's a link between anxiety, reaction to stress, and the brain's cognition function. Studies over the past two years suggest a potential role for L-Theanine in supporting cognitive function and preventing its loss.



SAFFRON

Research proves that Saffron exerts its neuro-protective effects mostly via anti-oxidative stress, anti-neuro-inflammation, anti-apoptosis and certain other related pathways. Clinical trials also confirmed that Saffron could alleviate depressive and anxiety-like symptoms in both depression and anxiety patients.



GINGKO BILOBA

It is a supplement for memory support or brain health. Ginkgo Biloba extract can slow or prevent age-related memory problems, or memory loss associated with mild cognitive impairment or Alzheimer's disease.



GINSENG

Ginseng is effective in memory improvement, and in the direct prevention of degenerative brain diseases such as Alzheimer's disease. The neuro-protective effect of Ginseng may be useful in the prevention of depression. Indirectly, enhanced memory can ameliorate anxiety.



ALA

Research suggests that ALA scavenges free radicals, reduces inflammation, and may protect brain cells from conditions such as stroke, multiple sclerosis, and Alzheimer's disease.

40 PLUS FOR MEN[®]

matrix



PROSTATE *Vitality*

Saw Palmetto has been used as a traditional medicine for many centuries to improve prostate health, balance hormone levels and promote libido.

With Saw Palmetto



PRODUCT CODE HS79

FOODSTATE **MATRIX™**

40 PLUS FOR MEN MATRIX

BENEFITS

This complex multi-vitamin and mineral supplement provides essential minerals and vitamins to help cellular health, which boosts overall vitality and health, especially for men over the age of 40. It contains a combination of botanical ingredients such as Saw Palmetto to promote male vitality. It may support prostate and urinary tract health and could be beneficial for men who suffer from prostate problems.

DIRECTIONS FOR USE:

Take 1 tablet daily or as directed. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult your Health Practitioner you are being treated for a prostate disorder. Not to be taken by those younger than 18 years.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER CAPSULE
CALCIUM CARBONATE	200 mg
PHOSPHORUS AAC	109.0 mg
MAGNESIUM OXIDE	100.0 mg
VITAMIN C	90.0 mg
SAW PALMETTO EXTRACT	50.0 mg
ZINC OXIDE	11 mg
VITAMIN B3 (NIACIN)	20.0 mg
IRON AAC 10%	18.0 mg
VITAMIN B5 (PANTOTHENIC ACID)	10.0 mg
VITAMIN A	3500 I.U.
VITAMIN D3	400 I.U.
MANGANESE AAC 10%	2.3 mg
VITAMIN B6 (PYRIDOXINE)	2.0 mg
VITAMIN B2 (RIBOFLAVIN)	1.7 mg
VITAMIN E	0.75 mg
VITAMIN B1 (THIAMINE)	1.5 mg
COPPER AAC 10%	0.9 mg
VITAMIN B9 (FOLIC ACID)	0.5 mg
LUTEIN 5%	0.3 mg
LYCOPENE 10%	0.3 mg
BORON AAC 5%	0.2 mg
IODINE AAC 1%	0.2 mg
SELENIUM AAC 0.2%	0.1 mg
SPORTRON FOODSTATE MATRIX™ BLEND	25mg

BIOPERINE, SOYA PROTEIN ISOLATE, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, FIBREGUM), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA, SPIRULINA, CHLORELLA, FIBRE GUM), CARROT POWDER, TOMATO POWDER, SPIRULINA, PANPAW EXTRACT 10:1

30 CAPSULES



PROSTATE

Saw Palmetto has been scientifically proven to aid in prevention and treatment of prostate enlargement and even cancer.



HAIR LOSS

Saw Palmetto has the power to stop the conversion of Testosterone into DHT, which causes hair loss.



TESTOSTERONE

Saw Palmetto helps maintain normal Testosterone levels and improves sex drive and libido.



UROLOGY

Supports the urological system in men by promoting urinary health.



40 PLUS FOR WOMEN[®]

matrix

SPORTRON
Nutrition from Nature



MENOPAUSE *Buster*

Many symptoms of menopause occur as a result of falling estrogen levels in the body, resulting in symptoms such as hot flushes, night sweats and failing bones.

With Soya Isoflavones



PRODUCT CODE HS78

FOODSTATE **MATRIX™**

40 PLUS FOR WOMEN MATRIX

BENEFITS

Isoflavones from soya beans have been used in traditional Eastern medicine for 500+ years and have been reported to provide a number of health benefits, including the promotion of heart health and the maintenance of bone health in post-menopausal women, as well as help to alleviate menopause symptoms.

DIRECTIONS FOR USE:

Take 1 capsule daily or as directed. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult your Health Practitioner if you are being treated for hormonal conditions. Not to be taken by those younger than 18 years.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER CAPSULE
VITAMIN C (ASCORBIC ACID)	67mg
MAGNESIUM OXIDE HEAVY	63.7mg
SOY ISOFLAVONES	50mg
VITAMIN B6 (PYRIDOXINE)	39.5mg
VITAMIN B2 (RIBOFLAVIN)	32.5mg
VITAMIN E	6.5mg
VITAMIN B3 (NICOTINAMIDE)	6.5mg
VITAMIN B12	6.5mcg
ZINC OXIDE	5.040mg
VITAMIN D3	500IU
CALCIUM-D-PANTOTHENIC ACID	4.2mg
VITAMIN B1 (THIAMINE)	1.2mg
VITAMIN A	292.5 IU
FOLIC ACID	0.065mg
BIOTIN	0.035mg
SPORTRON FOODSTATE MATRIX™ BLEND	25mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

30 CAPSULES



MENOPAUSE

Soya Isoflavones help to raise estrogen levels naturally in menopausal women, who can experience a drastic estrogen reduction. Research has shown that Soya Isoflavones can result in reduction in menopausal symptoms such as hot flushes, chills, sleep problems, mood changes, weight gain, chronic tiredness and poor memory.



OSTEOPOROSIS

Soya Isoflavones help increase bone mineral density, especially in menopausal women and thereby helps to reduce the risk of osteoporosis.



HEART HEALTH

Soy contains Omega-3 fats and essential polyunsaturated fats. Omega-3 fats are linked to a lower risk of cardiovascular diseases.



BLOOD PRESSURE

Soya contains amino acids that can help to promote heart health in women.



URITRON[®] *matrix*


SPORTRON
Nutrition from Nature



BLADDER *Protector*

Urinary Tract Support

Research has proven that Cranberry Extract (not fruit/ juice) is very effective in treating and preventing urinary infections, by preventing bacteria adhering to walls of the bladder. It has been shown to decrease adherence of bacteria, such as E.Coli within 8 hours after consumption.



PRODUCT CODE HS35

FOODSTATE MATRIX™

URITRON MATRIX

BENEFITS

Uritron contains Cranberry Extract that promotes urinary tract health by assisting the body with bladder infection symptom relief, such as burning, irritation and urinary discomfort.

DIRECTIONS FOR USE:

Take one capsule daily after a meal with a glass of water, or as prescribed by your Health Practitioner. Complete the 10 day course.

PRECAUTIONS:

Not to be used by anyone younger than 12 years. Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult your Health Practitioner if your urinary tract condition becomes chronic.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER SOFTGEL CAPSULE
CRANBERRY EXTRACT (50:1)	500mg
SPORTRON FOODSTATE MATRIX™ BLEND	50mg
SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.	

10 CAPSULES

VITAMINS & NUTRIENTS IN ONE CUP OF CRANBERRIES HAVE:



- 25% of your daily requirement of vitamin C
- About 9% of your daily requirement of Vitamin A
- About 6% of your daily requirement of Vitamin K
- 2% of your daily requirement of Potassium
- 1% of your daily requirement of Iron and Calcium
- 8% of your daily requirement of Vitamin E
- 16% of your daily requirement of Manganese
- 7% of your daily requirement of Copper
- 8% of your daily requirement of B-complex vitamins

CRANBERRIES ALSO HAVE THESE ANTIOXIDANTS:

- Quercetin
- Myricetin
- Peonidin
- Ursolic acid
- A-type proanthocyanidins





SPORTRON
Nutrition from Nature



MELOTONE[®] *matrix*



BRAIN *Booster*

Research shows that Melotone[®] Syrup may help improve your mood, depression, memory, and learning ability, as well as protect your brain cells against oxidative stress.

With Saffron



PRODUCT CODE HS38

FOODSTATE **MATRIX™**


SPORTRON
Nutrition from Nature

MELOTONE MATRIX

BENEFITS

Scientifically developed supplement with essential fatty acids, vitamins, minerals and herbal extracts promoting mental development, health and cognitive function.

