

LILY & LOAF[®]
BEAUTY • HEALTH • BALANCE



A-Z

COMPREHENSIVE PRODUCT REFERENCE
FOR HEALTH PROFESSIONALS





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Welcome

Lily & Loaf was created to bring you world class products, inspiring natural beauty, health and balance

Products that support good health, whilst following unsurpassed ethical and caring production methods that respects Mother Nature and all the benefits she provides. This principle was the inspiration for the creation of LILY & LOAF, dedicated to bringing you natural health and skincare products to inspire natural beauty and wellbeing for mind, body and spirit.

Dedicated Support Staff

Lily & Loaf are fortunate to have such an enthusiastic team of dedicated staff, with many members of the team having decades of experience in their fields. Our friendly customer service team include multi-lingual support staff who are here to support you on a daily basis, making your ordering experience as relaxed and enjoyable as possible. Our marketing team aim to provide the best product information in literature, on our website and in regular emails, and keep you posted daily on our Facebook page, whilst our warehouse team ensure you receive your products in perfect condition, packaged with care.

Expert Advisory Board

An extension of our home team, and an amazing resource for product formulation and support are our brilliant, independent Advisory Board members. A group of highly qualified and experienced scientists, herbalists, practitioners, and health consultants with a wealth of expert knowledge and experience

Everyone at Lily & Loaf works in harmony to bring you the best products and service possible.

Natural nutritional supplements for adults and children, outstanding natural, organic skincare, for a beautiful you, delightful organic essential oils to awaken the senses, and specialised pet nutrition for your four-legged friends.

Product Passion

Everyone at Lily & Loaf is passionate about the products and are very proud of the amazing range of natural products we have developed. Formulated and manufactured with care, we know that when you try them, you'll become a Lily & Loaf Lover too.

A

■ 5-HTP FORMULA with L-tryptophan

High quality, naturally sourced 5-HTP formula to aid balanced mood, relaxation, appetite, and restful sleep.

5-HTP (5-Hydroxytryptophan) is made naturally in the body with the help of the essential amino acid L-tryptophan. Our bodies don't naturally produce L-tryptophan, so we must obtain this important amino acid from our diet.

5-HTP is needed to produce serotonin, a neurotransmitter that sends messages between nerve cells, and a key player in the production of melatonin, which is sometimes called the 'sleep hormone'. Melatonin helps to regulate our sleep pattern and body clock. Optimum levels of 5-HTP in the body are required to aid restful sleep and maintain a well-balanced mood, which can promote relaxation and a reduction in anxiety and stress. Serotonin production naturally declines as we age, and stress can further compromise its production at any age.

Naturally sourced 5-HTP derived from Griffonia simplicifolia plant, hop flowers extract and L-tryptophan along with vitamin B6, B12 and magnesium. Vitamin B6 & B12 contribute to the normal function of the nervous and immune systems, homocysteine metabolism, psychological function and energy yielding metabolism.

Each capsule provides:

Griffonia seed extract 20%	5-HTP
(Griffonia simplicifolia (DC.) Baill)	125mg
L-Tryptophan	105mg
Hop flowers extract 0,1% rutin (Humulus Lupulus L.)	100mg
Magnesium citrate anhydrous	100mg
Vitamin B6 (Pyridoxine hydrochloride)	1.7mg
Vitamin B12 (Cyanocobalamin 0,1%)	2.5mg

Ingredients: Griffonia seed extract (Griffonia simplicifolia (DC.) Baill), L-tryptophan, Hop flowers extract (Humulus Lupulus L.), Vitamin B12 (Cyanocobalamin), Vitamin B6 (Pyridoxine hydrochloride), Magnesium citrate, Anti-caking agent: Magnesium stearate, silicon dioxide. Bulking agent: microcrystalline cellulose. Vegetable capsule (Hydroxypropyl Methylcellulose), Capsule shell (vegetable cellulose).

Contains No GMO, gluten, wheat, lactose, soy, added sugar, artificial preservatives, colourings or allergens.

Take one capsule daily with a meal.

Product Code 2208 (90 capsules)

Not suitable for use during pregnancy or breastfeeding. Not intended for continual use. After three months take a two-week break before continuing use.

Suitable for vegetarians & vegans

NERVOUS, DIGESTIVE

■ ACTIVATED CHARCOAL

Activated charcoal is a traditional home remedy that has been used for many years to treat a host of common ailments and conditions. It is naturally porous, which means it can promote good digestive function and health by binding harmful toxins and waste products together in the gut before your body has the chance to absorb

them. This can help ease the pressure on your kidneys by reducing the amount of waste they have to filter.

Activated charcoal can also help reduce your blood pressure and lower cholesterol levels by binding cholesterol and preventing it from being absorbed. It can help whiten your teeth and brighten your smile by absorbing plaque and other compounds which can discolour your enamel.

Each capsule provides	*%NRV
Activated Charcoal	300 mg -

Ingredients: Activated charcoal (coconut shell), bulking agent microcrystalline cellulose, capsule shell (hydroxypropylmethylcellulose), anti-caking agent (magnesium stearate).

Take 4 capsules each day, 2 half an hour before and 2 half an hour after a meal, with plenty of water.

Product Code 2293 (90 tablets)

Suitable for vegetarians & vegans

DIGESTIVE, INTESTINAL

■ ALFALFA

Alfalfa is often referred to as the 'father of herbs', and because Alfalfa's roots often grow more than 20 feet deep, it makes them very resilient to drought, and provides the plant with a rich source of nutrients that are not always available at the ground's surface. Alfalfa is a natural source of vitamin D, E, K and B vitamins. Each capsule contains 340mg Alfalfa.

Each six capsules contain:

Alfalfa aerial parts	2040 mg.
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Ingredients: Alfalfa aerial parts (Medicago sativa), capsule shell (gelatin, water).

Take two capsules with a meal three times daily.

Product Code 30 (100 capsules)

Kosher

GENERAL NUTRITION

■ ALOE VERA JUICE I.A.S.C. certified

This natural juice product is made from 100% Pure Aloe Vera, which is a natural nutritional powerhouse that contains 200 biological compounds, including vitamins B1, B2, B6, C, niacinamide, choline and 18 amino acids. Nature's Sunshine's Aloe Vera is processed in a special way to avoid the loss of essential vitamins, minerals and other constituents and manufactured to the highest standards. Nature's Sunshine's Aloe Vera Juice is certified by the International Aloe Science Council. Beware of Aloe Vera juice that claims to have no distinctive taste, as removing the 'flavour' leaves you with a product that contains very little actual aloe vera.

Ingredients: Aloe Vera juice from concentrate (aloe vera inner leaf concentrate and purified water). Preservatives: citric acid, potassium sorbate, and sodium benzoate.

Take 60-180ml per day. Mix with fruit or vegetable juice.

Product Code 1680 (946ml)

Six pack: **product code: 9783**

Suitable for vegetarians & vegans

Kosher

GENERAL NUTRITION, INTESTINAL, DIGESTIVE

ALOE VERA WITH BLUEBERRIES AND CRANBERRY

Aloe vera offers soothing and healing effects for the digestive system, ideal for IBS, colitis, and intestinal discomfort. It has been shown to inhibit yeast and unfriendly bacteria, supporting the gut. Some of the compounds within Aloe Vera provide anti-inflammatory and analgesic – pain relief - properties too. Aloe vera is commonly used to support detoxing of the body. It is a source of amino acids, antioxidant compounds and anti-inflammatory compounds.

Nutritional Information:	Per 100g	Per Daily Dose
Energy Kcal/Kj	357Kcal/1,492.26Kj	14.28Kcal/59.69Kj
Fat	0.19g	0.0076g
of which saturated	0.00g	0.00g
Fibre	1.28g	0.05g
Protein	0.35g	0.014g
Salt	0.02g	0.00g
Carbo hydrates	88.53g	3.54g
of which sugars	21.05g	0.84g

Ingredients: 200:1 extract of Aloe vera leaf (*Aloe barbadensis*); 25: 1 dry extract of blueberry fruit, North American Cranberry (*Vaccinium macrocarpon*) 3% PAC; Fruits of the Forest natural flavour; Corn Maltodextrin; citric acid; Anti-caking agent: Silicon dioxide, red beet colouring; Sweetener: steviol glycoside.

Mix one teaspoon with 500ml of water, each day. Or add to your favourite smoothie.

Product Code 2333 (150g)

Suitable for vegetarians & vegans

GENERAL NUTRITION, INTESTINAL, DIGESTIVE

ANTIOX-IMMUNE

Your immune system is your body's first line of defence against infections, so make sure you're giving your body what it needs to tackle those invaders. Antiox-Immune contains zinc and vitamin C and selenium, all of which contribute to the normal function of the immune system and the protection of cells from oxidative stress.

Our formula also contains lycopene which is a powerful antioxidant which supports vascular health. Lycopene is a plant nutrient with fantastic antioxidant properties. It is a naturally occurring chemical which gives fruit and vegetables their red colour.

Grapeseed Extract supports your cardiovascular and immune health and contains an array of polyphenols and flavonoids. Polyphenols are micronutrients that come from certain foods, which are packed full of antioxidants offering potential health benefits.

Antioxidants are vital for everyone, as we are all susceptible to free radical damage, every hour of every day. They play a vital role in helping fight degeneration and ageing both at cellular level and within each body system. We all require a healthy diet, with plenty of fruit and vegetables, as well as the right supplements to ensure we can make the most of their protective benefits and help us

maintain good health. There are some groups; however, whose need for antioxidants is increased – smokers, for example, people who are ill or convalescent, people exposed to toxins regularly within their workplace or from pollution, people with a poor diet, those who are highly stressed. This is because the free radical damage for these people can be substantially increased if not offset by high levels of antioxidant.

Two Capsules Provide:		*%NRV
Proanthocyanidins OPC	151.8mg	-
Vitis vinifera	157.8mg	-
Pinus pinaster	2mg	-
Hesperidin	30mg	-
Citrus Extract	50mg	-
Lycopene	1mg	-
Vitamin C	40mg	50%
Zinc	10mg	100%
Selenium	27.5mg	50%

Ingredients: Grape seed extract (*Vitis vinifera* L., 95% proanthocyanidins OPC, 5% resveratrol); Citrus extract (*Citrus sinensis*, *Citrus limonum*, 60% hesperidin); L-ascorbic acid; L-Selenomethionine; Zinc citrate; Pine bark dry extract (*Pinus pinaster*, 90% proanthocyanidins OPC); Lycopene; Bulking agent: microcrystalline cellulose; Anti-caking agent: vegetable magnesium stearate; Anti-caking agent: silicon dioxide

Take two capsules daily with plenty of water, with a meal.

Product code 2259 (90 Capsules)

Suitable for vegetarians & vegans

IMMUNE, GENERAL NUTRITION

APPLE CIDER VINEGAR GUMMIES

Apple Cider Vinegar has a long history of use in traditional medicine dating back to 400BC, and has over recent years seen a rise in popularity. Now you can get the benefits of this fantastic ingredient in a delicious gummy.

Apple Cider Vinegar is popular for maintaining good digestion and weight management. As a digestive aid, apple cider vinegar has traditionally been used to help with general digestive discomfort, including bloating.

Two Gummies Provide:		*NRV%
Apple Cider Vinegar powder	1000mg	-
Vitamin C	40mg	50%
Chromium Picolinate	12µg	30%

Ingredients: Apple Cider Vinegar Powder, Vitamin C (L-Ascorbic Acid), Chromium Picolinate, Glucose Syrup, Sucrose, Water, Pectin, Apple Juice Concentrate, Pomegranate Juice Concentrate, Blackcurrant Juice Concentrate, Sodium Citrate, Carrot Juice Concentrate, Natural Flavouring (Apple), Citric Acid, Glazing Agent (Carnauba Wax and Vegetable Oil), Black Carrot Juice Concentrate

Take 2 gummies each day, before a meal.

Product code 2324 (60 gummies)

Suitable for vegetarians & vegans

IMMUNE, WEIGHT MANAGEMENT, GENERAL NUTRITION, DIGESTIVE

A

B

■ ASHWAGANDHA

Ashwagandha is a source of iron, which contributes to the reduction of tiredness and fatigue. The phytochemicals within Ashwagandha are Withanolides; these appear to effectively reduce anxiety and tension and increase well-being. This herb is a beneficial male sexual tonic. Stress can negatively impact male sexual performance. Studies suggest Ashwagandha may improve semen quality and erectile issues.

Ingredients: *Ashwagandha Root (as KSM-66) (milk), Rice Bran, Capsule Shell: Hydroxypropyl Methylcellulose.*

Take 1-2 capsules with a meal and water.

Product Code 2335 (90 capsules)

Suitable for vegetarians

SEXUAL HEALTH, ENERGY

■ BLACK WALNUT

The nut of the black walnut (*Juglans nigra*) is highly nutritious and has formed part of our diet for centuries. It is a good source of protein as well as nutrients such as iodine, chromium, potassium, the trace mineral manganese and vitamins A and C. Herbalists classify black walnut as an astringent because it is rich in tannins, which have toning properties. Black walnut also contains bitter compounds.

Each four capsules contain:

Black walnut hulls... 2000 mg

Ingredients: *Black walnut hulls (Juglans nigra), capsule shell (gelatin, water). Anti-caking agents; magnesium stearate, silicon dioxide.*

Take two capsules with a meal twice daily.

Product Code 90 (100 capsules)

Not suitable during pregnancy or by those trying to conceive Allergy advice: contains black walnut.

INTESTINAL

■ BLACK WALNUT & PUMPKIN SEED INTESTINAL CLEANSE

Our Black Walnut & Pumpkin Seed Intestinal Cleanse has been formulated to support healthy gut flora, stop the spread of harmful bacteria and soothe irritated tissue. Its two key ingredients are Black Walnut and Pumpkin Seed, which are renowned for their astringent, anti-fungal and anti-inflammatory properties.

Black Walnut are rich in protein, healthy fats and an impressive array of naturally occurring vitamins and minerals including Magnesium, Phosphorus, Potassium, Iron, Zinc, Copper, Manganese and Selenium. They are a low-carbohydrate source of fibre and astringent tannins – antioxidants that prevent the cellular damage caused by free radicals.

Pumpkin seeds are packed with valuable nutrients and contain antioxidants, including Vitamin E and carotenoids. These help to reduce inflammation and protect your cells from the oxidative stress caused by free radicals.

Two capsules provide:

		*%NRV
Black Walnut Hulls	2000mg	-
Pumpkin Seed Oil	500mg	-

Ingredients: *Black walnut hulls (juglans nigra), cellulose microcrystalline (bulking agent), vegetable capsule (hydroxypropylmethylcellulose), pumpkin seed oil (cucurbita pepo), silicon dioxide (anti-caking agent), magnesium stearate (bulking agent).*

Take one capsule with a meal and glass of water twice a day.

Product code 2292 (90 Tablets)

Suitable for vegetarians & vegans

DIGESTIVE, IMMUNE, INTESTINAL

■ BOOST with L-Arginine & Ginseng

This unique adult formula is especially designed to support vitality levels. It contains carefully selected stimulating herbs and nutrients including L-arginine, maca extract, ginseng root, oat straw concentrate, red raspberry leaves, damiana leaves, licorice root, and sarsaparilla root.

Each six capsules contain:

L-arginine	450 mg
Damiana	240 mg
Maca	450 mg
Siberian Ginseng (eleuthero)-	300 mg
Red Raspberry	300 mg
Licorice Root	180 mg

Ingredients: *L-arginine, maca root extract (Lepidium meyenii), eleuthero root (ginseng) (Eleutherococcus senticosus), oat straw extract (Avena sativa), raspberry leaf (Rubus idaeus), damiana leaf (Turnera diffusa), licorice root (Glycyrrhiza glabra), sarsaparilla root (Smilax officinalis). Capsule shell (gelatin, water). Bulking agent; cellulose, anti-caking agent; magnesium stearate.*

Take two capsules with a meal three times daily.

Product Code 1121 (100 capsules)

Allergy advice: Includes cereals containing gluten. See ingredients in bold. Not suitable for use during pregnancy or nursing.

Kosher

CIRCULATORY, GLANDULAR, NERVOUS.

Month supply available at a discount.

■ BOWEL BUILD

A unique formula of vitamins, mineral and herbs, Bowel Build supplies enzymes and vitamins formulated to maintain a healthy intestinal and digestive system.

This clever combination provides elements that encourage the proper flow of waste, with added ingredients for a soothing effect on the digestive system.

A perfectly balanced blend of key nutrients and plant extracts for the intestinal system. This formula provides betaine HCl to aid digestion in the upper gastrointestinal tract, with psyllium hulls to provide fibre and bulk, which in turn encourages the proper flow of waste. Althea and ginger have been added for a soothing effect on the digestive system.

Each eight capsules contain:		%NRV*
Vitamin A (RE)	200 µg	25%
(from 1200 µg beta-carotene)		
Vitamin E	10.6 mg	88%
Vitamin C	80 mg	100%
Zinc	8 mg	80%
Selenium	40 µg	73%
Betaine HCl	64 mg	—

Ingredients: *Psyllium hulls (Plantago ovata), capsule shell (gelatin, water), yellow dock root (Rumex crispus), sodium alginate, marshmallow root (Althaea officinalis), apple fruit pectin, activated charcoal, vitamin C (ascorbic acid), ginger rhizome (Zingiber officinale), betaine hydrochloride, zinc gluconate-, sodium copper chlorophyllin, vitamin E (d-alpha tocopheryl acetate), beta-carotene. Bulking agent; cellulose, anticaking agents; magnesium stearate, silicon dioxide.*

Take three or four capsules twice daily with morning and evening meals.

