



MARTIN & PLEASANCE
HOMEOPATHIC
PHARMACY.

F.M. WHITE & SON
ARCHITECTS

MARTIN & PLEASANCE 180 UNION



Martin & Pleasance
Natural Health & Wellbeing
Since 1855

PRODUCT CATALOGUE

martinandpleasance.co.uk

SCHUESSLER
TISSUE SALTS





Martin & Pleasance

Natural Health & Wellbeing
Since 1855

MARTIN & PLEASANCE SINCE 1855

Martin & Pleasance has provided an extensive range of natural remedies and medicines based on a commitment to integrity, quality and innovation for more than 150 years.

Proudly Australian made and owned, we remain loyal to traditional preparation techniques that have proven their value and effectiveness over time. Martin & Pleasance also prides itself on pioneering new and emerging products without compromising standards of performance, while continuing to strengthen our traditional brands which have built the company's foundations.

Our success is measured by product performance and consumer satisfaction. We use the best raw materials, utilise the highest manufacturing standards and are committed to providing our customers with quality products, that work.

The Martin & Pleasance portfolio includes many familiar brands such as Schuessler Tissue Salts, Harmony, Ki, Zen, HE, Homeopathic Complex Range, Herbal Creams and Vital. These trusted Martin & Pleasance products are suitable for various lifestyle stages and health conditions and can be taken with confidence.

SCHUESSLER TISSUE SALTS

Schuessler Tissue Salts

- Easily absorbed micro minerals
- Effective
- Easy to take
- Suitable for the whole family
- Do not interfere with prescriptive medication
- Non-habit forming
- Stimulate the body's own ability to heal itself
- Regulate mineral levels in your cells



The Tissue Salt story

Dr. Schuessler was a doctor of medicine, a physiological chemist and a physicist who was well ahead of his time. He developed the Schuessler Tissue Salts at the end of the 19th Century and gave us a unique system of cellular therapy, Biochemistry (the chemistry of living tissues) which continues to be popular today.

Dr. Schuessler found that there are 12 inorganic minerals present in the body which he called "tissue salts".

Dr. Schuessler's Theory

- Disease does not occur if cell metabolism is normal.
- Cell metabolism is normal if cell nutrition is adequate.
- Nutritional substances are needed by the body in both organic and inorganic forms.
- The ability of the cells of the body to assimilate and excrete and further utilise nutritional material is impaired if there is a deficiency in the inorganic mineral (tissue salt) constituent of cellular tissues.
- Adequate cell nutrition may be restored and cellular metabolism normalized by supplying the required tissue salts to the organism in an easily digested form that is able to be assimilated by the cells of the body.

SINGLE TISSUE SALTS

1	CALC FLUOR Calcium Fluoride	ELASTICITY Bone surface, blood vessels & muscle tissue	Haemorrhoids, varicose veins, cracked skin, muscle strain & injured ligaments.	
2	CALC PHOS Calcium Phosphate	BONE HEALTH Bone, teeth, connective tissue & gastric juice	Anaemia, bone diseases & indigestion.	
3	CALC SULPH Calcium Sulphate	BLOOD PURIFIER Skin cells, bile & blood from the liver	Skin disorders, spots, pimples & slow healing wounds.	
4	FERR PHOS Ferrum Phosphate	FIRST AID SALT Found in all cells	Inflammation, redness, throbbing, 1st stage of respiratory illness.	
5	KALI MUR Potassium Chloride	GLANDULAR TONIC Every body tissue except bone	Mucous congestion, coughs, glandular swellings, tonsillitis & ulcerated sore throat.	
6	KALI PHOS Potassium Phosphate	NERVE TONIC Tissue & fluid of nerve & brain cells also muscle cells	Nervous tension, depression, irritability & tension headaches.	
7	KALI SULPH Potassium Sulphate	SKIN SALT Cells lining the skin	Dry scaling skin & minor eruptions, dandruff & chicken pox.	
8	MAG PHOS Magnesium Phosphate	NERVE & MUSCLE RELAXANT Blood, bone & teeth	Spasmodic pain, muscle cramps, spasms & twitches.	
9	NAT MUR Sodium Chloride	FLUID BALANCE Every liquid & solid part of the body	Excessive moisture or dryness, runny nose, loss of smell & taste.	
10	NAT PHOS Sodium Phosphate	ACID NEUTRALISER Blood, bone, muscle nerve & brain cells	Acidity, indigestion, dyspepsia & heartburn.	
11	NAT SULPH Sodium Sulphate	WATER ELIMINATOR Blood vessel walls & cell coats	Biliousness, liver upsets & water retention.	
12	SILICA Silicon Dioxide	CLEANSER & CONDITIONER Connective tissue, hair, nails, blood, bile, bone & nerve sheath	Pimples, boils, ulcers, styes & excessive perspiration. Hair, skin & nail nutrient.	