DIRECTIONS FOR USE:

Shake well before use, at least 10 shakes.
Children 1 – 4 years: 5ml per day; 5 – 7 years: 10ml per day. Adults: 20ml per day or as recommended by your Health Practitioner. Preferably take after a meal. Keep refrigerated after opening. 5ml = 1 teaspoon.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult your Health Practitioner if your child is being treated for a mental disorder. Contains Iodine.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER 5ml DOSE
OMEGA 3 FISH OIL (PATENT H0303) CONTAINING:	
EICOSAPENTAENOIC ACID (EPA)	15,96 mg
DOCOSAHEXAENOIC (DHA)	23,94 mg
FLAXSEED OIL COLD PRESSED EXTRA CONTAINING:	
OLEIC ACID (C18:1)	15,96 mg
LINOLEIC ACID (C18:2)	15,96 mg
LINOLEIC ACID (C18:3 N-3)	66,50 mg
LINOLEIC ACID (C18:3 N-6)	1,33 mg
EVENING PRIMROSE OIL	100 mg
VITAMIN D3 (AS CHOLECALCIFEROL)	50 IU
VITAMIN C (AS ASCORBIC ACID)	200 mg
VITAMIN B1 (AS THIAMINE HYDROCHLORIDE)	3 mg
VITAMIN B2 (AS RIBOFLAVIN BP)	3 mg
VITAMIN B3 (AS NICOTINAMIDE)	10 mg
VITAMIN B6 (AS PYRIDOXINE HCL)	15 mg
VITAMIN B12 (AS CYANOCOBALAMIN)	12 mcg
CALCIUM (AS CALCIUM LACTATE)	45,93 mg
MAGNESIUM LACTATE	125 mg
ZINC (AS ZINC LACTATE)	1,75 mg
VANADIUM (AS VANADIUM AAC 0,2%)	20 mcg
METHYLSULFONYLMETHANE (MSM)	50 mg
L-GLYCINE	50 mg
SAFFRON EXTRACT	20 mg
TAURINE	25 mg

SPORTRON FOODSTATE MATRIX™ BLEND

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

250 ml SYRUP



OMEGA 3

Omega-3 supplementation has been scientifically proven to promote nerve functionality and the brain's ability to transmit and decipher messages. This improves focus ability, memory, cognitive thinking and overall learning ability of a child. Omega oils are provided from a patented imported pure fish oil and locally sourced nut oils for improved efficacy.



B-VITAMINS

Are essential for optimal functioning of our bodies and involved in 50+ processes in the body. A deficiency of B-vitamins leads to chronic tiredness, fuzziness and poor concentration and learning ability.



SAFFRON

Initial Research has shown that Saffron has the same efficacy with fewer side effects compared to (Methylphenidate) or commercially known as "Ritalin" in children with ADHD. Saffron has an anti-depressant action, that works on altering different chemicals and receptors in the brain. In essence, it inhibits the re-uptake of Dopamine and Norepinephrine in the brain. Research confirms that it helps with depression and enhances mood and produces feelings of happiness in children. It acts as a powerful anti-oxidant and boosts the child's immune system. Saffron also has anti-inflammatory properties and can aid 'silent inflammation' in the body.



ZINC

Research has shown that Zinc boosts natural immunity in children; supports learning, focus and attention span; supports physical growth and overall wellbeing; improved digestion and gut function and supports the protein metabolism in children.

RESPITRON[®] *matrix*


SPORTRON
Nutrition from Nature



EASY *Breathing*

Supplement for upper respiratory wellness with anti-inflammatory properties.

With Omega-3 & Vitamin D



PRODUCT CODE HS39

FOODSTATE MATRIX™

RESPITRON MATRIX

BENEFITS

Scientifically developed supplement with vitamins, minerals and herbal extracts promoting a healthy respiratory system and assists in providing relief from allergies.

DIRECTIONS FOR USE:

Shake well before use. Children 2 – 4 years: 5ml/ day; 5 – 7 years: 10ml. Adults: 20ml or as recommended by your Health Practitioner. Preferably take after a meal and keep refrigerated after opening. 5ml = 1 teaspoon.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult your Health Practitioner if your condition becomes chronic.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)

VITAMIN C (ASCORBIC ACID BP)	50mg
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	5mg
VITAMIN B2 (RIBOFLAVIN BP)	2mg
VITAMIN B5 (PANTOTHENIC ACID)	5mg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	5mg
VITAMIN B12 (COBALMIN)	5mg
ZINC CITRATE	10mg
L-TYROSINE	10mg
ECHINACEA EXTRACT (4:1)	10mg
QUERCETIN EXTRACT (95%)	10.5mg
LIQUORICE ROOT POWDER	10mg
IVY LEAF EXTRACT (11%)	5mg
BETA CAROTENE 1%	1.1mg

SPORTRON FOODSTATE MATRIX™ BLEND

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

250 ml SYRUP



ECHINACEA

Echinacea has been scientifically proven to prevent colds and flu by up to 58%. It helps relieve cold, flu, sinusitis and allergy symptoms due to its anti-inflammatory properties, and may even help reduce anxiety.



IVY LEAF

Ivy Leaf acts as an expectorant (a medicine that helps to bring up phlegm) and its anti-inflammatory properties have been shown to relieve upper respiratory infection symptoms such as sore throat, post nasal drip and coughing.



LICORICE ROOT

Licorice Root has anti-inflammatory and anti-microbial properties and may aid upper respiratory conditions. It also raises your body's level of naturally produced steroids, which helps to block allergic reactions and symptoms.



QUERCETIN

Is an anti-inflammatory, anti-oxidant, inflammatory compound. Quercetin prevents immune cells from releasing histamines, which are chemicals that cause allergic reactions. It helps to reduce symptoms of allergies, including runny nose, watery eyes, hives, and swelling of the face and lips.



ZINC

Zinc can help relieve allergy symptoms including asthma, hay fever, sinus congestion, runny nose, sneezing, itchy throat and eyes, etc.



B-VITAMINS

Play an essential role in 50+ processes in the body, especially those related to energy & vitality. B-vitamins are not stored in the body and it is essential that sufficient B-vitamins are consumed daily.

WHIZZ KIDZ[®] *matrix*



IMMUNE *Booster*

A natural Immune-boosting formula that can be used daily to boost your child's immune system.

With Elderberry Extract & Vit C



PRODUCT CODE HW53

FOODSTATE **MATRIX™**

WHIZZ KIDZ MATRIX

BENEFITS

Ascientifically formulated blend of Elderberry Extract and Vit C for a super anti-oxidant rich formula that boost your child's immune system to fight disease and sustain wellbeing.

DIRECTIONS FOR USE:

Shake well before use. Children 2 – 4 years: 5ml; 6 – 7 years 10ml; 8 – 18 years: 20ml; Adults: 30 ml or as directed by your Health Practitioner. Take after a meal. 5ml = 1 teaspoon.

DOSAGE:

2 – 4 yrs: 5 ml/ dose; 5 – 8 yrs: 10 ml/ dose.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult your Health Practitioner if your condition becomes chronic.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)

BLACK ELDERBERRY EXTRACT
ASCORBIC ACID (VITAMIN C)
ELEMENTAL ZINC (ZINC GLUCONATE)

PER 5ml DOSE

475mg
200mg
4.3mg

SPORTRON FOODSTATE MATRIX™ BLEND

25mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

200 ml SYRUP



ELDERBERRY

The berries and flowers of elderberry are packed with anti-oxidants and vitamins that may boost your immune system. They can help tame inflammation, lessen stress, and help protect your child's heart.

Its ant-inflammation properties have been proven to lessen cold and flu symptoms, such as fever, body aches and breathing difficulties. Research confirms that Elderberry Extract and Vit C can strengthen your child's natural immune system pro-actively to help fight disease.



VITAMIN C

Vitamin C is an anti-oxidant that strengthens the immune system by fighting disease and protects the body against pathogens that want to cause disease. It also aids in healthy bone growth and normal development of the nervous system. Vitamin C is important for iron absorption, which is necessary for red blood cell formation and ultimate cell health and growth. Vitamin C plays an important role in boosting healthy skin, especially when a child is prone to eczema and allergies. Vitamin C can be taken during an illness to recover quicker or pro-actively to prevent disease.



THE HEALTHGARDE DIFFERENCE

Healthgarde acknowledges the wealth of wellness that is in nature and brings that in environmentally safe ways to boost natural wellness sourced by nature.

Herbal medicine aims to return the body to a state of natural balance so that it can heal itself. Different herbs act on different systems of the body and can sometimes be more effective than pharmaceuticals.

Herbal medicines tend to be safer than pharmaceuticals.

In the process of separating out plant compounds from the essential nutrients and other beneficial substances found naturally alongside the original compound in plants and then attempting to recreate these naturally occurring compounds in the laboratory, the list of side effects tends to grow. When used correctly in the correct form, most herbal medicines have an extensive history of safety.

Most herbs contain dozens and sometimes hundreds of healing compounds.

These compounds tend to work best and cause the fewest side effects when used in synergy. As a result it is almost always better to take herbal medicines that use the whole, medicinal parts of the plant, such as teas or tinctures and have a blend of various herbs that work synergistically to be optimally effective.