Product Code 2857 (120 capsules)

Not suitable for use during pregnancy.

Allergy advice: May cause a reaction in those allergic to inhaled or ingested psyllium.

INTESTINAL

■ BRAIN-PROTEX WITH HUPERZINE

Rich in potent antioxidants chosen for the brain and is especially helpful for people over 50 years of age. Designed to give maximum protection against excess free radical damage. Brain-Protex contains the herb ginkgo biloba in a blend of phosphatidylserine, choline, ethanolamine and inositol, as well as the powerful antioxidants lycopene and alpha lipoic acid. Each two capsule serving delivers 50mcg huperzine A.

Each four capsules contain:	
Soybean lecithin complex	454 mg
Ginkgo Biloba Leaf	268 mg
Huperzine A	100 mcg

Ingredients: *Soybean lecithin complex (phosphatidylserine, phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol), capsule shell (gelatin, water), Ginkgo biloba leaves, lycopene, alpha lipoic acid, huperzine A (from Chinese club moss whole plant extract). Bulking agent; maltodextrin, anti-caking agents; magnesium silicate, magnesium stearate, silicon dioxide, cellulose.*

Take two capsules with a meal twice daily.

Product Code 3114 (60 capsules)

Allergy advice: contains soya. See ingredients in bold.

Not for RESALE in Republic of Ireland, personal use only.

NERVOUS

Month supply available at a discount.

■ CALCIUM-MAGNESIUM

A Synergistic blend containing 100% or more NRV of calcium, magnesium and vitamin D, helping to maintain normal bones, teeth and muscles, and normal function of the immune system. Magnesium activates more than 300 enzymes in the body. It also plays a role in normal protein synthesis and contributes to a reduction in tiredness and

fatigue. This combination includes vitamin D, known to work synergistically with calcium, as well as phosphorus, zinc, copper, and contributes to normal blood calcium levels. Combined with the unique SynerPro® concentrate.

Four tablets provide:		% NRV*
Vitamin D	5.0 µg	100%
Calcium	800 mg	100%
Phosphorus	500 mg	71%
Magnesium	400 mg	107%
Zinc	15 mg	150%
Copper	2 mg	200%
Broccoli flowers	65 mg	—
Cabbage leaf	20 mg	—
Carrot root	20 mg	—
Red Beet root	20 mg	—
Rosemary leaf	20 mg	—
Tomato fruit	20 mg	—
Turmeric root	20 mg	—
Grapefruit bioflavonoid	5 mg	—
Hesperidin bioflavonoid	5 mg	—
Orange bioflavonoid	5 mg	—

Ingredients: *Di-calcium phosphate, magnesium oxide, calcium bis-glycinate, broccoli flowers (Brassica oleracea var. italica), zinc oxide, cabbage leaf (Brassica oleracea var. capitata), carrot root (Daucus carota), red beet root (Beta vulgaris), rosemary leaf (Rosmarinus officinalis), tomato fruit (Solanum lycopersicum), turmeric root (Curcuma longa), copper gluconate, sodium, grapefruit bioflavonoid extract, hesperidin bioflavonoid extract, orange bioflavonoid extract, vitamin D3 (cholecalciferol). Microcrystalline cellulose, hydroxypropyl cellulose, carboxymethyl cellulose, magnesium stearate, stearic acid, anti-caking agent; silicon dioxide.*

Take two tablets with a meal twice daily.

Product Code 4702 (120 tablets)

GENERAL NUTRITION, STRUCTURAL

■ CAPRYLIC ACID COMBINATION

An enteric coated prebiotic designed to nutritionally support anyone wanting to rebalance friendly bacteria. Each capsule contains caprylic acid (300mg), elecampane root, black walnut hulls and red raspberry leaves, and is enteric coated to ensure that they are released in the intestinal tract. This product can work in partnership with Pro B11.

Four capsules contain:	
Caprylic acid	1200 mg
Elecampane root	146 mg
Black walnut hulls	127 mg
Red raspberry leaves	127 mg

Ingredients: *Caprylic acid, capsule shell (gelatin, water), elecampane root (Inula helenium), black walnut hulls (Juglans nigra), red raspberry leaf (Rubus idaeus). Bulking agent; maltodextrin.*

Take two capsules with a meal twice daily

Product Code 1808 (90 capsules)

Allergy advice: contains black walnut.

INTESTINAL



C

■ CAPSICUM & GARLIC WITH PARSLEY

Capsicum is rich in beta-carotene, capsaicin, and a natural source of calcium, folate, magnesium, phosphorus and potassium. It contains vitamins A, as carotenoids, and vitamin C which are natural antioxidants.

Garlic is a known friend to the immune and circulatory systems. Parsley is added to the formula because the chlorophyll it contains helps to freshen breath.

This combination offers botanical sources of potassium, phosphorus, sodium and zinc. Potassium plays many important roles in the body, including the transmission of nerve impulses. Phosphorus is an essential component of bone. Zinc plays several essential roles in the body, including the regulation of normal growth and reproduction.

Each three capsules contain:

Capsicum	375 mg
Garlic	750 mg
Parsley	375 mg

Ingredients: *Garlic bulb (Allium sativum), capsicum fruit (Capsicum annuum), parsley leaf (Petroselinum crispum), capsule shell (gelatin, water).*

Take one capsule with a meal three times daily

Product Code 832 (100 capsules)

Kosher

DIGESTIVE, CIRCULATORY, IMMUNE

■ CHINESE HERB AND MINERAL BLEND

East meets West as Nature's Sunshine combines a superb collection of time honoured Chinese herbs to create this apple and cherry flavoured blend. The formula also includes well respected herbs such as Siberian Ginseng (*Eleutherococcus senticosus*), wolfberry fruit extract, licorice root extract and ginkgo leaf extract, along with white grape fruit juice and natural ginger.

Each daily 30ml serving of Chinese Herb & Mineral Blend provides 360mg of potassium. Potassium is a very important electrolyte mineral required for the proper function of all cells, tissues, and organs in the human body. Potassium contributes to normal functioning of the nervous system, normal muscle function, and the maintenance of normal blood pressure.

Contains natural apple and cherry flavours with no added sugar.

Each 30 ml serving provides:	%NRV*
Potassium (potassium chloride) 360 mg	18%
Eleuthero root extract 30 mg	—

Ingredients: *Purified water, white grape fruit juice concentrate, vegetable glycerin, fulvic acid, potassium chloride, wolfberry fruit extract (Lycium barbarum), sodium benzoate, citric acid, trace minerals, potassium hydroxide, eleuthero root extract (Eleutherococcus senticosus), astragalus root extract (Astragalus membranaceus), ginger rhizome (Zingiber officinale), gynostemma whole plant extract (Gynostemma pentaphyllum), licorice root extract (Glycyrrhiza glabra), reishi mushroom mycelium*

(Ganoderma lucidum), schisandra fruit extract (Schisandra chinensis), ginkgo leaf extract (Ginkgo biloba) cherry natural flavour, apple natural flavour.

Take one tablespoon (15ml) twice daily, in the morning and in the evening. Shake well before use. Mix with water or juice if desired.

Product Code 1818 (946ml)

Suitable for vegetarians and vegans

Not for RESALE in Republic of Ireland, personal use only.

GENERAL NUTRITION, GLANDULAR

CHLOROPHYLL

Chlorophyll is the green pigment in plants that harnesses the sun's energy in photosynthesis.

It performs metabolic functions in plants such as respiration and growth.

Chemically similar to human blood, chlorophyll acts as the life force of a plant, capturing sunlight to generate energy and vital nutrients.

See Liquid Chlorophyll product information for further details.

■ CIRCULATE with L-arginine, ginkgo & hawthorn

Lily & Loaf CIRCULATE is the Key System product for the circulatory system and provides high levels of a comprehensive range of vitamins and minerals, along with L-arginine, ginkgo, hawthorn and CoQ10 to support the circulatory system and general well-being.

L-arginine is an amino acid that the body converts into nitric oxide - an important molecule associated with the health of blood vessels. It is known as a vasodilator which means it can help blood vessels to relax and widen, helping to increase blood flow and improve circulation. Wider blood vessels also help to improve the delivery of oxygen and nutrients to muscles during exercise.

Includes generous amounts of B vitamins that contribute to the normal function of the heart, circulation and nervous system, psychological function and the reduction of tiredness and fatigue. Ginkgo is a powerful antioxidant associated with heart health and Hawthorn contains specific antioxidants that nourish the cardiovascular system. With an abundance of antioxidant vitamins A, C

and E this formula protects cells from oxidative damage and helps support a normal immune system.

Six Capsules Provide		%NRV
Vitamin A (94% retinol acetate)		
6% beta-carotene)	2130 µg	266%
Vitamin C	1332 mg	1665%
L-arginine	500 mg	-
Calcium	133 mg	16%
Magnesium	133 mg	35%
Vitamin B5	166 mg	2766%
Vitamin E	53.16 mg	443%
Vitamin B12	83 µg	3320%
Vitamin B1 thiamin	66 mg	6000%
L-Cysteine	62.5 mg	-
Vitamin B6	50 mg	3571%
Vitamin B3 niacin	33 mg	206%
Hawthorn Extract	30 mg	-
Citrus bioflavonoids	17.36 mg	-
Selenium	84 µg	152%
Vitamin B2	16 mg	1142%
L-Methionine	14.58 mg	-
Rutin	10.42 mg	-
Ginkgo biloba extract	10.41 mg	-
Zinc	10 mg	100%
Iron	3.2 mg	22%
Inositol	3.5 mg	-
Coenzyme Q10	3.3 mg	-
Chromium	66 µg	165%
Folic acid	133 µg	66.50%
Biotin	33 µg	66%

Ingredients: *L-ascorbic acid; Potassium gluconate; Vegetable capsule (hydroxypropylmethylcellulose); L-Arginine Base; Dicalcium phosphate anhydrous; microcrystalline cellulose; Magnesium hydroxide; D-Calcium Pantothenate; DL-alpha-tocopheryl acetate; Cyanocobalamin; Zinc Gluconate; Thiamin Hydrochloride; L-Cysteine hydrochloride; Pyridoxine hydrochloride; Nicotinamide; Hawthorn berries extract (Crataegus oxyacantha); Anti-caking agent: magnesium stearate; Para-aminobenzoic acid (PABA); Anti-caking agent: silicon dioxide; Citrus bioflavonoids (Citrus sinensis / Citrus limon) 60% hesperidin; Selenomethionine; Riboflavin; L-Methionine; Retinol Acetate; Japanese acacia extract (Sophora japonica) 95% Rutin; Ginkgo biloba leaf extract (Ginkgo biloba L) 24% flavonoids, 6% sesquiterpene lactones; Ferrous fumarate; Beta-carotene 10% (modified starch, glucose syrup, beta-carotene, medium chain triglycerides, water, DL-alpha tocopherol and tricalcium phosphate); Inositol; Coenzyme Q10 (Ubiquinone); Copper gluconate; Chromium picolinate; Pteroylmonoglutamic acid; D-biotin.*

Take two capsules three times daily with a meal.

Product Code 2209 (90 capsules)

This product contains vitamin A in the form of retinol. Not suitable for use during pregnancy or by those planning to conceive, except on the advice of a doctor or antenatal clinic.

Suitable for vegetarians and vegans

Not for RESALE in Republic of Ireland, personal use only.

CIRCULATORY, GENERAL NUTRITION

Month supply available at a discount.

COD LIVER OIL

Cod liver oil is a popular food supplement with a long history of use. It is sourced from the liver of codfish. Cod liver oil is a good source of omega 3, it is also a source of vitamins A & D. These supplements are an ideal way to ensure you are hitting your optimum omega 3 intakes. Cod liver oil is thought to reduce the pain, tenderness, and stiffness associated with joint problems such as arthritis.

One capsule contains:		%NRV*
Cod Liver Oil	1000mg	-
-DHA (docosahexaenoic acid)	100mg	
-EPA (eicosapentaenoic acid)	80mg	
Vitamin A	800µg	100%
Vitamin D3	5µg	100%

Ingredients: *Cod (Fish) Liver Oil, Capsule Shell (Carrageenan, Modified Starch, Glycerine), Vitamin A as acetate, Antioxidant: Vitamin E as dl alpha tocopherol acetate, Vitamin D as cholecalciferol.*

Take one softgel daily with food.

Product Code 2344 (90 softgel capsules)

Suitable for pescatarians

CIRCULATORY, IMMUNE

CLEANSING

We are constantly exposed to wide array of toxins, chemicals and pollutants. Some are made by the body as metabolic waste, but many are external toxins from the surrounding environment. Every day our bodies are bombarded by a cocktail of toxins from food, water, air pollution, pesticides, medicines, drugs used in livestock, and chemicals in household products. A poor diet, junk food and food additives, add to the burden.

Our bodies are designed to naturally metabolise, and expel unwanted elements, but the body's ability to cope with these challenges can diminish with the ever-increasing overload of toxins. Toxins can recirculate in the body if the eliminatory functions are not working



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efficiently, and fat-soluble toxins can be stored in the body for many years, creating a toxic environment, and providing an ideal habitat for bad bacteria.

The body is constantly working to expel as many of these toxins as possible, through the liver, kidneys, skin, respiratory and intestinal systems. Toxins that are not eliminated are stored in the body - often in fatty tissue. Toxic overload can contribute to a lowered immune system, and a lack of energy and vitality. It can also affect skin, digestion, hormones, and may lead to weight gain, and an increased risk of other health issues.

Health Experts worldwide recommend the regular use of a nutritional whole-body cleanse to help lighten this load, helping to support a healthy system that can provide energy and vitality, normal immune function and skin tone. See Healthy Starter Pack+ 10 day nutritional cleanse, and Healthy Starter + Programme for further information.

■ CORDYCEPS

Cordyceps are medicinal fungi available as a dietary supplement, which are said to have energy-boosting, anti-ageing and anti-inflammatory properties.

They have been used for hundreds of years in Traditional Chinese Medicine to treat a wide range of conditions, including sickness, fatigue, depression, diabetes, asthma, high cholesterol and respiratory tract infections.

They are also thought to have potent antioxidant properties and can be used to prevent and treat high blood pressure.

Two Capsules Provide:	NRV%
Cordyceps sinensis powder	1000mg -

Ingredients: *Cordyceps sinensis powder, bulking agent: microcrystalline cellulose, silicon dioxide, capsule shell hydroxypropylmethylcellulose, anti-caking agent: magnesium stearate.*

Take 2 tablets per day, with a main meal and a glass of water.

Product Code 2301 (90 tablets)

Suitable for vegetarians & vegans

CIRCULATORY, ENERGY

■ COLLAGEN PLUS

Collagen Plus is a combination of Marine Collagen, vitamins C & A, hyaluronic acid, Hebridean seaweed, and biotin. As we age our ability to produce collagen declines and our existing collagen starts to break down. It's estimated that by the age of 40, we will have lost 20% of our existing collagen. Low levels of collagen can lead to weak immune systems and digestive issues. However, age is not the only factor that reduces our collagen levels. Other elements that can deplete our collagen levels include sun exposure, stress, pollution and lack of antioxidants.

Collagen has many benefits, including improving hair skin and nails, it can improve mood and sleep and has great benefits for bone strength and joint health.

Marine Collagen is a type 1 collagen which has the most efficient absorption of all the collagen types. It is also environmentally friendly, as it uses the parts of the fish which are usually thrown away.

One Capsule Provides:		NRV%
Marine Collagen	500mg	-
Hyaluronic Acid	50 mg	-
Seaweed (Algae)	50 mg	-
Providing Natural Iodine	33ug	22%
Vitamin C	20 mg	25%
Vitamin E	5 mg	42%
Biotin	900 µg	1800 %

Ingredients: *Marine Collagen Type 1 (Fish), Capsule Shell: Hydroxypropyl Methylcellulose, Hyaluronic Acid (as Sodium Hyaluronate), Hebridean Ascophyllum Seaweed, Vitamin C (as Ascorbic Acid), Vitamin E (as D-Alpha Tocopherol Acid Succinate (Soya)), Biotin (as D-Biotin), Bulking Agent: Rice Bran.*

Take 1 capsule daily, with food and water.

Product code: 2237 (60 capsules)

Gluten free

WEIGHT MANAGEMENT, STRUCTURAL

■ COQ10 100MG

CoQ10 is an antioxidant that protects cells from the damaging effects of oxidative stress which contributes to early signs of ageing and can eventually lead to health issues. It occurs naturally in the body, but production of CoQ10 declines with age, and whilst small amounts can be found in food, it may not be easy to obtain the right amount of Coenzyme Q10 required to maintain optimum health and wellbeing.

Coenzyme Q10 is required by virtually every cell in the human body to process energy. Cells use CoQ10 to perform a whole host of essential roles to maintain healthy bones, muscle, metabolism, and neurological function, and the highest levels can be found in the parts of the body that require high energy, such as muscles and the heart.