COMBINATION TISSUE SALTS

A	Ferr Phos, Kali Phos, Mag Phos	INSOMNIA Restless sleep due to muscle cramps sciatica or inflammation		L	Calc Fluor, Ferr Phos & Nat Mur	CIRCULATORY DISORDERS Cold limbs, varicose veins & inflammation	
B	Calc Phos, Kali Phos, Ferr Phos	GENERAL DEBILITY Nervous exhaustion, irritability & anxiety		M	Nat Phos, Nat Sulph, Kali Mur & Calc Phos	RHEUMATISM Stiff joints, poor mobility & fluid build up	
C	Mag Phos, Nat Phos, Nat Sulph & Silica	ACIDITY Heartburn, gastric reflux & dyspepsia		N	Calc Phos, Kali Mur, Kali Phos & Mag Phos	MENSTRUAL PAIN Stomach cramps, bloating & headaches	
D	Kali Mur, Kali Sulph, Calc Sulph & Silica	SKIN DISORDERS Acne, eczema, dermatitis & scaly skin		P	Calc Fluor, Calc Phos, Kali Phos & Mag Phos	POOR CIRCULATION Chillblains, aching feet & legs & muscular pain	
E	Calc Phos, Mag Phos, Nat Phos, Nat Sulph	INDIGESTION Gastric discomfort, flatulence, bloating & colic		Q	Ferr Phos, Kali Mur, Kali Sulph & Nat Mur	SINUS Symptoms of sinusitis & catarrh	
F	Kali Phos, Mag Phos, Nat Mur & Silica	FATIGUE Fatigue, physical & mental exhaustion		R	Calc Fluor, Calc Phos, Ferr Phos, Mag Phos & Silica	PAINFUL TEETH Teething, tooth pain & dental inflammation	
G	Calc Fluor, Calc Phos, Kali Phos & Nat Mur	LUMBAGO Lumbago, backache, pain in the lumbar region		S	Kali Mur, Nat Phos & Nat Sulph	STOMACH UPSET Biliousness, queasiness & nausea	
H	Mag Phos, Nat Mur & Silica	HAYFEVER Hayfever, allergies & sinusitis		T	Ferr Phos & Kali Mur	1st STAGE OF ILLNESS Inflammation, onset of fever, sore throat & immune support	
I	Ferr Phos, Kali Sulph & Mag Phos	FIBROSITIS Fibrositis, muscular pain & inflammation		U	Calc Phos, Calc Fluor, Silica & Nat Phos	CALCIUM ABSORPTION Calcium deficiency, to maximise calcium absorption	
J	Kali Mur, Nat Mur & Ferr Phos	CONGESTION Chest congestion, coughs & colds		5	Calc Phos, Mag Phos, Ferr Phos, Nat Phos & Kali Phos	5 PHOSPHATES Anxiety, neuralgic pain & general debility	
K	Kali Sulph, Nat Mur & Silica	WEAK BRITTLE NAILS Brittle nails, falling hair & flaky scalp		12	Calc Fluor, Calc Phos, Calc Sulph, Ferr Phos, Kali Mur, Kali Phos, Kali Sulph, Mag Phos, Nat Mur, Nat Phos, Nat Sulph & Silica	12 TISSUE SALTS Overall fatigue & exhaustion	

Frequently Asked Questions

What are Tissue Salts?

Tissue Salts are homeopathically prepared minerals which support the healing processes in the body by regulating mineral levels in the cells. They are the 12 vital minerals that the body needs daily to support cell metabolism and ensure that the minerals which the body ingests in food are evenly distributed. They were developed, promoted and successfully put into practice as a therapeutic system by the German physician, Dr. Schuessler at the end of the 19th Century.

What's the difference between minerals and tissue salts?

Tissue Salts are homeopathically prepared minerals that stimulate cell metabolism. Common mineral tablets such as magnesium or calcium have similar properties, but they simply fill up the body's mineral reserves.