Many of our popular extracts include:



ALOE



BUCHU



TURMERIC



DANDELION



MARIGOLD



GREEN TEA



PELARGONIUM



GINGER



ECHINACEA



MORINGA

MEDICINE FROM NATURE



WHICH PRODUCT TO USE?



Everyone should use Overall Wellness products daily for optimal wellbeing and add a specific supplement to meet a specific need as required.

OVERALL WELLNESS

MULTI VITAMIN & MINERALS

OMEGA-3

IMMUNE BOOSTERS



PRODUCT	BENEFIT	PAGE
ADULT OVERALL WELLNESS - TO BE USED DAILY		
Multivite for Men & Women	Wellness Booster	60
Omega Plus	Body Booster	62
Aloe Vite Plus	Immunity Protector	64
Marina Spa Wonder Liquid	Immunity Warrior	66
Infagarde	Immunity Assist	68
Defender	Immunity Booster	70
ADULT SPECIALITY WELLNESS - TO BE USED FOR SPECIFIC CONDITIONS		
African P	Inflammation Nurse	74
Buchu Detox	Detox Booster	76
Calmag	Bones & Joint Booster	78
PMS Assist	PMS Nurse	80
Rockgarde	Libido Booster	82
Stressgarde	Stress Buster	84
Super Cider Plus	Digest Booster	86
Vitality Tea	Vitality Nurse	88
WEIGHT MANAGEMENT - BFAB FLAT TUMMY		
BFAB Flat Tummy Kickstart	Fat Detox Nurse	92
BFAB Flat Tummy Metabooster	Fat Crusher	94
BFAB Eatlezz Tea	Appetite Reducer Tea	97
BFAB Energize Tea	Energizer Tea	96
BFAB Flat Tummy Pack	Weightloss Pack	90
CHILDREN OVERALL WELLNESS		
Kidgarde Multi Gummies	Multi-vitamin for kids	100
BEAUTY FROM NATURE		
Bio Skin Protector	Hand Protector Glove	106
Bio Vapour Rub	Skin Nurse	108
Liquid Gold	Even-Toned Skin Rejuvenator	110

MULTI VITE

MEN & WOMEN



Wellness Booster

With Moringa Oleifera

WHY DO WE NEED SUPPLEMENTS?

Supplements are a natural way of boosting your immune system and a cost-effective way of keeping yourself healthy. They help to counter any minor or major deficiencies and provide anti-oxidants that we can't get 100% from food. Most medications deplete essential nutrients and supplements help to restore balance.

PRODUCT CODE HW04

MULTI VITE MEN & WOMEN

BENEFITS

This complex multi-vitamin and mineral supplement provides essential minerals and vitamins to help cellular health, which boosts overall vitality and health. The formula contains B-vitamins and iron to boost energy; anti-oxidant rich Vitamin C, E and Zinc to help your immune system; and various nutrients to promote a healthy metabolism and muscle function.

DIRECTIONS FOR USE:

Take 1 tablet daily with food or as directed by your healthcare provider. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER TABLET	%**NRV
VITAMIN A	4000 IU	133.3%
VITAMIN E	15 IU	73.5%
VITAMIN D3	200 IU	33.3%
VITAMIN K2	30 mcg	25.0%
VITAMIN B1	1.4 mg	116.7%
VITAMIN B2	1.6 mg	123.1%
VITAMIN B3	18 mg	112.5%
VITAMIN B5	6 mg	120.0%
VITAMIN B6	2 mg	117.6%
VITAMIN B9	195 mcg	48.8%
VITAMIN B12	1 mcg	41.7%
VITAMIN C	60 mg	60.0%
IRON	10 mg	55.6%
D-BIOTIN	100 mcg	333.3%
CALCIUM	139 mg	10.7%
MAGNESIUM	50 mg	11.9%
SELENIUM	30 mcg	54.5%
PHOSPHORUS	85.5 mg	6.8%
MANGANESE	1 mg	43.5%
IODINE	0.1 mg	66.7%
ZINC	5 mg	45.5%
COPPER	0.5 mg	55.6%
POTASSIUM	40 mg	***
MOLYBDENUM	50 mcg	111%
CHROMIUM	40 mcg	114%
LUTEIN EXTRACT (1:20)	*250 mcg	***
MORINGA OLEIFERA	20 mg	***

30 TABLETS



INCREASED ENERGY

When you don't get enough vitamins, your body has to work harder to perform simple tasks, which can lead to fatigue and other health problems. Taking multi-vitamins and keeping a healthy lifestyle can keep you energetic and fit.



IMPROVED MOOD

Certain studies have shown that daily multi-vitamins have a positive effect on a person's mood and emotional well-being. Getting enough vitamins and minerals improves brain functions responsible for your mood.



REDUCE STRESS

The body uses B-vitamins to convert food into energy, keep the nervous system functioning properly, and reduce stress hormones. Taking multi-vitamins daily can replenish your body's supply.



MAINTAIN STRENGTH

Free radicals are mainly responsible for muscle aging related problems. Taking multivitamins daily can help keep these damaging free radicals in check.



OMEGA PLUS



Body Booster

with Omega 3, 6 & 9

Omega-3, -6 and -9 fatty acids are important dietary fats. It is vital that all three are in balance to optimize their health benefits. Omega-3 and -6 fatty acids are called essential fatty acids as we can only obtain them from our diets by eating fatty fish at least 2-3 times per week.

NATURAL SOURCES

Fatty fish such as anchovies, salmon, sardines, mackerel and tuna.

PRODUCT CODE HW02



OMEGA PLUS

BENEFITS

A special blend of clinically proven Omega -3, -6 and -9 essential oils combined with anti-oxidant rich flaxseed oil to support cell health and therefore overall body wellbeing. Combined, these fatty acids promote the health of the heart, brain, vascular system, skeleton and eyes. Ideal for pregnant women to support fetal eye and brain development. It can also assist with managing healthy cholesterol levels.

DIRECTIONS FOR USE:

Take 1 softgel capsules daily or as directed by your Health Practitioner. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER SOFTGEL CAPSULE
FLAXSEED OIL	1200mg
PROVIDING:	
ALPHA LINOLENIC ACID	647mg
OLEIC ACID	263mg
LINOLEIC ACID	204mg
VITAMIN E	1.6mg

30 SOFTGEL CAPSULES



OMEGA-3

Healthy Hearts:

Reduce blood pressure levels and can raise good HDL cholesterol levels. Prevent blood platelets from clumping together causing blood clots which can lead to a stroke. Prevents plaque buildup that harden the arteries.

Healthy Brain & Eye Development:

Omega-3 fatty acids account for 40% of polyunsaturated fats in your brain and 60% in the retina of your eye. Getting enough Omega-3's during pregnancy has proven to assist with higher intelligence, better communication and social skills, fewer behavioural problems, decreased risk of developmental delays, ADHD, Autism, Cerebral Palsy.

Supporting Mental Health:

Omega-3's can reduce the symptoms of Depression, Schizophrenia and Bi-polar disorder and reduce the risk of psychotic disorders for those who are at risk.

OMEGA-6

Energy & Anti-Inflammatory:

Omega-6 is important in producing energy in your body and assisting your immune system to function properly.

OMEGA-9

Diabetes Friendly:

Omega-9 can be produced by your body and has been linked to improving insulin sensitivity and reducing inflammation.



ALOE VITE PLUS



Immunity Protector

With Green Tea, Ginseng, Sutherlandia & Moringa Oleifera

A daily refreshing blend of anti-oxidants that boost the body's immune system to protect itself, combined with ginseng for energy.

PRODUCT CODE HW06



ALOE VITE PLUS

BENEFITS

This potent nutrient-rich supplement containing Aloe Ferox, Vitamin C, Ginseng, Green Tea and Sutherlandia (a traditional African herb called the Cancer Bush), is a powerful wellness booster. It helps to improve the general health of the body, supports the digestive system, promotes a healthy immune system, thereby protecting against illness. Moringa Oleifera has been used for centuries in traditional remedies to boost the immune system.

DIRECTIONS FOR USE:

Take 60ml daily or as directed by your Health Practitioner. Take with a meal.
15ml = 1 tablespoon; 60ml = 4 tablespoons

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER 100 ml	PER 60 ml SERVING
ALOE FEROX 200:1	9 mg	5.4 mg
ALOE BITTERS	3 mg	1.8 mg
ASCORBIC ACID	45 mg	27 mg
GINSENG PANAX EXTRACT	27 mg	16.2 mg
SUTHERLANDIA EXTRACT	15 mg	9 mg
GREEN TEA POWDER	15 mg	9 mg
MORINGA OLEIFERA POWDER	1 mg	0.6 mg

1 LITRE



ALOE FEROX

Aloe Ferox has been used in traditional medicine for many centuries to boost the immune system as it has strong anti-oxidant and anti-microbial properties.



GREEN TEA

Green tea has strong anti-microbial properties from compounds called Catechins, which have been proven to boost the body's natural immune system.



