

# for the **love of life**

Australian vitamins since 1938



## **Blooms Health Products Wellness Guide 2017**

[bloomshealth.com.au](http://bloomshealth.com.au)



**blooms**  
HEALTH PRODUCTS

# Australian Brand Trusted for over 75 years



Blooms Health Products has a long history in the Australian natural health industry. Mr Henry Bloom opened one of Australia's first health food stores in Sydney in 1938, pioneering health food breakthroughs such as Wheatgrass and Iodine and launching yoghurt culture into Australia.

The Blooms Health Products brand embodies a passionate vision to support natural health providing a comprehensive, premium quality, scientifically-based natural supplement range available today.

## Clean, Green Manufacturing and Packaging



Located near the beautiful beaches of Sydney, our product manufacturing focuses on the very highest standards of testing, efficiency, hygiene and manufacture. We source exceptional quality, pure raw ingredients, going over and above with independent testing for purity and potency, to guarantee the best natural products on the market.

Committed to maintaining a clean, green environment, we use eco-friendly production methods and produce products with packaging materials that are recyclable.

## Made on-site in Sydney, Australia



Some 'Blooming' good facts about Blooms Health Products;

- All our formulas are formulated by industry experts.
- Our brand is 100% Australian owned and we operate our own manufacturing facility in Sydney, Australia.
- Because we manufacture ourselves in our own TGA licensed production facility, we produce to the highest Quality Control standards.
- Our raw ingredients and final products are tested to the highest standards in the industry and we never compromise on quality.

## BRAIN & MEMORY

### Ginkgo & Brahmi 3000

Acetyl L-Carnitine 500 Powder  
Curcumin 600 Plus with enhanced BioP™  
Fish & Krill Oil Range  
Good Night Insomnia Relief

Magnesium Complex Powder  
Menopause Day & Night Relief  
Tri-Magnesium Citrate 900 mg

## COLDS, FLU, ALLERGIES & IMMUNITY

### High Strength Horseradish & Garlic Complex

### Lysine 500

### Natural Vitamin C Powder

### Olive Leaf 1500

### Propolis 2000

### ViralGuard Immune Support

### Vitamin C 1000 mg & Rosehip 500 mg

### Zinc Max 50

Magnesium Complex Powder  
SB Probiotic

## DIGESTION & DETOX

### GingerCalm 1000

### Herb-a-lax® Capsules

### Herb-a-lax® Tea

### Liver Detox 1-a-day

### Milk Thistle 35,000 plus Taurine

### SB Probiotic

### Slippery Elm Bark Capsules

### Slippery Elm Bark Powder

### Super Alfalfa 1000

Celery & Juniper  
Green Lipped Mussel & Turmeric with BioP™  
Organic Iron Forte

Raspberry Leaf 2000  
Zinc Max 50

## ENERGY, STRESS & SLEEP

### Bounce Energy Boost

### Good Night Insomnia Relief

### St John's Wort 2000

### Ultra-B Complex

### Valerian Forte

Acetyl L-Carnitine 500 Powder  
Coenzyme Q10 150 Max  
CoQ10 150 AquaCelle™ Enhanced  
Ginkgo & Brahmi 3000  
IntelliVit MultiVitamin for Men  
IntelliVit MultiVitamin for Women  
Magnesium Complex Powder

Melt Weight Loss  
Organic Iron Forte  
Organic Iron Plus  
Performance & Recovery Formula  
Tri-Magnesium Citrate 900 mg  
V-Drive Men

## FISH & KRILL OIL

**Odourless Natural Fish Oil 1000**  
**Odourless Natural Fish Oil 1500**  
**Omega 3 Natural Fish Oil 1000 mg**  
**Wild Krill Oil**

## HEART & CIRCULATION

**Cholesterol Balance Beta-Glucan Powder**  
**Coenzyme Q10 150 Max**  
**CoQ10 150 AquaCelle™ Enhanced**

Fish & Krill Oil Range

GingerCalm 1000

Green Tea 5000

Horse Chestnut 1500 mg

Olive Leaf 1500

Organic Iron Plus

Tri-Magnesium Citrate 900 mg

Wild Krill Oil

Zinc Max 50

## HERBAL TEAS & FOODS

**Celtic Sea Salt**  
**Herbal Tea Range 28 Loose Leaf Teas**  
**Herbal Tea Bags (Tea Blends):**  
**Body Shape Herbal Tea**  
**Detox Herbal Tea**  
**Digestion Herbal Tea**  
**Immunity Herbal Tea**  
**Stress/Sleep Herbal Tea**

Acetyl L-Carnitine Powder

L-Glutamine Powder

MSM Powder

Natural Vitamin C Powder

Performance & Recovery Formula

## JOINTS, MUSCLES & BONES

**Celery & Juniper**  
**Curcumin 600 Plus with enhanced BioP™ absorption**  
**Glucosamine & Chondroitin**  
**Glucosamine 1500 Plus with enhanced BioP™ absorption**  
**Green Lipped Mussel**  
**Green Lipped Mussel & Turmeric with BioP™**  
**Magnesium Complex Powder**  
**MSM 750 with Ginger & Devil's Claw**  
**OsteoBlast Calcium Bone Care**  
**Tri-Magnesium Citrate 900 mg**  
**Vitamin D3 1000 IU**

Fish & Krill Oil Range

GingerCalm 1000

Good Night Insomnia Relief

Lysine 500

St John's Wort 2000

Super Colloidal Silica

Wild Krill Oil

## MEN'S HEALTH

### **IntelliVit MultiVitamin for Men V-Drive Men**

Acetyl L-Carnitine 500  
Acetyl L-Carnitine Powder

Performance & Recovery Formula  
Zinc Max 50

## SPORTS PERFORMANCE

### **Acetyl L-Carnitine Powder L-Glutamine Powder MSM Powder Performance & Recovery Formula**

Acetyl L-Carnitine 500  
Coenzyme Q10 150 Max  
CoQ10 150 AquaCelle™ Enhanced

Magnesium Complex Powder  
Tri-Magnesium Citrate 900 mg  
V-Drive Men

## SKIN, HAIR & NAILS

### **Horse Chestnut 1500 mg Selenium Forte 150 mcg Super Colloidal Silica**

Curcumin 600 Plus with enhanced BioP™  
Evening Primrose Oil 1000 mg  
Zinc Max 50

## WEIGHT LOSS & METABOLISM

### **Acetyl L-Carnitine 500 Garcinia Cambogia Plus Green Coffee Bean Green Tea 5000 Melt Weight Loss Super Kelp Svelte GCB 45 - Green Coffee Bean**

Acetyl L-Carnitine Powder  
Performance & Recovery Formula

## WOMEN'S HEALTH

### **Cranberry 35,000 mg Plus Evening Primrose Oil 1000 mg IntelliVit MultiVitamin for Women Menopause Day & Night Relief Organic Iron Forte Organic Iron Plus Raspberry Leaf 2000 Vitex 1000**

Celery & Juniper  
Coenzyme Q10 150 Max  
CoQ10 150 AquaCelle™ Enhanced  
Garcinia Cambogia Plus Green Coffee Bean  
GingerCalm 1000

OsteoBlast Calcium Bone Care  
St John's Wort 2000  
Super Colloidal Silica  
Tri-Magnesium Citrate 900 mg



## BRAIN & MEMORY

### Ginkgo & Brahmi 3000

ALSO CONSIDER	SEE PAGE
Acetyl L-Carnitine 500	51
Acetyl L-Carnitine Powder	45
Curcumin 600 Plus with enhanced BioP™	35
Fish & Krill Oil Range	23
Good Night Insomnia Relief	20
Magnesium Complex Powder	38
Menopause Day & Night Relief	58
Tri-Magnesium Citrate 900 mg	40

# Ginkgo & Brahmi 3000

MEMORY – CLARITY – BRAIN SUPPORT

Each capsule contains:

Extracts equivalent to dry:

Ginkgo biloba (Ginkgo) leaf standardised to total ginkgo flavoglycosides and ginkgolides and bilobalide	3 g (3000 mg)
Bacopa monnieri (Brahmi) whole plant standardised to bacosides	14.4 mg 3.6 mg 3 g (3000 mg) 67.5 mg



## BENEFITS



**Brain & Memory:** The herbs Ginkgo biloba and Brahmi have been used as brain tonics in traditional Chinese and Indian cultures for many years. This herbal formula may help improve memory and word recall, support brain function, and aid in attention and mental alertness.



**Energy, Stress & Sleep:** Helps relieve nervous tension, stress and mild anxiety.

Adults: Take 1 to 2 capsules daily.

Available in 60 capsules

## Healthy Brain Tips

Increase intake of salmon, eggs and walnuts. These foods are high in Omega-3s, fatty acids that are building blocks of the brain and are important for brain development and healthy brain activity throughout life.

Read, do puzzles, download a word game or brain stimulating App. Research indicates the brain is capable of learning and retaining new facts and skills throughout life, especially with frequent intellectual stimulation.

Actively engage in your community by joining a social group or volunteer organisation. Research shows regular social activity stimulates brain cell production and supports brain repair. One study showed that men and women who had high levels of social interaction displayed less than half the rate of memory loss as those with low amounts of social activity.

Exercise regularly. Staying physically active helps maintain good blood flow to the brain and encourages the growth of new brain cells and connections. Exercise also helps maintain a healthy weight and helps to keep cholesterol levels in check.

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.



## **COLDS, FLU, ALLERGIES & IMMUNITY**

**High Strength Horseradish & Garlic Complex**

**Lysine 500**

**Natural Vitamin C Powder**

**Olive Leaf 1500**

**Propolis 2000**

**ViralGuard Immune Support**

**Vitamin C 1000 mg & Rosehip 500 mg**

**Zinc Max 50**

ALSO CONSIDER

Magnesium Complex Powder

SB Probiotic

SEE PAGE

38

17



# High Strength Horseradish & Garlic Complex



COLDS, FLU, SINUS & HAYFEVER

Each vege capsule contains:

Allium sativum (Garlic) extract equivalent to fresh bulb	1 g (1000 mg)
Ascorbic acid (Vitamin C)	50 mg
Extracts equivalent to dry:	
Armoracia rusticana (Horseradish) root	1.5 g (1500 mg)
Cinnamomum verum (Cinnamon) bark	600 mg
Althaea officinalis (Marshmallow) root	60 mg

## BENEFITS



**Colds, Flu, Allergies & Immunity:** Blooms High Strength Horseradish & Garlic Complex has an antimicrobial action that helps fight off the bugs that can cause colds and flu. This complex also provides symptomatic relief from mild upper respiratory tract infections including sinus congestion. The formula may help ease the symptoms of allergies and hayfever, including sneezing, congestion and runny nose. It also helps support immune function and can help maintain healthy airways.

Adults only: Take 1 to 2 capsules daily. For acute conditions take 1 to 2 capsules up to three times daily.

Available in 120 vege capsules

# Lysine 500



COLD SORE RELIEF

Each capsule contains:

Lysine hydrochloride equivalent to Lysine	625 mg
	500 mg

Blooms Lysine 500 is an essential amino acid which may help reduce the symptoms and frequency of cold sores. It also helps in collagen formation and tissue repair.

## BENEFITS



**Colds, Flu, Allergies & Immunity:** Blooms Lysine 500 may help reduce the number of outbreaks, severity and healing time of cold sores.



**Joints, Muscles & Bones:** Blooms Lysine 500 is an essential amino acid that is a necessary building block for all protein. Lysine also aids Calcium absorption and helps in healthy collagen formation.

Adults: Take 1 capsule daily to reduce the frequency of recurrence of cold sores. Take 2 capsules up to three times daily to reduce the severity and healing time of cold sores.

Available in 60 capsules

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

# Natural Vitamin C Powder

100% NATURAL SUPER FOOD

Contains:

Acerola Cherry extract, maltodextrin (corn)



Blooms Natural Vitamin C Powder contains a non-synthetic, natural source of Vitamin C from Acerola Cherries. As a whole food source of Vitamin C, it also contains a variety of vitamins, minerals, carotenoids, polyphenols, antioxidants and enzymes. No added sugar, colours or flavours.

## BENEFITS



**Colds, Flu, Allergies & Immunity:** Blooms Natural Vitamin C Powder supports a healthy immune system, provides protection from free radical damage and reduces tiredness and fatigue. It is also important for collagen formation, blood vessel function and normal nerve transmission.