Tissue Salts do not need to be broken down in the digestive tract before being assimilated, which allows them to be extremely effective.

Why are Tissue Salts important to our health?

Tissue Salts provide the cells with the essential nutrients that they lack; proper mineral balance is necessary for normal cell function. When the blood lacks the necessary nutrients, the body becomes prone to illness. Tissue Salts improve the overall absorption of nutrients ingested and encourage overall good health and wellbeing.

What causes Tissue Salt deficiency in the cells?

Lack of a particular tissue salt in the cells arises from stress, a poor diet, electromog, bacteria, viruses, pollution or injury. This may cause a blockage in the cell's regulation which can be corrected by the correct tissue salts activating the healing process.

Wouldn't it make sense to take all twelve tissue salts at the same time?

Dr. Schuessler developed and prescribed the tissue salts for use against specific disorders in the body. While a combination of all twelve will not harm the body, it is recommended that selection is based on current symptoms.

Can I take Tissue Salts alongside prescriptive medicine?

Tissue Salts are non-toxic and non-addictive. They are considered safe and have no known side-effects. There are no known interactions with any medications.



Can pregnant women take Tissue Salts?

Yes, Tissue Salts are considered safe to be taken during and after pregnancy and whilst breast feeding.

How do I take Tissue Salts and how long do I need to stay on them?

The recommended dose is 1 tablet 4 x per day, when possible 30 minutes away from food.

It is best to stay on the Tissue Salts for at least 1 to 3 months and visit your health care professional if symptoms persist.

Can I give the Tissue Salts to my children?

Yes, half the adult dose for children and quarter the adult dose for infants.

How are Tissue Salts absorbed in the body?

Tissue Salts are absorbed into the body via the blood vessels in the mouth, chewing the tablets rather than swallowing whole is preferred. Tissue Salts are quickly and directly absorbed.

Can I give Tissue Salts to my pets?

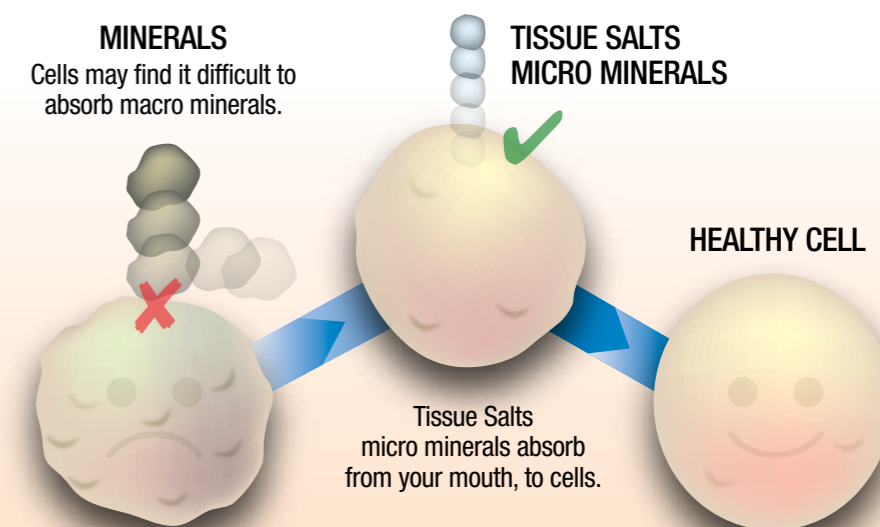
Yes, all the Schuessler Tissue Salts can be given to your pets. The Tissue Salts can be crushed and added to your pet's food.

Can I take more than one Tissue Salt at a time?

Yes, more than one Tissue Salt can be taken at a time, however, one of the combinations may be suitable instead.

How long do I need to stay on Tissue Salts for them to be effective?

It is recommended that you take the same Tissue Salt for at least 1 to 3 months or until your condition is stabilized.



VITAL ALL-IN-ONE

TUBS NOW PROUDLY MADE FROM
100% RECYCLED PLASTIC



Introducing the new environmentally friendly Vital tubs, made from 100% recycled plastic

WHAT IS VITAL TO YOU?

ENERGY?
IMMUNITY?
CONVENIENCE?



Start your day with Vital All-In-One. This naturopath developed total daily supplement combines vitamins, minerals, 14 billion probiotics, prebiotics, vegetables, fruits, greens plus more, all in the one convenient formula. Developed and made right here in Australia. It's all you need, all in one.