SUTHERLANDIA (CANCER BUSH)

A traditional African herbal adaptogen which helps maintain health by increasing the body's ability to adapt to environmental and internal stress by strengthening the immune and nervous systems.



GINSENG

Potent anti-oxidant that helps to reduce inflammation and boost the immune system, as well as help fight tiredness and increase energy levels.



IMPROVED
FORMULA

MARINA SPA® WONDER LIQUID

with Bio Seaweed
& Licorice Root

Immunity Warrior



Bio seaweed that contains more than 50 nutrient provided by Mother nature. Seaweed is rich in minerals, Iodine for our energy metabolism and protective elements for improved immunity.



Licorice root assists to boost immunity, vitality, gut health and can even help with pain relief.

Marina Spa Wonder liquid contains 6 herbal oils that helps to moisturize, renew and revitalize the body.



CASTOR OIL



CALENDULA OIL



LAVENDER OIL



PEPPERMINT OIL



ROSEMARY &
EUCALYPTUS OIL



AVOCADO OIL

MARINA SPA WONDER LIQUID

BENEFITS

Ascientifically formulated blend of Bio Seaweed Extract, licorice Root and 6 natural oils with healing properties.

DIRECTIONS FOR USE:

Take 15ml per day with food for improved vitality and wellness. Can be applied to irritated skin for a soothing effect. Preferably keep in a refrigerator after opening. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Contains Iodine.

7 LICORICE ROOT BENEFITS

1. HEARTBURN

It was found found to be effective in reducing heartburn but indigestion, nausea and stomach pain.

2. LEAKY GUT

As an anti-inflammatory and demulcent (soothing) herb, licorice root protects against ulcerative disorders and can be a beneficial weapon in the battle for gut health.

3. ADRENAL FATIGUE

Licorice can help the body to more efficiently regulate cortisol - the stress hormone - giving your adrenals a break.

4. IMMUNITY

Licorice Extract is emerging as a prominent player in the search for treatment and prevention for diseases like Hepatitis C, HIV, and influenza. The triterpenoid content has been confirmed as an anti-viral, making licorice extract a potentially strong partner for the immune system.

5. COUGH/SORE THROAT

Licorice root is an effective expectorant helping to loosen and expel mucous that the cough is trying to eliminate, its soothing demulcent, anti-inflammatory properties can bring relief to an irritated sore throat.

6. PMS/MENOPAUSE

Licorice root also appears to have an estrogen-like effect in women, lending itself as an option for menstrual and fertility related concerns. For menopausal hot flashes, licorice was shown to be better than hormone replacement therapy and reducing the duration of hot flushes.

7. PAIN RELIEF

As an anti-spasmodic, licorice can have an effect on cramps both abdominally and potentially in the muscles, as well. Topically, Licorice can sooth pain associated with exzema and other dermal conditions as it acts as a hydrocortisone.

INGREDIENTS

AQUA, CASTOR OIL, MENTHOL (MENTHA ARVENSIS), AVOCADO OIL, PEPPERMINT OIL, SEAWEED EXTRACT, XANTHAN GUM, ROSEMARY OIL, LAVENDER OIL, CALENDULA EXTRACT, FOOD COLORANT, LICORICE ROOT (GLYCYRRHIZA GLABRA), EUCALYPTUS OIL, POTASSIUM SORBATE, SODIUM BENZOATE, EDTA

250 ml

PRODUCT CODE HW24

INFAGARDE PLUS



Immunity Assist

With Echinacea & Pelargonium

A scientifically formulated herbal blend to fight the onset of Colds and Flu and to soothe symptoms of Colds and Flu such as runny nose, sore throat, fever and nasal congestion.

PRODUCT CODE HS73

INFAGARDE PLUS

BENEFITS

A herbal blend of Echinacea, Pelargonium and Ginger to help relieve symptoms of colds and flu. Moringa Oleifera boosts the immune system.

DIRECTIONS FOR USE:

Adults take 30 drops in half a glass of water up to twice a day or as recommended by your health practitioner. Children: 12+ years: Take 15 drops in half in glass of water twice daily. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult with your Health Practitioner if you are pregnant or lactating.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)

ECHINACEA PALLIDA
PELARGONIUM SIDOIDES
GINGER (ZINGIBER OFFICINALE)
MORINGA OLEIFERA

PER ml

38.2 mg
28.6 mg
19.0 mg
14.3 mg

100 ml TINCTURE



MORINGA

A superfood with 50+ nutrients and rich in anti-oxidants to boost the immune system.



ECHINACEA

Echinacea has been scientifically proven to prevent colds and flu by up to 58%. It helps relieve cold, flu, sinusitis and allergy symptoms due to its anti-inflammatory properties, and may even help reduce anxiety.



SOUTH AFRICAN PELARGONIUM

Research has shown that Pelargonium can help fight upper respiratory tract infections, such as bronchitis. It acts as an expectorant and reduces coughing and sore throat related to a post nasal drip.



GINGER

Ginger contains antioxidant-like compounds called phytonutrients that protect and fight inflammation in the body.



DEFENDER



Immune Booster

with Grape Seed & Echinacea

A scientific blend of herbal extracts that are super rich in anti-oxidants to boost your immune system and prevent sickness or help you recover quicker.

PRODUCT CODE HS03



DEFENDER

BENEFITS

This anti-oxidant rich formulation of selected Vitamins, Minerals, Bioflavonoids, Grape Seed extract and Selenium helps to boost the body's natural immune system, especially in time of chronic stress. The formula helps the body's ability to detoxify and neutralize the damaging effects of free radicals and harmful agents that can lead to disease.

DIRECTIONS FOR USE:

Take 2 capsules daily or as directed by your Health Practitioner. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER CAPSULE
GRAPE SEED EXTRACT	250mg
ASCORBIC ACID (VITAMIN C)	30mg
BIOFLAVONOIDS (CITRUS) 35%	30mg
VITAMIN E	15mg
ZINC GLUCONATE	17.5mg
SELENIUM AAC 0.2%	0.5mg
ECHINACEA 4:1	40mg

60 CAPSULES



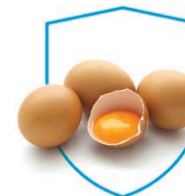
GRAPESEED

Grapeseed is rich in anti-oxidants called flavanols that have been proven to help heart, bone and skin health and promote quicker wound healing. Grapeseed extract contains x20 the anti-oxidant value of Vit C and x 50 of Vit D, making it a potent Immune Booster.



ECHINACEA

Echinacea has been scientifically proven to prevent colds and flu by up to 58%. It helps relieve cold, flu, sinusitis and allergy symptoms due to its anti-inflammatory properties, and may even help reduce anxiety.



CALCIUM

Calcium helps maintain heart, bone and teeth health. It also helps to maintain healthy alkaline pH levels in the body.



ZINC

Zinc is important for heart and bone health and boosts immunity and energy.



SELENIUM

Selenium is one of the strongest free radical scavengers which boosts the immune system to protect the body against disease.



SPECIALITY WELLNESS

Special conditions require special nutrients to address and help those conditions.
To be taken over-and-above Overall Wellness supplements.

AFRICAN P +MORINGA



AFRICAN P +MORINGA

BENEFITS

African P plus Moringa is a natural blend of African Potato, a medicinal plant that contains Sterols and Sterolins, combined with the nutritious Moringa Oleifera that is rich in anti-oxidants and bioactive plant compounds. This special formulation, combines the anti-inflammatory properties of African Potato and Moringa, which support the body's immune system, thereby assisting the body to heal itself and promoting overall wellness.

DIRECTIONS FOR USE:

Take 1 capsule daily or as directed by your Health Practitioner. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER CAPSULE
AFRICAN POTATO (HYPOXIS) 10:1	3mg
CAYENNE POWDER	33.3mg
BETA-SITOSTEROLS POWDER	30mg
MORINGA POWDER	10mg

30 CAPSULES



AFRICAN POTATO

African potato sterols and sterolins are phytochemicals in the African wild potato that have strong anti-oxidant properties that boost the immune system, decrease inflammation and may even help reduce cholesterol. Can help to heal 'silent' inflammation in your body and research has shown that these properties can help reduce cholesterol levels. African Potato contains a substance called Beta-sitosterol, which scientists believe could help strengthen the immune system.



MORINGA OLEIFERA

Moringa is rich in many important nutrients, including protein, vitamin B6, Vitamin C, Riboflavin, Iron and anti-oxidants which fight inflammation. Sterols in Moringa can also help to reduce cholesterol. Moringa can eliminate pathogens, including bacteria, fungi, viruses, and parasites, but also inhibit chronic inflammation, such as asthma, ulcerative colitis, and metabolic diseases.



CAYENNE PEPPER

The pepper may help to increase the production of digestive fluid, send enzymes to the stomach to aid in digestion, and provide extra protection to the stomach against infections. Research has shown that that Cayenne Peppers can boost the good bacteria in your gut. The microbiome is a community of bacteria in your gut that are important for a healthy immune system. Capsaicin, the active ingredient in Cayenne Peppers, helps to promote a healthy microbiome. Note that 70% of our immune cells reside in our gut.

