

THE WELLNESS SPREAD

Kids Nutrition • New Products • Trending Ingredients • Supporting Local





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A LETTER FROM THE EDITOR

Nutra Organics Co-founder
DARLENE POWELL

Welcome cooler weather, it feels fantastic to finally go about my day sweat-free. We are lucky enough to be located in the Northern Rivers NSW, which is a beautiful part of the world. All the seasons are stunning here, but I particularly love the cooler months.

For some time now I have been using cold therapy as part of my self-care routine to help boost my immunity. Believe it or not, I haven't had a warm shower in over two years (crazy I know). I also go for an ocean swim at dawn every morning which is the most wonderful way to start the day. I encourage everyone in our community to find a self-care ritual that you can practice daily. Even if it's as small as some deep breathing for a few minutes each day, I'm sure you'll notice a difference when you make a commitment to honour your mind and body regularly in some small way.

During the cooler months Mark and I enjoy a lot of gut lovin' warm foods like hot broths, ramen, hot pots and casseroles, which are perfect for Wintertime. There's nothing better than snuggling up after dinner with a Lunar or Lover's Latte by the fire, which helps us get ready for a peaceful sleep. I've never been a restless sleeper, but I do like to make every effort to ensure I'm getting quality sleep as much as possible. Over the years I've found nutrition has really helped me with this.

We are now very close to finishing the roll out of our entire range into 100% plastic free canisters, which has been a huge undertaking we've thoroughly enjoyed bringing to you. Nutra Organics has been on a tireless pursuit to lead the way in our industry in terms of sustainability,

and transitioning our range into canisters is just one of the ways we've been able to deliver on this promise.

Another exciting initiative we are working on that's close to our hearts is our partnership with Bridging the Gap Foundation. We have recently made a financial contribution to their nutrition project, which focuses on bringing food education to remote Indigenous communities that would otherwise have little choice in the way of food quality. To read more about this important partnership, see the next page.

Soon we will be welcoming our fifth grandchild, which gives us an overwhelming feeling of pure joy. I spend a lot of my spare time looking after the grandkids, and I'm delighted to have a new baby back in the mix. I feel so much gratitude when I think about how our family continues to grow. Within our Nutra Organics family we will also be welcoming two more babies later in the year, which is a special experience to share around the warehouse.

With everything that comes with a growing family and business, it's wonderful to have so many products that easily fit into everyday life. I'm so proud that Mark, Ricki, Brit and I, with the help of our talented team, have been able to develop a range that still manages to improve our health while we balance our busy schedules. I'll be taking you through what a day on my plate looks like later in the magazine - so get ready for some interesting but certified delicious combinations. 🍷

Love Darlene
XX

PROJECT GIVE BACK

BRIDGING THE GAP

We are extremely proud to announce our 2021 Project Give Back partnership with Bridging the Gap Foundation. Together we will be focusing on supporting initiatives which promote healthy eating and healthy lifestyles in remote Indigenous communities. It's no secret that here at Nutra Organics, we believe that good health starts with good nutrition. Bridging the Gap Foundation recognises this too, which is why they've made food education and healthcare in remote Aboriginal communities a focus of theirs.

We couldn't be more excited to commit \$30,000 towards this worthy cause. This grant will go towards supporting visits to several of these communities by HealthLAB, which is an educational and interactive mobile pop-up initiative by Menzies School of Health Research. Participants are empowered to make lifestyle choices including healthy diets to improve their health long term. 🌱

A message from Darlgy

When our girls were in high school we had the opportunity to visit remote Indigenous communities in Townsville, Yarrabah, Atherton Tablelands, Palm Island, Cooktown and across the gulf to Normanton. It was a very special trip for our family that helped us to better understand our first nations culture and their way of living. This is why our partnership with Bridging the Gap Foundation is perhaps our most important to date.



In Australia, people living in remote communities pay the highest average prices for food