This formula uses the ubiquinone form of CoQ10, which is used by the body in cellular energy and ATP metabolism. Presented in Vegan Friendly vegetable capsules free from unnecessary chemicals binders or unnatural fillers and

created to break down naturally in the stomach to ensure maximum nutrient absorption.

Contains No GMO, gluten, wheat, lactose, added sugar, artificial preservatives or colourings.

Each capsule contains:

CoQ10 100mg

Ingredients: CoQ10 100mg, rice flour. Capsule shell (vegetable cellulose)

Take one capsule daily with a meal.

Product Code 2118 (30 capsules)

Suitable for vegetarians and vegans

Kosher

GENERAL NUTRITION, IMMUNE, STRUCTURAL, CIRCULATORY, NERVOUS, DIGESTIVE, GLANDULAR, ENERGY.

■ CRANBERRY & BUCHU COMBINATION

Separate scientific studies have concluded that cranberry juice contains substances that alter the bacteria population in urine, and a special factor in the juice seems to make harmful bacteria less likely to cling to the surface of the urinary tract. Nature's Sunshine combines cranberry juice concentrate with buchu herb

concentrate. Buchu's powerful penetrating aroma is akin to peppermint.

Each six capsules contain:

Proprietary blend 2610 mg

Ingredients: Cranberry fruit (*Vaccinium macrocarpon*), capsule shell (gelatin, water), buchu leaf extract (*Barosma betulina*). Bulking agent; maltodextrin, anti-caking agents; magnesium stearate (vegetable), silicon dioxide.

Take one or two capsules with a meal three times daily

Product Code 834 (100 capsules)

Kosher

URINARY

■ CURCUMIN (Optimised)

Longvida Optimised Curcumin has been devised to survive initial digestion and deliver free curcumin throughout the body using Solid Lipid Curcumin Particle (SLCP). This formulation delivers the benefits of curcumin to target tissues with efficiency, without the need to add black pepper, fats, or other ingredients to promote normal absorption.

One capsule Provides:

Longvida® Turmeric dry extract 400mg (Curcuma longa)

Ingredients: Longvida® Turmeric dry extract (*Curcuma longa*) 400mg, Anti-caking agent: Magnesium stearate, silicon dioxide. Bulking agent: microcrystalline cellulose. Vegetable capsule ((Hydroxypropyl Methylcellulose), Capsule shell (vegetable cellulose).

Take one capsule with a meal once a day

Product Code 2319 (60 capsules)

Suitable for vegetarians & vegans

GENERAL NUTRITION, CIRCULATORY, IMMUNE, NERVOUS, GLANDULAR, DIGESTIVE, STRUCTURAL

■ DEFENCE MAINTENANCE

This key system product for the immune system provides essential nutrients for the normal function of the immune and nervous systems. This formula provides generous levels of antioxidant vitamins A, C and E along with zinc and selenium, contributing to a reduction in tiredness and fatigue, and the protection of cells from oxidative stress. Designed to help maintain a healthy immune system this combination contains essential nutrients and includes whole food sources of micronutrients for immune tissue.

Each capsule contains:

		%NRV*
Vitamin A (8% palmitate, 92% beta-carotene,(4333 IU)	500 µg	63
Vitamin E (60 IU)	44 mg	367
Vitamin C	120 mg	150
Zinc	5 mg	50
Selenium	25 µg	45

Ingredients: Vitamin C (ascorbic acid), vitamin E (d-alpha tocopheryl acetate), eleuthero root (*Eleutherococcus senticosus*), selenomethionine, asparagus stem (*Asparagus officinalis*), acai berry concentrate (*Euterpe oleracea*), broccoli flowers (*Brassica oleracea var. italica*), cabbage leaf (*Brassica oleracea var. capitata*), reishi mushroom fruiting body (*Ganoderma lucidum*), schisandra fruit (*Schisandra chinensis*), turmeric root (*Curcuma longa*), beta-carotene, zinc gluconate, zinc oxide, vitamin A palmitate, capsule shell (gelatin, water), anti-caking agents; stearic acid, silicon dioxide, magnesium stearate. Includes porcine gelatin.

Take one capsule with a meal daily.

Product Code 4700 (120 capsules)

This product contains vitamin A in the form of retinol. Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor or antenatal clinic.

IMMUNE, GENERAL NUTRITION



LILY & LOAF[®]
BEAUTY • HEALTH • BALANCE

A BETTER LIFESTYLE FOR THE WHOLE FAMILY

Our full range includes natural nutritional supplements for adults and children, outstanding organic skincare products, and even specialised pet supplements to keep your four-legged friends happy and healthy.

We also offer a wide range of organic essential oils and aromatherapy products to give your mind, body and spirit a quick tune-up and enhance your emotional wellbeing. If you're not completely satisfied with the benefits our supplements bring, we offer a risk-free, industry-leading 90-day money-back guarantee*.



*If you are new to the idea of using supplements,
start by taking a short Lifestyle Analysis.*

*see website for further details.



SUE IS OUR RESIDENT HEALTH EXPERT

Her passion really shines through in these videos. Throughout the series she explores all aspects of health and wellbeing, from top tips for a good night's sleep to the best way to take your supplements.



ENERG-V with Bee Pollen

Designed to support the body's own energy building system. Works with glandular, nervous and circulatory systems, providing a variety of nutrients for optimal vitality. Energ-V also provides support from adaptogenic herbs schisandra and siberian ginseng (eleuthero). it contains, bee pollen, gotu kola herb, kelp plant, licorice root, siberian ginseng root, yellow dock root, barley grass herb, rose hips, schisandra fruit and capsicum fruit.

Each four capsules contain:

Proprietary blend 1800 mg.

Bee pollen, eleuthero root, gotu kola aerial parts, kelp leaf & stem, licorice root, yellow dock root, barley grass, rose hips, schisandra fruit, capsicum fruit.

Ingredients: Capsule shell (gelatin, water), bee pollen, eleuthero root (*Eleutherococcus senticosus*), gotu kola aerial parts (*Centella asiatica*), kelp leaf & stem (*Ascophyllum nodosum*, *Laminaria digitata*), licorice root (*Glycyrrhiza glabra*), yellow dock root (*Rumex crispus*), barley grass (*Hordeum vulgare*), rose hips (*Rosa canina*), schisandra fruit (*Schisandra chinensis*), capsicum fruit (*Capsicum annuum*).

Take two capsules with a meal twice daily.

Product Code 854 (100 capsules)

Allergy Advice: Includes cereals containing gluten.

Not suitable for use during pregnancy.

CIRCULATORY, GLANDULAR, NERVOUS.

ENZYMES +

Enzymes+ contains a full-spectrum enzyme formula that will support the digestive process. Each digestive enzyme has a specific function, for example, Lipase splits fats. They provide an optimal breakdown of fats, proteins, and carbohydrates and encourages the absorption of nutritional compounds.

Digestive enzymes are necessary for the digestion of foods, allowing essential nutrients to be absorbed. They are mostly secreted by the pancreas and make up part of digestive fluids gastric juice and pancreatic juice. Low levels of digestive enzymes can cause discomfort, flatulence, heartburn, and acid reflux and can lead to low nutrient absorption.

Two Capsules Provide:

		*%NRV
Digestive Enzyme Blend	300mg	-
Fungal Amylase (SKB)	750mg	-
Alpha galactosidase (GAL)	15mg	-
Cellulase (CU)	450mg	-
Invertase (SU)	102mg	-
Papain (TU)	30mg	-
Lipase (FIP) (PU)	300mg	-
Lactase (ALU)	150mg	-
Glucosylase (GAU)	7.5mg	-
Hemicellulase (HU)	30mg	-
Fungal Protease (HUT)	1.5g	-

Ingredients: Digestive enzyme blend (fungal amylase 2500SKB, alpha galactosidase 50GAL, cellulase 1500CU, invertase 340SU, papain 100TU, lipase 1000FIP, lactase 500ALU, glucosylase 25GAL, hemicellulase 100HU, fungal protease 5000HUT), capsule shell Hydroxypropylmethylcellulose, microcrystalline cellulose (bulking agent), vegetable magnesium stearate (anti-caking agent), silicon dioxide (anti-caking agent).

Take one capsule twice a day with a meal.

Product Code 2329 (120 capsules)

Suitable for vegetarians & vegans

DIGESTIVE



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■ EVENING PRIMROSE OIL

Evening Primrose Oil contains gamma-linolenic acid (GLA), an essential fatty acid that assists the body in producing messengers in the body that perform hundreds of important functions. Each capsule provides 45mg of GLA and 300mg of linoleic acid, together with 10mg of vitamin E as a protective antioxidant. Other beneficial oils, linoleic, oleic and palmitic, are contained in each preservative-free softgel capsule. Linoleic acid contributes to the maintenance of normal blood cholesterol levels.

Each capsule contains:		%NRV*
Vitamin E	10 mg	83
Linoleic acid	300 mg	—
Gamma linolenic acid	45 mg	—

Evening Primrose continued

Ingredients: *Evening primrose oil, vitamin E (d-alpha tocopherol), capsule (gelatin*, glycerin, water).*

**From porcine source.*

Take one capsule with a meal daily.

Product Code 1787 (90 softgel capsules)

CIRCULATORY, GLANDULAR, NERVOUS.

■ EVERFLEX®

Formulated to help maintain healthy joint mobility, EverFlex® provides important nutrients, which are the building blocks for healthy cartilage in joints. Cartilage is the 'shock absorber' for the joints, protecting bone from wear and tear. Nature's Sunshine's Everflex® formula offers the combined benefits of glucosamine, chondroitin and MSM in one convenient tablet. Each tablet provides glucosamine hydrochloride 420mg, MSM 420mg, chondroitin sulfate 110mg.

Each four tablets contain:		
Glucosamine hydrochloride	1680 mg	1260 mg
Methylsulfonylmethane	1680 mg	1260 mg
Chondroitin sulfate	440 mg	330 mg

Ingredients: *Glucosamine hydrochloride (from crustaceans), methylsulfonylmethane (MSM), chondroitin sulfate. Bulking agent; cellulose, anti-caking agents; stearic acid, silicon dioxide, magnesium stearate.*

Take one tablet three times a day with a meal.

Product Code 947 (60 tablets)

Allergy advice: contains shellfish

STRUCTURAL

■ FAT GRABBERS™

Ideal product for anyone wanting to absorb less fat from their everyday diet, Fat Grabbers™ is a unique formula of wholesome nutritional ingredients, helping you to create an effective weight management programme. Fat Grabbers™ combines the high-quality fibre found in guar gum and psyllium hulls with chickweed and lecithin for a unique formula that traps fat molecules.

No stimulants, no questionable ingredients - just wholesome nutritional substances that won't disrupt normal body processes. Using Fat Grabbers™ in

conjunction with a healthy, well balanced daily diet plan can help you to create an effective overall weight-management programme.

Each 12 capsules contain:

Proprietary blend 6268.8 mg.

Ingredients: *Guar gum (Cyamopsis tetragonolobus), psyllium hulls & husk (Plantago ovata), capsule shell (gelatin, water), chickweed aerial parts (Stellaria media), soy lecithin. Anti-caking agent; silicon dioxide.*

Take four capsules with a meal three times daily. Drink plenty of water.

Product Code 2937 (120 capsules)

Allergy advice: May cause a reaction in those allergic to inhaled or ingested psyllium. Contains soy.

May inhibit the absorption of essential fatty acids, so allow at least three hours before or after taking Super Omega-3 EPA or Omega 3-6-9.

Kosher

WEIGHT MANAGEMENT

■ FENUGREEK & FENNEL COMBINATION

This Key System Product for the respiratory system is one of Nature's Sunshine's long-standing herbal combinations. Healthy lung function helps protect the body from seasonal airborne substances, and Nature's Sunshine developed this formula with that in mind.

Using only the finest quality ingredients formulated by Nature's Sunshine's own team of expert nutritionists, herbalists, pharmacognosists and biologists, and manufactured to pharmaceutical standards, we guarantee to bring you the best there is.

Each four capsules contain:

Proprietary blend 1760mg

Boneset aerial parts, fennel seed, fenugreek seed, horseradish root, mullein leaf.

Ingredients: *Capsule shell (gelatin, water), boneset aerial parts (Eupatorium perfoliatum), fennel seed (Foeniculum vulgare), fenugreek seed (Trigonella foenum-graecum), horseradish root (Armoracia rusticana), mullein leaf (Verbascum thapsus).*

Take two capsules twice daily.

Product Code 775 (100 capsules)

Not for RESALE in Republic of Ireland, personal use only.

RESPIRATORY

■ FENUGREEK & THYME

Fenugreek herb contains mucilaginous compounds, which are gel-like substances known for their ability to soothe tissues. It is also an excellent herbal source of selenium, an antioxidant that helps the body utilise oxygen. Thyme is known for its association with the respiratory system.

Each two capsules contain:

Proprietary blend 950 mg
Fenugreek Seeds (Trigonella foenum-graecum)
Thyme Leaves (Thymus vulgaris).
Other Ingredients: gelatin and water.

Take two capsules with a meal twice daily.

Product Code 885 (100 capsules)

Kosher

RESPIRATORY

FIBRE

Fibre is a vital part of a healthy diet, but it's not always easy to obtain as much daily fibre as you need. Studies have shown that our diet should contain more grains, fruit and vegetables, and Health Professionals are regularly recommending that individuals consume diets that are high in fibre, especially soluble fibre.

There are two types of fibre, soluble and insoluble, which perform important functions within the body, and bring benefits to the digestive and intestinal systems. High fibre diets have also been shown to reduce the risk of certain health conditions. Experts recommend a minimum of at least 20-35 grams of dietary fibre each day, but many people consume less than half that amount.

- Fibre is a vital part of a healthy diet.
- Fibre's most well-known benefit is the regularity that it promotes, which means toxins are less likely to be reabsorbed into the blood stream.
- Soluble fibre soaks up water, which helps to bulk out faeces, allowing it to pass through the body more easily.
- Insoluble fibre sweeps the intestines clean of waste material, soluble fibre binds with fatty acids and prolongs stomach-emptying time.

Nature's Sunshine's top selling fibre products include TNT high fibre nutritional mix, and Fibre Plus drink mix. See individual A-Z listings for further information.



FIBRE PLUS

FIBRE PLUS makes it easy to get essential fibre into the diet in a great tasting natural apple and cinnamon flavour drink mix. It provides a superb formula of soluble and insoluble fibre from five natural sources: psyllium hulls, apple fibre, acacia gum, guar gum and oat bran.

FIBRE PLUS also contains a nutritious herbal food concentrate, which includes powders of broccoli flowers, turmeric root, rosemary leaf, red beetroot, tomato fruit, carrot root, cabbage leaf, Chinese cabbage leaf, hesperidin, grapefruit bioflavonoid and orange bioflavonoid. Each 9.5 gram serving provides 4 grams of fibre, soluble and insoluble, is sodium free and a source of Potassium.

Ingredients: *Psyllium hulls (Plantago ovata), fructose, apple fruit fibre, gum arabic (Acacia seyal), guar gum (Cyamopsis tetragonolobus), oat inner husk bran (Avena sativa), citric acid, cassia cinnamon bark (Cinnamomum cassia), flavouring: natural apple flavour. Herbal food concentrate; [broccoli flowers (Brassica oleracea var. italica), carrot root (Daucus carota), red beet root (Beta vulgaris), rosemary leaf (Rosmarinus officinalis), tomato fruit (Solanum lycopersicum), turmeric root (Curcuma longa), cabbage leaf (Brassica oleracea var. capitata), grapefruit and orange bioflavonoid extracts and hesperidin bioflavonoid extract], potassium bicarbonate. Anti-caking agent; silicon dioxide.*

Each serving provides 4g fibre, of which soluble fibre 3g.

Add one level tablespoon to 250ml of cold water, shake or stir vigorously and drink immediately.

Take as recommended. Use two to four times daily. Drinking enough water is essential.

Product Code 1346 (344g) approx. 36 servings

Allergy advice: May cause allergic reaction in those sensitive to inhaled or ingested psyllium. Avoid use if you have ever had oesophageal narrowing or swallowing difficulties. Includes cereals that contain gluten. See ingredients in bold.

Suitable for vegetarians and vegans

INTESTINAL, DIGESTIVE, GENERAL NUTRITION

GARLIC – HIGH POTENCY

The finest and most potent garlic with a special coating that helps control the garlic's odour. Trade-secret processing and careful preparation of each tablet give Nature's Sunshine's High-Potency Garlic a special locked-in freshness coating. It contains chlorophyll, which controls odour while assuring a long, effective shelf life. Because the tablet does not break down for absorption until it reaches the small intestine, you receive the full nutritional value of garlic without the undesirable taste. Moreover, comparing total allicin potential (TAP) with other leading brands shows that Nature's Sunshine leads the way. Valued above all others for its great potency and superb quality, one 400mg tablet equals 1,200mg of fresh garlic, roughly equal to one clove.

Each two tablets contain:

Garlic bulb	800 mg
Herbal food concentrate	99.7 mg

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Ingredients: *Garlic bulb (Allium sativum), herbal food concentrate; [broccoli flowers (Brassica oleracea var. italica), cabbage leaf (Brassica oleracea var. capitata), carrot root (Daucus carota), red beet root (Beta vulgaris), rosemary leaf (Rosmarinus officinalis), tomato fruit (Solanum lycopersicum), turmeric root (Curcuma longa), grapefruit bioflavonoid extract, hesperidin bioflavonoid extract, orange bioflavonoid extract]. Bulking agents; di-calcium phosphate, microcrystalline cellulose, anti-caking agents; croscarmellose sodium, stearic acid, silicon dioxide, bulking agents; hydroxypropyl methylcellulose phthalate, sodium copper chlorophyllin.*

Take one tablet with a meal once or twice daily.