Inflammation Nurse

with Cayenne Pepper Extract

A unique formula that harnesses the natural sterols (fats) in African Potato to protect against heart disease in both men and women.

PRODUCT CODE HS05

BUCHU DETOX PLUS



Detox Booster

With Turmeric, Ginger, Dandelion, Black Walnut

A herbal blend to help the body's natural detox system function better, thereby helping your immune system.

PRODUCT CODE HS17



BUCHU DETOX PLUS

BENEFITS

This cleansing formula combines the health benefits of Buchu (an African herb) with strong anti-oxidant Turmeric, Ginger, Dandelion and Black Walnut to help with detoxification of the body. It helps to improve gut health and nutrient absorption in the gut.

DIRECTIONS FOR USE:

Take 60ml daily or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult with your Health Practitioner if you are pregnant or lactating.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER 100 ml	PER 60 ml SERVING
BUCHU EXTRACT	1000 mg	600 mg
TURMERIC POWDER	400 mg	240 mg
ASCORBIC ACID	300 mg	180 mg
GINGER ROOT EXTRACT	300 mg	180 mg
DANDELION POWDER	200 mg	120 mg
BLACK WALNUT	100 mg	60 mg

1 LITRE



BUCHU

Buchu is a traditional herbal plant from South Africa and has been used for centuries as a remedy for indigestion, urinary tract infections and acute inflammation.



DANDELION

Dandelion promotes urinary health and has strong anti-viral properties.



GINGER

Ginger contains anti-oxidant-like compounds called Phytonutrients that protect and fight inflammation in the body.



TURMERIC

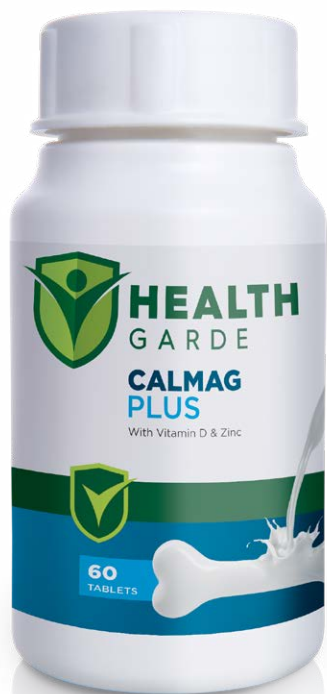
Turmeric contains an active anti-oxidant called Curcumin that has strong anti-inflammatory properties that protect the body.



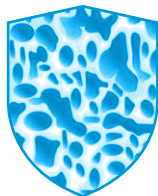
BLACK WALNUT

Contains Tannins, a class of substances with anti-oxidant and anti-inflammatory properties. It has long been used in herbal medicine to help 'silent' inflammation in the body.

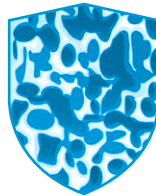
CALMAG PLUS



HEALTHY BONE



OSTEOPOROSIS



SEVERE
OSTEOPOROSIS

CALMAG PLUS

BENEFITS

This mineral-rich formulation combines the bone health power of Calcium, Magnesium with Vitamin C, Vitamin D3 and Zinc. It helps to promote healthy nerve and muscle function and can assist in the prevention and treatment of Osteoporosis (fragile bones), which occurs frequently in middle age women.

DIRECTIONS FOR USE:

Take 2 tablets daily or as directed. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult with your Health Practitioner if you being treated for Osteoporosis or Kidney diseases.



CALCIUM

In addition to building bones and keeping them healthy, calcium enables our blood to clot, our muscles to contract, and our heart to beat.

Calcium deficiency can lead to:

- Confusion or memory loss
- Muscle spasms
- Weak and brittle nails
- Easy fracturing of the bones
- Osteoporosis



MAGNESIUM & VITAMIN D

Magnesium and Vitamin D enable the absorption of Calcium by the body.

Magnesium deficiency can lead to:

- Muscle twitches and cramps
- Osteoporosis
- Fatigue and muscle weakness

Vitamin D deficiency can lead to:

- Fatigue and chronic tiredness
- Bone and back pain
- Bone loss
- Muscle pain.



ZINC

Zinc is important for heart and bone health and boosts immunity and energy.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER TABLET
CALCIUM CARBONATE	1000.0mg
MAGNESIUM OXIDE	133.0mg
ASCORBIC ACID (VITAMIN C)	31.0mg
ZINC OXIDE	25.0mg
VITAMIN D3	0.001mg
PYRIDOXINE (VIT B6)	6.0mg
MANGANESE SULPHATE	5.0mg
COPPER SULPHATE	5.0mg
BORON AAC 5%	2.5mg

60 TABLETS

Bones Booster

With Vitamin D & Zinc

A scientific formula of Calcium, Magnesium and Vitamin D to boost bone and teeth health and help fight osteoporosis in women. About 99% of Calcium in our bodies is found in our bones and teeth.

PRODUCT CODE HS07

PMS ASSIST



Pms Nurse

With Chasteberry & Dong Quai

Pre-menstrual syndrome (PMS) has a wide variety of signs and symptoms, including mood swings, tender breasts, food cravings, fatigue, irritability and depression. It's estimated that as many as 3 of every 4 menstruating women have experienced some form of pre-menstrual symptoms.

PRODUCT CODE HS11

PMS ASSIST

BENEFITS

Ascientifically developed herbal supplement with Chasteberry and Dong Qui extracts to help relieve symptoms of PMS.

DIRECTIONS FOR USE:

Shake well before use. Adults: 30 drops in half a glass of water or juice twice daily when experiencing symptoms or as recommended by your Health Practitioner. Preferably take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult with your Health Practitioner if you are pregnant or lactating.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER ml
CHASTEBERRY (AGNUS CASTUS)	30,09 mg
DONG QUAI (ANGELICA SENENSIS)	33,33 mg
GINSENG (PANAX GINSENG)	11,09 mg

100 ml TINCTURE



CHASTEBERRY

Chasteberry extract research has been shown to offer relief of PMS symptoms and discomfort. It has shown to assist with those suffering from endometriosis.



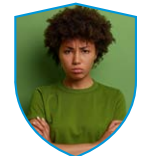
DONG QUAI

Dong Quai boosts the immune system, assists with cramping and helps relieve PMS symptoms.

SYMPTOMS OF PRE-MENSTRUAL SYNDROME:



HEADACHE



MOODY/IRRITABILITY



ABDOMINAL PAIN



FOOD CRAVINGS



STRESS/ANGER



SKIN BREAKOUTS

ROCKGARDE FOR MAN & WOMAN



ROCKGARDE MAN & WOMAN

BENEFITS

A combination of 6 herbal extracts that has been used a traditional medicine for centuries to promote libido, sexual performance and enjoyment.

DIRECTIONS FOR USE:

Take one capsule daily as needed. Not more than two per day. Do not overdose.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult with your Health Practitioner if you are pregnant or lactating or suffer from high blood pressure and cardio-vascular disease. Not to be taken by those younger than 18 years.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)

KOLA NUT POWDER
HORNY GOAT WEED
UBANGALALA BLEND
RHEMANIA POWDER
DEER ROOT
ERIOSEINS KARAUSSIANUM ROOT
EXTRACT

PER CAPSULE

250mg
75mg
50mg
40mg
20mg
20mg

10 CAPSULES



KOLA NUT

Research confirms that Kola Nut extract can improve sexual performance and enjoyment.



UMBANGALALA

A herb from South Africa that has been used for centuries for libido enhancement and improving sexual enjoyments.



HORNY GOAT WEED

Horny Goat Weed has a long history of use in traditional Eastern medicine. According to legend, its name came about because a goat herder noticed his flock became sexually stimulated after eating the plant. Horny Goat Weed improves focused blood circulation to genital areas which boosts libido.

Libido Booster

with Kola Nut & Horny Goat Weed

Put the spice back in your love life!

PRODUCT CODE HS08



STRESS GARDE



Stress Buster

With Vitamin C & B Vitamins

REDUCE EFFECTS OF STRESS

It has been proven that supplements with B-vitamins, Vitamin C, Calcium, Magnesium and Zinc can significantly improve mood and decrease anxiety. Stress Garde has a unique and comprehensive formula to help you cope better with the stresses of life.

PRODUCT CODE HS04



STRESS GARDE

BENEFITS

B-complex vitamins can help to reduce fatigue, boost your mood and promote cognitive performance. Vitamin C helps to reduce stress because it allows the body to quickly clear out cortisol, a primary stress hormone that increases sugars in the bloodstream. Vitamin C helps to regulate Cortisol and prevent blood pressure from spiking in response to stressful situations. Vitamins C and E are strong anti-oxidants that neutralize free radicals in the body that damage cells. Stress and anxiety produce more free radicals.