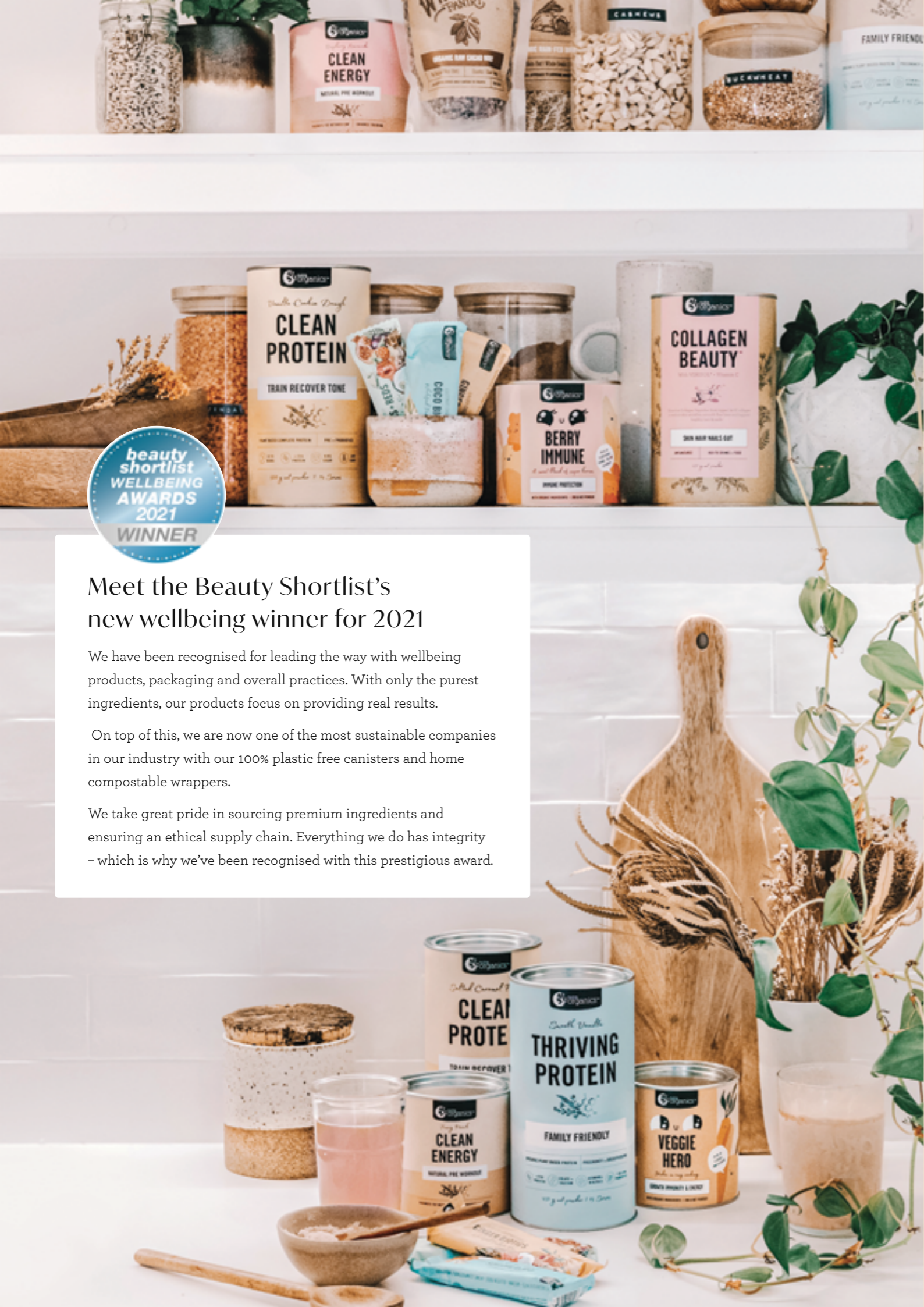


HealthLAB has encouraged 68% of adult respondents to improve their diet

VISIT BTGFOUNDATION.COM.AU/HEALTHLAB.HTML TO FIND OUT MORE ABOUT THIS INCREDIBLE INITIATIVE.



Better nutrition, and with it, better health in remote Aboriginal communities, starts with concerted work to educate people about healthy diets, along with strategies to address issues of food supply and to make the healthy choice the easy choice.



Meet the Beauty Shortlist's new wellbeing winner for 2021

We have been recognised for leading the way with wellbeing products, packaging and overall practices. With only the purest ingredients, our products focus on providing real results.

On top of this, we are now one of the most sustainable companies in our industry with our 100% plastic free canisters and home compostable wrappers.

We take great pride in sourcing premium ingredients and ensuring an ethical supply chain. Everything we do has integrity - which is why we've been recognised with this prestigious award.

COLLAGEN BEAUTY™



GET TARGETED RESULTS

GET TARGETED RESULTS

Our Collagen Beauty™ contains scientifically researched Verisol® Collagen Peptides, which have been shown in multiple studies to reduce skin wrinkles & smooth fine lines, increase skin hydration & elasticity, and support healthy hair & nails in just eight short weeks.



REDUCE SKIN WRINKLES, INCREASE SKIN HYDRATION & ELASTICITY AND SUPPORT HEALTHY HAIR & NAILS

HEAR FROM OUR CUSTOMERS

* * * * *

"Absolutely loving this product! My hair has never felt so good and it's really aided in my skin recovery after continual mask use! Really love it and cannot taste it when I put in my morning iced coffee!"

BROOKE W

* * * * *

"I love this product! I've been using it for a few months now, and I have noticed some great results. I haven't had any breakouts, and my skin feels great! I'm feeling less bloated and my nails are slowly improving!"

SHEREE P

We want to see your results!