**Skin, Hair & Nails:** Vitamin C is essential for the formation of collagen (found concentrated in skin, hair and nails).

Adults: Add 1/2 teaspoon (2 grams containing 500 mg of Vitamin C) to food or beverages daily.  
Children: Add 1/4 tsp (1 gram containing 250 mg of Vitamin C) powder to food or beverages daily.

Available in 150 g

# Olive Leaf 1500

IMMUNE SUPPORT

Each capsule contains:

Olea europaea (Olive) extract  
equivalent to dry leaf

1.5 g (1500 mg)



## BENEFITS



**Colds, Flu, Allergies & Immunity:** Olive Leaf has been traditionally used in the Middle East to relieve symptoms of sore throats, coughs and fevers. Blooms Olive Leaf 1500 supports the healthy functioning of the immune system and helps maintain general wellbeing. Olive Leaf is a strong antioxidant that may enhance the body's ability to fight free radicals, reducing the cell damage that they cause.



**Heart & Circulation:** Olive Leaf is traditionally used to help maintain normal blood pressure in healthy individuals.

Adults: Maintenance dose: Take 1 to 2 capsules daily. For fevers and colds: Take 5 to 6 capsules daily or as directed by a healthcare professional.

Available in 60 capsules

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

# Propolis 2000

ANTIOXIDANT & IMMUNE SUPPORT

Each vege capsule contains:  
Propolis extract equivalent to:  
Propolis

2 g (2000 mg)



Blooms Propolis 2000 is Australian made and available in 200 one-a-day vegetarian and vegan friendly capsules, making it easy to absorb the full health benefits.

## BENEFITS:



**Colds, Flu, Allergies & Immunity:** Blooms Propolis 2000 may support healthy immune function. Blooms Propolis 2000 has antioxidant activity and may assist in protecting the body from the effects of free radical damage, and helps maintain general wellbeing.

Adults: Take 1 capsule daily or as directed by your healthcare practitioner.

Available in 200 vege capsules

# ViralGuard Immune Support

COLD & FLU DEFENCE

Each vege capsule contains:

Sambucus nigra (Elderberry) extract equivalent to fresh fruit	4 g (4000 mg)
equivalent to anthocyanosides	4 mg
Astragalus membranaceus (Astragalus) extract equivalent to dry root	1 g (1000 mg)
Rehmannia glutinosa (Rehmannia) extract equivalent to dry root	1.5 g (1500 mg)
Ascorbic acid (Vitamin C)	50 mg
Zinc (as gluconate)	5 mg



Blooms ViralGuard contains Elderberry, Astragalus and Rehmannia together with nutrients Vitamin C and Zinc to provide powerful immune support.

## BENEFITS:



**Colds, Flu, Allergies & Immunity:** Blooms ViralGuard contains ingredients that support the health and function of the immune system, and maintains a normal immune system. It contains nutrients that play a vital role in many immune functions. Blooms ViralGuard also contains the antioxidants Vitamin C and Zinc, both of which may assist in protecting the body from the effects of free radical damage.

Adults: Take 1 to 2 capsules daily. For acute conditions take 1 to 2 capsules up to three times daily.

Available in 60 vege capsules

# Vitamin C 1000 & Rosehip 500 mg

## SKIN – IMMUNE SUPPORT

Each tablet contains:

Ascorbic acid (Vitamin C)	1000 mg
Rosa canina (Rosehip) extract equivalent to dry fruit	500 mg



A convenient high strength Vitamin C supplement with rosehips, which naturally contain Vitamin C and bioflavonoids.

### BENEFITS



**Colds, Flu, Allergies & Immunity:** Vitamin C is involved in many immune mechanisms in the body and is necessary to support healthy immune function. Regular Vitamin C supplementation may aid in decreasing the duration of colds.



**Skin, Hair & Nails:** Vitamin C is essential for the formation of collagen (found concentrated in skin, hair and nails).

Adults: Take 1 tablet daily. Dosage can be increased to 3 tablets a day at onset of cold symptoms.

Available in 180 tablets

# Zinc Max 50

## IMMUNE AND SKIN SUPPORT

Each vege capsule contains:

Zinc (as Citrate dihydrate)	50 mg
--------------------------------	-------



Blooms Zinc Max 50 is a high strength, one-a-day Zinc supplement.

### BENEFITS:



**Colds, Flu, Allergies & Immunity:** Zinc may reduce the severity and duration of colds.



**Digestion & Detox:** Zinc is involved in the healthy metabolism of carbohydrates and digestion of protein.



**Heart & Circulation:** Supports the health and function of the cardiovascular system.



**Men's Health:** Supports the health and function of the male reproductive system, including the production of healthy sperm.



**Skin, Hair & Nails:** Zinc can assist in the management of mild acne and mild dermatitis and the maintenance of healthy skin and minor wound healing.

Adults: Take 1 capsule daily.

Available in 60 vege capsules



## **DIGESTION & DETOX**

**GingerCalm 1000**

**Herb-a-lax® Capsules**

**Herb-a-lax® Tea**

**Liver Detox 1-a-day**

**Milk Thistle 35,000 Plus Taurine**

**SB Probiotic**

**Slippery Elm Bark Capsules**

**Slippery Elm Bark Powder**

**Super Alfalfa 1000**

### ALSO CONSIDER

Celery & Juniper

Green Lipped Mussel and Turmeric with BioP™

Organic Iron Forte

Raspberry Leaf 2000

Zinc Max 50

### SEE PAGE

35

37

59

61

12

# GingerCalm 1000

## NAUSEA RELIEF

Each vege capsule contains:  
Zingiber officinale (Ginger) extract  
equivalent to dry root

1 g (1000 mg)



## BENEFITS



**Digestion & Detox:** Blooms GingerCalm 1000 can relieve the symptoms of motion sickness, travel sickness, seasickness, nausea and loss of appetite. Blooms GingerCalm 1000 also aids digestion, assists in the treatment of indigestion and assists in the improvement of general wellbeing.



**Heart & Circulation:** Ginger is used in traditional Chinese medicine as an anti-inflammatory and helps maintain blood circulation to the peripheral areas of the body such as the legs, hands and feet.



**Joints, Muscles & Bones:** Blooms GingerCalm 1000 may reduce exercise induced muscle pain and post exercise muscle inflammation.



**Women's Health:** Can help relieve nausea associated with pregnancy and morning sickness.

Adults: Take 1 capsule, up to four times daily, or as directed.

Children (over 6 years): Take 1 to 2 capsules daily, or as directed.

Children (2-6 years): As professionally recommended.

Available in 15 vege capsule travel pack and 90 vege capsules

## Tips to Support and Improve Digestion:

Take 1 tablespoon of diluted organic apple cider vinegar before food, and also squeeze lemon juice onto food. Why? Boosts digestive juices in the stomach.

Don't drink water with food. Why? Lots of water, especially cold water dilutes gastric juices and reduces digestive power.

Hydrate with plenty of water between meals. Why? Water improves saliva (which is the first step in digestion) and is also needed to produce stomach acid.

If digestion is sluggish, take a zinc supplement. Why? Zinc is necessary for digestive enzyme production, and therefore the metabolism of carbohydrates and protein.

Eat in a relaxed state. Why? Stress produces adrenalin which shunts blood flow to the body's extremities, away from internal organs including the stomach. In a relaxed state the body switches to 'parasympathetic' nervous activity which produces better digestive juices and enzymes to break down food.

# Herb-a-lax® Capsules

## HERBAL LAXATIVE

Each capsule contains dry herb powders of:

Senna ( <i>Cassia angustifolia</i> ) leaf	284 mg
Rhamnus frangula (Buckthorn) bark	23 mg
Psyllium ( <i>Plantago psyllium</i> ) husk	6 mg
Anethum graveolens (Dill) seed	6 mg
Glycyrrhiza glabra (Liquorice) root	6 mg



Available in 90 and 200 capsules

# Herb-a-lax® Tea

## HERBAL LAXATIVE

Each level 5 ml teaspoon (1.5 g) contains dry herb powders of:

Senna ( <i>Cassia angustifolia</i> ) leaf	1.31 g (1310 mg)
Rhamnus frangula (Buckthorn) bark	105 mg
Psyllium ( <i>Plantago psyllium</i> ) husk	30 mg
Anethum graveolens (Dill) fruit	30 mg
Glycyrrhiza glabra (Liquorice) root	30 mg



Available in 100 and 200 g

Blooms Herb-a-lax® is a gentle yet effective natural laxative. The formulation is a combination of Senna leaf, Buckthorn bark, Psyllium seed, Dill and Liquorice powder.

## BENEFITS



**Digestion & Detox:** Blooms Herb-a-lax® is a gentle, yet effective natural laxative that aids in the management of constipation and helping reduce bloating. Psyllium provides a great source of fibre and together with Liquorice root powder has a gentle soothing action on the bowel. Dill seed has a carminative action on the bowel and helps relieve gas and settle intestinal distress.

**CAPSULES:** Adults: Take 1 to 2 capsules daily. Drink plenty of water.

**TEA:** Adults: Take three-quarters to one 5 mL level teaspoon with water or fruit juice before retiring. Drink plenty of water.

# Liver Detox 1-a-day

DETOXIFICATION AND DIGESTIVE RELIEF

Each vege capsule contains:

Taurine	50 mg
Extracts equivalent to dry:	
Silybum marianum (Milk thistle) fruit	5 g (5000 mg)
Equivalent to flavanolignans calculated as silybin	57.12 mg
Curcuma longa (Turmeric) rhizome	3 g (3000 mg)
Equivalent to curcuminoids	97.5 mg
Piper nigrum (Black pepper) fruit	132.5 mg
Equivalent to piperine	5.04 mg
Extract equivalent to fresh:	
Cynara scolymus (Globe artichoke) leaf	2 g (2000 mg)



The liver works hard everyday, having multiple functions in the body including ridding the body of unwanted toxins.

## BENEFITS



**Digestion & Detox:** Blooms Liver Detox 1-a-day is a premium quality, high potency, vegetarian and vegan friendly formula supporting the liver and helping to maintain healthy digestive function. The formula may also help relieve bloating. It contains turmeric and milk thistle, which support liver health and function, plus aid in digestion.

This liver tonic helps in the maintenance of general wellbeing and displays antioxidant activity that can assist in protecting the body from the damaging effects of free radicals. Turmeric extract also has been traditionally used in herbal medicine for the relief of mild digestive disturbances such as sensation of fullness and flatulence.

Adults: Take 1 capsule daily with food.

Available in 60 vege capsules

# Milk Thistle 35,000 plus Taurine

LIVER AND DIGESTIVE SUPPORT – ANTIOXIDANT

Each vege capsule contains:

Silybum marianum (Milk Thistle) extract equivalent to dry fruit	35 g (35,000 mg)
equivalent to silybin	400 mg
Taurine	50 mg



## BENEFITS



**Digestion & Detox:** Blooms Milk Thistle 35,000 plus Taurine is a high potency, one-a-day vege capsule to support the liver and help in general wellbeing. Milk Thistle supports normal liver function and may assist in healthy liver detoxification processes. It also is used in herbal medicine to help relieve minor digestive disturbances such as lack of appetite. Blooms Milk Thistle 35,000 plus Taurine contains silymarin, which has antioxidant activity and may therefore assist in protecting the body from the effects of free radical damage.

Adults: Take 1 capsule daily.

Available in 60 vege capsules



# SB Probiotic Gut Health

ANTIBIOTIC SUPPORT  
DIARRHOEA RELIEF

Each vege capsule contains:  
Saccharomyces cerevisiae  
(Boulardii)

250 mg



## BENEFITS



**Digestion & Detox:** Blooms SB Probiotic contains probiotics to support gastrointestinal health, including during antibiotic therapy. It contains Saccharomyces cerevisiae (Boulardii), which may help maintain digestive health following the use of antibiotics and may assist in the relief of the symptoms of medically diagnosed irritable bowel syndrome. It may also aid in the relief of symptoms of diarrhoea associated with traveling. Blooms SB Probiotic comes in either 30 or 60 vegetarian capsules, perfect for travel with no refrigeration required.

Capsules can be opened and the contents added to food or drink for children or the elderly.



**Colds, Flu, Allergies & Immunity:** Helps maintain healthy populations of beneficial bacteria, essential for the maintenance of gut mucosal immunity - the front line of the body's immune system. Blooms SB Probiotic works together with the body to re-establish healthy microflora during antibiotic therapy.