DIRECTIONS FOR USE:

Take 2 tablets daily or as directed by your Health Practitioner. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult with your Health Practitioner if your anxiety levels become chronic.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER CAPSULE
VITAMIN C	150mg
CALCIUM CARBONATE	139mg
MAGNESIUM OXIDE	83mg
ZINC GLUCONATE	50mg
L-TYROSINE	50mg
VITAMIN E	10mg
CHOLINE	150mcg
INOSITOL	15mg
VITAMIN B1 (THIAMINE)	12.5mg
VITAMIN B2 (RIBOFLAVIN)	12.5mg
VITAMIN B6 (PYRIDOXINE)	12.5mg
VITAMIN B3 (NICOTINAMIDE)	12.5mg
CALCIUM PANTOTHENATE	12.5mg
POTASSIUM PHOSPHATE	12.5mg
CITRUS BIOFLAVONOIDS 35%	5mg
SELENIUM AAC 0.2%	2.5mg
VITAMIN B9 (FOLIC ACID)	0.2mg
VITAMIN B12 (COBALAMIN)	0.1mcg
BIOTIN	15mcg
CHROMIUM POLYNICOTINATE	52mcg

60 TABLETS

B-vitamins are essential for optimal health. They are involved in nearly 50+ processes of the body. B-vitamins are mainly sourced from fruit and vegetables, which most children struggle to eat in sufficient quantities. As B-vitamins are not stored in the body they need to be topped up via a supplement.

- B1**
 - Helps the body **convert food to energy**
 - Essential for glucose **metabolism**
 - Key for **nerve, muscle & heart** function
- B2**
 - Key for **cell growth & function**
 - Supports the **nervous system**
 - Aids normal energy yielding **metabolism**
- B3**
 - Vital for **energy release** in tissue cells
 - Key for normal **growth & healthy skin**
 - Helps maintain **nervous & digestive systems**
- B5**
 - Helps **release energy** from food
 - Reduction in tiredness & fatigue**
- B6**
 - Important in the function of over **100 enzymes**
 - Helps to produce **red blood cells**
 - Assists the body in **protein metabolism**
- BIOTIN**
 - Helps maintain healthy **hair, skin and nails**
 - Involved in **energy production** through the **metabolism** of carbs, protein & fats
- FOLIC ACID**
 - Works with B12 for healthy **red blood cells**
 - Taken for health benefits during **pregnancy**
- B12**
 - Known for its role in **energy production**
 - Key for proper function of **nervous & immune systems, & red blood cell production**

SUPER CIDER PLUS



Digest Booster

With Apple Cider Vinegar, Garcinia Cambogia & Green Tea.

PRODUCT CODE SG01

SUPER CIDER PLUS

BENEFITS

A special herbal blend that can help stabilize body pH, thereby promoting the immune system. This formula can help to boost the fat metabolism and aid with weight management when combined with a healthy eating plan and lifestyle. Apple Cider Vinegar and Green Tea can promote stable blood sugar levels.

DIRECTIONS FOR USE:

Take 2 capsules daily or as directed by your Health Practitioner. Take with a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult with your Health Practitioner if you are pregnant or lactating.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)

APPLE CIDER VINEGAR
GARCINIA CAMBOGIA EXTRACT
GOTU-KOLA POWDER
GREEN TEA POWDER

PER CAPSULE

200mg
15mg
5mg
5mg

60 CAPSULES



APPLE CIDER VINEGAR

Can boost weight loss by increasing your metabolism and helping you feel full, promote healthy digestion and help maintain balanced blood sugar levels. Apple Cider Vinegar is naturally acidic, and so for people with low stomach acidity, it may help raise stomach acid levels to aid digestion. This could prevent gas and bloating, which a slow digestion can cause. It also has anti-microbial properties, meaning it may help kill bacteria in the stomach or intestines and improve digestive health.



GARCINIA CAMBOGIA

Helps to reduce appetite and helps block fat production by inhibiting an enzyme called Citrate Lyase.



GOTU-KOLA

Gotu Kola possesses the noteworthy quality of being able to regulate digestion as it is loaded with proteins and vitamin C. It can also promote mucous secretions in the intestines which can help combat the increased acidity in severe gastric ulcers and effectively heal stomach aches. It helps to improve circulation and regulate blood sugar levels, while boosting energy.



GREEN TEA

Green tea contains caffeine and a type of flavonoid called Catechin, which is an anti-oxidant. Research suggests that both these compounds can speed up the metabolism.



TEA GARDE VITALITY



Vitality Nurse

Rooibos, Ginger, Lemongrass, Ginseng, Honeybush & CBD Extract (Cannabidiol)

A herbal blend that boosts daily vitality and wellbeing.

PRODUCT CODE HS84



HOT TEA

Place 3 teabags in a teapot and fill with 800ml boiling water (for a single 250ml serving use 1 teabag). Steep 5-10 min. Best enjoyed at 60° C. Important notice: Take care while working with boiling water.



ICE TEA

Hot brewed tea chilled makes a delicious ice tea. Natural fruit juice may be added if preferred.



TYPICAL NUTRITIONAL INFORMATION

Nutrient	Per 100ml	Per 250ml Serving
Energy	2kJ	5kJ
Protein	<0,3g	<0,3g
Glycaemic Carbohydrate	<3g	<3g
of which Total Sugar	<1g	<1g
Total Fat	<0,1g	<0,1g
of which Saturated Fat	<0,1g	<0,1g
Dietary Fibre#	<0,5g	<0,5g
Total Sodium	<5mg	<5mg

#AOAC 991.43 method

INGREDIENTS LIST

Green Rooibos 60%, Ginger 20%, Honeybush 10%, Lemongrass 10%, Cannabidiol 5mg / serving

20 TAGLESS TEA BAGS



ROOIBOS

Rooibos tea extract is packed with anti-oxidants, this boosting your immune system and helps with a healthy gut.



GINGER

Ginger has strong immune-boosting properties, as well as anti-inflammatory properties. It helps with silent inflammation in the body, soothes digestive challenges and can help to reduce nausea.



LEMONGRASS

Lemongrass has strong anti-oxidant properties that fights inflammation and disease.



HONEYBUSH

Honeybush is an indigenous South African tea that is rich in anti-oxidants that help boost the immune system.



CANNABIDIOL

Cannabidiol is a CBD extract that has proven to aid in boosting the immune system, calming nerves and has pain-relieving properties.



B♥FAB

FLAT TUMMY Pack



GAIN A FLATTER TUMMY IN 4 WEEKS

A scientific weight loss program that will help you to lose weight and centimeters and gain a flat tummy.

4 STEP FORMULA

4 MEALS PER DAY

4 BFAB SUPPLEMENTS PER DAY

4 MIN EXERCISE INTERVALS PER DAY

4000 STEPS BY MONTH 4 PER DAY

BFAB Kickstart flushes your system and prepares your body for weight loss

BFAB Eatlezz Tea reduces your appetite helping with craving and boosts your metabolism

BFAB Energizer Tea provides your body with the Vitality needed to keep you motivated and feeling fabulous

BFAB Metabooster breaks down fat and helps build muscle which improves tone and metabolism

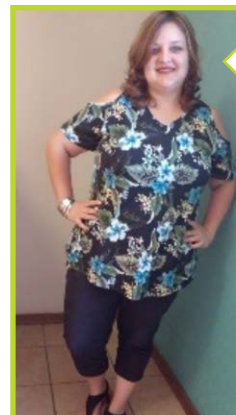
HEALTHGARDE BFAB PACK +FREE BOOKLET



BFAB
CODE HP66



IF I CAN DO IT, YOU CAN TOO!



IONI FROM KLERKSDORP, LOST 12kg in her first month and is still going. "it was easy to follow and I loved the teas"



TOM FROM WELKOM, LOST 13kg over 6 weeks and is fitting into his suits from years ago. "I lost 15cm around my waist and it is staying off. BFAB is easy to follow, even as a business man working full-time"



QHAKAZILE FROM NEWCASTLE, LOST 18cm around her waist in her first month. "I love BFAB and am recommending it to all my friends. It is easy and I never felt hungry. You also learn to eat food in your house, but at the right time and in the right quantities"



BFAB

FLAT TUMMY

Kickstart

FAT DETOX NURSE
With Artichoke Extract

TIME TO DETOX

You will be surprised to know that the body does not eliminate waste as we have been led to believe. However, it is a fact that the body cannot eliminate everything on its own and we know that when we eat too much on a regular basis, our bodies do not get rid of it all. This, in turn, causes us to gain weight.

The more you overeat, the more your body stores because your body is not getting rid of the excess. It has become over-burdened and cannot work as efficiently as it should.

As such, a weight loss cleanse can help you start eliminating this burden, helping your body to get rid of built-up waste. As this waste leaves the body, your entire body becomes less burdened. This means that it is now easier for your body to do the daily functions it is supposed to, such as metabolising bad fats, which will lead to weight loss eventually.

