



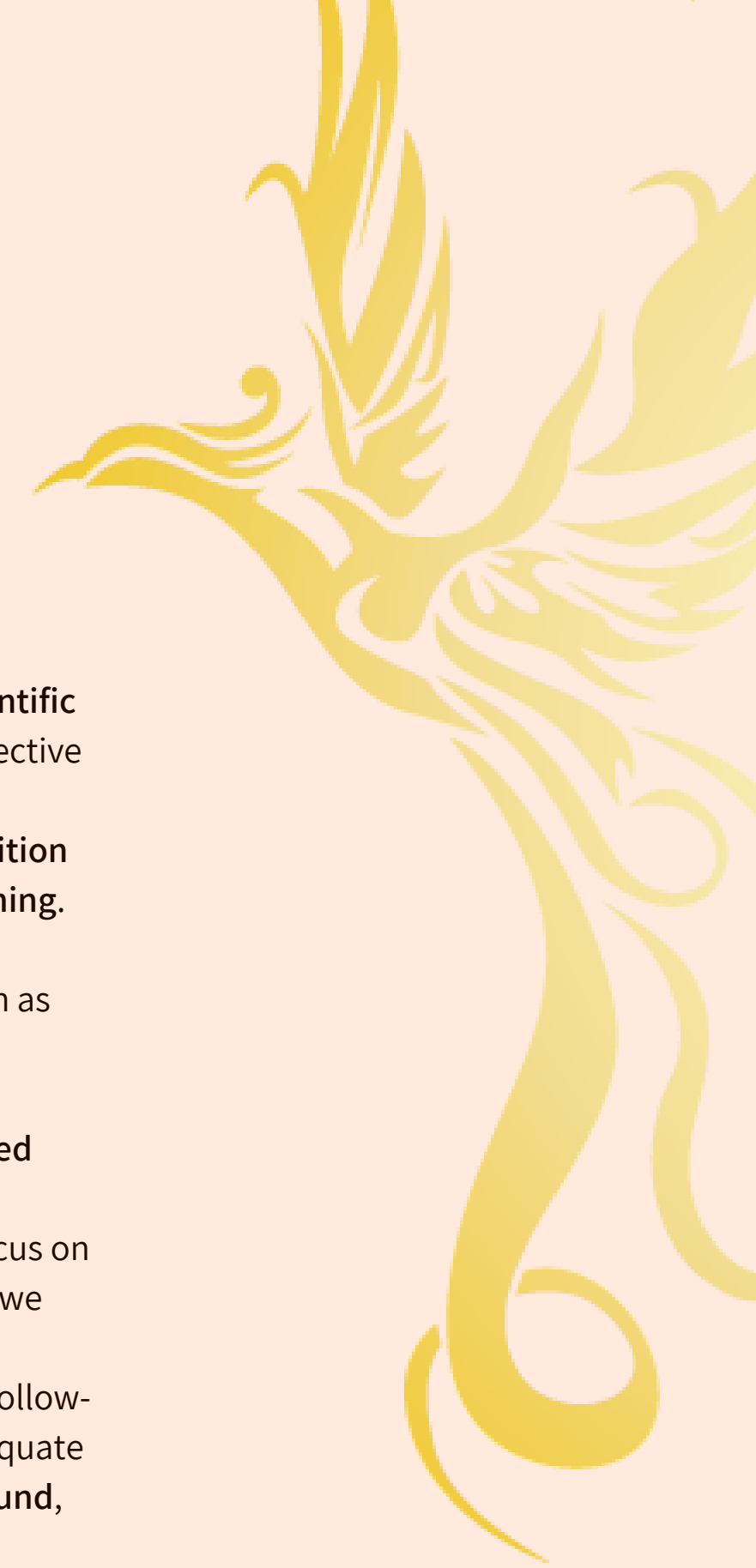
THE POWER OF NATURE + THE RIGOUR  
OF SCIENCE =  
FORMULATIONS YOU CAN TRUST FOR  
EVERY NEED





# Committed to the better health of your body and our planet

- FIREBIRD® combines potent **natural ingredients** with the latest **scientific research** to create products that are consistently and powerfully effective at working **in harmony with the body** to support optimum health.
- FIREBIRD® delves into nature's cornucopia to provide **targeted nutrition** that is naturally **balanced**, intricately **complex** and intensely **nourishing**.
- FIREBIRD® supplements contain **only active**, well-researched and substantiated ingredients with **none of the synthetic additives**, such as binders, anti-caking agents, flow agents, coatings, preservatives, colourings and **none of the GMOs** contained in other supplements.
- FIREBIRD® products are **made and tested in the UK** in a **GMP-certified facility**, powered by renewable energy.
- We annually pledge **10% of our profits** to impactful ventures that focus on improving our health and the health of our planet. Since our launch we have supported SACH (**Save A Child's Heart**), an international humanitarian charity that provides life-saving heart treatment and follow-up care for children from developing countries that do not have adequate access to care in their own countries, and **Kiss the Ground Impact Fund**, which supports farmers from around the globe in their transition to regenerative practices that **heal the soil**, revive ecosystems, increase farmer wellbeing and help balance the climate.