BEFORE → AFTER

Let us know about your skin, hair or nails transformation since using Collagen Beauty™. Send us your before & after images to review@nutraorganics.com.au and if we use your pictures in our social media or promotional material, you'll receive a \$100 voucher to go towards your next purchase.*

Real results plus a generous gift – it doesn't get any better!

*Offer is valid until 30 September 2021. Voucher will only be issued if images are used on @nutraorganics Instagram or promotional material. By participating in this incentive, you give Nutra Organics the right to use your images at their discretion.

INTRODUCING COLLAGEN BALM

A DEEPLY MOISTURISING



LIP + BODY BALM

Our Sol-C® micro collagen peptides and nourishing oils help to lock in moisture, reduce fine lines & wrinkles, protect collagen, increase barrier function & hydration, and promote skin healing for lips, dry skin patches & stretch marks.

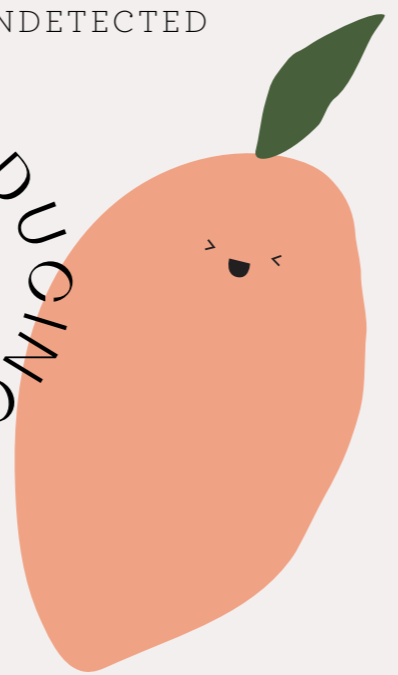
Suitable for all skin types, simply massage onto lips, any areas of dry skin or on stretch marks any time of day.

Available this July in two varieties
NATURAL | VANILLA



SNEAK VITAL NUTRITION INTO KIDS UNDETECTED

INTRODUCING



BERRY IMMUNE

A super protective, super yummy berry blend to bolster immunity and help banish colds

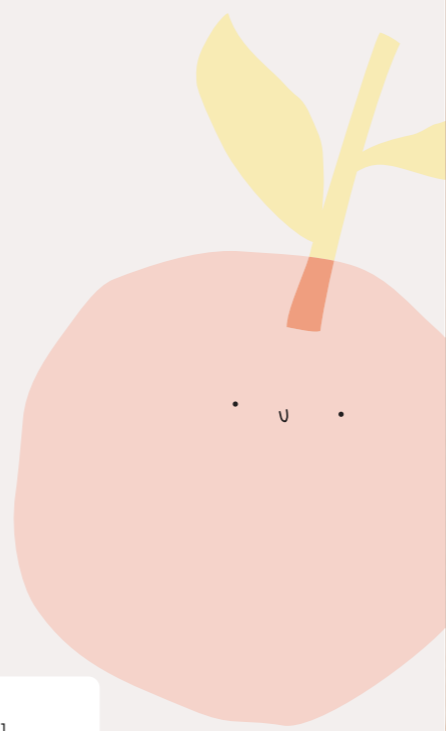


CHOC WHIZ

A yummy brain boosting, gut loving chocolate drink that supports cognitive function, gut welling, energy, teeth, bones and growth & development

VEGGIE HERO

A blend of 15 veggies, fruits and super greens designed for kids' taste buds and parents' peace of mind



These three heroic products have been supercharged with new and improved formulations that get even more goodness into growing bodies. Worry about one less thing - you've got nutrition covered with these three miracle workers.



SUPPORTING *Healthy Eating* FOR KIDS

BY NUTRA ORGANICS NUTRITIONIST

Lisa Baker

Establishing good food and nutrition with your littlest loves can be a complicated road to navigate. There's so many factors to consider and the stakes have never been higher. You're still new to being responsible for someone else's health and wellbeing - heck, sometimes it doesn't even feel like you've been responsible for your own health and wellbeing for very long. At the end of the day, how do you know if your little person has eaten enough?

Had a good balance of carbs, protein, fats and fibre? Have they consumed enough of all 13 essential vitamins, 15+ minerals, antioxidants, essential fatty acids and pre & probiotics? We hear you, and we are here to help!

As a parent to a fussy eater, I can confidently say our new and improved Superfoods for Kids range is a total game changer. The range consists of three products, and each have a specific nutritional focus to improve kids' diets and boost your confidence. With their powers combined, you can rest assured that you have nutrition covered and can focus on the more fun parts of parenting.