AVAILABLE IN
120G, 300G, 600G, 1KG



All in One Daily Supplement

WHAT IS VITAL ALL-IN-ONE

Vital All-in-One is a comprehensive multi nutritional supplement to support optimal health. A carefully balanced blend of; **ALKALISING GREENS, SUPERFOODS, PROBIOTICS, VITAMINS & MINERALS, DETOX HERBS, PEA PROTEIN, FIBRE AND ANTIOXIDANTS.**

WHAT IS NEW? SUPERIOR GUT HEALTH SUPPORT

NOW with 14 billion probiotics and 800mg of prebiotic (Inulin)

- Recent advances in the commercial development of freeze dried probiotics offer better, more stable alternatives.
- Research into gut flora and it's role in our digestive system and overall health has increased considerably

WHAT IS UNIQUE ABOUT VITAL ALL-IN-ONE?

- Developed by naturopaths Shane Sullivan ND DBM and Stephen Sprada MHSc ND DBM
- A One-Stop-Shop formula: All your nutritional needs in a single daily serve
- Australian developed and manufactured SINCE 2000
- Powder form for superior absorption
- 25% RDI of vitamins and minerals

Just 2 TEASPOONS Daily provides all the nutrients you need to support optimal health.



A more complete blend with the addition of pre and probiotics 14 billion CFU probiotics plus 800mg of prebiotics per serve!

Lactobacillus acidophilus
5.0 billion CFU*
per serve
*WAS 3 BILLION PROBIOTICS

- Most common probiotic found in commercial yoghurts and other fermented foods.
- Assists in effective lactose digestion.
- Helps optimise digestion and support bowel health.

Bifidobacterium bifidum
3.0 billion CFU*
per serve

- Helps to repopulate gut flora promoting good digestive health.
- Aids in the synthesis of B complex and Vitamin K in the intestines.
- Bifidobacterium bifidum is essential within the body to assist in the breakdown of fibre.

Bifidobacterium lactis
5.0 billion CFU*
per serve

- Supports optimal digestion by improving the breakdown of fibre, sugars and lactose.
- Reduces inflammation in the gut.
- Helps keep you "regular" – normalises bowel movement.

Bifidobacterium longum
1.0 billion CFU*
per serve

- Helps to improve intestinal health and strengthen the immune system.
- A natural part of the gut flora supporting the digestive process.

Double the inulin = Double prebiotic benefits! Now 800mg per serve

Prebiotics are an important source of nourishment for the natural gut flora. Indigestible by our bodies, inulin gets transported to the large intestine where it feeds microbes and promotes fermentation. Excellent source of soluble dietary fibre for improved digestive health.

KEY function	KEY examples	BENEFIT to everyday health
Greens, vegetables, and high nutrient fruits • ANTIOXIDANT • ALKALISE & DETOX • ENERGY	Spirulina, chlorella, wheatgrass, barley leaf, kale sprouts plus red beet, broccoli, kelp, acerola & rosehips	<ul style="list-style-type: none"> Antioxidants help reduce free radical damage caused by things such as pollutants, stress, pesticides & poor diet Improvements in acid-alkaline balance may help to boost vitality & wellbeing. The addition of greens, vegetables and high nutrient fruits provides essential nutrients.
Nervous system support • ADAPTOGENIC • CALMING	Siberian ginseng withania, licorice root, gotu kola, rosemary & Co enzyme Q10	<ul style="list-style-type: none"> Siberian ginseng has been shown clinically to relieve anxiety, boost energy & prevent infection. Adaptogenic herbs improve your ability to adapt to physical & emotional stress. Tonify & nourish the adrenal glands to improve energy & mood.
Antioxidant and immune support • BOOST IMMUNITY • ANTIOXIDANT	Beta glucans, astragalus, grapeseed extract, green tea, resveratrol, shiitake & reishi mushroom	<ul style="list-style-type: none"> Beta glucans have been researched and shown to help modulate immunity. Additional herbs are added to help offer immune support and provide rich antioxidant protection.
Liver support herbs • Liver function • Detox & cleansing	Milk thistle, dandelion, burdock root, aloe vera, rice bran & flaxseed	For a healthy gut and digestion, these ingredients help eliminate waste and support cleansing. Improving liver function can help support the endocrine system & therefore may help to boost energy & vitality
Alkaline vegetable protein • Essential amino acids • Low glycemic index	100% Vital natural pea protein	Amino acids are the building blocks of protein which preserve muscle mass & assist with weight and appetite control whilst helping to regulate blood sugar.