# Rooted in nature and backed by science

FIREBIRD®'s founder, chief scientist and product developer is multi award-winning brand creator, **Sara Palmer Hussey PhD**, Cambridge University alumna and author of The BODYBLISS Protocol. An expert in natural health, nutrition, ageing and weight management, her perspective marries the rigour of scientific research with a strong belief in the powerful intelligence of nature.

**“The right scientifically-calibrated, targeted nutrition can fortify your body’s defences, upgrade regeneration and harness the body’s natural healing to help attain and maintain your best health.”**

Sara is passionate about delivering powerfully effective, natural and well-researched health products that are easily integrated into your daily routine.

New products in development include a pioneering, **all-over skin oil** that acts as a **topical supplement** to nourish and support the best condition and health of the skin. It will be rich in plant oils and extracts and **100% natural**. Our supplement range will be expanded to include products targeted at **better sleep, hormonal balance, detox, gut health** and many more.



# Firebird®

A Real Brand born of Real Science and Passion formulated for Real Lives. FIREBIRD® delivers Real Benefits and Support 24/7, so that you can feel your best – strong, healthy, energised and beautiful – wherever you are, whatever you are doing.





# Products





# Magnesence

## The Ultimate Supplement

MAGNESSENCE® (£32) is a 39-ingredient multi-nutrient that provides a solid foundation of support to cover all bases. Add to MAGNESSENCE® the products from our range that best target your unique requirements.



# Bodybliss

## The Optimum Weight Supplement

BODYBLISS® (£30) is a 16-nutrient vegan support for a healthy metabolism and balanced blood sugar levels to make attaining and sustaining optimum weight healthier and easier.







# Laser Focus

## The Brain Health Supplement

LASER FOCUS (£30) is a 23-nutrient vegan support for brain health. It boosts mental performance, cuts through brain fog, aids memory and cognition, facilitates psychological function and stress management.





# Immune Shield

## The Immune Health Supplement

IMMUNE SHIELD (£30) contains 19 critical immune-boosting nutrients, including Vitamin D3, Vitamin C, Zinc and Selenium, as well as, potent plant extracts, such as Quercetin, Propolis and Astragalus.





free from  
DAIRY



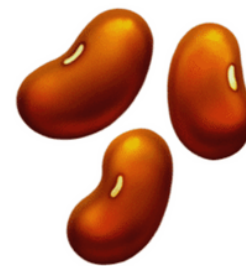
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SEAFOOD



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GLUTEN



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NUTS



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SOY



free from  
GMOS





“It is health that is  
real wealth and not  
pieces of gold and  
silver.”

~ MAHATMA GANDHI

# We carried out a 3-month Consumer Study

Of the participants on BODYBLISS®:

- 100% experienced increased energy levels
- 95% experienced more balanced eating habits with fewer cravings, more stable blood sugar levels and fewer episodes of comfort eating
- 93% were closer to their ideal weight
- 90% had more body confidence
- 88% experienced more regular toilet habits and less bloating
- 75% had a greater desire to exercise
- 100% would recommend BODYBLISS® to friends

Of the participants on MAGNESSENCE®:

- 93% experienced increased energy levels
- 91% experienced improved immune resilience
- 90% experienced reduced brain fog with better concentration and memory recall
- 90% noticed significant improvements in skin, nail and hair health
- 90% felt more upbeat with a greater feeling of mental strength and wellbeing
- 100% would recommend MAGNESSENCE® to friends





# Customer Reviews



Joanna

“I have only been taking BODYBLISS for 3 weeks but really have noticed a difference. Usually before my period my cravings are off the scale but this month I didn’t have any at all. I also noticed increased energy and stamina during my regular exercise sessions, Bodybliss is the only change I’ve made so it is almost certainly that.”



Jenny

“I’m delighted that I discovered Firebird! MAGNESSENCE is making me look and feel so good! It has made a visible difference to my skin, hair and nails and I feel so healthy and full of energy! I’ve even started to work out again which is a miracle as I haven’t been to the gym in years, despite wanting to, I was always so tired. Not any more though.”



Cristina

“MAGNESSENCE is just what I've been looking for. A high quality multi-vitamin to keep all bases covered along with loads of herbal ingredients I used to take separately before. So happy!”

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# Contact us

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