Download your **FREE BFAB Eating and Exercise Guide** from www.healthgarde.co.za



PRODUCT CODE HS65

BFAB KICKSTART

BENEFITS

BFAB Kickstart helps to cleanse your body of toxins that enables fat deposits and can accelerate weight loss. It contains a scientific blend of anti-oxidant rich nutrients that helps to reduce inflammation of fat cells, so that fat deposits can be released and used for energy. This product is only effective when taken with a healthy eating and exercise plan, which can be found on www.healthgarde.co.za.

DIRECTIONS FOR USE:

Take 1 capsule daily with a glass of water in the morning, before eating.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult with your Health Practitioner if you are pregnant or lactating or suffering from a diabetic or heart condition. Only effective when used together with other BFAB products and the prescribed BFAD eating and exercise plan.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER CAPSULE
Artichoke Extract (4:1)	50mg
Caffeine	150mg
Cascara Sagrada	37.5mg
Aloe Bitters	25mg
Ginger Root Extract (4:1)	6mg
Gotu Kola	100mg

30 CAPSULES





BFAB

FLAT TUMMY

Metabooster

FAT CRUSHER
With Artichoke Extract



Download your FREE BFAB Eating and Exercise Guide from www.healthgarde.co.za

PRODUCT CODE HS66

BFAB METABOOSTER

BENEFITS

BFAB Metabooster has been scientifically formulated to aid in weight loss by helping to boost your metabolism, which primes your body to accelerate the fat burning process.

DIRECTIONS FOR USE:

Take one capsule per day in the morning with a cup of BFAB Energizer tea.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might. Consult with your Health Practitioner if you are pregnant or lactating or suffering from a diabetic or heart condition. Only effective when used together with other BFAB products and the prescribed BFAD eating and exercise plan.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER CAPSULE
ARTICHOKE FLOWER EXTRACT	300 mg
BILBERRY FRUIT POWDER	250 mg
COCOA & ALMOND SEED EXTRACT	100 mg
WITH 10% THEOBROMINE	
CHROMIUM (CHROMIUM PICOLINATE)	125 mg

30 CAPSULES



THEOBROMINE COCOA & ALMOND SEEDS

Research shows that Theobromine helps break down fat in fat cells

It also affects focus and concentration via a similar mechanism as caffeine by blocking adenosine receptors and inhibiting phosphodiesterase. Simply put, it helps decrease the effects of chemicals in the brain that make you feel groggy and unfocused.



BILBERRY FRUIT

Certain studies have demonstrated that the anti-inflammatory effect of bilberries may contribute to weight loss, as well as potential improvement of metabolism and insulin resistance. Fat cells are inflamed cells and will not release fat until the inflammation has healed.



ARTICHOKE

Assist with insulin resistance and have the ability to utilise fats for energy. A bile stimulating enzyme called Cynarine in artichokes helps the body to effectively digest fats. Other active ingredients heal the liver and lower levels of fat lipids. Artichokes help with cleaning the endocrine system and the arteries. High levels of Vitamin C help the body fight inflammation.



B FAB

FLAT TUMMY

Energize

ENERGIZING TEA

A unique herbal blend that helps you become the fabulous you that you always wanted to be. Drink a cup of BFAB Energize tea 15 minutes before a meal or snack.

GREEN ROOIBOS

A powerful antioxidant that boosts the immune system and boost Vitality.

FENNEL

Helps with improved digestion and reduced appetite.

TURMERIC

The active ingredient in Turmeric is Curcumin, which helps to regulate blood sugar levels.

ANISEED

Aniseed aids in the body's digestion and fat metabolism and helps to boost vitality.



PRODUCT CODE HS68



B FAB

FLAT TUMMY

Eatlezz

APPETITE REDUCING TEA

A unique herbal blend that helps you become the fabulous you that you always wanted to be. Drink a cup of BFAB Eatlezz tea 15 minutes before a meal or snack.

GREEN ROOIBOS

A powerful antioxidant that boosts the immune system and boost Vitality.

GINGER

Ginger helps to stimulate digestion and suppress your appetite.

CHILLI

Capsaicin, the active ingredient in chilli peppers acts like a thermogenic compound that helps to speed up your metabolism and decrease your appetite.



PRODUCT CODE HS67





KIDS RANGE

KID GARDE MULTI



Growth Booster

HELP YOUR CHILD GROW

Childhood is a critical time for growth and brain development for any child. A multi-vitamin is easy, convenient and gives you peace of mind that your child is getting all they need to boost the immune system, support normal growth and development and help cells and organs to function properly.

PRODUCT CODE HW05

KID GARDE MULTI

BENEFITS

Supports optimal growth, and development of children with a broad range of essential vitamins and selective minerals. B-vitamins are especially important for normal growth and development, as well as energy levels.

DIRECTIONS FOR USE:

For children 2 – 3 years: Chew 1 – 2 gummies / day. For children 4+ years: Chew 2 – 3 gummies / day.

PRECAUTIONS:

Consult with Your Health Practitioner if your child has a sensitivity to any of the ingredients.

NUTRITIONAL VALUE EACH GUMMY CONTAINS: %	PER GUMMY	NRV 4 YEARS +
VITAMIN A	375 mcg	41.6%
VITAMIN C	9.0 mg	9%
VITAMIN D	0.75 mcg	5%
VITAMIN E	7.5 mg	50%
VITAMIN B6	0.35 mg	20.6%
VITAMIN B12	2.0 mcg	83.3%
VITAMIN B5	2.5 mg	50%
BIOTIN	30.0 mcg	100%
ZINC (AS ZINC CITRATE)	1.1 mg	10%
IODINE (AS POTASSIUM IODIDE)	18.5 mcg	12.3%
FOLIC ACID	120 mcg	30%
CHOLINE (AS CHOLINE BITARTRATE)	5 mcg	0.9%
INOSITOL	5 mcg	*

30 CHEWABLE GUMMIES

Supplementation is recommended when your child:



MEALS

Struggles to eat balanced meals or skips meals.



FUSSY

Is a picky eater and only eats a few foods.



FRUIT & VEG

Refuses to eat his/her fruit and vegetables.



PROTEIN

Does not like meat or other protein sources.



LACTOSE

Is lactose intolerant and struggles with dairy products.



MEDICAL

Struggles with acute or chronic medical conditions.





BEAUTY FROM NATURE

HEALTHGARDE SKIN CARE

NATURE'S SKIN DOCTOR

The Healthgarde skin and body care range has been scientifically developed for the African environment. See the difference for yourself after 3 months of daily use.