GREENS, VEGETABLES AND HIGH NUTRIENT FRUITS

Organic Spirulina	1000 mg
Organic Apple	200 mg
Organic Chlorella	333 mg
Organic Kale Sprouts	100 mg
Organic Wheatgrass	333 mg
Organic Barley Sprouts	200 mg
Acerola Fruit	267 mg*
Carica Papaya (with papain)	250 mg
Organic Broccoli Sprouts	150 mg
Pineapple Fruit Juice (with papain)	240 mg*
Bilberry Fresh Fruit	200 mg*
Rosehip Fruit	168 mg*
Red Beet	167 mg
Carrot Root	83 mg
Spinach Leaf	67 mg
Licorice Root	67 mg
Wolfberry (Goji) Fruit	33 mg*
Kelp Whole Plant	8 mg

ADDITIONAL VITAL VITAMINS AND MINERALS

Citrus bioflavonoid	500 mg
Vitamin C (Ascorbic acid)	333 mg
Calcium (from Calcium citrate)	132 mg
Potassium (from Potassium phosphate di-basic)	104 mg
Vitamin E (d-alpha tocopherol succinate)	100 mg
Magnesium (from Magnesium citrate)	42 mg
Vitamin B3 (Nicotinic acid)	18 mg
Silica (from colloidal anhydrous)	14 mg
Zinc (from Zinc amino acid chelate)	10 mg
Co-Enzyme Q-10 (Ubidecarenone)	8 mg
Vitamin B5 (Calcium pantothenate)	3.5 mg
Vitamin B6 (Pyridoxine hydrochloride)	3.2 mg
Vitamin B1 (Thiamine hydrochloride)	2.8 mg
Vitamin B2 (Riboflavine)	2 mg
Vitamin B3 (Nicotinamide)	2 mg
Pro-vitamin A (Beta-carotene)	2 mg
Manganese (from Manganese amino acid chelate)	1.4 mg
Vitamin B7 (Biotin)	330 µg
Folic Acid (from Pteroylglutamic Acid)	300 µg
Copper (from Copper gluconate)	225 µg
Selenium (from Selenomethionine)	30 µg
Vitamin B12 (Cyanocobalamin)	28 µg
Chromium (from Chromium picolinate)	10 µg
Vitamin D2 (from Ergocalciferol)	3.8 µg

DIGESTIVE NUTRIENTS, ENZYMES AND CULTURES

Globe Artichoke Leaf	500 mg*
Inulin (FOS prebiotics)	800 mg
Ginger Rhizome	67 mg
Bromelain	65 mg
Aloe Vera Gel	500 mg*
Bifidobacterium Bifidum	3.0 billion
Lactobacillus Acidophilus	5.0 billion
Bifidobacterium Lactis	5.0 billion
Bifidobacterium Longum	1.0 billion
Papain (from carica papaya and pineapple)	

NERVOUS SYSTEM SUPPORT

Siberian Ginseng	1000 mg*
Lecithin	725 mg
Organic Flaxseed Powder	400 mg
Gotu Kola Leaf	67 mg*

VEGETABLE PROTEIN

100% Vital Pea Protein Isolate	1000 mg
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PLUS ALL NATURAL SWEETENER

Natural Vanilla Flavour, Natural Pineapple Flavour, Thaumatin, Stevia and Xanthan Gum.

Contains IFOAM Certified Organic Ingredients. Some ingredients are not certifiable or not certified organic. *Extract equivalent amount

ANTIOXIDANT AND IMMUNE SUPPORT

Citric Acid (anhydrous)	150 mg
R,S Alpha Lipoic Acid	67 mg
Astragalus Root	67 mg*
Grapeseed	67 mg*
Green Tea	67 mg*
Cocoa Bean (45% polyphenols)	100 mg*
Rosemary Leaf	68 mg*
Beta Glucans (from Saccharomyces)	50 mg*
Reishi Mushroom	21 mg
Shiitake Mushroom	21 mg
Resveratrol	10 mg*

LIVER SUPPORT HERBS

Rice Bran Powder	310 mg
Milk Thistle	67 mg*
Dandelion Root	33 mg*
Burdock Root	21 mg*

VITAL PEA PROTEIN

100% NATURAL PEA PROTEIN

WEIGHT MANAGEMENT SUPPORT

WORKOUT RECOVERY



LESS THAN 1% NATURAL SUGAR

LESS THAN 100 CALORIES PER SERVE

Vital Protein is sourced from a superior European golden pea. The plant protein is 100% natural, and unlike whey proteins will not make you bloat! It helps support muscle recovery, pre and post workout and helps support weight management containing less than 100 calories per serve! Available in 3 delicious flavours and an unflavoured option.