A huge challenge facing parents today is the inclusion of enough vegetables in their children's day. The Australian Institute of Health and Welfare reports that Australian kids are, on average, getting less than half the recommended intake of vegetables in their diet. Eating a variety of vegetables is a foolproof way to ensure that your children are getting a good hit of essential vitamins and minerals. Unfortunately though, sometimes kids just don't seem to want them. Our solution? Veggie Hero, a high potency vegetable blend that contains 15 vegetables, fruits and super greens to naturally provide a source of 18 essential vitamins and minerals. The gentle drying method used retains maximum nutrients whilst concentrating the vegetables down to an average of 15x their original form - so a little goes a very long way. It's designed to easily hide in kids' food such as purees, pasta sauces, scrambled eggs and savoury baking. It can also be your best friend as you introduce your baby to solids from six months with half a dose.

Our next target was immunity. Every parent who has released their children into the world (as in daycare or school) will be familiar with how kids' immune systems cope with the sudden exposure to all the germs. Those poor little snotty nosed monkeys need all the help they can get! Berry Immune has been designed to specifically support immune system function with nutrients and superfoods that also provide energy and antioxidant protection. Essential

nutrients required for a healthy immune function include Iron, Zinc and vitamins C and D. A deficiency in any one of these nutrients will compromise immune system function. Vitamin D deficiency or insufficiency affects about 20% of children in Australia and fluctuates seasonally (because our best source of vitamin D is sunshine). Berry Immune is able to provide a food source of vitamin D from Shiitake mushroom, which helps to keep those levels high and top you up when you aren't getting enough sunshine. It also contains natural food sources of vitamin C, Iron and Zinc from Camu Camu, Curry Leaf and Guava. Berry Immune is really easy to sneak into your kid's diet because of its sweet and tangy berry flavour that mixes beautifully into things like smoothies, yoghurt and porridge.

Last but not least, we wanted to support developing brains and tummies whilst also providing a healthier alternative to the classic drinking chocolate. Choc Whiz is a delicious chocolate drink that provides Omega-3s DHA and EPA. DHA in particular is an important structural fatty acid in the nervous system and is essential in the diet for brain development. Recent studies have shown that supplementing a child's diet with omega-3 DHA has a positive effect on memory, verbal learning skills and mood. The other hero ingredient in this product is GanedenBC30®, which is a very well researched, patented spore forming probiotic that is shelf stable and able to survive heat, time and the pH of our stomach to make its way to the intestine where the probiotics come to life and help to establish a healthy microbiome. Small children in particular are highly susceptible to fluctuations in their gut microbiome, and establishing a healthy gut early in life has very positive associations with long term gut health. Gut health is interlinked with all aspects of health including immunity, metabolism, mental health and protection against autoimmune diseases. So feel good about giving in to your little one's pleas for a hot choccy. 🍫

LET'S GET GARDENING!



EAT FROM THE GROUND

Winter is upon us and there's no better time to start that veggie patch you've been dreaming of. There are loads of benefits to growing your own food. For starters, you'll save a tonne of money on organic produce, and you can't argue with the taste of freshly picked fruit & veggies. That's why we caught up with our neighbours and good friends over at Jumping Red Ant for their top tips on how to create a thriving veggie patch.

01| Position with light in mind - Your veggie patch will need at least six hours of sunlight each day. Morning light is best because of its cooler temperature. Position your veggie patch so it can bathe in the morning sun and miss the harsh afternoon rays.

02| Fertilise - Keep the soil in your veggie patch healthy to ensure rapid growth. As plants grow, nutrients become stripped from the soil. Replace lost nutrients with fertiliser and elevate your veggie patch.

03| Apply mulch - This will help to control the temperature of your veggie patch at a surface level, whether it's a scorching hot day or an icy cold night. Regulating the temperature puts less stress on the veggies, meaning they'll grow quicker and easier.

04| Select the right veggies - Planting the right veggies at the right time is crucial to the success of your veggie patch. The

best veggies to plant in Winter are: Broad Beans, Broccoli, Cauliflower, Lettuce, Peas and Spinach.

05| Plant some companion plants for your veggie patch. Flowering plants like Marigold, Violets, Cosmos and Nasturtium are great for pest management in your garden and makes it look beautiful. You can also eat these flowers as well, Nasturtium is a lovely addition to pesto!

06| Maintain regularly - Once the setup is done, the hard part is over. But there is some ongoing maintenance for a veggie patch you need to be aware of. Watering regularly is key. You may also want to check for weeds and pests every few weeks and treat accordingly.

There you have it! Six soul satisfying gardening tips to start your veggie patch this Winter. 🌱

FOR MORE INFORMATION ON JUMPING RED ANT, VISIT JUMPINGREDANT.COM.AU



PICTURED: Homestyle
Chicken Broth Bowl, recipe
available on our website



NOURISHING BROTHS

IN THREE DELICIOUS VARIETIES



Now available in sustainable plastic
free canisters with 25% more



SUPPORT YOUR IMMUNITY AND GUT WELLBEING

Using Australian grass fed beef bones, Australian free range chickens and organic vegetables, our broth range is a tasty and nutritious alternative to homemade broth, and is easy to take on the go - just add hot water.