Adults: Take 1 to 2 capsules daily for gastrointestinal support or 2 capsules twice daily during antibiotic use and acute diarrhoea.

Children: Give 1 capsule, once or twice daily, or as directed by your healthcare practitioner.

Available in 30 and 60 vege capsules

# Slippery Elm Bark Capsules

DIGESTIVE DISORDERS

Each vege capsule contains:  
Slippery Elm bark powder

375 mg



Available in 120 vege capsules

# Slippery Elm Bark Powder

DIGESTIVE DISORDERS

Each gram of powder contains:  
Slippery Elm bark powder

1 g (1000 mg)



Available in 125 g

## BENEFITS



**Digestion & Detox:** Blooms Slippery Elm Bark is a pleasant tasting and convenient way to settle an acidic or irritated stomach. Slippery Elm helps soothe the digestive tract and can also be used to help relieve both constipation and diarrhoea. This product is vegetarian and vegan friendly.

Capsules: Adults: Take 1 to 2 capsules, one to three times daily, or as directed by your healthcare practitioner.

Children 6-12 years: Take 1 capsule, one to three times daily, or as directed by your healthcare practitioner.

Powder: Adults: Take one tsp (5mg), one to three times daily.

# Super Alfalfa 1000

GENERAL TONIC

Each vege capsule contains:  
Medicago sativa (Alfalfa) extract  
equivalent to dry whole plant  
Medicago sativa (Alfalfa) leaf powder

600 mg

400 mg



## BENEFITS



**Digestion & Detox:** Alfalfa contains a vast variety of vitamins, minerals and trace elements. In fact, it was once known amongst ancient Arab civilisations as the 'Father of all Foods'. Alfalfa also naturally contains proteins and specific enzymes to aid in the digestion and assimilation of food, and is traditionally used as a general tonic.

Adults: Take 1 to 2 capsules three times daily.

Available in 60 vege capsules

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.



## ENERGY, STRESS & SLEEP

**Bounce Energy Boost**  
**Good Night Insomnia Relief**  
**St John's Wort 2000**  
**Ultra-B Complex**  
**Valerian Forte**

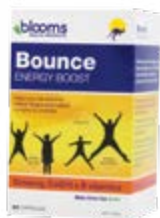
ALSO CONSIDER	SEE PAGE
Acetyl L-Carnitine 500	51
Acetyl L-Carnitine Powder	45
Coenzyme Q10 150 Max	28
CoQ10 150 AquaCelle™ Enhanced	29
Ginkgo & Brahmi 3000	7
IntelliVit MultiVitamin for Men	42
IntelliVit MultiVitamin for Women	57
Magnesium Complex Powder	38
Melt Weight Loss	53
Organic Iron Forte	59
Organic Iron Plus	60
Performance & Recovery Formula	46
Tri-Magnesium Citrate 900 mg	40
V-Drive Men	43

# Bounce Energy Boost

ENERGY SUPPORT – STRESS RELIEF

Each capsule contains:

Eleutherococcus senticosus (Siberian Ginseng) extract equivalent to dry root	6 g (6000 mg)
Ubidecarenone (Coenzyme Q10)	75 mg
Vitamin B5 (Pantothenic acid from Calcium pantothenate 54.6 mg)	50 mg
Vitamin B6 (Pyridoxine from Pyridoxine hydrochloride 60.8 mg)	50 mg



## BENEFITS



**Energy, Stress & Sleep:** Coenzyme Q10 helps provide stamina and endurance, helping to maintain peak effort. Blooms Bounce Energy Boost's formulation also aids in energy production and is an anti-inflammatory. It supports alertness, mental function and concentration and may help reduce the symptoms of stress. Blooms Bounce Energy Boost also supports immune function in normal healthy adults and may help improve mental function.

Adults: Take 1 to 2 capsules daily.

Available in 60 capsules

# Good Night Insomnia Relief

RELAXATION AND DEEP SLEEP

Each vege capsule contains:

Piper methysticum (Kava) root extract equivalent to dry root	2.5 g (2500 mg)
equivalent to kavalactones	35 mg
Ziziphus jujuba var. spinosa (Zizyphus) extract equivalent to dry seed	1 g (1000 mg)
Magnesium (as amino acid chelate)	50 mg



Blooms Good Night Insomnia Relief contains carefully selected ingredients in a vegetarian capsule to help relieve sleeplessness. Soothing a wound-up nervous system is the first step to reducing muscular and nervous tension to help enable a restful, full night's sleep.

## BENEFITS



**Energy, Stress & Sleep:** Provides relief of sleeplessness/insomnia. Helps relieve nervous tension and stress and can be used for the symptomatic relief of mild anxiety.



**Joints, Muscles & Bones:** Magnesium is important for muscle relaxation, and deficiency is associated with muscle cramping and tension. Magnesium is also important for maintaining the health of the nervous system, including healthy nerve conduction.

Adults: Take 1-2 capsules half an hour before bed, or for anxiety relief take 1 capsule twice daily.

Available in 60 vege capsules

# St John's Wort 2000

## STRESS RELIEF

Each capsule contains:

Hypericum perforatum (St John's Wort) extract  
equivalent to dry flowering herb  
standardised to hypericin

2 g (2000 mg)  
1 mg



## BENEFITS



**Energy, Stress & Sleep:** Helps provide temporary relief from the symptoms of stress, nervous tension, mild anxiety, restlessness, irritability, nervous fatigue and insomnia.



**Joints, Muscles & Bones:** Temporary relief from pain associated with rheumatism or mild neuralgia.



**Women's Health:** Helps relieve the symptoms of menopausal anxiety.

Adults: 1 capsule three times daily.

Children: As professionally prescribed.

Available in 60 capsules

# Ultra-B Complex

## MORE ENERGY, LESS STRESS

Each vege capsule contains:

Thiamine hydrochloride (Vitamin B1)	75 mg
Riboflavin (Vitamin B2)	50 mg
Nicotinamide (Vitamin B3)	100 mg
Calcium pantothenate	81.9 mg
equivalent pantothenic acid (Vitamin B5)	75 mg
equivalent Calcium	6.6 mg
Pyridoxine hydrochloride	60.75 mg
equivalent pyridoxine (Vitamin B6)	50 mg
Folic acid	200 mcg
Cyanocobalamin (Vitamin B12)	100 mcg
Biotin	1 mg
Inositol	25 mg
Choline bitartrate	25 mg
Ascorbic acid (Vitamin C)	100 mg



## BENEFITS



**Energy, Stress & Sleep:** Blooms Ultra-B Complex supports the health and function of the nervous system and is beneficial in times of stress. It supports adrenal gland function, the synthesis of adrenal hormones and also supports brain function and mood. Blooms Ultra-B Complex provides nutrients that are essential for the production of energy and helps the body convert food into energy.

Adults: Take 1 to 2 capsules daily with food,  
or as directed by a healthcare practitioner.

Available in 100 vege capsules

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

# Valerian Forte

## RESTFUL SLEEP

Each vege capsule contains:

Valeriana officinalis (Valerian) extract  
equivalent to dry root  
standardised to valerenic acids

2.4 g (2400 mg)

3.2 mg



Blooms Valerian Forte has been specially developed to provide the optimal dose of Valerian extract, a natural and gentle sedative herb which can help promote restful sleep and provide temporary relief from stress and nervous tension. Valerian acts as both an antispasmodic, to relieve cramps and tension headaches, and as a sedative for easing nervous tension. A single dose can be helpful, but there is some evidence that taking Valerian nightly over one or two weeks may be even more effective.

## BENEFITS



**Energy, Stress & Sleep:** Mild sedative and stress-relieving properties help reduce the time it takes to fall asleep and improves the quality of sleep during the night.

Adults: Take 1 capsule daily.

Available in 30 vege capsules

## Tips for a Good Night's Sleep:

**Don't watch the clock** - Turn your clock to face away from you. Staring at a clock can actually increase stress, making it harder to fall asleep.

**Lighten up on evening meals** - "Breakfast like a king, lunch like a prince, dinner like a pauper" - so the saying goes, and it makes sense to not overload the digestive tract before bedtime.

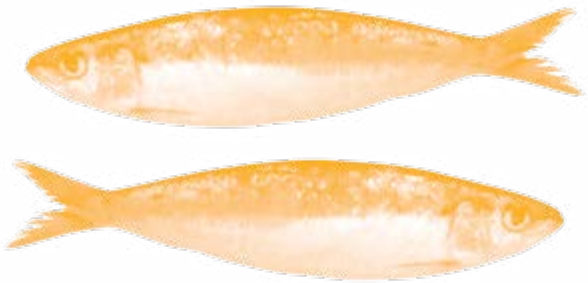
**Avoid stimulating foods** - that cause indigestion. If you get hungry at night, snack light foods such as fruit or plain yoghurt, that won't disturb your sleep.

**Exercise early in the day, stretch at night** - Exercise stimulates cortisol, which makes us more alert so aim to exercise at least three hours before bed. Stretching, however, releases relaxing endorphins helping you prepare for sleep, so try stretches at night.

**Avoid caffeine, alcohol & nicotine** - Avoid caffeine 4-6 hours before bedtime. Limit alcohol and nicotine that stimulate the adrenals.

**Create a relaxing bedroom and sleep routine** - A quiet, dark room helps induce sleep. Create a routine of one hour of relaxing activities an hour or so before bed. Take a bath, read a book, watch television, or practice relaxation exercises.

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.



## **FISH & KRILL OIL**

**Odourless Natural Fish Oil 1000**

**Odourless Natural Fish Oil 1500**

**Omega 3 Natural Fish Oil 1000 mg**

**Wild Krill Oil**

# Odourless Natural Fish Oil 1000

ODOURLESS – REFLUX FREE

Each soft gel capsule contains:

Natural Fish Oil	1 g (1000 mg)
Delivering	
Omega-3 marine triglycerides	300 mg
Eicosapentaenoic acid (EPA)	180 mg
Docosahexaenoic acid (DHA)	120 mg



For supplementation: Take 1 capsule, 2-3 times daily.

Available in 200 and 400 capsules

For mild arthritis: Take up to 3-4 capsules, three times daily.

To support healthy triglyceride levels: Take 1-5 capsules, 3 times daily.

Blooms Odourless Natural Fish Oil 1000 is an easy to swallow soft gel capsule with no fishy aftertaste and is a natural source of marine Omega-3 fatty acids.

# Odourless Natural Fish Oil 1500

ODOURLESS – REFLUX FREE

Each soft gel capsule contains:

Natural Fish Oil	1.5 g (1500 mg)
Delivering Omega-3 marine triglycerides	450 mg
Eicosapentaenoic acid (EPA)	270 mg
Docosahexaenoic acid (DHA)	180 mg



For supplementation: Take 1-2 capsules daily.

Available in 180 capsules

For mild arthritis: Take 1-2 capsules 3 times daily.

To support healthy triglyceride levels: Take 1-3 capsules twice daily.

Blooms Odourless Natural Fish Oil 1500 is a high strength, rich source of long chain Omega-3 marine triglyceride fatty acids.

## BENEFITS



**Brain & Memory:** Supports brain health, helps maintain healthy cognitive function and supports the health of the eyes.



**Heart & Circulation:** Helps maintain healthy blood triglyceride levels in normal, healthy individuals and also assists in maintaining normal cardiovascular health. Fish Oil is a good source of Omega-3 fatty acids, which are important for cardiovascular health.



**Joints, Muscles & Bones:** Provides temporary relief from the pain of mild arthritis. May increase joint mobility in mild arthritis.



# Omega 3 Natural Fish Oil 1000 mg

## LOW REFLUX

Each soft gel capsule contains:

Natural Fish Oil

1 g (1000 mg)

Delivering

Omega-3 marine triglycerides

300 mg

Eicosapentaenoic acid (EPA)

180 mg

Docosahexaenoic acid (DHA)

120 mg



Blooms Omega 3 Natural Fish Oil 1000 mg formulation is a rich source of Omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). DHA and EPA have anti-inflammatory actions within the body.

## BENEFITS



**Brain & Memory:** Supports brain health, helps maintain healthy cognitive function and supports the health of the eyes.



**Heart & Circulation:** Helps maintain healthy blood triglyceride levels in normal, healthy individuals and also assists in maintaining normal cardiovascular health. Fish Oil is a good source of Omega-3 fatty acids, which are important for cardiovascular health.