✓ VEGAN ✓ DAIRY FREE ✓ GLUTEN FREE



✓ DAIRY FREE ✓ VEGAN ✓ SOY FREE ✓ GLUTEN FREE

LOW CALORIE & LOW CARB FOR WEIGHT MANAGEMENT SUPPORT*

100% NATURAL EUROPEAN PEA PROTEIN

Vital Protein is a high quality PEA PROTEIN ISOLATE extracted from superior European grown golden peas.

HIGH PROTEIN CONTENT:

The patented enzyme process isolates **88%** of the protein content.

A COMPLETE PROTEIN:

Vegetable protein that contains high levels of all 9 naturally occurring amino acids.

HIGHLY DIGESTIBLE:

● NON-DAIRY ● NO WHEY ● NO NASTIES

Directions:

Dissolve or mix two heaped tablespoons in 200 mLs of water, milk of choice, yoghurt, or natural juice of your choice. Consume 1-2 times per day (at any time). Suitable for use during pregnancy.

AVAILABLE IN 1K AND 500G



WHY CHOOSE VITAL PROTEIN FOR YOUR CUSTOMERS?

<p>Snack replacement</p> <ul style="list-style-type: none"> ✓ Low GI ✓ Low Fat ✓ Less than 100 calories per serve ✓ Feel fuller for longer ✓ Less than 1% sugar 	<p>Vegans & allergy sensitive</p> <ul style="list-style-type: none"> ✓ 100% pea protein ✓ Dairy & lactose free ✓ Gluten free ✓ Easy to digest 	<p>Exercise & fitness</p> <ul style="list-style-type: none"> ✓ Helps build lean muscle ✓ Helps repair muscles ✓ Great for recovery ✓ Builds strength
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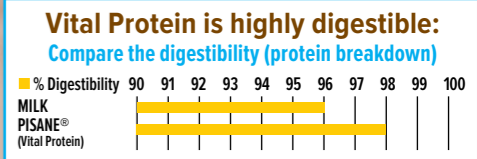
LESS THAN 1% NATURAL SUGAR

Vital Pea Protein	Benefits to your customers
Dairy Free, Soy Free, Vegan	Allergy and sensitivity to milk and dairy based products is on the rise, being linked to poor absorption and GI upsets like flatulence and diarrhoea.
Low Carbs & Low GI	Ideal for weight loss. Helps to maintain blood sugar levels throughout the day and supports optimal fat burning.
Balanced amino acid profile	The most balanced and potent amino acid profile of any plant based protein, with 18 amino acids including all 9 of the essential amino acids.
Alkaline – pH of 7.8 (animal based protein is acidic)	Restoring your pH balance helps with detoxification, good digestion and preserves calcium and magnesium in bones and muscles. It also inhibits build-up of lactic acid in muscles to help improve exercise recovery and allows longer periods of exertion.
High level of satiety	Leads to feeling fuller for longer and thus helps to control appetite.

- UNFLAVOURED**
100% Pea Protein Isolate.
- VANILLA**
100% Pea Protein Isolate, Natural Vanilla Flavour, Thaumatin.
- CHOCOLATE**
100% Pea Protein Isolate, Natural Chocolate Flavour, Thaumatin.
- STRAWBERRY**
100% Pea Protein Isolate, Natural Strawberry Flavour, Natural Vanilla Flavour, Red Beet Powder, Thaumatin, Citric Acid (anhydrous).

	pH	Vital Pea Protein	Whey Protein
		mg per 100g	mg per 100g
		Alkaline	Acidic
Essential Amino Acids	Histidine*	2700	1250
	Isoleucine*	4700	3347
	Leucine*	8700	6513
	Lysine*	7700	5900
	Methionine*	1200	1213
	Phenylalanine	5600	2006
	Threonine*	3900	4156
	Typtophan*	1000	1088
	Valine*	5200	3350
Non-essential Amino Acids	Alanine	4400	2966
	Arginine	9100	1491
	Aspartic Acid	12500	6094
	Cysteine	1100	1329
	Glutamic Acid	20300	9797
	Glycine	4100	2575
	Proline	4400	4219
	Serine	5600	2903
	Tyrosine	3900	1959

*Essential Amino Acids
Amino acid content may vary slightly from batch to batch, these figures serve as an average analysis.