Using gentle low temperature refractance drying for maximum nutrient retention, our broths are shelf stable and contain less than half the amount of sodium than liquid broth concentrates.

BEEF BONE BROTH • CHICKEN BONE BROTH • VEGETABLE BROTH

With the added benefit
of Collagen, Zinc and B
Vitamins

With the added
benefit of Zinc and B
Vitamins

Containing 11 veggies
and herbs, plus Zinc and
Vitamin B12

Winter Warmers

Escape the Winter chill with our collection of easy-to-follow, classic Winter Warmers.





GARDEN VEGGIE SOUP

with sourdough croutons

SERVES 4

A quick, convenient and vegan soup option? Where do we sign up. This recipe is so filling you won't even notice it's meat-free. Add it to your rotation and load up on the good stuff.

Ingredients

2 tbsp Vegetable Broth Garden Veggie
 2 cups cavolo nero (tuscan kale)
 1 cauliflower, cut into florets
 2 potatoes, peeled and cubed
 1 bunch parsley, sliced
 4 celery sticks, sliced
 1 leek, sliced
 2 zucchini, sliced
 1 bulb of garlic, sliced
 1-2 tsp The Wholefood Pantry Pink Himalayan Crystal Salt
 1-2 tsp pepper
 Olive oil
 1 ltr water
 Sourdough, cubed

Method

- 01| Heat a little oil in a large pot, add in leek, zucchini, parsley, cauliflower, three quarters of your garlic, potato, celery and fry for 5-7 minutes until softened slightly.
- 02| Add in water and broth powder and cook for 10 minutes or until tender. Add in cavolo nero, cook for a further 5 minutes or until everything is tender.
- 03| Meanwhile, in a shallow fry pan, fry the sourdough and remaining garlic in a little olive oil & salt.
- 04| Drain ingredients, reserving cooking liquid then add to a blender along with salt, pepper and a ladle full of the cooking liquid. Blend until smooth and creamy. Season to taste.
- 05| Serve in bowls with sourdough croutons & crispy garlic, drizzle with olive oil.



FRAGRANT BEEF DUMPLING BROTH

with chilli and lime

SERVES 2

Let's turn up the heat! This dish will warm your belly and keep you feeling satisfied all Winter long. It's the perfect mid-week meal and an absolute must try for our broth lovers.

Ingredients

3 tbsp Beef Bone Broth - Hearty Original or Adaptogenic Mushrooms
 1 thumb size ginger, sliced
 1 thumb size galangal, sliced
 1 red chilli, sliced
 2 clove garlic, grated
 1 tsp chilli flakes
 1/2 cup coriander leaves
 1-2 tbsp tamari
 1 tbsp The Wholefood Pantry Coconut Sugar
 Juice of 1/2 lime
 2 spring onion sprigs, sliced
 1 tsp sesame oil
 8 store-bought organic beef dumplings
 2 bok choy, halved
 1 ltr water

Method

- 01| Heat water, beef bone broth, garlic, ginger, galangal, tamari, coconut sugar, lime, chilli and sesame oil in a pot and bring to a simmer. Taste and season.
- 02| Add in dumplings and bok choy, and poach according to packet instructions.
- 03| Serve in two bowls and garnish with spring onions, coriander and chilli flakes.



CREAMY CAULIFLOWER & CHICKEN SOUP

with crispy garlic and sage

SERVES 4

Hearty, nutritious and delicious. This soup is *chef's kiss* perfection. Load up on all your favourite Winter time veggies with a warm bowl of creamy cauliflower goodness.

Ingredients

3 tbsp Chicken Bone Broth Homestyle Original
 2 bags frozen cauliflower, or 2 whole cauliflower, cut into florets
 1 leek, white parts only, sliced
 1 head of garlic, sliced
 1 free range BBQ roast chicken
 12 sage leaves
 1-2 tsp The Wholefood Pantry Pink Himalayan Crystal Salt
 1-2 tsp pepper

Olive oil
 1 ltr water

Method

- 01| Heat a little oil in a large pot, add in leek, cauliflower and 1/2 of the garlic, and fry for 3-5 minutes or until leek is softened.
- 02| Add in water and cook for ten minutes or until tender.
- 03| Meanwhile, in a shallow

fry pan, fry remaining garlic and sage in a little olive oil.

- 04| Drain cauliflower, reserving the cooking liquid, then add to a blender along with chicken broth, salt & pepper, and a ladle full of the cooking liquid. Blend until smooth a creamy.
- 05| Pull apart chicken, then pour soup into bowls, top with chicken, crispy garlic and sage.



SUPERFOOD LATTE CANISTERS

Available this June in sustainable plastic free canisters with 10% more



LOVER'S LATTE

An evoking fusion of cacao, carob and arousing herbs to make a luxurious low sugar drinking chocolate.