Product Code 292 (60 tablets)

Suitable for vegetarians and vegans

Kosher

IMMUNE

■ GINKGO BILOBA EXTRACT TIME RELEASE

Ginkgo biloba is one of the top-selling herbs in Europe, and a powerful antioxidant. About 50lbs of Ginkgo leaves are required to produce one pound of Nature's Sunshine extract. Each specially processed tablet contains 120mg Ginkgo leaf extract – standardised, and the unique 12-hour, time-release formula provides a continued supply of ginkgo throughout the day.

Each tablet contains:

Ginkgo leaf extract-standardised 120 mg

Ingredients: *Ginkgo leaf extract (Ginkgo biloba). Bulking agents; maltodextrin, cellulose, anti-caking agents; stearic acid, magnesium stearate, silicon dioxide.*

Take one tablet daily, preferably with the morning meal.

Product Code 898 (30 tablets)

Suitable for vegetarians and vegans

Not for RESALE in Republic of Ireland, personal use only.

Kosher

CIRCULATORY

■ GOTU KOLA

This herb is often referred to as 'brain food', and contains nutrients that include vitamins A, E, K, along with B vitamins and magnesium. Vitamins A and E are well known for their antioxidant abilities, contributing to protection of cells from oxidative stress, maintenance of normal skin and vision, and the normal function of the immune system. B vitamins work with our energy producing systems contributing to normal energy yielding metabolisms, and magnesium contributes to a reduction in tiredness and fatigue, protein synthesis and normal muscle function.

Four capsules contain: Gotu Kola aerial parts 1580mg.

Ingredients: *Gotu kola aerial parts (Centella asiatica), capsule shell (gelatin, water).*

Take two capsules with a meal twice daily

Product Code 360 (100 capsules)

Kosher

NERVOUS

■ GRAPINE HIGH POTENCY

Nature's Sunshine's Grapine is an optimal blend of proanthocyanidins derived from grape seeds and maritime pine bark. Grapine's proanthocyanidins help protect from oxidative damage and are quickly absorbed into the body. Use this product when high levels of polyphenols are desired.

Each four tablets provide:

Polyphenols (from grape seed extract and pine bark extract) 240 mg

Ingredients: *grape seed extract (Vitis vinifera), pine bark extract (Pinus pinaster). Anti-caking agents; di-calcium phosphate, stearic acid, sodium carboxymethylcellulose, silicon dioxide, magnesium stearate, bulking agent; microcrystalline cellulose.*

Take two to four tablets daily with a meal.

Product Code 1699 (60 tablets)

Suitable for vegetarians and vegans

IMMUNE, GENERAL NUTRITION

■ HEALTHY STARTER PACK+ 10 DAY CLEANSE

The Healthy Starter Pack+ provides five natural, herbal combination capsules to support five elements of cleansing. This unique combination provides a powerful yet gentle formulation that collectively helps cleanse the body, supporting the natural routes of elimination. It includes; Psyllium Hulls, Digestive Health, Liver Health, Cranberry & Buchu, and HSII. Formulated for use alongside a normal healthy diet, Healthy Starter Pack+ fits in perfectly alongside your normal daily routine, without disrupting your everyday family, work-time, or social schedule, and is conveniently packed in handy, single serve sachets. It's so simple to use. No fasting and no going hungry, just normal healthy foods. and can be used three or four times a year.

Each packet contains one capsule of each of the following formulas:

Psyllium Hulls - **Ingredients:** *(Plantago ovata), capsule shell (gelatin, water).*

Digestive Health - **Ingredients:** *Magnesium (hydroxide) 200 mg (53%), capsule shell (gelatin, water), yellow dock root (Rumex crispus), ginger rhizome (Zingiber officinale), chebulic myrobalan fruit extract (Terminalia chebula), amla fruit extract (Emblica officinalis), marshmallow root extract (Althaea officinalis), slippery elm bark (Ulmus rubra). Anti-caking agent; magnesium stearate, bulking agent; cellulose.*

Liver Health - **Ingredients:** *Capsule shell (gelatin, water), burdock root (Arctium lappa), turmeric root (Curcuma longa), gentian root (Gentiana lutea), Irish moss algae (Chondrus crispus), slippery elm bark (Ulmus rubra), fenugreek seed (Trigonella foenum-graecum), safflower flowers (Carthamus tinctorius), dandelion root (Taraxacum officinale), uva ursi leaf (Arctostaphylos uva-ursi), chickweed aerial parts (Stellaria media), catnip leaf (Nepeta cataria). Bulking agent; cellulose, anti-caking agent; magnesium stearate.*

Cranberry & Buchu Combination - Ingredients: *Cranberry fruit (Vaccinium macrocarpon)*, capsule shell (gelatin, water), *buchu leaf extract (Barosma betulina)*. Bulking agent; maltodextrin, anti-caking agents; magnesium stearate, silicon dioxide.

HS II - Ingredients: *Hawthorn berry (Crataegus laevigata, Crataegus monogyna)*, capsule shell (gelatin, water), *capsicum fruit (Capsicum annuum)*, *garlic bulb (Allium sativum)*.

Take the contents of one packet 15 minutes before eating, three times daily, with at least 8oz of water. Drink plenty of water throughout the day.

Product Code 4133 (30 servings)

Not suitable for use during pregnancy, or by those trying to conceive. Not recommended for children. Not intended for prolonged use. Allergy advice: May cause a reaction in those allergic to inhaled or ingested psyllium.

CLEANSE, INTESTINAL, DIGESTIVE

HEALTHY STARTER + PROGRAMME, with pro b11 & liquid chlorophyll

Complement your Healthy Starter Pack+ by combining two support products to make your cleanse complete. This programme contains the Healthy Starter Pack+ 10 day cleanse, along with Liquid Chlorophyll and Pro B11.

During your 10 day cleanse it is most important to drink plenty of water. Not only does this help the body to flush out its system, but it also helps the fibre to work effectively throughout the intestinal system.

Liquid Chlorophyll is a great companion to your cleanse – add it to water for a great natural spearmint taste, and drink throughout the day. Makes water into a cool, clean tasting drink that leaves breath minty fresh.

Recent scientific investigation suggests that natural, live bacteria are a valuable part of a healthy diet as they help to populate the gastro-intestinal tract with friendly microbes. The delicate balance of healthy gut flora can be disrupted by a number of circumstances, including the use of antibiotics, excess alcohol, stress, disease and exposure to environmental toxins.

After your cleanse we recommend a course of Pro B11, a high potency, multi strain, live bacteria supplement that provides almost 12 billion bacteria per serving.

The eleven strains of bacteria in Pro B11 ensure you replenish your gut with a variety of beneficial flora.

Take as directed on individual products.

Product Code 9771

The Healthy Starter Pack+ is not suitable for use during pregnancy, or by those trying to conceive. Not recommended for children. Not intended for prolonged use. Allergy advice: May cause a reaction in those allergic to inhaled or ingested psyllium.

CLEANSE, INTESTINAL, DIGESTIVE, IMMUNE

HOPS & VALERIAN WITH PASSION FLOWER

This is a unique combination of natural ingredients which nourish the nervous system with many elements it needs to maintain health. The combination is a natural source of selenium, zinc, niacin and vitamin C, a well-known antioxidant that contributes to the normal functioning of the nervous and immune system, and to a reduction in tiredness and fatigue.

Each two capsules contain:

Proprietary blend 780 mg

Ingredients: *Valerian root (Valeriana officinalis)*, *passionflower aerial parts (Passiflora incarnata)*, capsule shell (gelatin, water), *hops flowers (Humulus lupulus)*.

Take two capsules daily with a meal.

Product Code 940 (100 capsules)

Not suitable for use during pregnancy.

Not for RESALE in Republic of Ireland, personal use only.

Kosher

NERVOUS

HORSETAIL & ROSEMARY COMBINATION

This formula contains dulse plant, horsetail herb, sage leaves and rosemary leaves. These botanicals provide significant amounts of herbal silicon (27.9mg per 100 grams). As reported by the National Research Council, silicon deficiency leads to structural abnormalities of the long bones and skull or the structural system.

Ingredients: *Dulse fronds (Rhodymenia palmata)*, *horsetail stem & strobilus (Equisetum arvense)*, capsule shell (gelatin, water), *sage leaf (Salvia officinalis)*, *rosemary leaf (Rosmarinus officinalis)*.

Take three capsules twice daily with a meal.

Product Code 935 (100 capsules)

Not for RESALE in Republic of Ireland, personal use only.

STRUCTURAL, HAIR, SKIN, NAILS

IMMUNE FORMULA with Colostrum

This is a blend of natural ingredients formulated for the immune system and also acts as an antioxidant to strengthen the body. Immune Formula is a combination of beta-glucans, arabinogalactan, colostrum, cordyceps mycelium maitake whole mushroom, and reishi mushroom mycelium.

Each three capsules contain:

Beta glucans 600 mg. (extracted from *Saccharomyces cerevisiae*). Arabinogalactan 300 mg. (extracted from *Larix spp.*).

Ingredients: *Beta glucans, arabinogalactan, colostrum (milk), cordyceps mycelium (grown on soy) (Cordyceps sinensis), maitake whole mushroom (Grifola frondosa), reishi mushroom mycelium (Ganoderma lucidum), cellulose. Capsules (gelatin, water)*.

For maintenance take one capsule between meals two or three times a day. For periods of immune stress take six to ten capsules daily.



Product Code 1839 (90 capsules)

IMMUNE, GENERAL NUTRITION

■ JUNIPER & PARSLEY COMBINATION

This is the Key System Product for the urinary system and has been expertly created with time-honoured herbs, used for thousands of years for the urinary tract.

Formulated to give precisely the right ingredients in perfectly balanced amounts, this unique combination contains juniper berries and has been specially formulated for the urinary tract, bladder and kidneys. Berries contain resin, tannins, vitamin C, B vitamins, phosphorus, sodium, selenium and zinc.

This combination is a herbal source of iron, manganese, potassium, sodium, vitamin A and riboflavin.

Each two capsules contain:

Proprietary blend... 830 mg juniper berry, parsley leaf, uva ursi leaf, dandelion root, chamomile flowers.

Ingredients: *Juniper berry (Juniperus communis), capsule shell (gelatin, water), parsley leaf (Petroselinum crispum), uva ursi leaf (Arctostaphylos uva-ursi), dandelion root (Taraxacum officinale), chamomile flowers (Matricaria recutita).*

Take two capsules daily with a meal.

Product Code 970 (100 capsules)

Not suitable for use during pregnancy or for those planning to conceive.

Not for RESALE in Republic of Ireland, personal use only.

Kosher

URINARY

■ KELP & HOPS COMBINATION

Formulated to support healthy thyroid function, this product contains a unique blend of kelp plant, Irish moss plant, parsley herb, hops flowers and capsicum fruit. Kelp is a wonderful source of iodine, an essential nutrient for healthy thyroid function.

Each four capsules contain:

Kelp leaf & stem	824 mg
Irish Moss algae	644 mg
Parsley leaf	340 mg
Hops flowers	132 mg
Capsicum fruit	100 mg

Ingredients: *Kelp leaf & stem (Ascophyllum nodosum, Laminaria digitata), Irish moss algae (Chondrus crispus), capsule shell (gelatin, water), parsley leaf (Petroselinum crispum), hops flowers (Humulus lupulus), capsicum fruit (Capsicum annuum).*

Take two capsules with a meal twice daily.

Product Code 1092 (100 capsules)

Not suitable for use during pregnancy.

GLANDULAR

■ KINESIOLOGY

Kinesiology is a holistic therapy that works on many levels of health – not just the physical, but the emotional, nutritional and spiritual aspects of wellbeing. Kinesiology is a hands-on form of natural health care that uses muscle testing to tap into the energetic biofeedback systems of the body, helping to find imbalances within the body, and then provide a combination of corrections, including nutrition, to put the body back into balance.

Kinesiology looks at each individual as a whole and helps to identify the root cause of symptoms using ‘muscle testing’, which is simple, non-invasive and painless.

For example, someone who has intestinal discomfort can use kinesiology to identify the cause of the problem, which may include external factors such as stress, anxiety, or food sensitivities, and then find the best solution to help resolve the problem. Addressing only the digestive discomfort would not solve the root cause of the problem, so kinesiology is seen as a completely holistic approach to health.

Having identified the root of the problem, Kinesiology then uses the body’s own muscle responses to determine a safe and effective resolution to regain balance and wellbeing. Kinesiology can include a variety of gentle yet powerful techniques, including nutritional therapy.

The model of muscle testing was originally developed in the 1930’s and was further developed in the 1960’s by Dr George Goodheart, the founder of Applied Kinesiology. Today, Kinesiology is recognised as a well-respected, holistic therapy that is practiced by thousands of trained practitioners worldwide, helping others to regain balance, harmony and wellbeing.

KINESIOLOGY KIT

Lily & Loaf provide a professional, compact kinesiology test kit featuring over 80 product samples, including a range of top selling supplements. The kit comes complete with a ‘Systems Guide’ and is presented in a smart self-contained case ideal for use in your practice.

Product Code 9920

Test kits can be purchased by calling head office on 01952 671600.

■ LICORICE ROOT

The uses of Licorice go back several thousand years. It has long been used by traditional herbalists as a general supplement for respiratory, liver and glandular support. Licorice is included in most Asian herb combinations to balance the other herbs and to promote vitality. It has a reputation for bringing the entire body into balance and was used by Buddhist monks to clear the mind before meditation. Licorice contains triterpenoid saponins, flavonoids, isoflavonoids, magnesium, silicon, sodium and other beneficial constituents. Licorice root (*Glycyrrhiza glabra*) 396mg per capsule.

Each six capsules contain:

Licorice root 2376 mg.

Ingredients: *Licorice root (Glycyrrhiza glabra), capsule shell (gelatin, water). Anti-caking agents; magnesium stearate, silicon dioxide.*

Take two capsules with a meal three times daily.

Product Code 420 (100 capsules)

Not suitable for use during pregnancy.

Kosher

GLANDULAR, DIGESTIVE

LIQUID CHLOROPHYLL

Nature's Sunshine's Liquid Chlorophyll is naturally flavoured with spearmint oil and can be taken throughout the day, leaving the breath minty fresh. It's ideal for everyday use and is a valued companion to any whole body nutritional cleanse programme.

Chlorophyll is the green pigment in plants that harnesses the sun's energy in photosynthesis. It performs metabolic functions in plants such as respiration and growth. The mulberry and the alfalfa plant, from which Nature's Sunshine's chlorophyll comes, are excellent sources of chlorophyll.

Liquid Chlorophyll has a paraben-free formula that uses all-natural vegetable source glycerin. Glycerin is not a true preservative, but a stabilising component that acts to inhibit the growth of microbes.

The amount of the active compound of chlorophyll (chlorophyllins) is 15mg per 5ml serving. This is the equivalent of 300mg (0.3g) of chlorophyllins per 100 grams of Liquid Chlorophyll.

Chlorophyll is non-toxic, and safe for people of all ages.

Ingredients: Purified water, glycerin (vegetable), sodium copper chlorophyllin, spearmint aerial parts oil (*Mentha spicata*).

Take twice daily. Mix (5ml) with a glass of water.

Product Code 1580 (476 ml).

Money saving four packs product code: 9782 (4 x 476ml).

Suitable for vegetarians and vegans

Kosher

GENERAL NUTRITION, INTESTINAL, DIGESTIVE

LIVER HEALTH FORMULA

Liver Health Formula is a unique product that has been specially developed to help nourish the liver. This powerful combination contains eleven key ingredients chosen for their antioxidant, bitter, and soothing properties, all of which are needed to keep the liver in good condition.

Ingredients include: dandelion, turmeric, burdock, gentian, safflower, fenugreek, Irish moss algae, slippery elm, uva ursi, chickweed, and catnip.

Three capsules contain:

Proprietary blend 1335 mg.

Burdock root, turmeric root, gentian root, Irish moss algae, slippery elm bark, fenugreek seed, safflower flowers, dandelion root, uva ursi leaf, chickweed aerial parts, catnip leaf.

Ingredients: Capsule shell (gelatin, water), burdock root (*Arctium lappa*), turmeric root (*Curcuma longa*), gentian root (*Gentiana lutea*), Irish moss algae (*Chondrus crispus*),

slippery elm bark (*Ulmus rubra*), fenugreek seed (*Trigonella foenum-graecum*), safflower flowers (*Carthamus tinctorius*), dandelion root (*Taraxacum officinale*), uva ursi leaf (*Arctostaphylos uva-ursi*), chickweed aerial parts (*Stellaria media*), catnip leaf (*Nepeta cataria*). Bulking agent; cellulose, anti-caking agent; magnesium stearate.

Take one capsule with a meal three times daily.

Product Code 1170 (100 capsules)

Not suitable for use during pregnancy.