100% NATURAL

NO ARTIFICIAL COLOURS, FLAVOURS, PRESERVATIVES OR SWEETENERS, HAACP CERTIFIED NATURAL ORIGIN.

INTRODUCING THE NEW

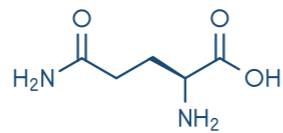
vital
PERFORMANCE
PROTEIN FORMULA



HIGHEST QUALITY
PLANT PROTEIN



BLENDED WITH POWERFUL
INGREDIENTS DESIGNED TO HELP
WITH EXERCISE RECOVERY



L-GLUTAMINE



TART
CHERRY



MAGNESIUM



MANGANESE



VEGAN



MUSCLE RECOVERY
SUPPORT



REDUCED
INFLAMMATION

INTRODUCING THE NEW

vital
SLIM & TRIM
PROTEIN FORMULA



HIGHEST QUALITY
PLANT PROTEIN



BLENDED WITH ACTIVE INGREDIENTS
DESIGNED TO HELP WITH WEIGHT
MANAGEMENT



L-CARNITINE



GINGER



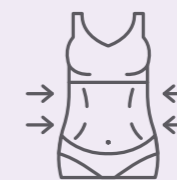
TURMERIC



CAYENNE
PEPPER



METABOLISM
BOOSTING



APPETITE
SUPPRESSANT



SNACK
REPLACEMENT

Vital Organic Greens

TUBS NOW PROUDLY MADE FROM
100% RECYCLED PLASTIC



- ✓ Certified organic
- ✓ Gluten free
- ✓ Dairy free
- ✓ Vegan

Vital has selected the six finest greens found in nature to create Organic Greens

Spirulina, Wheat Grass, Barley Grass, Kale, Broccoli, Chlorella

ZEN Joint and Muscle Pain Relief

Natural herbal medicine to target muscle pain, bruising and minor sporting injuries.

Using a hybrid of Chinese and western herbs, ZEN provides natural, temporary pain relief to soothe muscles and joints.

FAST EFFECTIVE NATURAL

Available from selected health food stores and pharmacies. Always read the label and use only as directed. If symptoms persist, consult your healthcare professional.



Relieves the pain associated with arthritis, rheumatism and minor sports injuries. Zen Joint & Muscle Pain Relief has been formulated with herbs used in Traditional Chinese Medicine to help reduce inflammation and pain as well as improve healing. Zen spray and gel both smell wonderful because of the Japanese mint.

CLINICALLY TRIALLED IN BOTH OSTEOARTHRITIS & RHEUMATISM

- Decrease chronic pain, stiffness & swelling
- comparable pain relief to drug treatment
- Increase knee movement and walking distance
- Pain relief continues post treatment

Formulated to also promote a healthy circulation & nourish joints & muscles

A POWERFUL TONIC FOR THE WHOLE BODY

Zen Liniment, Gel and tablets offer more than just FAST pain relief, they also speed up recovery time with 8 healing herbs & aromatic essential oils:

- Anti-inflammation and pain relief
- Enhances local circulation and healing
- Promotes the repair of tendons and muscles
- Warming & Soothing
- Relieves nerve pain and sciatica



INTRODUCING Ener-C™

HYDRATE ME WITH ENER-C

1 MULTIVITAMIN SACHET DAILY

HELPS BOOST ENERGY, HYDRATION AND SUPPORT IMMUNE FUNCTION



Ener-C is free from gluten, lactose, dairy and animal products.
Available in packs of 12 sachets in orange, lemon lime and raspberry flavours.

DID YOU KNOW?

- ✓ Humans cannot produce Vitamin C, one of the most important water-soluble antioxidants in the body which is needed for the repair and maintenance of tissues.¹
- ✓ B vitamins, Vitamin C, Chromium and Zinc help support energy production in the body
- ✓ Antioxidants from Vitamins A, C, E and Zinc may prevent some of the damage caused by free radicals.²
- ✓ Iodine helps support thyroid function.