**Joints, Muscles & Bones:** Provides temporary relief from the pain of mild arthritis. May increase joint mobility in mild arthritis.

For supplementation: Take 1 capsule 2-3 times daily.

For mild arthritis: Take 3-4 capsules 3 times daily.

To support healthy triglyceride levels: Take 1-5 capsules twice daily.

Available in 200 and 400 capsules

# Wild Krill Oil

## CHOLESTEROL & OSTEOARTHRITIS

Each soft gel capsule contains:

Euphausia superba  
(Wild Krill) oil

500 mg



Blooms Wild Krill Oil comes from the pristine waters of Antarctica. The Omega-3 in Blooms Wild Krill Oil are attached to phospholipids, which aids absorption therefore the Omega in Krill oil may be better absorbed than in fish oil. Blooms Wild Krill Oil is a natural source of Astaxanthin, a potent antioxidant that helps fight free radicals. It is this carotenoid that gives Krill oil its bright red colour.

### **BENEFITS:**



**Heart & Circulation:** Blooms Wild Krill Oil helps maintain a healthy heart and cardiovascular system and may help maintain healthy cholesterol levels in normal, healthy individuals. Can also help to maintain normal blood triglyceride levels in healthy individuals.



**Joints, Muscles & Bones:** Blooms Wild Krill Oil may temporarily relieve joint pain associated with mild arthritis.

Adults: For mild arthritis relief: Take 1 capsule daily.

For cardiovascular health: Take 2 capsules daily.

Available in 60 capsules



## HEART & CIRCULATION

**Cholesterol Balance Beta-Glucan Powder**  
**Coenzyme Q10 150 Max**  
**CoQ10 150 AquaCelle™ Enhanced**

ALSO CONSIDER	SEE PAGE
Fish & Krill Oil Range	23
GingerCalm 1000	14
Green Tea 5000	52
Horse Chestnut 1500 mg	48
Olive Leaf 1500	10
Organic Iron Plus	60
Tri-Magnesium Citrate 900 mg	40
Wild Krill Oil	26
Zinc Max 50	12

# Cholesterol Balance Beta-Glucan Powder

REDUCES BLOOD CHOLESTEROL

Ingredients:

Oat bran powder (containing 21.4% beta glucans)



Provides high quality beta-glucan in a convenient powder. Oat beta-glucans have been scientifically researched and shown to reduce blood cholesterol naturally. Contains no colours, animal products, sweeteners, flavours or preservatives.

## BENEFITS



**Heart & Circulation:** Oral intake of Blooms Cholesterol Balance Beta-Glucan Powder forms a gel that entraps bile acids reducing their absorption which results in a lower LDL cholesterol level and a lower total cholesterol level.

Add 2 tablespoons (14 grams) to food or beverages daily.

Available in 200 g and 400 g

# Coenzyme Q10 150 Max

HEART HEALTH

Each soft gel capsule contains:

Ubidecarenone (Coenzyme Q10)	150 mg
Natural Fish Oil	150 mg
Equiv. omega-3 marine triglycerides	45 mg
d-alpha-Tocopherol (Vitamin E)	33.6 mg (50 IU)



Coenzyme Q10 (ubiquinone) helps provide stamina, endurance and assists to maintain peak effort. Coenzyme Q10 is a natural substance found in all body cells, particularly in the heart and liver. It has a number of important functions involving energy production and antioxidant activity.

## BENEFITS



**Heart & Circulation:** CoQ10 is a powerful antioxidant that may assist in maintaining peripheral circulation and reduce oxidation of LDL (bad) cholesterol.



**Energy, Stress & Sleep:** Coenzyme Q10 assists the production of cellular energy and may be helpful when energy levels are low.



**Sports Performance:** Helps to support stamina and endurance, and can help maintain performance.

Adults: Take 1 capsule daily with food.

Available in 60 and 120 capsules

# CoQ10 150 AquaCelle™ Enhanced

460% BETTER ABSORBED\*

Each vege capsule contains:  
Ubidecarenone (Coenzyme Q10)

150 mg



AquaCelle™ improves the bioavailability of Coenzyme Q10 by creating self-assembling micelles (tiny, easily absorbed bubbles) which are quickly dispersed through the gut and rapidly absorbed.

Human clinical trials have shown that AquaCelle™ can improve the absorption of Coenzyme Q10 by up to 460%\*.

## BENEFITS



**Heart & Circulation:** CoQ10 is a powerful antioxidant that may assist in maintaining peripheral circulation and reduce oxidation of LDL (bad) cholesterol.



**Energy, Stress & Sleep:** Coenzyme Q10 assists the production of cellular energy and may be helpful when energy levels are low.



**Sports Performance:** Helps to support stamina and endurance, and can help maintain performance.

\*Compared to standard CoQ10 formulations. Ref: Rao A. Relative bioavailability of coenzyme Q10 products: standard formulation vs Aquacelle™: a novel lipid-based drug delivery system. RDC Clinical; Manuscript in preparation. Sponsor: Pharmako Biotechnologies Pty Ltd.

Adults: Take 1 capsule daily with food.

Available in 60 vege capsules

## Tips to Reduce Cholesterol Naturally:

**Add dietary fibre to your daily menu** - in the form of salads, fruits and legumes. Fibre binds to cholesterol, lowering LDL levels by about 5%.

**Increase apple consumption** - apples contain pectin, a natural cholesterol lowering fibre.

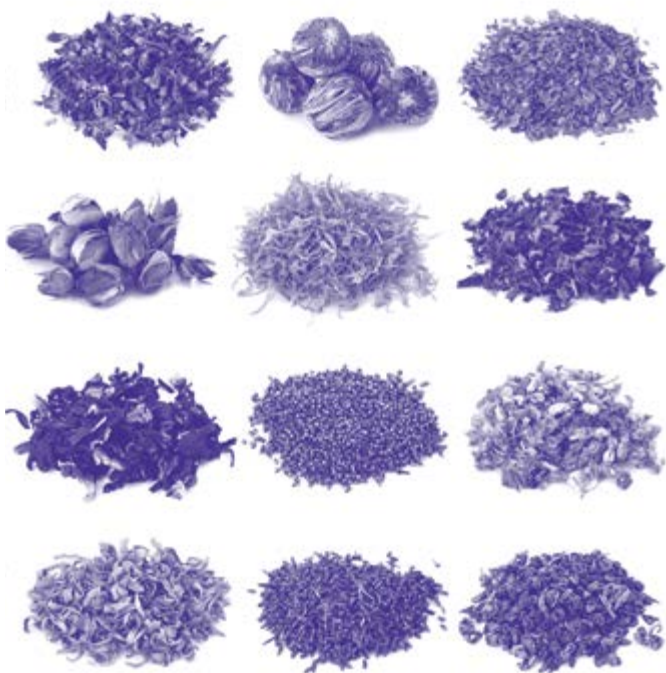
**Use garlic** - liberally in cooking as it may increase HDL, the 'healthy' cholesterol.

**Consume nuts, a handful of walnuts, almonds etc.** - for healthy fats that help balance the HDL/LDL ratio.

**Use onions** in cooking and raw in salads. Preliminary studies show a drop in LDL levels with increased onion consumption, especially red onions.

**Reduce fructose consumption** - a known contributor to obesity and high LDL levels.

**Exercise regularly.** Exercise is a great way to raise HDL, and supports good circulation and cardiovascular health in general.



## HERBAL TEAS AND FOODS

Celtic Sea Salt

Herbal Tea Range (Aromatic Loose Leaf Tea)

**See our range of 28 Loose Leaf Teas**

Herbal Tea Bags (Aromatic Tea Bag Blends)

**Body Shape Herbal Tea**

**Detox Herbal Tea**

**Digestion Herbal Tea**

**Immunity Herbal Tea**

**Stress/Sleep Herbal Tea**

### ALSO CONSIDER

Acetyl L-Carnitine Powder

L-Glutamine Powder

MSM Powder

Natural Vitamin C Powder

Performance & Recovery Formula

### SEE PAGE

45

45

46

10

46

# Celtic Sea Salt

## ESSENTIAL MINERALS

Contains:  
100% natural sea salt

Available in coarse and fine grades.



Blooms Celtic Sea Salt is harvested from the salt fields of Brittany, France, where the time honoured traditions of salt farmers ensure a premium quality product. Blooms Celtic Sea Salt is certified by Nature et Progrès, one of Europe's most respected agriculture certification associations.

### BENEFITS



**Energy, Stress & Sleep:** When added to bathwater, Celtic Sea Salt releases all its marine active ingredients, to relax and soothe. It is revitalising due to the content of trace elements and minerals.



**Skin, Hair & Nails:** When added to bath water, Celtic Sea Salt releases all its marine active ingredients for a relaxing, soothing and revitalising effect.

Available in 500 g resealable pouch

## The benefits & history of herbal tea

Herbal tea is defined as any beverage made from the infusion of herbs or spices in hot water, which can then be served either hot or cold. Traditional Black tea is prepared from the cured leaves of the tea plant.

Tea dates back to both Ancient Egypt and Ancient China and since tea was first discovered in China, it has become the most popular beverage in the world as well as one of the healthiest.

Herbal tea has been used for hundreds of years not only for its health benefits, but also for its taste. Modern day health enthusiasts appreciate that most herbal teas are naturally caffeine free and have therapeutic benefits to boot. This makes them the perfect daily drink.

Drinking herbal tea not only cuts down on your caffeine intake, but supplies nutrients and a healthy boost for different bodily systems depending on what tea you choose. For example, Peppermint tea aids digestion, Roasted Dandelion root can replace coffee and provides liver support, and Chamomile is a soothing night time drink that helps wind down the nervous system for a deep restful sleep.

# Herbal Tea Range

LOOSE LEAF  
NON-IRRADIATED



Blooms Health Products offers you a wide range of the finest botanicals not only for their healthy properties but also for their delightful fragrances and flavours. Our teas are non-irradiated and premium quality.

## OUR HERBAL TEA RANGE INCLUDES:

- Alfalfa
- Calendula Flowers
- Chamomile
- Dandelion Leaf – Cut
- Dandelion Root – Raw
- Dandelion Root – Roasted
- Elder Flowers
- Fennel Seed
- Fenugreek – Kibbled
- Ginger Root – Cut
- Hawthorn Berries
- Horsetail Herb
- Juniper Berries
- Lemon Balm Herb
- Liquorice Root – Cut
- Liquorice Root – Powder
- Linden Flowers
- Nettle Herb
- Peppermint – Fine Cut
- Raspberry Leaf
- Red Clover
- Rosehip Granules
- Sage Leaf
- Senna Leaf
- Senna Pods
- Valerian Root
- Yarrow Herb
- Yerba Mate

Available in various sizes ranging from 40 g to 200 g

# Body Shape Herbal Tea

HERBAL TEA BAGS

Yerba maté, Nettle herb, Peppermint, Elder flowers, Silver linden flowers, Liquorice root, Rose hips.  
Yerba maté contains caffeine.



Blooms Body Shape Herbal Tea is stimulating and refreshing for body and mind. Formulated for high energy levels and a clear head whilst helping keep appetite in check to feel and look great.

Premium quality and non-irradiated.

Available in 20 Tea Bags

# Detox Herbal Tea

HERBAL TEA BAGS

Fennel, Lemongrass, Aniseed, Caraway seed, Black cumin seed, Liquorice root, Raspberry leaves, Corn silk, Rooibos, Carrot.



Perfect for a detox kick start or a daily cleanse, Blooms Detox Herbal Tea has a refreshing and purifying array of ingredients to help enhance detoxification.

Premium quality, non-irradiated and naturally caffeine-free.

Available in 20 Tea Bags



# Digestion Herbal Tea

HERBAL TEA BAGS



Ginger rhizome, Lemongrass, Orange peel, Lemon myrtle leaves, Liquorice root, flavour.

Enjoy the tasty combination of the naturally caffeine free herbs in Blooms Digestion Herbal Tea, to soothe and calm digestion.

Premium quality, non-irradiated and naturally caffeine-free.

Available in 20 Tea Bags

# Immunity Herbal Tea

HERBAL TEA BAGS



Hibiscus, Apple, Orange peel, Liquorice root, flavour, Rosehips, Lemongrass, Pomegranate fruit juice concentrate.