GLANDULAR

MSM

Methylsulfonylmethane, or MSM, is a naturally occurring organic form of dietary sulphur. Sulphur is needed by our bodies every day to maintain protein structure and cellular function, replenishing the connections between cells and preserving the molecular framework of connective tissue. The recommended serving provides 4500mg of methylsulfonylmethane.

Six tablets contain:

Methylsulfonylmethane 4500 mg

Ingredients: Methylsulfonylmethane (MSM). Bulking agents; cellulose, maltodextrin, stearic acid, anti-caking agents; silicon dioxide, magnesium stearate.

Take two tablets with a meal three times daily.

Product Code 4059 (90 tablets)

STRUCTURAL

MAGNESIUM

Magnesium plays an important role in producing energy for the cells and helping with the absorption of several other vitamins and minerals. When the body becomes deficient in energy-producing fuel, it breaks down muscle protein to create energy. This process can cause fatigue and other problems. Researchers have found that many people with this type of discomfort respond to supplements containing malic acid and magnesium, the ingredients in Magnesium.

Magnesium contributes to normal energy-yielding metabolism, muscle function, protein synthesis, and contributes to the maintenance of normal bones. It is required for normal psychological function and contributes to a reduction in tiredness and fatigue.

Malic acid, found naturally in high concentrations in apples and other fruits and vegetables, provides magnesium, which plays an important role in producing energy for the cells and helping with the absorption of several other vitamins and minerals.

Each capsule contains 80mg of magnesium and 350mg of malic acid in a form that is quickly and easily absorbed into the body.

Each capsule contains:		%NRV*
Magnesium	80 mg	21%
Malic acid	350 mg	-

Ingredients: Capsule shell (gelatin, water), magnesium malate. Bulking agent; maltodextrin, anti-caking agents; magnesium stearate, silicon dioxide.

M

N

Take one capsule with a meal three times daily.

Product Code 4061 (90 capsules)

GENERAL NUTRITION, STRUCTURAL, ENERGY

■ MASTER GLAND

Key System Product for the glandular system, this product contains a full complement of essential vitamins and minerals combined with specific herbs that are rich in easily absorbed trace minerals, to supply the glands with nutrients.

Contains vitamin A, which contributes to the normal function of the immune system, vitamin C, which contributes towards a reduction in tiredness and fatigue and the normal functioning of the immune and nervous system, vitamin E, which contributes to the protection of cells from oxidative stress, and pantothenic acid, which contributes to normal mental performance and energy yielding metabolism.

Each four capsules contain:		%NRV*
Vitamin A (from beta-carotene)	180 mcg (RE)	23
Vitamin E	19 mg	58
Vitamin C	120 mg	150
Pantothenic acid	48 mg	800
Zinc	12 mg	120
Manganese	2 mg	100
Lecithin	50 mg	-

Ingredients: Licorice root (*Glycyrrhiza glabra*), vitamin C, alfalfa aerial parts (*Medicago sativa*), asparagus stem (*Asparagus officinalis*), **black walnut hulls** (*Juglans nigra*), parsley leaf (*Petroselinum crispum*), potassium citrate, thyme leaf (*Thymus vulgaris*), kelp leaf & stem (*Ascophyllum nodosum*, *Laminaria digitata*), zinc gluconate, dandelion root (*Taraxacum officinale*), eleuthero root (*Eleutherococcus senticosus*), dong quai root (*Angelica sinensis*), lemon bioflavonoid extract, schisandra fruit (*Schisandra chinensis*), marshmallow root (*Althaea officinalis*), uva ursi leaf (*Arctostaphylos uva-ursi*), pantothenic acid, **soy lecithin**, vitamin E, beta-carotene prep., manganese citrate. Capsule shell (gelatin, water).

Allergen advice: contains ingredients derived from soya beans. See ingredients in bold.

Take two capsules with breakfast and two with lunch.

Product Code 4701 (120 capsules)

GLANDULAR, GENERAL NUTRITION

■ MENOPAUSE SUPPORT

Menopause affects half of the population. 8 in 10 women experience symptoms ranging from hot flushes and night sweats to low mood and anxiety. Menopause Support offers holistic support to help manage the most common symptoms. Dong Quai, also known as Female Ginseng (not related to other ginsengs) is widely used in Traditional Chinese Medicine to regulate female hormones. Sage has an astringent effect on the body, this helps to reduce sweating. Kelp is a rich source of iodine. Iodine is essential for thyroid hormone production; these hormones regulate energy production and help to metabolise fats. The addition of Hops may provide relief to anxiety, tension, and irritability.

Three Capsules Contain:

		*NRV%
Dong Quai Root Extract	213mg	-
Sage Leaf	159mg	-
Hops Flowers	150mg	-
Kelp Powder	90mg	-

Ingredients: Bulking agent: microcrystalline cellulose, Capsule: vegetable origin, dong quai root extract (*angelica sinensis*), sage leaf (*salvia officinalis*), hops flowers (*Humulus lupulus*), Atlantic kelp powder (*Ascophyllum nodosum*), Vegetable magnesium stearate (anti-caking agent), Silicon dioxide (anti-caking agent)

Take one capsule, three times a day with plenty of water and with a meal.

Product Code 2321 (90 capsules)

Suitable for vegetarians & vegans

GLANDULAR, STRUCTURAL

■ MULLEIN

The high mucilage content and mild saponins in Mullein (*Verbascum thapsus*) make it a soothing support for the respiratory system. Mucilage absorbs water and becomes slippery. It contains iron, magnesium, potassium, sulphur and calcium phosphate.

Each four capsules contain:

Mullein leaf	1160 mg.
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Ingredients: Mullein leaf (*Verbascum thapsus*), capsule shell (gelatin, water).

Take two tablets with a meal twice daily.

Product Code 460 (100 capsules)

Kosher

RESPIRATORY

■ NATURE'S PRENATAL

Formulated for preconception, pregnancy and nursing, with 800mcg of folic acid, Nature's Prenatal provides a balanced combination of vitamins and minerals to support the nutritional needs of both mother and baby.

An excellent daily multivitamin that provides vitamins A, C D and E plus a range of B vitamins. Antioxidant vitamins A, C and E contribute to the protection of cells from oxidative stress, the normal function of the immune system and a reduction of tiredness and fatigue.

B vitamins contribute towards normal energy-yielding metabolism, and the normal function of the immune and nervous systems. Vitamin D has a role in the process of cell division and contributes to the maintenance of normal muscle and bones.

One tablet contains:

		%NRV*
Vitamin A (beta-carotene)	3 mg	375%
Vitamin D3 (cholecalciferol)	10 mcg	200%
Vitamin E (d-alpha tocopherol from soy)	20 mg	167%
Vitamin C (ascorbic acid)	70 mg	88%
Thiamin (B1-thiamine mononitrate)	3 mg	273%
Riboflavin (B2)	3 mg	214%
Niacin (niacinamide)	17 mg	106%
Vitamin B6 (pyridoxine hydrochloride)	3 mg	214%
Folacin (folic acid)	800 mcg	400%
Vitamin B12 (cyanocobalamin)	5 mcg	200%

Biotin	30 mcg	60%
Pantothenic acid (d-calcium pantothenate)	5 mg	83%
Magnesium (oxide)	75 mg	20%
Iron (ferrous fumarate)	27 mg	193%
Zinc (gluconate)	7 mg	70%
Copper (gluconate)	1 mg	100%
Iodine (potassium iodide)	75 mcg	50%

Along with important minerals magnesium, iron, zinc and coppers, one tablet of this formula contains 800mcg of folic acid. Nature's Prenatal also contains ginger root to help soothe the stomach. It's free of artificial colours, flavours, preservatives, sweeteners, sugar, yeast, gluten, lactose, milk, and wheat.

Ingredients: Magnesium oxide, ferrous fumarate, vitamin C, zinc gluconate, vitamin E (from soy), niacinamide, beta-carotene, folic acid, ginger rhizome (*Zingiber officinale*), copper gluconate, pantothenic acid, vitamin D3, vitamin B6, biotin, riboflavin, thiamin, potassium iodide, vitamin B12. Anti-caking agents; di-calcium phosphate, stearic acid, magnesium stearate. Bulking agent; cellulose.

Take one tablet daily with a meal.

Product Code 3242 (120 tablets)

Suitable for vegetarians.

GENERAL NUTRITION, IMMUNE, ENERGY

■ NOPAL

Nopal is a cactus plant commonly known as the prickly pear. It contains pectins and mucilage that are beneficial to the digestive system. It's particularly useful in providing nutrients to the pancreas and liver that support digestion.

Each six capsules contain:

Nopal leaf 2400 mg

Ingredients: Nopal leaf (*Opuntia streptacantha*), capsule shell (gelatin, water), nopal leaf (*Opuntia ficus-indica*). Bulking agent; cellulose.

Take two capsules with a meal three times daily

Product Code 475 (100 capsules)

Kosher

DIGESTIVE, GLANDULAR, GENERAL NUTRITION.

■ NUTRI-CALM

Key System Product for the nervous system, Nutri-Calm is specially formulated to provide plentiful levels of vitamin C and B-complex vitamins, which helps maintain a healthy nervous system.

The ingredients in this yeast free formula can help us settle when life becomes too much of a challenge and help to replenish vitamins that are often depleted in times of stress.

Along with the herb chamomile, Nutri-Calm contains biotin, which maintains the normal functioning of the body's organ tissues and systems, particularly in old age. It is required to maintain energy and vitality, and is recommended in periods of intense fatigue and during recovery. B-complex and C vitamins are the core of all

vitamin supplements which help maintain a healthy nervous system and contribute to a reduction of tiredness and fatigue.

Three tablets daily provide:

		%NRV*
Vitamin C	1200 mg	1500
Thiamin	60 mg	5455
Riboflavin	60 mg	4286
Niacin	120 mg	750
Vitamin B6	60 mg	4286
Folacin	399 µg	200
Vitamin B12	102 µg	4080
Biotin	300 µg	600
Pantothenic acid	240 mg	4000

Ingredients: Vitamin C, pantothenic acid, chamomile flowers extract (*Matricaria recutita*), niacin (as niacinamide), choline bitartrate, riboflavin, thiamin mononitrate, pyridoxine hydrochloride, inositol, para-aminobenzoic acid, d-biotin, lemon bioflavonoid extract, vitamin B12, folacin. Bulking agents; di-calcium phosphate, microcrystalline cellulose, stearic acid, hydroxypropylcellulose, anti-caking agents; silicon dioxide, sodium carboxymethylcellulose.

Take one tablet with meals three times daily.

Product Code 4798 (90 tablets)

Suitable for vegetarians and vegans

NERVOUS, GENERAL NUTRITION.

■ OMEGA 3-6-9 (flax seed oil)

Rich in Omega 3, 6 and 9, flax seed oil contains nearly twice as much Omega-3 EFAs as fish oil products. As well as providing the building blocks for cell membranes, EFAs have been found to have multiple health benefits for the whole body, including the nervous and cardiovascular systems.

Flax seed oil is a rich source of these EFAs. It also contains lignans, and linoleic acid, another EFA. These two fatty acids are termed 'essential' because the body cannot manufacture them. There are no chemicals or additives, and each capsule is carob coated for light resistance.

Each softgel capsule* provides 1000 mg of 100% unrefined flax seed oil (*Linum usitatissimum*):

Omega-3	450-600 mg	(45-60%)
Omega-6	130-200 mg	(13-20%)
Omega-9	140-230 mg	(14-23%)

The ingredients are described in ranges due to natural variations from different flax harvests.

Ingredients: Flax seed oil (*Linum usitatissimum*), capsule shell (gelatin*, glycerin, water, carob coating).

*From porcine source.

Take one or two capsules with a meal three times daily.

Product Code 1770 (60 softgel capsules).

CIRCULATORY, IMMUNE



P

■ PAPAYA MINT CHEWABLE

Papaya fruit contains an enzyme called papain that can break down protein, while peppermint leaves contain aromatic compounds that nourish the digestive system.

These tablets contain papaya fruit, peppermint leaf, fructose and sorbitol. Nutritionally formulated for the digestive system but can also be used as a breath freshening mint.

Each six tablets contain:

Proprietary blend 7065.0 mg

Ingredients: *Sorbitol, papaya fruit concentrate (Carica papaya), fructose, peppermint leaf (Mentha x piperita), peppermint aerial parts oil (Mentha x piperita). Anti-caking agents; stearic acid, silicon dioxide.*

Chew two tablets 30 minutes before meals three times daily, or use between meals as a breath freshener.

Excessive consumption may produce laxative effects.

Product Code 485 (70 tablets)

Suitable for vegetarians and vegans.

DIGESTIVE

■ PAW PAW

Paw Paw is a unique product that selectively targets specific cells. Nature's Sunshine uses extract of the twigs of the North American paw paw tree, which contain the most concentrated amount of acetogenins. Each capsule of Paw Paw contains 8.5mg of acetogenins from standardised paw paw twig extract (*Asimina triloba*).

Ingredients: *Paw Paw twig extract (Asimina triloba), capsule shell (gelatin, water). Bulking agent; cellulose, anti-caking agent; magnesium stearate.*

Take two capsules with food three times daily. Do not exceed recommended serving size. If exceeded nausea may occur.

Product Code 515 (180 capsules)

Not suitable for use during pregnancy, whilst nursing, or by those planning to conceive. CoQ10 and thyroid products may decrease the effectiveness of this product.

Kosher

IMMUNE

■ PEA PROTEIN PLUS

Pea Protein Plus with added greens is a vegetable protein, whole food drink mix that contains a vast array of healthful, nutrient rich natural ingredients. Along with generous levels of vitamins and minerals, Pea Protein Plus formula includes plant-derived enzymes, fibre, and essential fatty acids from flax seed and borage oil. The herbal blend also includes matcha that offers high amounts of catechins.

With a superb nutritional profile this vegan friendly protein formula is free from dairy, gluten and lactose, saturated fat and cholesterol. It's a great alternative to dairy protein with only 120 calories and 10g of carbohydrates per serving.

Pea protein provides an amino acid profile similar to that of soy, without the phytoestrogens. The blend of high

quality plant proteins from yellow split peas, beans, rice and chickpeas provide generous amounts of branched chain amino acids; leucine, isoleucine and valine; as well as other essential amino acids.

Pea Protein Plus ingredients are naturally high in lysine and arginine and is formulated with a rich 'green and whole food blend' that includes complete proteins such as spirulina, kale, beets, parsley and chlorella, along with quinoa, amaranth spirulina, and chia which contains all nine essential amino acids.

Each serving of Pea Protein Plus, provides 14g of vegetable protein in a comprehensive nutritional blend that provides generous amounts of the daily recommendation for a wide range of vitamins and minerals, in a unique formula of nutrient-rich greens, fruits and herbs. Simply mix with water, or skimmed milk.

Per 31g serving:		%NRV
Vitamin A	300 µg	38%
Vitamin D	15 µg	300%
Vitamin C	70 mg	88%
Thiamin	0.9 mg	82%
Riboflavin	1 mg	71%
Niacin	12 mg NE	75%
Vitamin B6	1.3 mg	93%
Folic Acid	113 µg	57%
Vitamin B12	1.8 µg	72%
Biotin	23 µg	46%
Pantothenic acid	4 mg	67%
Potassium	140 mg	7%
Calcium	20 mg	3%
Zinc	8.5 mg	85%
Copper	700 µg	70%
Manganese	1.8 mg	90%
Selenium	42 µg	76%
Chromium	27 µg	68%
Molybdenum	34 µg	68%
Iodine	113 µg	75%

Protein contributes to the growth and maintenance of muscle mass and the maintenance of normal bones, so it's important to consume enough protein each day to meet your daily requirements. Having plenty of energy helps us to make the most of life, a comprehensive range of B vitamins are known to offer a range of health benefits, contributing to normal energy-yielding metabolism for energy, endurance and stamina, a reduction in tiredness and fatigue, and a healthy nervous system. Green vegetables are an important source of daily nutrition and are bursting with antioxidants, fibre, vitamins, and minerals such as calcium, magnesium, iron and potassium. However, many of us simply don't include greens in our daily diet, and when we do, much of the valuable nutrition is often lost during cooking.

Ingredients: *VEGETABLE PROTEIN BLEND: (pea protein [from split yellow peas], adzuki beans, black beans, garbanzo beans, rice protein [from brown rice]).*

GREEN AND WHOLE FOOD BLEND: (amaranth, brown rice grain, spirulina, quinoa, flax seed hull lignans, chia, chlorella, millet, alfalfa, carrot, broccoli, rice bran and rice germ, artichoke, spinach, asparagus, kale, beet, parsley, chlorophyll), sunflower oil, fructose.

FIBRE BLEND: (short chain fructooligosaccharides

[scFOS], soluble dietary vegetable fibre, pea fibre, bamboo fibre), natural flavours.

ESSENTIAL FATTY ACID BLEND: (flax seed, borage oil).
FRUIT BLEND (mangosteen, goji, watermelon, blueberry, cranberry, grape skin, grape seed, pomegranate, acerola, lemon bioflavonoid), medium chain triglycerides.

HERBAL BLEND: (ceremonial grade matcha, lemongrass, chicory, horsetail), potassium citrate, sodium chloride, sodium citrate.