CONTAINS MOOD BOOSTING HERBS



LUNAR LATTE

A dreamy purple vanilla & floral Moon Milk potion with hypnotic botanicals and Ayurvedic ashwagandha for sleep and relaxation.

CONTAINS TRADITIONAL CHINESE MEDICINAL HERBS



GOLDEN LATTE

With the goodness of turmeric and the unique properties of Manuka Honey, this delicious blend makes a bright Golden Latte.

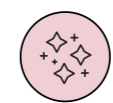
CONTAINS ANTIOXIDANTS



MATCHA LATTE

An enlivening blend of premium organic Japanese DōMatcha® green tea and coconut MCT oil make a beautiful soft green latte to rise and shine with.

SUPPORTS BRAIN ENERGY & STAMINA



VELVET LATTE

A delicious beetroot chai infusion that makes a beautiful vibrant pink latte to support inner cleansing.

CONTAINS CLEANSING INGREDIENTS



MERMAID

Mermaid Latte is a delicious infusion of ocean minerals, blue superfoods, adaptogenic herbs & chai spices, which make a dazzling blue latte.

SUPPORTS NORMAL ENERGY METABOLISM



DAY ON A PLATE

With Darlsey

DAY ON A PLATE

I love flavoursome foods, but my priority is always packing in as much nutrition as possible. I'm a bit of a health nut! My morning smoothies are hardcore and aren't for the faint hearted. I try to include a variety of different foods into my daily routine, and minimise food waste. Here's what's on the menu for today.

BREAKFAST

Green Cacao Smoothie

I love this smoothie, it ticks a lot of boxes for me. I'm having my wholefood multivitamin (Super Greens + Reds), heaps of greens (Clean Greens), Collagen Beauty and lots of antioxidants with Acai Berry Blend and Cacao. If I'm feeling like I need a bit of sweetness, I just add a banana or some berries for taste.



LUNCH

"Clean Out the Fridge" Fried Rice

I like to keep my fridge clean, so once a week I do a big clean out and make sure everything gets used before I do a new shop. I have left over Basmati Rice and have added a heap of veggies, an egg and some Chicken Bone Broth.



DINNER

Beef Bone Broth Soup With Mushrooms

I'm a big fan of mushrooms - they have a particular fiber that your microbiome will absolutely love! Plus, with this dish you'll get the nourishing power of Beef Bone Broth. 🍄



PICTURED: Lake Klamath in Oregon, USA

TRENDING INGREDIENTS

What's hot in health & wellness



BY NUTRA ORGANICS FOOD TECHNOLOGIST

Joana Graça

Step into our dynamic world of functional foods, where new technologies are constantly emerging and new ingredients are developed regularly. Here at Nutra Organics, we like to keep our finger on the pulse, so you can be sure you're getting innovative products backed by science. Below is our list of trending ingredients we've introduced to our range that are miracle workers when it comes to supporting your health and wellbeing.

● GANEDENBC³⁰

GanedenBC³⁰ (Bacillus coagulans GBI-30, 6086), is a famous probiotic that we've included in our Clean and Thriving Proteins, as well as Choc Whiz. Ganeden BC³⁰ is a spore forming and shelf stable probiotic, backed by over 25 published papers. With a naturally-protective outer layer, GanedenBC³⁰ can survive most processing conditions and the path to the gut allowing it to provide its benefits.

● SPIRULINA

Spirulina is another food ingredient known for its nutritional benefits, which we've included in our Clean Greens. We've sourced the best quality spirulina that's out there. Our Blue Majik (which is a blue spirulina) has been carefully processed to retain all of the vital nutrients and phytochemical compounds. We are proud to utilise this pure ingredient that only undergoes a water extraction method.

● E3 AFA

Another key player of ours is E3 aphanizomenon flos-aquae (AFA), which is also included in our Clean Greens. We are one of the first food companies in Australia to use E3 AFA, an Aquabotanical algae or cyanobacteria (similar to spirulina) that grows exclusively on the pristine lake Klamath in Oregon, USA. E3 AFA is considered to be the world's most nutrient rich superfood, is



suitable for all consumers, and is of particular benefit to vegans or vegetarians wanting a source of vitamin B12.

● SOL-C[®]

In case you couldn't tell, we like to be the first to bring unique ingredients to the Australian market, and the Sol-C[®] micro collagen peptides in our Glow Mist was no exception. The powerhouse peptides significantly improve hydration, barrier function and increase collagen synthesis. Glow Mist was formulated with a team of biochemists and is Australia's first collagen face spray, designed to deeply hydrate & plump skin, and protect collagen.

Because we aim to develop products that are suitable for the whole family (including kids, pregnant or breastfeeding women), we focus on ingredients with naturally occurring vitamins and minerals that are present in nature. We

use concentrated blends of organic fruits and vegetables that are rich in key nutrients. For example our Veggie Hero has 18 micronutrients, where all vitamins and minerals are present in claimable amounts (meaning that they are present in quantities capable of having a beneficial effect in the human body).