Blooms Immunity Herbal Tea is delicious tasting and vibrantly coloured. It helps warm and revitalise for uplifting immune support to help keep you feeling your best all year round.

Premium quality, non-irradiated and naturally caffeine-free.

Available in 20 Tea Bags

# Stress/Sleep Herbal Tea

HERBAL TEA BAGS



Lemongrass, Blackberry leaves, Orange leaves, Balm leaves, Passionflower, Chamomile, Fennel, Vanilla flavour, Lavender flowers, Valerian root, Orange flowers, Rosemary leaves.

Chill out with Blooms Stress/Sleep Herbal Tea containing soothing passionflower, chamomile and lavender. When taken at night, this calming blend helps unwind and release tension from the day for a restful night's sleep.

Premium quality, non-irradiated and naturally caffeine-free.

Available in 20 Tea Bags

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.



## **JOINTS, MUSCLES & BONES**

**Celery & Juniper**

**Curcumin 600 Plus  
with enhanced BioP™ absorption**

**Glucosamine & Chondroitin**

**Glucosamine 1500 Plus  
with enhanced BioP™ absorption**

**Green Lipped Mussel**

**Green Lipped Mussel & Turmeric with BioP™**

**Magnesium Complex Powder**

**MSM 750 with Ginger & Devil's Claw**

**OsteoBlast Calcium Bone Care**

**Tri-Magnesium Citrate 900 mg**

**Vitamin D3 1000 IU**

### ALSO CONSIDER

Fish & Krill Oil Range

GingerCalm 1000

Good Night Insomnia Relief

Lysine 500

St John's Wort 2000

Super Colloidal Silica

Wild Krill Oil

### SEE PAGE

23

14

20

9

21

49

26

# Celery & Juniper

## FLUID RELIEF

Each vege capsule contains:

Apium graveolens (Celery) extract equivalent to dry seed	3 g (3000 mg)
Juniperus communis (Juniper) extract equivalent to dry fruit	2 g (2000 mg)



This formulation provides Celery seed and Juniper fruit extracts which are traditionally used to help fluid retention and mild arthritis pain.

## BENEFITS



**Joints, Muscles & Bones:** Provides temporary relief from mild arthritis or rheumatism symptoms such as pain, joint swelling and inflammation.



**Digestion & Detox:** Helps maintain normal healthy digestion.



**Women's Health:** Celery and Juniper are traditionally used in western herbal medicines as diuretics, to help relieve fluid retention and help maintain healthy urinary tract function.

Adults: Take 1 to 2 capsules daily.

Available in 70 vege capsules

# Curcumin 600 Plus

## WITH ENHANCED BIOP™ ABSORPTION

## ANTI-INFLAMMATORY

Each capsule contains:

Curcumin	632 mg
Equiv. curcuminoids (of Curcuma longa)	600 mg
Piper nigrum (Black Pepper - BioP™) standardised extract equivalent to dry fruit standardised to piperine	131.5 mg 5 mg



Blooms Curcumin 600 Plus provides a high dose of active curcuminoids, scientifically shown to have an anti-inflammatory action along with a variety of health benefits.

## BENEFITS



**Joints, Muscles & Bones:** Can help reduce pain, joint stiffness and swelling associated with mild arthritis.



**Brain & Memory:** Helps support normal, healthy brain physiology and function.



**Skin, Hair & Nails:** Curcumin supports the healing of minor wounds, and may also help improve mild dermatitis or psoriasis.



**Digestion & Detox:** May help relieve the symptoms of dyspepsia (indigestion).

Adults: Take 2 capsules daily. For dyspepsia take 1 capsule daily.

Available in 60 and 120 capsules

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

# Glucosamine & Chondroitin

## ARTHRITIS RELIEF

Each capsule contains:

Glucosamine hydrochloride

500 mg

Chondroitin sulfate – bovine sodium

400 mg



## BENEFITS



**Joints, Muscles & Bones:** Provides temporary relief from the symptoms of mild arthritis and osteoarthritis, helping to reduce the joint swelling and pain associated with these conditions. It also plays a critical role in maintaining structural integrity of cartilage. Glucosamine and Chondroitin can increase the rate of cartilage regeneration, and the effectiveness of Glucosamine is enhanced by combining it with Chondroitin. It also plays a critical role in maintaining structural health and stimulating regeneration of cartilage.

Adults: Take 1 capsule three times daily.

Available in 90 capsules

# Glucosamine 1500 Plus

## WITH ENHANCED BIOP™ ABSORPTION

## OSTEOARTHRITIS RELIEF

Each tablet contains:

Glucosamine hydrochloride

1.5 g (1500 mg)

Chondroitin sulfate

– bovine sodium

55.56 mg

Boron (as borax)

3 mg

Manganese

(as amino acid chelate)

2 mg

Piper nigrum (Black Pepper - BioP™)

standardised extract equivalent to dry fruit

131.5 mg

standardised to piperine

5 mg



Blooms Glucosamine 1500 Plus has been specially formulated with Chondroitin, Boron, Manganese and BioP™ for more tailored joint support.

## BENEFITS



**Joints, Muscles & Bones:** Maintains the space between the joints providing joint cushioning, reduces joint inflammation and swelling, increases joint mobility and reduces joint stiffness. Protects and slows degenerative changes to cartilage. The 1500 mg dose has been shown to help relieve the pain associated with osteoarthritis.

Adults: Take 1 tablet daily.

Available in 90 and 180 tablets

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

# Green Lipped Mussel

ANTI-INFLAMMATORY AND PAIN RELIEF

Each capsule contains:

Green lipped mussel dried (*Perna canaliculus*)

500 mg



Sourced from the clean waters of New Zealand, Blooms Green Lipped Mussel utilises the entire mussel flesh, freeze dried to create a complex of amino acids, Omega-3 fatty acids and trace nutrients, which may contribute to its anti-inflammatory properties.

## BENEFITS



**Joints, Muscles & Bones:** Green lipped mussel powder is a good source of glycosaminoglycans, which are often used for their beneficial effects on painful and swollen joints. It helps maintain good joint health and mobility.

Adults: Take 2 capsules daily.

Available in 60 capsules

# Green Lipped Mussel and Turmeric with BioP™

ANTI-INFLAMMATORY DUO

Each vege capsule contains:

Green lipped mussel dried (*Perna canaliculus*)

500 mg

Curcuma longa (Turmeric) extract

equivalent to dry rhizome

1.5 g (1500 mg)

equivalent to curcuminoids

48.75 mg

Piper nigrum (Black pepper - BioP™)

standardised extract equivalent to dry fruit

131.5 mg

standardised to piperine

5 mg



Green lipped mussel and Turmeric are a powerful anti-inflammatory duo. BioP™ (Black pepper) has been added for its ability to enhance absorption.

## BENEFITS



**Joints, Muscles & Bones:** Blooms Green Lipped Mussel and Turmeric with BioP™ may assist with the temporary relief of arthritic pain and is ideal for use with stiff, swollen joints. Green lipped mussel is a valuable source of nutrients to assist the temporary relief of the pain and inflammation associated with mild arthritis and maintaining normal, healthy joints. It may additionally help increase joint mobility associated with arthritis.



**Digestion & Detox:** Supports digestive, gall bladder and liver function. Blooms Green Lipped Mussel and Turmeric with BioP™ may also help relieve the symptoms of heartburn.

Adults: Take 2 capsules daily.

Available in 100 vege capsules

# Magnesium Complex Powder Ultra Strength



## BIOAVAILABLE MAGNESIUM

Each 5 g (1 tsp) serve contains:

Magnesium amino acid chelate	1.7 g (1700 mg)
equivalent Magnesium	343 mg
Magnesium orotate dihydrate	106 mg
equivalent Magnesium	7 mg
Magnesium glycinate dihydrate	427.4 mg
equivalent Magnesium	50.0 mg
Total elemental Magnesium	400 mg
Calcium ascorbate dihydrate	243.5 mg
equivalent ascorbic acid	200 mg
equivalent Calcium	22.9 mg
L-Glutamine	500 mg
Taurine	1 g (1000 mg)
Potassium aspartate	386.5 mg
equivalent potassium	80 mg

Great tasting and easily absorbed, each serve of Blooms Magnesium Complex Powder contains 400 mg elemental Magnesium with important cofactors Vitamin C, Glutamine, Taurine and Potassium, providing numerous health benefits.

## BENEFITS



**Joints, Muscles & Bones:** Magnesium assists in the prevention of muscle cramps and helps to relieve muscle cramps and spasms, with the added benefit of glutamine helping muscle building and repair. Magnesium also helps in the development of healthy bones and teeth.



**Brain & Memory:** Blooms Magnesium Complex Powder may help reduce the frequency and severity of migraines, supports normal nerve function, and may help relieve mood changes associated with PMS.



**Colds, Flu, Allergies & Immunity:** Vitamin C acts as an antioxidant, helps maintain proper immune function and is necessary for the formation of collagen.



**Energy, Stress & Sleep:** The amino acid Taurine facilitates the transport of Magnesium, Calcium and Potassium into and out of the body's cells.



**Sports Performance:** Blooms Magnesium Complex Powder aids in the prevention of and relief from muscular cramps and spasms. It also contains glutamine which supports normal healthy tissue and muscle building and repair.

Adults: Take 1 tsp (5 g) daily in water or juice, or as directed by your healthcare practitioner.

Available in 200 g

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

# MSM 750 with Ginger & Devil's Claw

## JOINT & MUSCLE PAIN RELIEF

Each vege capsule contains:

Dimethyl sulfone (MSM)	750 mg
Extracts equivalent to dry:	
Zingiber officinale (Ginger) root	1 g (1000 mg)
Harpagophytum procumbens (Devil's Claw) root	25 mg
standardised to harpagosides	150 mcg



## BENEFITS



**Joints, Muscles & Bones:** This vegetarian-friendly formula may assist with the management of pain and inflammation associated with mild arthritis or exercise, may provide temporary relief to sore joints, reduce exercise induced muscle pain and may aid recovery from sporting injuries.

Adults: Take 1 capsule twice daily with food.

Available in 90 vege capsules

# OsteoBlast

## Calcium Bone Care

## CALCIUM, VITAMIN D, K1 & K2+

Each tablet contains:

Total Calcium:	500 mg
From hydroxyapatite	50 mg
As calcium carbonate	450 mg
Phytomenadione (Vitamin K1)	12.5 mcg
Vitamin K1 (Phytomenadione)	23 mcg
Menaquinone 7 (Vitamin K2)	45 mcg
Magnesium (as oxide)	114.61 mg
Manganese (as gluconate)	2.5 mg
Zinc (as oxide)	5 mg
Copper (as gluconate)	800 mcg
Boron (as borax)	1 mg
Silicon (as dioxide)	7.25 mg



## BENEFITS



**Joints, Muscles & Bones:** A comprehensive supplement that supports strong, healthy bones and may assist in the prevention and/or treatment of osteoporosis. A daily dose contains the full Recommended Daily Intake (RDI) of Calcium with Vitamin D and K2 which both help Calcium absorption. The cofactors in this formula enhance the bone-strengthening effect.



**Women's Health:** Can help prevent and repair bone loss due to women's increased post-menopausal Calcium requirements and helps support bone strength in post-menopausal women.

Adults & children: Take 1 tablet twice a day (morning and evening). To maximise absorption, do not exceed more than 500 mg of Calcium, at any one time.

Available in 100 tablets

# Tri-Magnesium Citrate 900 mg

## MUSCLE RELAXANT

Each capsule contains:  
Magnesium citrate  
equivalent to magnesium

900 mg  
139.05 mg



Magnesium is an essential mineral involved in over 300 enzyme systems, it helps regulate Calcium absorption and is required for normal nerve and muscle function.

## BENEFITS



**Joints, Muscles & Bones:** Supports the formation of healthy bones by assisting with the absorption of Calcium.



**Brain & Memory:** Helps reduce the severity and frequency of migraine headaches.



**Sports Performance:** Assists in the prevention of muscular cramps and spasms.



**Women's Health:** Helps improve PMS symptoms such as mood changes, fluid retention and migraine headaches.

Adults: Take 1 capsule two to three times daily. To reduce the frequency of migraine attacks take 2 capsules twice daily.