HELPS REPAIR PIGMENTATION AND SUN SPOTS



**DISCOLORED
LIPS**



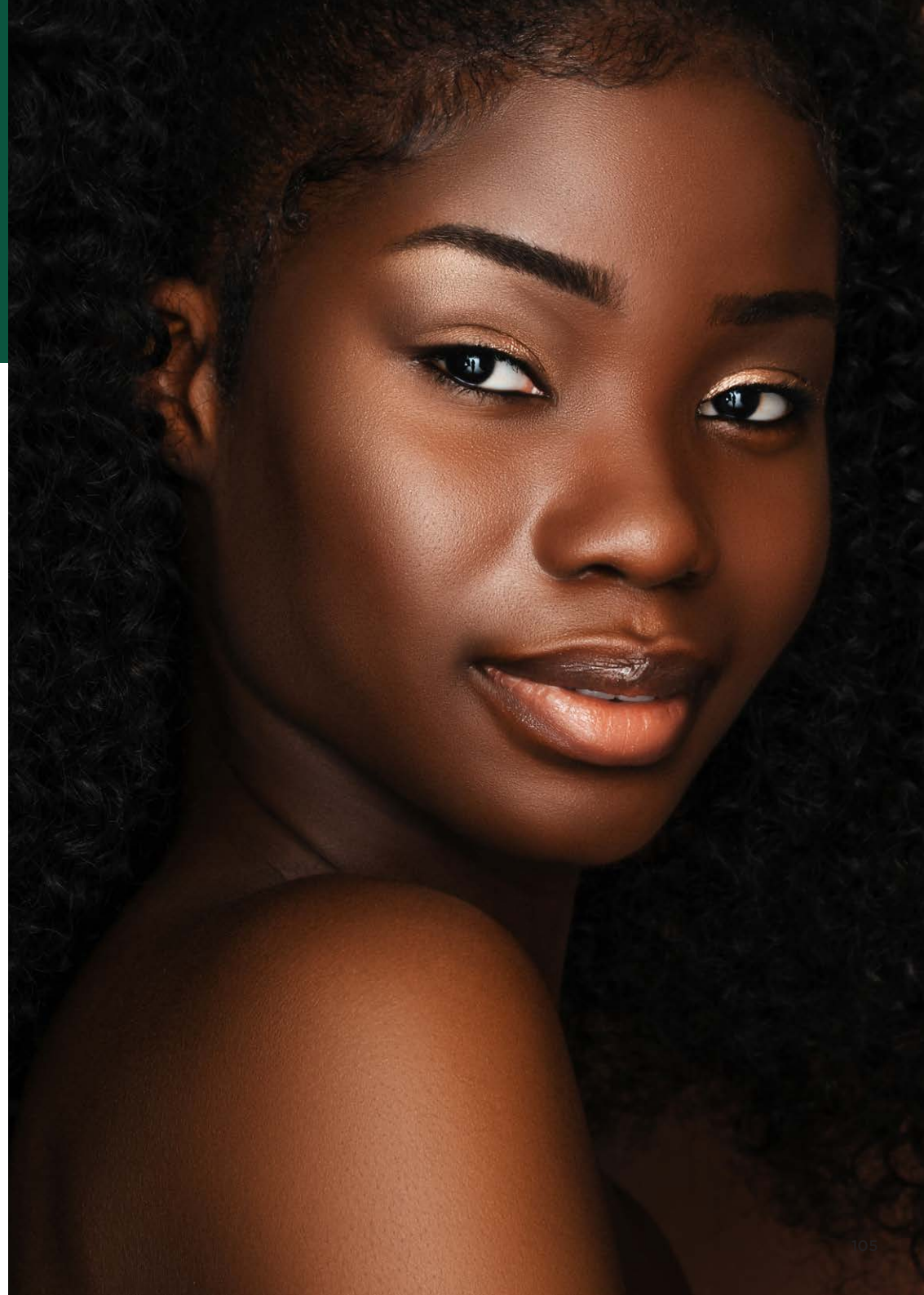
EXZEMA



**DRY,
FLAKY SKIN**



**ACNE AND
PROBLEM SKIN**



BIO-SKIN PROTECTOR

WITH ALOE AND LEMON GRASS



ALOE XTRACT

Aloe extract is rich in anti-oxidants with anti-inflammatory properties that helps to heal damaged and irritated skin, helps fight signs of ageing, helps reduce acne and promotes lightening of blemishes.

LEMONGRASS OIL

Has anti-bacterial properties which aid irritated and damaged skin and ensures deep, long-lasting skin hydration.

GLYCERIN

Glycerin is great for the skin because it acts as a humectant, which is a substance that allows the skin to retain moisture. It can increase skin hydration, relieve dryness, and refresh the skin's surface. It's also an emollient, which means it can soften skin. Applying Glycerin to your skin traps moisture in your skin and gives it a youthful, healthy glow. By drawing moisture to the top layer of skin, Glycerin helps reduce the appearance of wrinkles and keeps skin looking soft and smooth. Glycerin also improves skin function to slow down aging.

BIO-ACTIVE COMPOUNDS

Acts as an invisible pair of gloves, thereby shielding skin to retain natural oil and moisture, allowing your skin to heal itself. It provides a protective layer that helps prevent damage of using sanitizers for Covid protection and aids cleansing of dirty, greasy hands quickly.

Hand Protector Glove

Non-greasy skin barrier cream that moisturizes, while it forms an invisible protective glove or barrier which protects your skin against irritants, sanitisers, ect. Apply to clean, dried skin.

PRODUCT CODE HP68

INGREDIENTS

Aqua, Glycerin, Petrolatum, Propylene Glycol, Glyceryl Stearate, Cetyl Alcohol, Dimethicone, Stearic Acid, Phenoxyethanol, Tocopheryl Acetate, Cymbopogon Flexuosus Leaf Oil, Chlorhexidine Digluconate, Mineral Oil, Ethylhexylglycerin, Aloe Arborescens Leaf Extract, CI 19140, CI 42090

500 ml CREAM



BIO VAPOUR RUB

WITH MELALEUCA, EUCALYPTUS & NUTMEG



MELALEUCA

- Tea tree oil is distilled from the leaves of the Melaleuca Alternifolia plant, found in Australia. The oil possesses antibacterial and anti-inflammatory properties.
- Regular application helps with inflamed skin, joints and muscles. It has natural anti-septic properties, which helps to soothe irritated skin.
- Research has shown that it greatly assists in treating and preventing acne.

EUCALYPTUS

- Research suggests that Eucalyptus oil may be an effective treatment for wounds and skin infections, thanks to its anti-inflammatory effects. It soothes and helps to heal irritated skin conditions such as acne and eczema.
- Eucalyptus oil can be applied to the chest and its flavorful scent can help to ease breathing and acts as an expectorant for cold and flu symptom relief.
- Its anti-inflammatory properties can offer relief for painful muscles and joints.

NUTMEG

- Nutmeg has anti-inflammatory and anti-bacterial properties that help prevent acne and other skin conditions.
- It helps to reduce sebum production in oily skin, creating plump skin with reduced pore appearance.
- Research has shown that it is greatly beneficial in reducing pigmentation, dark spots with regular use.
- It also hydrates the skin from deep within, thereby providing a more even complexion and tone and is beneficial for those struggling with sensitive skin.

Skin Nurse

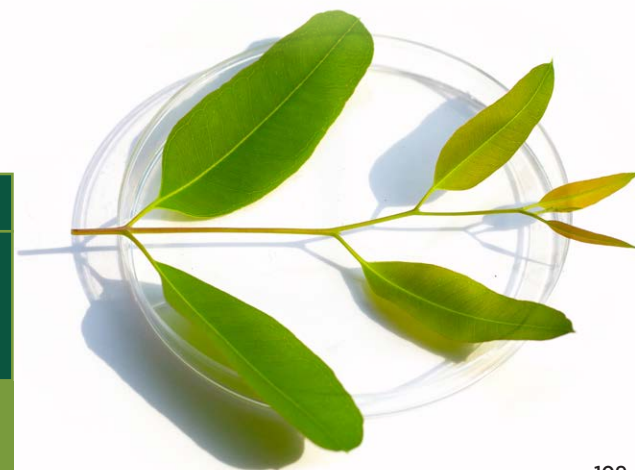
A non-greasy ointment that has anti-inflammatory properties and helps to relieve skin irritations and sore muscles.

PRODUCT CODE HP69

INGREDIENTS

Menthol Crystals, Camphor, Eucalyptus Oil, Tea Tree Oil, White Thyme Oil, Peppermint Oil, Nutmeg Oil, Petroleum Jelly

250 ml OINTMENT



LIQUID GOLD

WITH ROYAL JELLY, TURMERIC AND GOLD GLYCERINE



ROYAL JELLY

- Promotes skin hydration and elasticity: The high lipid content of Royal Jelly is amazing for keeping skin plump, moisturised and elastic. Royal Jelly promotes Collagen production, which helps to fight signs of ageing. Collagen can help prevent fine lines, wrinkles and sagging skin.
- Fights inflammation: Royal Jelly helps relieve skin inflammatory conditions like dermatitis, eczema, skin irritations and even sun burn.
- Speeds healing of acne and other wounds: Royal Jelly not only has anti-inflammatory effect, but it also keeps bacteria at bay.
- When applied to skin ulcers, burns, and shingles, Royal Jelly produces "strong antimicrobial activity to heal damaged skin."
- Brightens dark spots: The same acid in Royal Jelly that boosts collagen production also suppresses skin pigmentation, which means it can help regulate oil production: Suffer from greasy skin? Try using Royal Jelly to balance your complexion by helping to normalise sebum production.
- Has anti-oxidant skin protection properties: Research indicates that the phenolic acid in Royal Jelly may counteract skin ageing and reduce sagging and wrinkled skin.

GLYCERINE

- Glycerine is great for the skin because it acts as a humectant, which is a substance that allows the skin to retain moisture. It can increase skin hydration, relieve dryness, and refresh the skin's surface. It's also an emollient, which means it can soften skin.
- Applying Glycerine to your skin traps moisture in your skin and gives it a youthful, healthy glow. By drawing moisture to the top layer of skin, Glycerine helps reduce the appearance of wrinkles and keeps skin looking soft and smooth. Glycerine also improves skin function to slow down aging.

TURMERIC

Turmeric is considered to be a potent ingredient for skin lightening and revealing glow. It is a powerful antioxidant ingredient that can reduce dark spots, blemishes and hyperpigmentation. The anti-inflammatory nature of Turmeric reduces skin inflammation and eventually heals the skin, such as with acne and eczema.

INGREDIENTS

Glycerine, Propylene Glycol, Royal Jelly (Apis Mellifera), Turmeric (Curcuma Longa) Extract, Colorant.

200 ml

Even-Toned Skin Rejuvenator

A bio-rich formula to hydrate skin through multiple skin layers and keep moisture locked in. This non-greasy formula contains Royal Jelly for skin rejuvenation and Turmeric for its anti-inflammatory properties.

PRODUCT CODE HP67

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Specialist nutritional advice is available by contacting our Customer Care number, which will put you in contact with our Specialists.

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+27 11 317 8500 | Toll Free 0800 113 500 |
wecare@healthgarde.com | <https://healthgarde.co.za>
Healthgarde, Route 21 Business Park, 59 Regency Drive,
Centurion, South Africa.



0 782150 943368