ENZYME BLEND: (papaya, plant-derived proteolytic enzyme, bromelain), mono and diglycerides. **SWEETENER** (stevia). maltodextrin, brown rice syrup, beta glucans, xanthan gum, guar gum, carrageenan (Irish moss extract),

VITAMIN AND MINERAL BLEND: [vitamin C, sodium selenate, biotin, niacinamide, vitamin A palmitate, zinc oxide, copper gluconate, d-calcium pantothenate, manganese, vitamin D, folic acid, potassium iodide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1), sodium molybdate, cyanocobalamin (vitamin B12), chromium chloride].

Mix two level scoops to 8fl oz (237ml) of water and shake. One serving provides 14g of protein when mixed with water, or 21g of protein when mixed with skimmed milk.

Product Code 3490 (465g).

Money saving four pack available - **product code: 9938**

This product contains vitamin A. Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor or antenatal clinic.

Suitable for vegetarians and vegans.

GENERAL NUTRITION, STRUCTURAL, NERVOUS, ENERGY, WEIGHT MANAGEMENT

■ PEA PROTEIN CHOCOLATE & HAZELNUT

Lily & Loaf's Chocolate & Hazelnut Pea Protein Powder has been specially formulated to support your lifestyle goals by delivering 16.5g of high-quality plant-based Pea Protein Isolate with every serving.

Pea Protein Isolate contains all nine essential amino acids – Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Valine, Tryptophan and Histidine.

Amino acids are the important compounds left behind after proteins have been digested and broken down. Your body uses them to convert nutrients into energy, build muscle, repair body tissue and other cells and keep your key body functions working correctly.

Per 30g serving:		*%NRV
Fat	1.06g	-
of which saturated	0.16g	-
Carbohydrates	5.6g	-
of which sugars	0.0g	-
Fibre	2.54g	-
Proteins	16.56g	-
Salt	0.80g	-
Riboflavin	0.32mg	70%
Calories	110kcal	-

Per 30g serving:		*%NRV
Cyanocobalamin	0.58µg	70%
Calcium	189.23mg	70%
Phosphorus	189.23mg	70%
Potassium	93.32mg	14%
Magnesium	83.72mg	66%
Thiamine	0.32mg	70%
Pyridoxine	0.32mg	70%

Ingredients: Pea protein isolate, maltodextrin, cocoa powder, fructo-oligosaccharides, di-calcium phosphate, natural flavours, magnesium carbonate, sodium bicarbonate, sweetener (sucralose), vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B6 (pyridoxine), vitamin B12 (cyanocobalamin)

Mix two level scoops of powder (30g) with approximately 200ml of water, milk or milk substitute and shake vigorously. Can also be added to your favourite smoothie. Each serving (2 scoops) provides 16g of protein when mixed with water, or 23g of protein when added to milk.

Product Code 2264 (540g)

Suitable for vegetarians & vegans

WEIGHT MANAGEMENT, GENERAL NUTRITION, ENERGY, STRUCTURAL, NERVOUS

■ PEA PROTEIN RED BERRY

Lily & Loaf's Red Berry Pea Protein Powder has been specially formulated to support your lifestyle goals by delivering 16.5g of high-quality plant-based Pea Protein Isolate with every serving.

Pea Protein Isolate contains all nine essential amino acids – Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Valine, Tryptophan and Histidine.

Amino acids are the important compounds left behind after proteins have been digested and broken down. Your body uses them to convert nutrients into energy, build muscle, repair body tissue and other cells and keep your key body functions working correctly.

Per 30g serving:		*%NRV
Fat	0.80g	-
of which saturated	0.30g	-
Carbohydrates	6.08g	-
of which sugars	0.0g	-
Fibre	2.66g	-
Proteins	16.28g	-
Salt	0.82g	-
Riboflavin	0.35mg	76%
Calories	110kcal	-

Per 30g serving:		*%NRV
Cyanocobalamin	0.62µg	76%
Calcium	189.32mg	70%
Phosphorus	147.32mg	64%
Potassium	93.32mg	14%
Magnesium	84mg	68%
Thiamine	0.28mg	76%
Pyridoxine	0.35mg	76%



P

Ingredients: Pea protein isolate, maltodextrin, fructo-oligosaccharides, di-calcium Phosphate, natural flavours, beetroot powder, magnesium carbonate, sodium bicarbonate, citric acid, sweetener (sucralose), vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B6 (pyridoxine), vitamin B12 (cyanocobalamin).

Mix two level scoops of powder (30g) with approximately 200ml of water, milk or milk substitute and shake vigorously. Can also be added to your favourite smoothie. Each serving (2 scoops) provides 16.5g of protein when mixed with water, or 23g of protein when added to milk.

Product Code 2265 (540g)

Suitable for vegetarians & vegans

WEIGHT MANAGEMENT, GENERAL NUTRITION, ENERGY, STRUCTURAL, NERVOUS

PRE + PRO 15

Pre + Pro 15 contains 15 different strains of friendly bacteria, a prebiotic fibre, and selected B Vitamins. Our gut is home to millions of friendly bacteria, these bacteria allow our body to absorb nutrients correctly. The prebiotic fibre, FOS, nourishes our friendly bacteria to ensure they can flourish. The B vitamins play a role in normal macronutrient metabolism and normal energy-yielding metabolism, supporting gut health further.

	Per 100g	Per Daily Dose
Energy Kcal/Kj	86Kcal / 1,613.48Kj	7.72Kcal / 32.27Kj
Fat	0.08g	0.0186g
of which saturated	0.00g	0.0101g
Fibre	4.00g	0.05g
Protein	1.48g	0.06g
Salt	0.01g	0.00g
Carbohydrates	94.81g	1.30g
of which sugars	50.15g	0.27g

Ingredients: Powdered dehydrated glucose syrup; Fructooligosaccharides; Microbial strains: *Bifidobacterium bifidum*, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Lactobacillus plantarum*, *Bifidobacterium breve*, *Bifidobacterium longum*, *Lactobacillus casei*, *Bifidobacterium lactis*, *Lactobacillus bulgaricus*, *Lactobacillus salivarius*, *Lactobacillus fermentum*, *Lactobacillus paracasei*, *Lactobacillus helveticus*, *Lactobacillus gasseri*, *Streptococcus thermophilus*; Vitamin B Premix (Nicotinic Acid; Calcium D-Panthenate; Riboflavin; Pyridoxine hydrochloride; Thiamine Mononitrate; Pteroylmonoglutamic acid (folate); Biotin; Cynocobalamin). Sweetener: Sorbitol; Strawberry juice powder; maltodextrin.

Mix one teaspoon with 200ml of water, each day. Or add to your favourite smoothie.

Product Code 2334 (120g)

Suitable for vegetarians & vegans

INTESTINAL, DIGESTIVE, IMMUNE

PROACTAZYME

Key System Product for the digestive system, Proactazyme is an advanced, full spectrum enzyme supplement, from plant sources, that helps break down food in your stomach, making it easier to digest.

Especially useful when you feel uncomfortably full after a meal. It contains plant-based food enzymes to break down proteins, carbohydrates, and fats, and difficult to digest foods. To make them even more effective, Nature's Sunshine added plant extracts specifically selected for the digestive system.

Proactazyme is protected with an exclusive herbal blend that buffers and stabilises the enzymes. Therefore, the enzymes are not damaged in the stomach, enabling them to work more effectively. A fantastic, general purpose enzyme supplement from plant sources, scientifically balanced for maximum effectiveness, containing protease, amylase, glucoamylase, lipase, pectinase and cellulase.

Six capsules contain:

Protease	36,000 HUT
Amylase	12,000 DU
Glucoamylase	30 AGU
Lipase	72 LU
Pectinase	36 Endo AJDU
Cellulase	360 CU

Ingredients: Capsule shell (gelatin, water), protease, amylase, glucoamylase, lipase, pectinase, cellulase, beet root fibre (*Beta vulgaris*), potassium citrate, caraway seed (*Carum carvi*), dandelion root (*Taraxacum officinale*), fennel seed (*Foeniculum vulgare*), gentian root (*Gentiana lutea*), ginger root (*Zingiber officinale*). Enzymes from plant sources.

Take one or two capsules with a meal three times daily

Product Code 1643 (100 capsules)

DIGESTIVE

PRO B11 - Natural live bacteria

Maintaining healthy gut flora helps us to digest and absorb proteins and produce B vitamins. It also helps to protect the gut wall and prevents more harmful organisms from establishing themselves.

Pro B11 is a high potency probiotic – a multi-strain, natural live bacteria supplement that provides almost 12 billion bacteria per serving. The eleven strains of bacteria in Pro B11 ensure you replenish your gut with a variety of beneficial flora.

Contains bifidobacterium strains longum, infantis and bifidum, which help to create B vitamins, and Lactobacillus strains release unique enzymes, which help to break down larger milk proteins for absorption.

Each enteric-coated capsule contains fructo-oligosaccharides, and inulin, a built-in prebiotic to nourish and spread the bacteria throughout the gut.

Use Pro B11 as part of your daily health maintenance programme.

Two capsules contain:

- Lactobacillus rhamnosus
- Bifidobacterium bifidum
- Lactobacillus acidophilus
- Lactobacillus brevis
- Lactobacillus bulgaricus
- Lactobacillus plantarum
- Streptococcus thermophilus
- Bifidobacterium infantis
- Bifidobacterium longum
- Lactobacillus casei
- Lactobacillus salivarius

Ingredients: Live natural bacteria blend inulin, fructooligosaccharides (short and long chain), bulking agent; cellulose, anti-caking agent; magnesium stearate. VegCap shell (hypromellose, gellan gum, water)

After receiving your PRO B11, we recommend keeping it refrigerated, or stored in a cool dry place, to help maintain the viability of microbes in the formula. The product is stored in refrigerated conditions immediately prior to shipping and is formulated with an 'overbuild' of microbes to compensate for shipping time. The anticipated time of local shipping would not have any serious impact on the viable microbe count, and when you receive your product it will contain the number of organisms stated on the label.

Take one or two capsules daily with a meal.

Product Code 1510 (90 vegcaps)

Suitable for vegetarians & vegans

INTESTINAL, DIGESTIVE, IMMUNE



PROTEIN

Most of your body is made from protein. It provides the essential building blocks for muscle, proteins, enzymes and hormones in the form of amino acids. Proteins are needed to build and maintain all body tissue, inside and out. They make up the enzymes and hormones that control all chemical reactions in our bodies, and regulate activities like digestion, metabolism and body temperature.

Other proteins in the blood are antibodies - your defenders against infection. As protein can't be stored within the body, it's important to consume the right levels of protein to meet your daily needs. Poor dietary choices or not getting enough protein for the amount of exercise we do can all contribute to protein deficiency, which can have a number of knock-on effects for the rest of our health.



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PSYLLIUM HULLS

Psyllium has the highest level of soluble fibre known - more than eight times that of oat bran - and encapsulated psyllium hulls are a convenient way to add important fibre to the daily diet.

Each Four capsules contain:

Psyllium hulls 1860 mg

Ingredients: *Psyllium hulls (Plantago ovata), capsule shell (gelatin, water).*

Take two capsules with at least 8 oz. of water with a meal twice daily.

Product Code 545 (100 capsules)

Allergy advice: May cause a reaction in those allergic to inhaled or ingested psyllium. See ingredients in bold.

Kosher

INTESTINAL

RASPBERRY IMMUNITY GUMMIES

Raspberry Immunity Gummies comprises a trio of immunity supporting nutrients for daily support. Vitamin C, Zinc and Selenium. It provides whole system support in a delicious gummy.

Selenium in food is deteriorating, and supplementation may prevent deficiency against premature ageing and dandruff symptoms.

Vitamin C and zinc both support a normal immune system.

Two Gummies Provide:		*NRV%
Vitamin C	160 mg	200
Vitamin B6	0.6 mg	42
Zinc	4 mg	40
Selenium	22µg	40

Ingredients: *Glucose Syrup, Sucrose, Water, Vitamin C, Apple Juice Concentrate, Pectin, Citric Acid, Acidity Regulator (Sodium Citrate), Flavours (Natural Raspberry Flavouring, Natural Strawberry Flavouring), Zinc, Selenium, Black Carrot Juice Concentrate, Glazing Agents (Vegetable Oil, Carnauba Wax), Sodium Hexametaphosphate, Vitamin B6*

Take 2 gummies each day with a meal.

Product code 2327 (60 gummies)

Suitable for vegetarians & vegans

IMMUNE, GENERAL NUTRITION

RED RASPBERRY

Red raspberry possesses astringent qualities, and for centuries red raspberry leaves have been used by women for the reproductive system, especially during later stages of pregnancy to prepare for the birth. The leaves of this popular fruit plant are traditionally used for their vitamin C and high tannin content.

The leaves contain manganese, iron and niacin. Manganese contributes to normal energy-yielding metabolism and to the protection of cells from oxidative stress. Each capsule contains 360mg red raspberry leaves.

Each six capsules contain:

Red raspberry leaf 2160 mg

Ingredients: *Red raspberry leaf (Rubus idaeus), capsule shell (gelatin, water).*

Take two capsules with a meal three times daily

Product Code 560 (100 capsules)

Kosher

GLANDULAR

SIBERIAN GINSENG

Siberian Ginseng is an adaptogen, traditionally used to support the whole body during periods of emotional stress. Its name comes from the Chinese 'jen shen', which means 'man root', so-named because some roots have limb-like branches resembling arms and legs. Because the root has a human-like shape, it is considered by some to be an overall body supplement.

Take two capsules with a meal three times daily.

Ingredients: *Eleuthero root (Eleutherococcus senticosus), capsule shell (gelatin, water).*

Product Code 660 (100 capsules)

Do not take if pregnant or likely to become pregnant.

Kosher

GLANDULAR, NERVOUS, GENERAL NUTRITION

SILVER SHIELD™

Cleanse and protect with Silver Shield. Scientific research is demonstrating that this form of silver has remarkable effects on a wide range of surface organisms. Research indicates that colloidal silver deactivates the enzymes responsible for the metabolism and multiplication of bacteria, fungi and viruses.

Nature's Sunshine's Silver Shield™ with Aqua Sol technology, is a potent germ barrier and surface cleanser. When used as a water purifier, its fine particle size colloids ensure maximum efficiency in a safe and effective product that is completely non-toxic. Just one teaspoon (5ml) provides a full 100mcg (20ppm) of pure silver, without heavy metal contamination. Silver Shield™ is tasteless and odourless.

Measuring Facts: *1 teaspoon (5ml). Teaspoons per container: Approx. 24. Amount Per 5ml serving: Deionised water, Silver (colloidal and ionic) 100 mcg.*

Water Purification: *Mix 5 ml (one teaspoonful) in up to one litre of water* three times daily. Stir well and let stand for two minutes before drinking.*

Maximum recommended daily use three teaspoons.

Do not mix with salt or salty liquids. Do not consume undiluted. *Not intended for complete sterilisation of contaminated water.

Product Code 4274 (118ml)

Suitable for vegetarians and vegans.

GENERAL.

■ SILVER SHIELD GEL®

Nature's Sunshine uses the very latest technology and cutting-edge methods that provide you with only the very best quality silver products. This daily purifying cleansing gel is manufactured with a patented process using 'Bioavailable Aqua Sol Technology' and utilises only the finest particle-sized colloids to ensure maximum bioavailability and efficiency.

This clear gel product provides natural hydration and a moisturising effect. Silver Shield Gel contains no alcohol - it is non-toxic, safe and effective, and has no risk of causing heavy metal contamination. The gel provides 20ppm of bioavailable silver and is safe for children.

Ingredients: Aqua, triethanolamine, acrylates/C10-30 alkyl acrylate cross-polymer, colloidal silver.

Apply Silver Shield Gel® to skin as required. For external use only.

Product Code 4950 (85g)

Suitable for vegetarians and vegans.

GENERAL

■ SKELETAL STRENGTH

The structural system is the framework for your body, and Skeletal Strength provides a unique and comprehensive blend of nutrients the body uses to manufacture bones and muscles, and to fight the forces that deplete the structural system of strength and flexibility.

Skeletal Strength is the Key System Product for the structural system. The carefully balanced formula includes calcium, which is needed for the maintenance of normal bones and teeth and contributes to normal muscle function and energy yielding metabolism.

Vitamin A is required for the maintenance of normal skin, mucous membranes and vision, and the normal function of the immune system - it also contributes to normal iron metabolism. Vitamin C contributes to normal collagen formation and the normal functioning of the bones, cartilage, teeth and skin. This well-known antioxidant vitamin also contributes to the protection of cells from oxidative stress and helps to reduce tiredness and fatigue.

Also includes B vitamins, vitamin D and a range of minerals for the nutritional support of the skeletal system.

Two tablets contain:		%NRV*
Vitamin A (RE)		
(from 25 µg RE from beta-carotene)	150 µg	3%
Vitamin D	2.5 µg	50%
Vitamin C	75 mg	94%
Vitamin B6	2.5 mg	179%
Vitamin B12	15 µg	600%

Potassium	50 mg	3%
Calcium	300 mg	38%
Phosphorus	94 mg	13%
Magnesium	300 mg	80%
Iron	1.5 mg	11%
Zinc	7.5 mg	75%
Copper	1.0 mg	100%
Manganese	0.5 mg	25%

Ingredients: calcium bis-glycinate, magnesium oxide, di-calcium phosphate, potassium gluconate, calcium citrate hydrate, bulking agent; cellulose, vitamin C, horsetail stem and strobilus (*Equisetum arvense*), papaya fruit concentrate (*Carica papaya*), parsley leaf (*Petroselinum crispum*), valerian root (*Valeriana officinalis*), betaine hydrochloride, pineapple fruit juice concentrate, ferrous gluconate, anti-caking agent; magnesium stearate, zinc oxide, copper gluconate, magnesium bis-glycinate, pyridoxine, manganese citrate, licorice root extract (*Glycyrrhiza glabra*), vitamin B12, vitamin D2 and beta-carotene prep. Anti-caking agent; stearic acid, magnesium stearate.