Available in 60 and 150 capsules

# Vitamin D<sub>3</sub> 1000 IU

## STRONGER BONES

Each soft gel capsule contains:  
Cholecalciferol

25 mcg (1000 IU)



Blooms Vitamin D<sub>3</sub> promotes Calcium absorption, important for building and maintaining healthy bones. Vitamin D deficiency is common in Australia particularly in the age group where osteoporosis is a risk. Vitamin D deficiency, now known to be considerably more prevalent in elderly populations, can also result in muscle weakness, another possible contributor to falls and fractures.

## BENEFITS



**Joints, Muscles & Bones:** Vitamin D is required for the regulation of the minerals Calcium and Phosphorus found in the body and assists with the absorption of Calcium, which help maintain strong bones and preserve muscle strength.

Adults: Take 1 capsule daily.

Available in 60, 200 and 400 capsules





## **MEN'S HEALTH**

### **IntelliVit MultiVitamin for Men V-Drive Men**

#### ALSO CONSIDER

Acetyl L-Carnitine 500

Acetyl L-Carnitine Powder

Performance & Recovery Formula

Zinc Max 50

#### SEE PAGE

51

45

46

12

# IntelliVit MultiVitamin for Men

## ADVANCED SPLIT RELEASE TECHNOLOGY

Each sustained release tablet contains:

### PHASE 1:

Betacarotene (natural)	5.4 mg
Thiamine nitrate (Vitamin B1)	18.5 mg
Riboflavin (Vitamin B2)	15 mg
Nicotinamide (Vitamin B3)	50 mg
Pantothenic acid (Vitamin B5) (from Calcium pantothenate)	23.41 mg
Cholecalciferol (Vitamin D3)	25 mcg (1000 IU)
d-alpha-Tocopheryl acid succinate (Vitamin E)	10 mg (12.1 IU)
Phytomenadione (Vitamin K1)	70 mcg
Selenium (as selenomethionine)	70 mcg
Calcium hydrogen phosphate anhydrous equivalent to Calcium	169.78 mg
equivalent to phosphorus	50 mg
Magnesium (as oxide)	38.63 mg
Copper (as gluconate)	130 mg
	1.2 mg
Molybdenum (as trioxide)	45 mcg
Silicon (as colloidal anhydrous silica)	9 mg
Potassium iodide equivalent to iodine	150.4 mcg
equivalent to potassium	115 mcg
Zinc (as oxide)	35.4 mcg
	14 mg
Manganese (as sulfate)	2.7 mg

### PHASE 2:

Biotin	150 mcg
Pyridoxine hydrochloride (Vitamin B6)	30.39 mg
Cyanocobalamin (Vitamin B12)	10 mcg
Calcium ascorbate dihydrate equivalent ascorbic acid (Vitamin C)	54.47 mg
equivalent Calcium	45 mg
Folic acid	4.97 mg
Iron (as ferrous fumarate)	400 mcg
	8 mg
Boron (as borax)	500 mcg
Choline bitartrate	120.35 mg
Citrus bioflavonoids	12.5 mg
Ubidecarenone (Coenzyme Q10)	5 mg
Chromium (as nicotinate)	35 mcg
Lycopene	800 mcg



## BENEFITS



**Men's Health:** Blooms IntelliVit MultiVitamin for Men provides once daily sustained release tablets that separate specific nutrients into two release phases for optimal absorption and utilisation in the body. It may assist in energy production, assist stress relief, support muscle maintenance and repair, help protect against free radical damage and support a healthy male reproductive system.



**Energy, Stress & Sleep:** Assists energy production, may assist stress relief and may assist stamina levels.

Adults: Take 1 tablet daily with food.

Available in 60 tablets

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

# V-Drive Men

## MUSCLE MASS & LIBIDO

Each capsule contains:

Trigonella foenum-graecum (Fenugreek - Testofen®) extract equivalent to dry seed	9.9 g (9900 mg)
Zinc amino acid chelate equivalent Zinc	75 mg 15 mg
Magnesium aspartate anhydrous equivalent magnesium	200.9 mg 16.9 mg
Vitamin B6 (Pyridoxine hydrochloride)	6 mg



Blooms V-Drive Men is a clinically tested formula\* that helps maintain healthy testosterone levels. It not only helps men bulk-up their muscle mass, but also helps rev-up their sex drive.

### BENEFITS



**Men's Health:** Blooms V-Drive Men is a clinically tested formula\* that helps maintain healthy testosterone levels. Libido improvements shown in a clinical trials\* include positive effects on sexual arousal, frequency of sexual activity and orgasm.



**Energy, Stress & Sleep:** May help boost energy, increase muscle mass, strength and stamina.



**Sports Performance:** V-Drive may assist with improved body composition - increased lean body mass, enhanced muscle and diminished visceral fat.

Adults: Take 1 capsule each morning and 1 capsule each evening, before food.

Available in 60 capsules

\* Steels et al. Phytother Res. 2011 Sep;25(9):1294-300; Sponsor: Gencor Pacific.

Rao et al. Aging Male. 2016 Jun; 19(2): 134-42. Sponsor: Gencor Pacific.

## Diet & Lifestyle Tips to Boost Testosterone

Testosterone is the hormone that puts hair on a man's chest, develops muscles, deepens the voice and is the force behind his sex drive. After the age of 30, most men begin to experience a gradual decline in testosterone.

**Increase intake of dietary Zinc** - seafood, meat, yoghurt and also pumpkin seeds are high in Zinc (add to salads, soups and meals or munch on as a snack). Increase healthy fats such as olive oil, avocados and whole raw nuts.

**Get enough daily Vitamin D** - 10-20 mins per day. Engaging in strength (weight) training is also known to boost testosterone levels, increase the weight and lower your number of reps for best results.

**Get at least 7 hours sleep** - Lack of sleep may greatly reduce a healthy young man's testosterone levels.



## **SPORTS PERFORMANCE**

**Acetyl L-Carnitine Powder**

**L-Glutamine Powder**

**MSM Powder**

**Performance & Recovery Formula**

### ALSO CONSIDER

Acetyl L-Carnitine 500

Coenzyme Q10 150 Max

CoQ10 150 AquaCelle™ Enhanced

Magnesium Complex Powder

Tri-Magnesium Citrate 900 mg

V-Drive Men

### SEE PAGE

51

28

29

38

40

43

# Acetyl L-Carnitine Powder

## FAT METABOLISM

Contains:  
Acetyl L-Carnitine



Blooms Acetyl L-Carnitine Powder supports fatty acid metabolism within muscle and to provide energy. Acetyl L-Carnitine is able to cross the blood-brain barrier and provide brain benefits that Carnitine alone cannot.

### BENEFITS



**Sports Performance:** Acetyl L-Carnitine is an ideal workout support as it helps increase energy output, stamina and endurance.



**Brain & Memory:** Supplies the brain with energy by assisting the production of acetylcholine, required for proper brain function. Acetyl L-Carnitine helps support to memory, cognitive ability and mood.



**Energy, Stress & Sleep:** Acetyl L-Carnitine supports fatty acid metabolism within the muscle and the transport of fatty acids to provide energy.



**Weight loss & Metabolism:** Plays a role in fat metabolism.

Add ¼ teaspoon (1 gram) to food or beverages

Available in 250 g

# L-Glutamine Powder

## MUSCLE AND GUT HEALTH

Contains:  
Glutamine



Glutamine is the most abundant amino acid found in the body. Supplementation helps reduce loss of muscle stores.

### BENEFITS



**Sports Performance:** L-Glutamine is necessary for maintenance of muscle mass and prevention of muscle wastage making it a perfect complement to weight training and exercise programmes.



**Digestion & Detox:** In the gut, L-Glutamine is an important fuel for intestinal mucosal cells. It is necessary to maintain the integrity of the intestinal lining and supports normal gut barrier function and permeability.



**Joints, Muscles & Bones:** Glutamine is the most important component of muscle protein, necessary for building and repairing muscle.

Add 1/4 teaspoon (1 gram) to food or beverages.

Available in 300 g

# MSM Powder

JOINTS, MUSCLES AND SKIN

Contains:

MSM (methylsulfonylmethane)



Blooms MSM Powder is 100% pure crystalline MSM; an easily absorbed source of organic sulphur.

## BENEFITS



**Sports Performance:** Supports healthy muscles, ligaments and tendons.



**Digestion & Detox:** Contributes to liver function and detoxification.



**Joints, Muscles & Bones:** Blooms MSM Powder contributes to healthy joint cartilage function.



**Skin, Hair & Nails:** Sulphur is necessary for the production of collagen and keratin, helping keep the skin smooth and youthful.

Add 1/4 teaspoon (1 gram) to food or beverages.

Available in 300 g

# Performance & Recovery Formula

NATURAL ELECTROLYTES PLUS BCAAS

Contains:

Organic coconut water powder, maltodextrin, modified potato starch, amino acid blend (L-glutamine, leucine, ornithine hydrochloride, isoleucine, valine, taurine), minerals (potassium chloride, magnesium phosphate, calcium carbonate), citric acid (330), natural & nature-identical flavours, salt, stevia.



Blooms Performance & Recovery Formula contains premium organic coconut water powder rich in hydrating electrolytes with branched chain amino acids (BCAAs) to assist muscles during activity, and minerals for muscle recovery.

## BENEFITS



**Sports Performance:** BCAAs help fuel workouts by energising muscles, and assisting their recovery and repair.



**Energy, Stress & Sleep:** Can be taken before, during and/or after exercise and daily activities to support energy. Naturally sweetened with Stevia, low in calories with no artificial colours, flavours or added sugars.

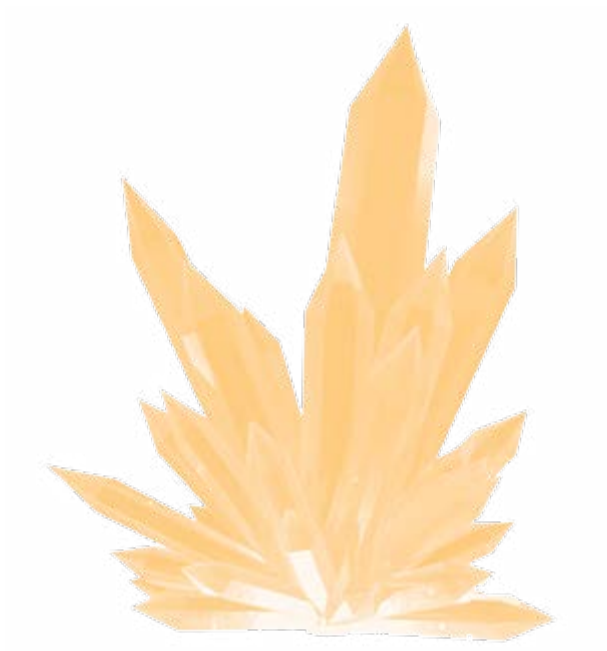


**Joints, Muscles & Bones:** Coconut water contains 5 key electrolytes that can be lost during daily activities, exercise and sweat and must be replenished in order for optimum muscle function and other important body processes.

Mix 5 g in 100ml of water and drink 1-2 servings before, during or after exercise.

Take a maximum of two serves a day.

Available in 200 g



## **SKIN, HAIR & NAILS**

**Horse Chestnut 1500 mg**  
**Selenium Forte 150 mcg**  
**Super Colloidal Silica**

### ALSO CONSIDER

Curcumin 600 Plus with enhanced BioP™ absorption  
Evening Primrose Oil 1000 mg  
Zinc Max 50

### SEE PAGE

35  
56  
12

# Horse Chestnut 1500 mg

## VARICOSE VEINS

Each capsule contains:

Aesculus hippocastanum extract  
equivalent to dry seed  
standardised to escin

1.5 g (1500 mg)  
50 mg



## BENEFITS



**Skin, Hair & Nails:** Helps relieve the symptoms of varicose veins.



**Heart & Circulation:** Supports healthy circulation in the feet and legs and helps relieve the symptoms of varicose veins, including swelling of the legs and feet, leg pain, feelings of heaviness, muscle spasms and itchiness and nighttime cramping in the calves.



**Joints Muscles & Bones:** Traditionally used in European herbal medicine to help relieve mild arthritis and rheumatism.

Adults: Take 2 capsules daily.

Available in 90 capsules

# Selenium Forte 150 mcg

## ANTIOXIDANT

Each vege capsule contains:

Selenium (as selenomethionine)

150 mcg



## BENEFITS



**Skin, Hair & Nails:** May help to reduce the visible signs of premature ageing by preserving tissue elasticity. The Selenium in Blooms Selenium Forte 150 mcg is a compound of the important antioxidant glutathione peroxidase which helps protect cells and tissues against the damaging effects of free radicals.