We've also found a company that extracts minerals from marine sources. If you are familiar with our products, you may have noticed that we use two types of Aquamins. Our marine magnesium has been harvested from the pristine waters of the Irish Sea, while our marine calcium has been harvested from an algae from the North Atlantic seabed.

By developing a range using the most effective natural ingredients available, we are able to deliver on our mission to transform people's health & wellbeing with innovative, organic, honest, wholefood products that provide nourishment and real results.🌱



Pictured: Nutra Organics partner Revie Jane

GET CLEAN, GET ACTIVE!

Enjoy improved workout performance, a faster recovery, better results and feeling on top of your game with our new Clean Active Range, the cleanest supplements on the block that are scientifically formulated to support your fitness and wellbeing.



CLEAN ENERGY

The ultimate no-nasties pre workout to support your physical and mental performance. Promoting fat metabolism, enhancing training sessions and delivering long lasting energy, our Clean Energy has been reformulated in two delicious new flavours - Juicy Peach & Raspberry Lemonade.



140MG OF CAFFEINE PER SERVE



LESS THAN 2G SUGAR PER SERVE

CLEAN PROTEIN

With organic ingredients, over 23g of protein per serve, vegan BCAAs, probiotics, less carbs and no added sugar, Clean Protein is your perfect workout partner. Train, recover and tone with three amazing natural flavours - Vanilla Cookie Dough, Chocolate Thickshake and Salted Caramel Fudge.



PRE & PROBIOTIC FIBRE FOR GUT SUPPORT



CONTAINS ADDED CALCIUM & IRON

CLEAN GREENS

Containing the eight most powerful super greens plus marine minerals, Clean Greens is a pure wholefood source of magnesium, calcium, potassium, vitamins A and B12. This supports the acid-alkalising balance in your body, helping you to feel vibrant, energised and well.



CONTAINS E3AFA AQUABOTANICAL ALGAE



NO FLAVOURS OR FILLERS ADDED



MEET AMELIA

Here's her story

After some good old fashion Instagram banter, it wasn't long before the Nutra Organics team were itching to meet our very loyal, very vocal customer, Amelia. It was a modern-day love story between a new mum and a brand that she trusted with her postpartum nutrition journey.

Amelia came to us with some excellent feedback and won us over with her quick wit. She told us how she'd been using our products for years, but really ramped things up once her son had arrived.

"Since becoming a new mum my value for good nutrition has really intensified. I'm breastfeeding at the moment and as my son grows, it's made me think more about what I'm putting in my body," she said.

It wasn't long before the Burleigh Heads mum was implementing our products into the whole family's diet. "My husband has become a green smoothie convert since I started putting collagen and Super Greens + Reds in his smoothies. He's not a big fan of eating whole vegetables, but he feels great when he has the addition of veggies in his diet. With the simplicity and convenience of using these products in a smoothie, he's finally getting all the benefits he was missing," she explained.

We were thrilled to hear how our range was making a difference in their household. Amelia even told us how she felt we stacked up against our competitors. "I've tried other

I'm breastfeeding at the moment and as my son grows, it's made me think more about what I'm putting in my body.

brands in the past and I keep coming back to Nutra Organics because the existing products are exceptional - which makes me want to try the new stuff."

"Usually with things that are this beneficial for you, there's some kind of compromise, but somehow Nutra Organics have managed to tick every single box, in terms of flavour, convenience and healthy ingredients - it's just an easy decision to buy Nutra Organics over something else," she added.

Since our initial catch up, Amelia has finished breastfeeding and adopted Clean Energy from our new Clean Active range into her regular routine. "It's such a great energy boost now that I'm working out more!"

We love hearing our customers' success stories. If you've enjoyed our products in the same way Amelia has, send us a direct message on Instagram or Facebook to let us know about it. 📩





THRIVING THREE WAYS

GLUTEN FREE CREAMY PORRIDGE *with Caramelised pears & fresh figs*

SERVES 2

What's the best way to start the day? With a bowl of warm porridge of course. This dreamy dish is perfect for those chilly mornings when you don't want to get out of bed. Just know there's a scrumptious bowl of porridge with beautifully caramelised pears waiting for you at the other end.

Ingredients

1½ cup rolled rice
2½ cup your favourite milk (have some extra if needed)
Pinch of *The Wholefood Pantry Pink Himalayan Crystal Salt*
2 tbsp *Thriving Protein Smooth Vanilla*
2 Pears
4 Figs (or whatever fruit that takes your fancy)
The Wholefood Pantry Organic Coconut Chips
1 tbsp butter
The Wholefood Pantry Organic Brown Rice Syrup

Method

- 01| Combine rolled rice, protein powder, milk and salt in your saucepan. Cook on a medium heat, stirring frequently as the porridge becomes thicker and creamier.
- 02| At the same time, slice pears 1cm longways and heat in butter until soft.
- 03| Add extra milk if needed and serve when porridge is thick and creamy, dividing in two bowls. Add pears, figs, coconut chips and brown rice syrup to taste.