Take one tablet with a meal twice daily.

Product Code 1356 (60 tablets)

Suitable for vegetarians and vegans.

Not for RESALE in Republic of Ireland, personal use only.

STRUCTURAL, GENERAL NUTRITION

■ SKIN, HAIR & NAIL GUMMIES

The integumentary system is responsible for our hair, skin and nails. The main purpose of this system is protecting our insides from the dangers of the outside world such as UV light, heat and cold. Show your body some love with this whole system supplement.

Biotin is a water-soluble vitamin, which contributes to the maintenance of the whole system, hair, skin and nails, in food sources biotin is easily destroyed.

Two Gummies provide:		%NRV*
Vitamin A	800µg	100%
Vitamin D	5µg	100%
Vitamin E	12mg	100%
Vitamin C	80mg	100%
Vitamin B6	1.4mg	100%
Vitamin B12	2.5µg	100%
Biotin	150µg	300%
Zinc	10mg	100%
Selenium	55 µg	100%

Ingredients: Glucose Syrup, Sucrose, Water, Vitamin C (L-Ascorbic Acid), Pectin, Apple Juice Concentrate, Blueberry Juice Concentrate, Acids (Citric Acid, Lactic Acid), Zinc, Selenium, Sodium Citrate, Natural Flavours (Blueberry & Strawberry), Vitamin E (D-Alpha Tocopheryl Acetate), Anthocyanins, Glazing Agent (Vegetable Oil, Carnauba Wax), Vitamin B12 (Cyanocobalamin), Vitamin A (Retinyl Palmitate), Vitamin B6 (Pyridoxine Hydrochloride) Vitamin D3 (Cholecalciferol), Biotin

Take 2 gummies each day, with a meal.

Product code 2323 (60 gummies)

Suitable for vegetarians

SKINCARE, GENERAL NUTRITION



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■ SLIPPERY ELM

Slippery Elm is rich in nutrients and easy to digest, making it an excellent food during times of digestive discomfort. *Ulmus rubra*, the Slippery Elm, is a species of elm native to eastern North America, and in times of famine, early American settlers used it as a survival food.

Slippery elm is very mucilaginous, making a slippery substance when mixed with water. Each four capsules contain 1440mg of Slippery Elm.

Each four capsules contain:

Slippery elm bark 1440 mg

Ingredients: *Slippery elm bark (Ulmus rubra), capsule shell (gelatin, water). Anti-caking agents; magnesium stearate, silicon dioxide.*

Take two capsules with a meal twice daily.

Product Code 670 (100 capsules)

Kosher

DIGESTIVE, INTESTINAL

SODIUM BENZOATE

Sodium benzoate is the sodium salt of benzoic acid. Benzoic acid is found naturally in the gum benzoin tree native to the Far East. It is also found in rather large amounts in most berries. Both sodium benzoate and benzoic acid have been used for over 150 years to prevent the growth of microorganisms.

In the food industry benzoates were found to be helpful in preserving food products and they were also very effective in liquid drink products.

Only a very small amount (0.1% or less) is needed to inhibit the growth of dangerous microorganisms in liquids. Without the use of benzoates, consumers

would be at great risk of exposure to pathogenic organisms.

These ingredients are considered “quality” ingredients since they prevent bacterial growth and do not alter the taste of foods or food supplements.

SOLSTIC RANGE

Products in the Solstic Range are presented in handy, single serve sachets, making them easy to use, anytime, anywhere – just pop them in your pocket or bag. Ideal when you’re travelling, or on the move. These great tasting nutritional drinks contain less than 20 calories each.

Simply mix the contents of the sachet with 500ml of water, shake, and enjoy.

■ SOLSTIC ENERGY

Solstic Energy is a great tasting natural alternative to sugar loaded energy drinks. Many of the energy drinks available today can overload your body systems with sugar, processed caffeine and other ‘quick fix’ ingredients, to give you a quick boost. But when the sugar rush wears off, the result can often be a sudden, vitality-sapping, energy crash.

Solstic Energy’s blend of natural, energy releasing ingredients can help to provide added stamina, without added risk. This unique formula includes yerba maté, and guarana seed - a natural source of caffeine that releases more slowly than processed caffeine, along with green tea extracts.

The B vitamins in Solstic Energy provide an array of health benefits that contribute to a reduction in tiredness and fatigue, normal energy yielding metabolism, and normal function of the immune system, providing energy, endurance and stamina.

Solstic Energy has a great natural citrus flavour and has been carefully formulated to support the body’s own energy-producing systems to provide a sustained release of energy whenever and wherever you need it. Each serving has only 15 calories, 3g of carbohydrates, and is free from fat, dairy, gluten and yeast.

Per 3.75g serving		%NRV*
Thiamin	1.2 mg	109%
Riboflavin	1.3 mg	93%
Niacin	16 mg	100%
Vitamin B6	1.3 mg	93%
Pantothenic Acid	5 mg	83%

Ingredients: Citric acid, guarana seed extract (*Paullinia cupana*), natural flavour (citrus), malic acid, sweetener: sucralose, grape skin extract (*Vitis vinifera*), green tea leaf extract (*Camellia sinensis*), niacinamide, yerba maté leaf extract (*Ilex paraguariensis*), pantothenic acid, vitamin B6 pyridoxine hydrochloride, riboflavin, thiamin (thiamine mononitrate). Bulking agent; maltodextrin, anti-caking agent; silicon dioxide.

Mix with 500ml of water - drink 1 to 2 servings a day.

Product Code 6501 (30 sachets).

Money saving multi pack product code: 9684 (120 sachets)

Suitable for vegetarians and vegans

ENERGY, GENERAL NUTRITION

■ SOLSTIC NUTRITION

Daily vitamins and minerals in a great tasting fruit flavoured drink. Solstic Nutrition has been formulated by Nature's Sunshine's own team of scientific experts and has been created to bring you a great tasting synergistic blend, providing 100% or more of the Nutrient Reference Value for a wide range of daily vitamins and minerals, each providing a source of natural health benefits.

This powerful little drink mix contains a comprehensive range of B vitamins known to contribute to a reduction in tiredness and fatigue, help to release energy, and support a healthy nervous system.

Antioxidant vitamins A and C protect the body's cells from oxidative stress, and contribute to the normal function of the immune system, which is so important in maintaining good health! Vitamin A is especially important for the eyes, as it plays an essential role in the maintenance of normal vision and is also required to maintain healthy skin.

Vitamin C helps with the absorption of iron from daily food intake and plays a key part in the production of collagen, which is an important factor in maintaining healthy skin, bones, cartilage, teeth and gums. Vitamin C is also important to the health of the nervous system.

This great tasting tropical fruit formula also includes vitamin D3, E, K1, calcium, folic acid, magnesium and zinc, which combine to make a highly beneficial blend of daily nutrition that is quick and easy to take. This handy little pack provides on-the-go nourishment you can enjoy every day. Contains only 20 calories, and 5g of carbohydrate per each 6g serving. Contains no wheat or dairy.

Per 6g serving		%NRV
Vitamin A	1000 µg	125%
Vitamin D	10 µg	200%
Vitamin E	20 mg	167%
Vitamin K	30 µg	40%
Vitamin C	60 mg	75%
Thiamin	1.5 mg	136%
Riboflavin	1.7 mg	121%
Niacin	20 mg	125%
Vitamin B6	2mg	143%
Folacin	200 µg	100%
Biotin	150 µg	300%
Pantothenic Acid	10 mg	167%
Calcium	100 mg	13%
Magnesium	40mg	11%
Zinc	3.7mg	37%

Ingredients: Magnesium gluconate, calcium lactate, citric acid, natural flavour (lemon, mandarin, orange, pineapple), beet root juice concentrate (*Beta vulgaris*), tartaric acid, vitamin C, malic acid, vitamin E (d-alpha tocopheryl acetate), sweetener: sucralose, niacinamide, biotin, pantothenic acid, beta-carotene, zinc oxide, vitamin D3 (cholecalciferol), vitamin K1, vitamin B6 (pyridoxine hydrochloride), folic acid, riboflavin, thiamin (thiamine mononitrate). Bulking agent; maltodextrin, anti-caking agent; silicon dioxide.

Mix with 500ml of water - drink 1 to 2 servings a day.

Product Code 6504 (30 sachets).

Money saving multi pack product code: 9790 (120 sachets)

Suitable for vegetarians.

GENERAL NUTRITION, ENERGY

■ SPIRULINA

Spirulina is a blue-green algae that grows in warm, alkaline fresh waters around the world. The algae is a source of all eight essential amino acids, it is one of the few plant sources of vitamin B12, and is rich in protein, vitamins, minerals, and antioxidants.

Spirulina is recognised to be the most complete food source known. This 'superfood' has an amazing array of nutrients, and the highest protein content of any natural food.

Spirulina is 60-70% complete protein, compared to lean beef's 23%. It is the richest wholefood source of vitamin B12, and nature's richest wholefood source of vitamin E. Spirulina contains many times more beta-carotene than papaya or carrots, and more Iron than spinach, or beef liver.

It contains a wide range of nutrients including B complex vitamins, vitamin E, manganese, zinc, copper, iron, selenium, and gamma linolenic acid (an essential fatty acid). Each capsule contains 400mg of 100% blue-green microalgae.

Each six capsules contain:

Spirulina 2400 mg

Ingredients: *Spirulina* (*Arthrospira platensis*), capsule shell (gelatin, water).

Take two capsules with a meal three times daily.

Product Code 681 (100 capsules)

Kosher

GENERAL NUTRITION

■ SUPER OMEGA-3 EPA

Super Omega-3 is one of the most well-known daily nutrition supplements, and Nature's Sunshine pharmaceutical grade manufacturing process guarantees that only the finest, purest oils, sourced from the flesh of cold-water fish, are used in Super Omega-3 EPA.

Omega-3s have been well researched and found to have multiple health benefits across the body systems, with both EPA and DHA contributing to the normal function of the heart, normal blood pressure, and the maintenance of blood triglyceride levels. DHA contributes to the maintenance of brain function and vision, and the



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formation of healthy brain and eye tissue during foetal development.

Nature's Sunshine's Super Omega-3 EPA is a potent Omega-3 supplement, guaranteed free from radiation, heavy metals, and forms of marine pollution, that provides 760mg of EPA and 380mg DHA per daily dose of two capsules.

Each capsule is hermetically sealed during encapsulation to prevent oxygen reacting with the oils, and contain natural lemon oils for a pleasant taste.

Two capsules contain:

Fish oil concentrate	2000 mg
Fatty Acid Profile:	
Eicosapentaenoic acid (EPA)	760 mg
Docosahexaenoic acid (DHA)	380 mg

Ingredients: *Marine lipid concentrate, natural lemon oil, capsule shell (gelatin, glycerin, water).*

Take two capsules with a meal once a day.

Refrigerate after opening.

Product Code 1515 (60 capsules)

GENERAL NUTRITION, CIRCULATORY, NERVOUS

■ SUPER SUPPLEMENTAL VITAMINS & MINERALS

Vitamins and minerals are essential nutrients that your body needs to function properly. The body itself can't make vitamins, so it's important to get enough vitamins and minerals in your diet every day.

This daily nutrition formula provides a balanced profile of 23 vitamins and minerals blended into a base of plant extracts to aid their absorption. Contains micronutrients from super-foods, and important carotenoid antioxidants, lutein and lycopene. These nutrients contribute to a multitude of body processes.

This formula can help to make up any shortfall in your daily diet, with vitamin A for the immune system, iron metabolism, and maintenance of normal vision and skin. B vitamins for energy metabolism, and a reduction in tiredness and fatigue; vitamin C for the immune and nervous systems, and normal formation of collagen; and vitamin E for the protection of cells from oxidative stress.

Good levels of Vitamin D contribute to the maintenance of normal bones, teeth and muscle function, blood calcium levels, and normal function of the immune system.

The formula also combines a wide range of minerals such as calcium, magnesium, manganese, phosphorus, iron and zinc, which contribute to a wide spectrum of essential processes in the body including cell division, oxygen

ORGANIC SKINCARE

Lily & Loaf skincare products are natural, organic and hypoallergenic with no synthetic fragrances. Our thoughtfully created formulas contain only natural ingredients that are more easily absorbed by the skin to bring you beautiful, natural results.

ETHICALLY SOURCED.
WITH INGREDIENTS TRACEABLE TO SOURCE, AND NOT TESTED ON ANIMALS.



“Naturally organic for all skin types”

transportation, blood clotting, cognitive function, protein synthesis, function of cell membranes, electrolyte balance, psychological function, and formation of connective tissue.

This best-selling combination provides 100% of many recommended daily vitamin & mineral requirements.

One tablet contains:		%NRV*
Vitamin A (80% retinyl palmitate, 20% beta-carotene)	1000 µg	125
Vitamin D3	2.7 µg	54
Vitamin E	18.2 mg	152
Vitamin C	125 mg	156
Thiamin	6 mg	545
Riboflavin	4.7 mg	336
Niacin (from niacinamide)	15 mg	94
Vitamin B6	7.2 mg	514
Folacin	85 µg	43
Vitamin B12	25 µg	1000
Biotin	79 µg	158
Pantothenic acid	34 mg	567
Calcium	105 mg	13
Phosphorus	66 mg	9
Magnesium	100 mg	27
Iron	7.5 mg	54
Zinc	7.5 mg	75
Copper	0.5 mg	50
Manganese	0.75 mg	38
Selenium	25 µg	45
Chromium	25 µg	63
Iodine	50 µg	33
Choline bitartrate	12.5 mg	-

Ingredients: Di-calcium phosphate, magnesium oxide, vitamin C, calcium bis-glycinate, potassium citrate, zinc gluconate, pantothenic acid, vitamin E (d-alpha tocopherol), l-selenomethionine, ferrous fumarate, niacinamide, choline bitartrate, inositol, pyridoxine hydrochloride, calcium citrate, magnesium bis-glycinate dihydrate, biotin, thiamin, beta-carotene, para amino benzoic acid, riboflavin, vitamin A palmitate, copper gluconate, manganese citrate, alfalfa aerial parts (*Medicago sativa*), asparagus stems (*Asparagus officinalis*), broccoli flowers (*Brassica oleracea var. italica*), cabbage leaves (*Brassica oleracea var. capitata*), hesperidin bioflavonoid extract, lemon bioflavonoid extract (*Citrus limon*), rutin, cyanocobalamin, rosehips fruit extract (*Rosa canina*), horsetail stems & strobilus (*Equisetum arvense*), vitamin D3 (cholecalciferol), potassium iodide, chromium chloride, folic acid, kelp leaves & stems (*Ascophyllum nodosum*, *Laminaria digitata*). Bulking agent; microcrystalline cellulose, anti-caking agents; stearic acid, magnesium stearate, silicon dioxide, bulking agent; carboxymethyl cellulose sodium.

This product contains vitamin A in the form of retinol. Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor or antenatal clinic. This product contains iron, which if taken in excess, may be harmful to very young children.

Please note: during preconception, pregnancy and nursing, use Nature's Prenatal, product code: 3242.

Take one tablet with a meal twice daily

Product Code 1817 (120 tablets)

GENERAL NUTRITION, IMMUNE, STRUCTURAL, NERVOUS, ENERGY

SYNERPROTEIN® Vanilla Flavour

This amazing low fat, high protein drink was originally formulated by Dr. James Scala, nutritionist to NASA and the US Olympic team. The formula includes non-GMO soya protein, and the full range of essential amino acids, and nutrients needed to rebuild muscle and reduce feelings of fatigue.

Thanks to sophisticated nutritional engineering, SynerProTein® will help you obtain complete, high quality vegetable protein without the calories, cholesterol and fat of other protein sources. SynerProTein® provides 18g of soya protein per serving, combined with cruciferous vegetables, vitamins, minerals and herbs to aid absorption. SynerProTein® contains no dairy, wheat, gluten, cholesterol, yeast or artificial additives.

SynerProTein® is one of the highest quality protein products on the market, and is produced from non-genetically modified soya, which has been shown in studies to have a number of health benefits for the cardiovascular system.

Each serving provides a natural source of all nine essential amino acids: Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, and Valine.