Adults: Take 1 capsule daily.

Available in 90 vege capsules

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.



# Super Colloidal Silica

SKIN, HAIR AND NAIL HEALTH

Each vege capsule contains:

Silicon 140 mg  
as colloidal anhydrous silica 300 mg



## BENEFITS



**Skin, Hair & Nails:** Blooms Super Colloidal Silica contains Silica microparticles in a colloidal form, which allows for easier absorption and utilisation in the body. Silica is required for healthy connective tissues including skin, hair, nails, bones and cartilage. Insufficient Silica is associated with brittle and weak nails and hair.



**Joints, Muscles & Bones:** Silica is involved in the formation of healthy collagen in connective tissues and is an important component of teeth and supports the bone matrix. It is one of the essential nutrients for the development of healthy bone density.

Adults: Take 1 to 2 capsules daily with a glass of water.

Available in 60 vege capsules

## Beauty foods

**Avocados** applying cold pressed avocado oil to your hair will give a glossy sheen while strengthening and moisturising the strands.

**Blueberries** good things come in small packages! The strong antioxidant activity in blueberries provide protection from premature ageing.

**Cucumber** can not only be used to reduce eye puffiness and dark circles but also can be used on skin to fade freckles, treat sunburn, and reduce the appearance of cellulite!

**Dark Chocolate** has more antioxidants than red wine or green tea! Buy at least 70% cocoa, or make your own.

**Kiwifruit** are a good source of Vitamin E, an antioxidant known to protect skin from degeneration.

**Pomegranate** compounds in pomegranates inhibit enzymes that break down collagen, supporting the skin's integrity and improving skin elasticity.

**Pumpkin seeds** mineral-rich and a great source of B Vitamins, pumpkin seeds also boast phytonutrients and fatty oils, which help to foster clear skin.

**Walnuts** high in Omega-3 fatty acids, Vitamin E, antioxidants, B Vitamins and fibre, adding walnuts to your daily diet will help ensure smoother skin, healthy hair, brighter eyes, and strong bones.



## **WEIGHT LOSS & METABOLISM**

**Acetyl L-Carnitine 500**

**Garcinia Cambogia Plus Green Coffee Bean**

**Green Tea 5000**

**Melt Weight Loss**

**Super Kelp**

**Svelte GCB 45 - Green Coffee Bean**

ALSO CONSIDER

Acetyl L-Carnitine Powder

Performance & Recovery Formula

SEE PAGE

45

46

# Acetyl L-Carnitine 500

## FAT METABOLISM

Each vege capsule contains:  
Acetyllevocarnitine hydrochloride  
(Acetyl L-Carnitine HCL)

500 mg



## BENEFITS



**Sports Performance:** Acetyl L-Carnitine is used by athletes and body builders for its ability to increase muscle energy output during exercise.



**Weight Loss & Metabolism:** Acetyl L-Carnitine is the acetylated form of L-Carnitine which is commonly used as a fat metaboliser.



**Brain & Memory:** Helps maintain levels of the neurotransmitter acetylcholine in the brain and may assist in the maintenance of normal mental function in healthy adults. Assists in the maintenance of healthy mood.



**Energy, Stress & Sleep:** Helps convert fatty acids into energy and support cellular energy maintenance.



**Men's Health:** Acetyl L-Carnitine may help support sperm motility.

Adults: Take 1 to 2 capsules once or twice daily, or as directed by your health care practitioner.

Available in 60 and 180 vege capsules

# Garcinia Cambogia Plus Green Coffee Bean

## WEIGHT LOSS & METABOLISM

Each vege capsule contains:

Garcinia gummi gutta (Garcinia Cambogia) extract	417 mg
equivalent to dry fruit peel	5 g (5000 mg)
equivalent 60% hydroxycitric acid (HCA)	250 mg
Coffea canephora (Green Coffee Bean) extract	66.7 mg
equivalent dry seed	667 mg
equivalent to 45% chlorogenic acids	30 mg
equivalent to caffeine	1.33 mg



## BENEFITS



**Weight Loss & Metabolism:** Garcinia Cambogia Plus Green Coffee Bean may help maintain a feeling of fullness, help reduce food intake and manage appetite as part of a healthy weight management may help. Green coffee bean extract may help increase weight loss and may help improve BMI and body composition through supporting normal glucose metabolism in healthy individuals.

Adults: Take 1 to 2 capsules, half an hour before meals, up to three times daily.

Available in 120 vege capsules

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

# Green Tea 5000

## STRONG ANTIOXIDANT

Each vege capsule contains:

Camellia sinensis (Green Tea) extract

equivalent to dry leaf

5 g (5000 mg)

equivalent to catechins

200 mg

equivalent to epigallocatechin-3-0-gallate (EGCG)

100 mg

contains caffeine

40 mg



Green tea contains high levels of polyphenols which are known to have strong free radical scavenging properties.

## BENEFITS



**Weight Loss & Metabolism:** Blooms Green Tea 5000 is thermogenic, supports metabolism and helps increase feeling of satiety/fullness. It helps increase fat metabolism and may help reduce body weight and BMI when used with a calorie controlled diet and exercise.



**Heart & Circulation:** Can assist circulation and cerebral blood flow.

Adults: Take 1 to 4 capsules daily.

Available in 60 vege capsules

## Weight Loss Tips

Keep healthy snack alternatives at hand – eg. fruit and raw nuts. To help avoid tempting foods that tend to stack on the weight.

Keep a visual cue (what you want to look like, wear or do when you hit your ideal weight) near you – on your smart phone, on the fridge, to remind you of your goal.

Motivational goals improve determination and willpower to avoid certain foods and exercise more.

Don't skip meals as it may backfire and lead to weight gain in the long run! Some studies suggest that people who skip breakfast and eat fewer times during the day tend to be heavier than people who eat a healthy breakfast and eat four or five small meals a day.

Check for food intolerances which can contribute to weight gain, experiment with cutting out wheat for a few weeks.

Many people find they drop weight in fluids by eliminating food allergens, and wheat is at the top of the list. Wheat is also in a lot of refined foods and finding an alternative can improve overall diet.

Drink a glass of water 10 to 15 minutes before you sit down to a meal. Often when we think we are hungry, we may actually be mildly dehydrated. It also creates a full sensation to help with reduced portion size at meal times.

Develop restful habits before bedtime, going to bed at the same time each night and avoiding caffeine at night (coffee, tea, cola, chocolate). Studies show that short sleep duration and tiredness are associated with excess weight.

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

# Melt Weight Loss

## WEIGHT LOSS

Each vege capsule contains:

Coffea canephora (Green Coffee Bean) extract equivalent to dry fruit	3.5 g (3500 mg)
standardised to chlorogenic acids	90 mg
equivalent to caffeine	4 mg
Capsicum annum (Chilli) extract equivalent to dry fruit	200 mg
Garcinia quaesita (Brindleberry) extract equivalent to dry fruit	2.5 g (2500 mg)
standardised to hydroxycitric acid	125 mg
Fucus vesiculosus (Kelp) extract equivalent to dry whole plant	200 mg
equivalent to iodine	49 mcg



## BENEFITS



**Weight Loss & Metabolism:** Kelp is a natural source of Iodine, which is a precursor to thyroid hormones which are important for energy production and maintaining the body's metabolic rate. Iodine helps maintain energy, mental alertness, mood and weight.

Adults: Take 1 capsule twice daily, always with a meal and a glass of water.

Available in 60 vege capsules

# Super Kelp

## NATURAL IODINE

Each vege capsule contains:

Fucus vesiculosus (Kelp) extract equivalent dried whole plant	600 mg
Ascophyllum nodosum (Yellow wrack) dried whole plant	150 mg
Total iodine	250 mcg



Blooms Super Kelp contains a blend of extract and kelp powder that is rich in iodine, as well as containing a wide range of minerals, vitamins and trace elements including Vitamin B, Iron, Zinc, Potassium, Magnesium and Calcium. Iodine is important for normal development and for regulating the metabolism by the thyroid gland.

## BENEFITS



**Weight Loss & Metabolism:** Provides Iodine which helps to regulate thyroid gland function and therefore helps to regulate the metabolism.



**Joints, Muscles & Bones:** Helps reduce fluid retention.

Adults: Take 1 capsule daily.

Available in 75 vege capsules

# Svelte GCB 45 Green Coffee Bean

## GLUCOSE METABOLISER

Each vege capsule contains:

Coffea canephora (Green Coffee Bean) extract equivalent to dry fruit	400 mg
standardised to 45% chlorogenic acids	7 g (7000 mg)
containing caffeine	180 mg
	8 mg



Sourced from decaffeinated Green coffee beans, Blooms Svelte GCB 45 is standardised to contain a high dose of Chlorogenic acids, the active ingredient in Green coffee bean.

## BENEFITS



**Weight Loss & Metabolism:** May assist in weight loss by reducing cravings and supporting metabolism. Green coffee bean extract may support weight loss when used in conjunction with a calorie controlled diet and exercise. Green coffee bean extract may also help support cardiovascular health.

Adults: Take 1 capsule one to three times daily, half an hour before meals.

Available in 30 and 90 vege capsules

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.



## WOMEN'S HEALTH

**Cranberry 35,000 mg Plus  
Evening Primrose Oil 1000 mg  
IntelliVit MultiVitamin for Women  
Menopause Day & Night Relief  
Organic Iron Forte  
Organic Iron Plus  
Raspberry Leaf 2000  
Vitex 1000**

ALSO CONSIDER	SEE PAGE
Celery & Juniper	35
Coenzyme Q10 150 Max	28
CoQ10 150 AquaCelle™ Enhanced	29
Garcinia Cambogia Plus Green Coffee Bean	51
GingerCalm 1000	14
OsteoBlast Calcium Bone Care	39
St John's Wort 2000	21
Super Colloidal Silica	49
Tri-Magnesium Citrate 900 mg	40

# Cranberry 35,000 mg Plus

## URINARY TRACT HEALTH

Each vege capsule contains:

Vaccinium macrocarpon (Cranberry) juice concentrate equivalent to fresh fruit	35 g (35,000 mg)
Silica – colloidal anhydrous	53.53 mg
Equiv. silicon 25 mg	
Ascorbic acid (Vitamin C)	50 mg



Blooms Cranberry 35,000 plus Vitamin C is a high potency Cranberry supplement with added Vitamin C and Silica.

### BENEFITS



**Women's Health:** Helps support urinary tract health and may reduce the frequency of recurrent cystitis.



**Skin, Hair & Nails:** Blooms Cranberry 35,000mg Plus supports healthy hair, skin and nails.

Adults: Take 1 capsule daily.

Available in 30 vege capsules

# Evening Primrose Oil 1000 mg

## SOURCE OF OMEGA-6

Each soft gel capsule contains:

Evening Primrose Oil equivalent to gamma-linolenic acid (GLA)	1 g (1000 mg)
	100 mg



Blooms Evening Primrose Oil 1000 mg is a rich natural source of Omega-6 essential fatty acids, often low in adults with eczema and dermatitis.

### BENEFITS



**Women's Health:** May help relieve the symptoms of premenstrual tension (PMT).



**Skin, Hair & Nails:** Evening Primrose Oil is traditionally used in herbal medicine to help relieve dry, itchy skin conditions. It contains gamma linolenic acid, which supports the healthy integrity of the skin.

Adults: Take 1 capsule two to three times daily with food.

Available in 200 and 400 capsules

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.