WHAT IS ENER-C?

- ✓ Ener-C is an effervescent drink mix in convenient dose sachets. Get all the benefits of a multivitamin and a high dose Vitamin C in a delicious drink to stay energised and hydrated. For daily wellbeing at home or while travelling.

WHY CHOOSE ENER-C?

- ✓ Effervescent multivitamin drink in convenient dose sachets
- ✓ High dose of Vitamin C (1000mg per sachet)
- ✓ Contains electrolytes for rehydration
- ✓ Real fruit juice powders
- ✓ Delicious taste
- ✓ Does not contain caffeine
- ✓ Free from gluten, lactose, dairy and animal products
- ✓ Suitable for vegans and vegetarians

Ener-C

Benefits

Multivitamins and minerals

Provides an energy boost by supporting the body to metabolise carbohydrates, proteins and fats into energy

Vitamin C, Zinc and Vitamin A

Supports immunity by helping maintain healthy immune function and skin

Natural non-GMO sugar cane

Naturally sweetened with only 5g natural non-GMO cane sugar - does not contain artificial sweeteners

INDIVIDUAL SACHETS OF
**EFFERVESCENT
POWDER**

DAILY
MULTIVITAMIN

HIGH DOSE
VITAMIN C

CONTAINS
**NATURAL FRUIT
JUICE POWDERS**

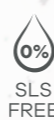


INTRODUCING



TRUST WHAT YOU PUT ON YOUR SKIN

AUSTRALIAN MADE AND OWNED



ORGANIC FORMULATIONS LEMON MYRTLE SHAMPOO	500ML
ORGANIC FORMULATIONS LEMON MYRTLE CONDITIONER	500ML
ORGANIC FORMULATIONS MANDARIN AND ROSE GERANIUM SHAMPOO	500ML
ORGANIC FORMULATIONS MANDARIN AND ROSE GERANIUM CONDITIONER	500ML
ORGANIC FORMULATIONS COCONUT BODY WASH	500ML
ORGANIC FORMULATIONS VANILLA AND MANDARIN BODY LOTION	250ML
ORGANIC FORMULATIONS LAVENDER HAND WASH	250ML
ORGANIC FORMULATIONS COCONUT HAND WASH	250ML
ORGANIC FORMULATIONS JASMINE AND ROSE HAND CREAM	125ML
ORGANIC FORMULATIONS ORGANIC ROSE HIP OIL	25ML
ORGANIC FORMULATIONS LIVE IT UP DEODORANT	70ML
ORGANIC FORMULATIONS ROSE GERANIUM SOAP	100G

- ✓ Australian owned and made
- ✓ Natural ingredients
- ✓ Soap free

- ✓ 100% recycled & recyclable packaging
- ✓ Cruelty free
- ✓ Vegan friendly

BIOLOGIKA LEMON SCENTED TEA TREE SOAP	100G	BIOLOGIKA LEMON MYRTLE SHAMPOO	500ML
BIOLOGIKA LIVE IT UP DEODORANT ROLL ON	70ML	BIOLOGIKA LEMON MYRTLE CONDITIONER	500ML
BIOLOGIKA LEMON KISS DEODORANT ROLL ON	70ML	BIOLOGIKA LEMON MYRTLE BODY WASH	500ML
BIOLOGIKA COCONUT HAND & BODY WASH	250ML	BIOLOGIKA CITRUS ROSE SHAMPOO	500ML
BIOLOGIKA COCONUT CONDITIONER	500ML	BIOLOGIKA CITRUS ROSE CONDITIONER	500ML



For a happy, healthy home use **ecologic**



AUSTRALIAN MADE | BIODEGRADABLE

ECOLOGIC AUSTRALIAN LAVENDER LAUNDRY LIQUID	1L	ECOLOGIC SWEET ORANGE & CLEMENTINE DISH LIQUID	500ML
ECOLOGIC CITRUS FUSION LAUNDRY LIQUID	1L	ECOLOGIC SWEET ORANGE & TANGERINE EVERYDAY CLEANER	V
ECOLOGIC LAVENDER & ALOE VERA FABRIC SOFTENER	1L	ECOLOGIC ROSE GERANIUM TILE & FLOOR CLEANER	1L
ECOLOGIC FABRIC STAIN REMOVER	500ML		



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