PROTEIN HOT CHOCOLATE

SERVES 2

Warm, tick. Sweet, tick. Creamy, tick. Nutritious, tick. This hot chocco is the perfect afternoon pick-me-up or after dinner treat. The kids won't even know we've snuck in a hit of *Thriving Protein*.

Ingredients

2 cups of your favourite milk
½ cup *The Wholefood Pantry Dark Chocolate Buttons*
2 tbsp *Thriving Protein Classic Cacao Chocolate*
½ tsp vanilla extract
Pinch of *The Wholefood Pantry Pink Himalayan Crystal Salt*

Method

- 01| Heat ingredients in a pot over the stove and stir until chocolate is melted and the temperature is right.
- 02| Pour into mug and enjoy.



CHOC CHIP ALMOND COOKIES

MAKES 10

You can't argue that a pantry staple for any family household is a never ending supply of cookies. That's why we've developed this winning Choc Chip Cookies recipe. The only question left now is who stole the cookie from the cookie jar?

Ingredients

1¼ cups almond meal
¼ cup *The Wholefood Pantry Coconut Sugar*
¼ cup *The Wholefood Pantry Coconut Oil*
2 tbsp *Thriving Protein Smooth Vanilla*
Pinch of *The Wholefood Pantry Pink Himalayan Crystal Salt*
½ cup *The Wholefood Pantry Dark Chocolate Buttons*, roughly chopped
1 free range, organic egg
½ cup *The Wholefood Pantry Almonds*, chopped and roasted
½ cup *The Wholefood Pantry Hemp Seeds*

Method

- 01| Preheat oven to 175°C, toast almonds for 10 minutes then roughly chop.
- 02| Combine all ingredients in a mixing bowl, stir to combine.
- 03| Roll spoonfuls of mixture into mounds and place on a lined baking tray.
- 04| With the back of a spoon, press in the centre of each cookie.
- 05| Bake for 8-10 minutes. Watch the cookies as they cook quickly.
- 06| Dip them in your hot chocolate.



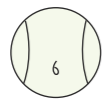
LAUNCHING THIS AUGUST

Our superfood blends are looking and tasting better than ever

Launching this August in sustainable plastic free canisters

SUPER GREENS + REDS

This all-in-one wellbeing elixir tastes good and gives your body everything it needs to stay energised and well. We've refined the ingredients in our Super Greens + Reds to enhance the functional content, so you can be sure you are getting the most out of this nutritional booster. Packed full of alkaline greens, antioxidant rich reds, pre and probiotics and 19 essential vitamins and minerals, Super Greens + Reds is the most convenient way to stay on top of all the nutrients you need to feel your best every day.



IMMUNITY, ENERGY & GUT WELLBEING

AÇAÍ BERRY BLEND

We've tweaked the recipe for our Açai super berry blend so you can get more from the naturally bioavailable vitamin C and antioxidants to support immunity, energy, antioxidant protection and glowing skin. Together with premium refractance dried super berries, sweet mango and beetroot, Açai Berry Blend is the perfect base for making your own açai bowls.



ANTIOXIDANT PROTECTION

MACA

Our organic Peruvian Maca powder combines the power of yellow, red and black Maca, and is a sustainable, fair trade, certified organic blend that ensures you're getting all the potent benefits available. With a light & nutty flavour, Maca is an easy addition into drinks and cooking. Maca has been traditionally used for centuries to naturally support internal balance and vitality. Grown in the mountains of Peru, it is a native root vegetable known to revitalise and arouse desire.



BALANCE & VITALITY





SUPPORTING LOCAL WHEREVER WE CAN

Community support is something we feel strongly about here at Nutra Organics. Whether it's inviting local farmers to grow crops on our land, or gifting staff with local artisan creations. We do our best to support local because we understand (from experience) that that's how small businesses grow.

All of our product manufacturing and label printing is done here in Australia, mostly within a 100km radius of our HQ. We proudly partner with Synergy Group for all of our labelling and bagging, who are a local equal opportunity employer. They employ those living with a permanent disability, and give them a safe and supportive working environment, and we have been proudly partnered with them since 2015.

We aim to stick to Australian charitable foundations through our ongoing initiative Project Give Back - so we can be sure we are making a difference in our own backyard.

We understand that every decision we make has a direct impact on our community, which is why we take the utmost care when considering our operations and the ways we can continue to support locals. 🌱





VIEWS OF THE SURROUNDS OF OUR HEADQUARTERS AND OUR 460 ACRE PROPERTY