# IntelliVit Women's MultiVitamin

ADVANCED SPLIT RELEASE TECHNOLOGY



Each sustained release tablet contains:

## PHASE 1:

Betacarotene (natural)	4.2 mg
Thiamine nitrate (Vitamin B1)	18.5 mg
Riboflavin (Vitamin B2)	15 mg
Nicotinamide (Vitamin B3)	50 mg
Pantothenic acid (Vitamin B5) (from calcium pantothenate)	23 mg
Cholecalciferol (Vitamin D3)	25 mcg (1000 IU)
d-alpha-Tocopheryl acid succinate (Vitamin E)	7 mg (8.47 IU)
Phytomenadione (Vitamin K1)	60 mcg
Selenium (as selenomethionine)	60 mcg
Calcium hydrogen phosphate anhydrous equivalent to Calcium	305.49 mg
equivalent to phosphorus	90 mg
Magnesium (as oxide)	69.5 mg
Copper (as gluconate)	60 mg
Molybdenum (as trioxide)	1.2 mg
Silicon (as colloidal anhydrous silica)	45 mcg
Potassium iodide equivalent to iodine	9 mg
equivalent to potassium	196.2 mcg
Zinc (as oxide)	150 mcg
Manganese (as sulfate)	46 mcg
	8 mg
	5 mg

## PHASE 2:

Biotin	150 mcg
Pyridoxine hydrochloride (Vitamin B6)	30.39 mg
Cyanocobalamin (Vitamin B12)	10 mcg
Calcium ascorbate dihydrate equivalent ascorbic acid (Vitamin C)	54.5 mg
equivalent Calcium	45 mg
Folic acid	4.97 mg
Iron (as ferrous fumarate)	400 mcg
Boron (as borax)	12 mg
Citrus bioflavonoids	500 mcg
Ubidecarenone (Coenzyme Q10)	12.5 mg
Chromium (as nicotinate)	5 mg
Vaccinium macrocarpon (Cranberry) extract equivalent to fresh fruit	25 mcg
	500 mg

## BENEFITS



**Women's Health:** Blooms IntelliVit Women's MultiVitamin separates specific nutrients into two release phases to separate nutrients that compete for absorption by the body. It may aid in energy production, assist immune defence, help protect against free radical damage, help maintain a healthy nervous system, support the body's responses to stress and support thyroid function and metabolism.



**Energy, Stress & Sleep:** May aid energy production and support the body's stress responses.

Adults: Take 1 tablet daily with food.

Available in 60 tablets

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

# Menopause Day & Night Relief



## DOUBLE ACTION SYMPTOM RELIEF

### DAY RELIEF FORMULA

Each vege capsule contains:

Withania somnifera (Withania) extract equivalent to dry root	3 g (3000 mg)
Schisandra chinensis (Schizandra) extract equivalent to dry fruit	1.5 g (1500 mg)
Ziziphus jujuba var spinosa (Zizyphus) extract equivalent to dry seed	1 g (1000 mg)
Thiamine hydrochloride (Vitamin B1)	10 mg
Riboflavin (Vitamin B2)	25 mg
Nicotinamide (Vitamin B3)	15 mg
Calcium pantothenate	20 mg
equivalent pantothenic acid (Vitamin B5)	18.3 mg
Pyridoxine hydrochloride	50 mg
equivalent pyridoxine (Vitamin B6)	41.1 mg
Cyanocobalamin (Vitamin B12)	5 mcg

### NIGHT RELIEF FORMULA

Each vege capsule contains:

Piper methysticum (Kava) extract equivalent to dry root	2.5 g (2500 mg)
equivalent to kavalactones	35.7 mg
Ziziphus jujuba var spinosa (Zizyphus) extract equivalent to dry seed	1 g (1000 mg)
Magnesium (as amino acid chelate)	50 mg

## BENEFITS



**Women's Health:** Blooms Menopause Day & Night Relief can help provide support during menopause for the range of symptoms that women can experience during this transitional time. The day formula may help relieve hot flushes, whilst the night formula contains herbs used in traditional Chinese medicine to help relieve night sweats.



**Energy, Stress & Sleep:** The day formula helps relieve stress, mild anxiety, irritability and forgetfulness. The B Vitamins in this formula improve energy, assist with stress, and support the nervous system. The night formula helps relieve insomnia and supports sleep.

Adults Take: 1 Day Relief Formula capsule in the morning. 1 Night Relief Formula capsule half an hour before going to bed.

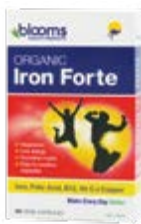
Available in 60 vege capsules

# Organic Iron Forte

## IRON SUPPLEMENT

Each vege capsule contains:

Iron (as ferrous fumarate)	24 mg
Folic acid	200 mcg
Cyanocobalamin (Vitamin B12)	100 mcg
Ascorbic acid (Vitamin C)	50 mg
Copper (as gluconate)	1 mg



Blooms Organic Iron Forte combines Iron with four important cofactors making it a potent, easy to take, low allergy formula for energy support.

## BENEFITS



**Heart & Circulation:** Iron is necessary for the formation of haemoglobin which transports oxygen to the tissues. It is used as a blood tonic and can assist in maintaining healthy blood. Cofactors in this formula assist with Iron absorption, maintaining normal blood, red and white blood cells development and healthy circulation.



**Digestion & Detox:** Supports liver function.



**Energy, Stress & Sleep:** Optimum Iron levels are necessary for red blood cells to carry enough oxygen to the body's tissues and maintain energy. Contains both Iron and Vitamin B12 to help support energy.



**Women's Health:** Blooms Organic Iron Forte may assist in the management of dietary Iron deficiency, particularly in women. Pregnancy increases a woman's requirement of Iron and Vitamin B12 due to increased blood volume.

Adults: Take 1 capsule daily with food.

Available in 30 vege capsules

# Organic Iron Plus

Iron plus B Vits, Herbs & Vit C



## IRON SUPPLEMENT

Each 10 mL contains:

Extracts equivalent to dry:

Hibiscus sabdariffa flower 150 mg

Withania somnifera

(Ashwagandha) root 50 mg

Rumex crispus (Yellow Dock) root 50 mg

And:

Iron (as ferrous gluconate dihydrate) 10 mg

Folic Acid 200 mcg

Foeniculum vulgare (Fennel)

seed powder 20 mg

Thiamine hydrochloride (Vitamin B1) 1 mg

Riboflavin (Vitamin B2) 1 mg

Pyridoxine hydrochloride (Vitamin B6) 1 mg

Cyanocobalamin (Vitamin B12) 1 mcg

Ascorbic acid (Vitamin C) 25 mg

Malpighia glabra (Acerola) juice powder

equivalent to fresh fruit 100 mg

The daily dose of Blooms Organic Iron Plus contains 100% of the Recommended Daily Intake (RDI) of essential nutrients associated with maintaining healthy blood including Iron (as ferrous gluconate, more easily absorbed form of Iron), Folic acid and several B group vitamins. It also contains Vitamin C which assists with Iron absorption and Folic acid which is essential for DNA synthesis.

## BENEFITS



**Women's Health:** May assist in the management of heavy periods. Iron requirements are increased during menstruation, pregnancy and breast-feeding. Contains Folic acid, which, if taken daily for one month before conception and during pregnancy may reduce the risk of having a child with neural tube defects such as spina bifida.



**Digestion & Detox:** The easy-to-take liquid formula enhances absorption. Helps support healthy digestive function. May assist in healing cracks in the skin around the mouth.



**Energy, Stress & Sleep:** Supports energy metabolism, physical and mental performance.



**Heart & Circulation:** Helps maintain healthy blood. May assist blood circulation and the maintenance of blood flow to the extremities – hands, feet and legs.

Adults: Take 10mL twice daily. Children: Take 5mL twice daily.

Available in 300 and 500 ml

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

# Raspberry Leaf 2000

## PRENATAL SUPPORT

Each vege capsule contains:  
Rubus idaeus (Raspberry) extract  
equivalent to dry leaf

2 g (2000 mg)



## BENEFITS



**Women's Health:** Raspberry leaf is used in traditional herbal medicine during the last trimester of pregnancy to help the mother prepare for labour and birth, facilitate childbirth and may also help ease labour pains. It also may help manage heavy, painful periods (dysmenorrhoea).



**Digestion & Detox:** May help with the symptoms of diarrhoea, nausea and vomiting.

Adults: Take 1 to 2 capsules, twice daily.

Available in 60 vege capsules

# Vitex 1000

## PMS RELIEF

Each vege capsule contains:  
Vitex agnus-castus (Chaste Tree) extract  
equivalent to dry fruit

1000 mg (1 g)



## BENEFITS



**Women's Health:** Blooms Vitex 1000 helps support normal hormonal balance in women and is used for the symptomatic relief of premenstrual syndrome (PMS). Blooms Vitex 1000 may also assist in the management of dysmenorrhoea (heavy, painful or irregular periods) and relieve menstrual cramping. Vitex agnus-castus can help balance female hormones connected with a variety of menstrual cycle symptoms, promoting a healthy reproductive cycle.

Adults: Take 1 capsule, one to three times daily.

Available in 60 vege capsules

Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.

# INDEX

PAGE

Acetyl L-Carnitine 500 <b>V</b>	51
Acetyl L-Carnitine Powder <b>V</b>	45
B Complex <b>V</b>	21
Bounce Energy Boost	20
Celery & Juniper <b>V</b>	35
Celtic Sea Salt <b>V</b>	31
Cholesterol Balance Beta-Glucan Powder <b>V</b>	28
Coenzyme Q10 150 Max	28
CoQ10 150 AquaCelle™ Enhanced <b>V</b>	29
Cranberry 35,000 mg Plus <b>V</b>	56
Curcumin 600 Plus with enhanced BioP™ absorption	35
Evening Primrose Oil 1000 mg	56
Fish Oil Range	23
Garcinia Cambogia Plus Green Coffee Bean <b>V</b>	51
GingerCalm 1000 <b>V</b>	14
Ginkgo & Brahmi 3000	7
Glucosamine & Chondroitin	36
Glucosamine 1500 Plus with enhanced BioP™ absorption	36
Good Night Insomnia Relief <b>V</b>	20
Green Lipped Mussel	37
Green Lipped Mussel and Turmeric with BioP™	37
Green Tea 5000 <b>V</b>	52
Herb-a-lax® Capsules	15
Herb-a-lax® Tea <b>V</b>	15
Herbal Tea Range (Tea Bag Blends) <b>V</b>	32
Body Shape Herbal Tea <b>V</b>	32
Detox Herbal Tea <b>V</b>	32
Digestion Herbal Tea <b>V</b>	33
Immunity Herbal Tea <b>V</b>	33
Stress/Sleep Herbal Tea <b>V</b>	33
Herbal Tea Range (Aromatic Loose Leaf Tea) <b>V</b>	32
High Strength Horseradish & Garlic Complex <b>V</b>	9
Horse Chestnut 1500 mg	48
IntelliVit MultiVitamin for Men	42
IntelliVit MultiVitamin for Women	57
Krill Oil	26
L-Glutamine Powder <b>V</b>	45

**V** = vegetarian & vegan friendly

Liver Detox 1-a-day	V	16
Lysine 500		9
Magnesium Complex Powder	V	38
Melt Weight Loss	V	53
Menopause Day & Night Relief	V	58
Milk Thistle 35,000 plus Taurine	V	16
MSM 750 with Ginger & Devil's Claw	V	39
MSM Powder	V	46
Natural Vitamin C Powder	V	10
Odourless Natural Fish Oil 1000		24
Odourless Natural Fish Oil 1500		24
Olive Leaf 1500		10
Omega 3 Natural Fish Oil 1000 mg		25
Organic Iron Forte	V	59
Organic Iron Plus	V	60
OsteoBlast Calcium Bone Care		39
Performance & Recovery Formula	V	46
Propolis 2000	V	11
Raspberry Leaf 2000	V	61
SB Probiotic		17
Selenium Forte 150 mcg	V	48
Slippery Elm Bark Capsules & Powder	V	18
St John's Wort 2000		21
Super Alfalfa 1000	V	18
Super Colloidal Silica	V	49
Super Kelp	V	54
Svelte GCB 45 - Green Coffee Bean	V	54
Tri-Magnesium Citrate 900 mg		40
Ultra-B Complex	V	21
Valerian Forte	V	22
V-Drive Men		43
ViralGuard Immune Support	V	11
Vitamin C 1000 mg & Rosehip 500 mg	V	12
Vitamin C Powder	V	10
Vitamin D3 1000 IU		40
Vitex 1000	V	61
Wild Krill Oil		26
Zinc Max 50		12



Blooms Health Products is Australia's longest established 100% Australian owned vitamin company - the family company that's big on heart and integrity.

Caring for the health of Australians, Blooms Health Products has been providing quality natural health support with their broad range of vitamins, minerals and herbal supplements for over 65 years.

# for the **love of life**

Australian vitamins since 1938

[bloomshealth.com.au](http://bloomshealth.com.au)

phytologic™

Phytologic Pty Ltd, 1-7 Doody Street Alexandria NSW 2015

Freecall **1800 181 323** ABN 31 611 287 001 [www.phytologic.com.au](http://www.phytologic.com.au)