SynerProTein Vanilla Flavour

Per 32g serving.		* %NRV
Vitamin A	300 µg	38
Vitamin C	30 mg	38
Thiamin (B1)	1.5 mg	136
Riboflavin (B2)	1.7 mg	121
Niacin	10 mg	63
Vitamin B6	0.5 mg	36
Vitamin B12	1.5 µg	60
Pantothenic acid	2 mg	33
Calcium	100 mg	13
Phosphorus	150 mg	21
Magnesium	80 mg	21
Iron	8 mg	57
Iodine	30 µg	20

SynerProTein contains all eight essential amino acids, along with histidine. Typical amino acid profile per 32g serving:

Histidine	284 mg
Isoleucine	577 mg
Leucine	942 mg
Lysine	755 mg
Methionine	320 mg
Phenylalanine	586 mg
Threonine	444 mg
Tryptophan	169 mg
Valine	586 mg

Ingredients SynerProTein Vanilla: Isolated SOYA protein, fructose, maltodextrin, fenugreek, di-calcium phosphate, potassium chloride, SynerPro concentrate (broccoli, carrot, red beet, rosemary, tomato, turmeric, cabbage, grapefruit, orange bioflavonoids, hesperidin), canola oil, dl-methionine, vanilla flavour, magnesium oxide, lecithin (from SOY), silica gel, vitamin C, ferrous fumarate, niacin (as niacinamide), vitamin A (palmitate), chromium chloride, pantothenic acid (as calcium pantothenate), thiamin hydrochloride, riboflavin, potassium iodide, pyridoxine HCl, and cyanocobalamin.



T

Mix one scoop (32g) with 8 fl oz. (236 ml) of water or skimmed milk, shake or stir vigorously. Drink up to 3 servings a day as required. Vanilla Flavour, 120 calories per serving with water, 201 calories per serving with skimmed milk. Optional: Add fruits to make up a great tasting protein shake. Mix with TNT for a powerful protein, fibre shake and get a great start to your day – everyday!

Product code: 2914 SynerProTein® vanilla flavour (448g).

Money saving multi pack: 9784 (6 x 448g)

SynerProTein contains vitamin A in the form of retinol. Pregnant women or those likely to become pregnant must not take more than one serving daily, except on the advice of a doctor or ante-natal clinic.

Allergy advice: contains soya. See ingredients in bold.

Suitable for vegetarians and vegans.

GENERAL NUTRITION, ENERGY

SYNERPROTEIN® Chocolate Flavour

With all the benefits of SynerProTein Vanilla but with a rich chocolate flavour.

SynerProTein Chocolate Flavour

Per 32g serving.		* %NRV
Vitamin A (RE)	300 µg	38
Vitamin C	30 mg	38
Thiamin (B1)	1.5 mg	136
Riboflavin (B2)	1.7 mg	121
Niacin	10 mg	63
Vitamin B6	0.5 mg	36
Vitamin B12	1.5 µg	60
Pantothenic acid	2 mg	33
Calcium	100 mg	13
Phosphorus	150 mg	21
Magnesium	80 mg	21
Iron	8 mg	57
Iodine	30 µg	20

Ingredients SynerProTein Chocolate: *Isolated soya protein, fructose, cocoa powder, flavouring: natural vanilla, di-calcium phosphate, potassium chloride, lecithin (from soy), SynerPro concentrate (broccoli, carrot, red beet, rosemary, tomato, turmeric, cabbage, grapefruit, orange bioflavonoids, hesperidin), canola oil, carrageenan, di-methionine, ferrous fumarate, xanthan gum, cellulose gum, magnesium oxide, vitamin C, niacin (as niacinamide), chromium III chloride, vitamin A, pantothenic acid, vitamin B12, riboflavin, thiamin, vitamin B6 and potassium iodide.*

Mix one scoop (32g) with 8 fl oz. (236 ml) of water or skimmed milk, shake or stir vigorously. Drink up to 3 servings a day as required. Chocolate Flavour, 121 calories per serving with water, 200 calories per serving with skimmed milk. Optional: Add fruits to make up a great tasting protein shake. Mix with TNT for a powerful protein, fibre shake and get a great start to your day – everyday!

Product code: 2905 SynerProTein® chocolate flavour (448g). **Money saving multi pack:** 9780 (6 x 448g)

SynerProTein contains vitamin A in the form of retinol. Pregnant women or those likely to become pregnant must not take more than one serving daily, except on the advice of a doctor or ante-natal clinic.

Allergy advice: contains soya. See ingredients in bold.

Suitable for vegetarians and vegans.

GENERAL NUTRITION, ENERGY

TEI FU® MASSAGE LOTION

Developed and perfected by a Chinese herbalist several decades ago, Tei Fu Essential Oil was created using an ancient formula that was passed down in his family for more than 1,000 years. This formula is a unique blend of Tei Fu essential oils and skin emollients in a creamy lotion form. It's especially designed for broad skin application, and the skin tingling formula applies smoothly to the skin and penetrates deeply to encourage relaxation, and relieve stiff, sore muscles. Its emollient, greaseless properties leave the skin smooth and supple.

Ingredients: *Aqua, menthol, methyl salicylate, camphor, cetearyl alcohol, eucalyptus globulus leaf oil, stearic acid, Prunus amygdalus dulcis (Sweet Almond) oil, butylene glycol, glyceryl stearate, PEG-100 stearate, caprylic/capric triglyceride, cetearth-20, clove leaf oil, aloe barbadensis leaf juice, squalane, allantoin, citric acid, dimethicone, xanthan gum, tetrasodium EDTA, acrylates/C10-30 alkyl acrylate crosspolymer, hydroxyethyl acrylate/sodium acryloyldimethyl/taurate copolymer, polysorbate 60, phenoxyethanol, methylparaben, propylparaben, ethylparaben, butylparaben, sodium hydroxide.*

Apply to muscles and joints and massage into the skin. For external use only - avoid contact with eyes.

Product Code 3538 (118ml)

Suitable for vegetarians and vegans.

TNT - ENERGY & FIBRE DRINK MIX

Fibre is an important part of a healthy diet, but it's not always easy to obtain as much daily fibre as you need. As part of a healthy diet, experts recommend consuming a minimum of at least 20-35 grams of dietary fibre each day, but many individuals obtain less than half that amount in their diet.

Soluble and insoluble fibre each contribute to our health in different ways. Soluble fibre soaks up water, creating bulk which passes through the body more easily. It prolongs stomach-emptying time and helps to reduce cholesterol, reducing the risk of heart disease. Insoluble fibre passes through the system pretty much in its original state, sweeping the intestines clean of waste and promoting regularity which means toxins are less likely to be reabsorbed into the blood stream.

Per 38g serving.		* %NRV
Vitamin A (RE)	1600 µg	200%
Vitamin D	12.7 µg	254%
Vitamin E	19.4 mg	162%
Vitamin C	60 mg	75%
Thiamin	1.5 mg	136%
Riboflavin	1.8 mg	129%
Niacin	20 mg	125%
Vitamin B6	2 mg	143%
Folacin	410 µg	205%
Vitamin B12	6 µg	240%
Biotin	300 µg	600%
Pantothenic Acid	10 mg	167%
Potassium	100 mg	5%

Calcium	244 mg	31%
Phosphorus	140 mg	20%
Magnesium	93 mg	25%
Iron	5 mg	36%
Zinc	4 mg	40%
Copper	0.5 mg	50%
Manganese	0.4 mg	20%
Selenium	17 µg	31%
Chromium	33 µg	83%
Molybdenum	19 µg	38%
Iodine	44 µg	29%

TNT is a high fibre daily nutrition drink that contains a balance of 18 different sources of fibre plus an array of 12 vitamins, 11 minerals and antioxidants – essential for healthy growth and good health! And one serving of TNT contains more fibre and nutrients than a kilo of fresh fruit and vegetables. This sugar free formula has a great orange taste that the whole family can enjoy.

Ingredients: *Fibre blend: Gum arabic, rice bran, soy fibre, cellulose fibre, oat fibre, guar gum, beet fibre, pea fibre, oat bran, apple fibre, corn bran, broccoli, carrot, tomato, cabbage, celery, spinach. Other ingredients: Fructose, creamer [corn syrup solids, high oleic sunflower oil, sodium caseinate (milk), dipotassium phosphate, mono & diglycerides, soy lecithin, tocopherols, tricalcium phosphate], natural flavours (contains buttermilk), soy lecithin, bulking agents; tricalcium phosphate, maltodextrin, citric acid, magnesium oxide, beta-carotene, salt, citrus pectin, ascorbic acid (vitamin C), d-alpha tocopherol acetate (vitamin E), biotin, vitamin A palmitate, niacinamide (niacin), ferrous fumarate, zinc citrate, d-calcium pantothenate (pantothenic acid), cholecalciferol (vitamin D3), folic acid, copper gluconate, pyridoxine hydrochloride, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), manganese citrate, potassium iodide, cyanocobalamin, chromium chloride, sodium molybdate, and selenomethionine.*

Mix one scoop with 118ml of water (or two scoops to 236ml) and shake or stir briskly. One scoop serving provides 140 calories per serving.

Product Code 4308 (532g).

Money saving multi packs product code: 9781 (4 x 532g).

This product contains vitamin A in the form of retinol. Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor or antenatal clinic.

Allergy advice: contains milk, soya and cereals containing gluten. See ingredients in bold.

Suitable for vegetarians.

GENERAL NUTRITION, ENERGY

VARIGONE

A combination of five powerful herbs and nutrients that work together to fortify and nourish the overall health of the cardiovascular system. This premier herb blend contains horse chestnut (20% aescin), along with fenugreek, bioflavonoids, and antioxidant vitamin C.

Vitamin C is an important antioxidant vitamin that contributes to normal collagen formation which is needed to help maintain the normal function of the body's blood vessels – all part of maintaining a healthy circulatory system.

As an antioxidant vitamin C also protects the body's cells from damage caused by oxidative stress, supports the function of the immune and nervous system, and helps to reduce tiredness and fatigue. This Formula also includes lemon bioflavonoids, hesperidin bioflavonoid extracts, and rutin. These well-respected herbs have a long history of use and are well-known ingredients in traditional herbal remedies for the circulatory system. Fenugreek contains antioxidant vitamin C and is also an excellent herbal source of selenium, an antioxidant that helps the body utilise oxygen

Each four capsules contain:		%NRV*
Vitamin C	194 mg	243%
Horse Chestnut Seed	700 mg	-
Fenugreek	180 mg	-

Ingredients: *Horse chestnut seed extract (Aesculus hippocastanum) (20% aescin), capsule shell (gelatin, water), vitamin C (ascorbic acid), fenugreek seed (Trigonella foenum-graecum), hesperidin bioflavonoid extract, lemon bioflavonoid extract, rutin. Bulking agent; cellulose, anti-caking agent; magnesium stearate.*

Take one or two capsules twice daily with a meal.

Product Code 999 (90 capsules)

Kosher

CIRCULATORY

VITAMIN B-COMPLEX SynerPro®

This formula contains a range of B vitamins that provide an array of health benefits contributing to a reduction in tiredness and fatigue, normal energy yielding metabolism, and normal function of the immune system, providing energy, endurance and stamina.

The body needs different amounts of each B vitamin, and this formula is balanced to assist B12 absorption. It is highly recommended for vegetarians due to its high level of vitamin B12, in a formula that is suitable for vegetarians and vegans. Vitamin B12, in particular, contributes to normal red blood cell formation, the normal function of the immune and nervous system and psychological function. Amongst the many other benefits of B vitamins, thiamin (B1), contributes to the normal function of the heart, riboflavin (B2) contributes to maintenance of normal red blood cells, skin, vision and metabolism of iron.

Vitamin B6 contributes to the regulation of normal hormonal activity, and protein and glycogen metabolism. To find out more about the full range of benefits of B vitamins please see the vitamin and mineral benefits page in this product guide.

This formula is free from sugar, starch, artificial colourings or flavourings. The tablets include the concentrate herbal food base, are yeast-free, and are coated to preserve freshness.

Each tablet provides:		%NRV*
Thiamin.	6 mg	545%
Riboflavin	6.8 mg	486%
Niacinamide	50 mg	313%
Vitamin B6	8 mg	571%
Folacin	400 µg	200%
Vitamin B12	24 µg	960%
Biotin	300 µg	600%
Pantothenic Acid	40 mg	667%



V

Ingredients: *Niacin, herbal food concentrate; [broccoli flowers (Brassica oleracea var. italica), cabbage leaf (Brassica oleracea var. capitata), carrot root (Daucus carota), red beet root (Beta vulgaris), rosemary leaf (Rosmarinus officinalis), tomato fruit (Solanum lycopersicum), turmeric root (Curcuma longa), grapefruit bioflavonoid extract, hesperidin bioflavonoid extract, orange bioflavonoid extract], pantothenic acid, biotin, vitamin B6, riboflavin, thiamin, folic acid, vitamin B12. Anti-caking agents; di-calcium phosphate, micro-crystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide.*

Take one tablet daily

Product Code 1773 (120 tablets)

Suitable for vegetarians and vegans

GENERAL NUTRITION, NERVOUS, ENERGY

VITAMIN C

Vitamin C is a well-documented antioxidant vitamin required for the protection of cells from oxidative stress. It is a water-soluble vitamin, which means it cannot be stored in the body, and needs replenishing every day.

Vitamin C contributes towards the normal functioning of the immune system, the nervous system, and normal psychological function, and is used in the normal functioning of blood vessels. It increases iron absorption and contributes to a reduction in tiredness and fatigue.

Vitamin C is also required for normal collagen formation, for the normal functioning of the cartilage, gums, teeth, skin and bones. For more information see the Vitamin C products available in this guide.

VITAMIN C 1000MG TIMED RELEASE

As Vitamin C can't be stored in the body, we need a fairly constant supply, and this formulation allows more efficient use of the vitamin by slowly releasing it into the body.

This specially formulated product mixes 1,000mg vitamin C in a base of rose hips extract, acerola extract, rutin, lemon bioflavonoids and hesperidin complex derived from natural sources, and contains no sugar, starch, artificial colourings or flavourings.

Each specially processed tablet is designed with a special coating derived from natural sources, allowing slow release of its contents over an extended period of time. Each tablet will deliver a continuous supply of vitamin C providing improved bioavailability, and minimal urinary excretory loss.

Each tablet contains:

Vitamin C	1000 mg	%NRV* 1250%
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Ingredients: *Vitamin C (as ascorbic acid), anti-caking agents; stearic acid, hydroxypropyl methylcellulose, magnesium stearate, dicalcium phosphate, silicon dioxide, acerola fruit extract (Malpighia glabra), lemon bioflavonoid extract, rutin, hesperidin bioflavonoid extract, and rose hips extract (Rosa canina).*

Take one tablet daily with a meal.

Product Code 1635 (60 tablets)

Suitable for vegetarians and vegans

Kosher

GENERAL NUTRITION, IMMUNE, ENERGY

VITAMIN C CITRUS BIOFLAVONOIDS

Vitamin C and bioflavonoids are nutritional compounds found together in nature. In this formula they are combined in a unique base containing 50mg each of lemon, orange, and grapefruit bioflavonoids, hesperidin complex, rutin and rose hips extract.

Vitamin C is a well-known antioxidant vitamin that contributes to the normal function of the immune and nervous systems and normal psychological function, and its antioxidant properties are used to protect cells against oxidative stress. Vitamin C also contributes to a reduction in tiredness and fatigue.

The formula includes calcium and phosphorus, which are known for maintenance of normal bones, teeth, and energy-yielding metabolism. Calcium also contributes to normal neurotransmission, muscle function, blood clotting, and the function of digestive enzymes.

Three tablets provide:

	%NRV*	
Vitamin C	1500 mg	1875%
Calcium	270 mg	34%
Phosphorus	210 mg	30%

Ingredients: *Vitamin C (ascorbic acid), di-calcium phosphate, grapefruit bioflavonoid extract, hesperidin bioflavonoid extract, lemon bioflavonoid extract, orange bioflavonoid extract, rutin, rosehips extract (Rosa canina). Anti-caking agents; stearic acid, magnesium stearate, bulking agent; cellulose.*

Take one tablet with a meal three times daily.

Product Code 1646 (90 tablets)

Suitable for vegetarians and vegans

Kosher

GENERAL NUTRITION, IMMUNE, ENERGY

VITAMIN C HIGH STRENGTH 1,000MG CONTROLLED RELEASE

Vitamin C is an essential nutrient which serves several vital functions to help you maintain good overall health. These include protecting your cells from the damage caused by free radicals, keeping your skin, blood vessels, bones and cartilage healthy, boosting your immune system and helping wounds to heal. Vitamin C is found in a wide variety of fruit and vegetables. Citrus fruit, strawberries, red peppers, Blackcurrants, broccoli and potatoes are all

the best natural sources. However, because the body can absorb only a small amount of Vitamin C at any one time, much of the Vitamin C you get from food gets flushed away naturally.

That's where Lily & Loaf can help. Our new high-strength Vitamin C 1,000mg – controlled-release supplement can keep you topped up throughout the day. It's been specially formulated to slowly release Vitamin C over 12-16 hours, for optimal absorption. It has also been carefully blended with other natural ingredients, including Rosehip, Acerola and Citrus Bioflavonoids, which have been specially selected to aid and enhance the effects of Vitamin C and help build the body's resistance to airborne infections and pathogens.

Each Tablet Provides:	Per 100g	Per Tablet	%NRV
Vitamin C	6880.07mg	963.21mg	1204.01%
Acerola Fruit Extract	1428.57mg	20mg	25%
Rosehip extract	1250mg	17.5mg	21.87%
Extract of lemon & orange	428.57mg	6mg	-

Bioflavonoids - Hesperidin

Ingredients *Vitamin C (Ascorbic Acid), microcrystalline cellulose (bulking agent), acerola fruit extract (malpighia glabra) rosehip extract (rosa canina), citrus bioflavonoids 60% Hesperidin, silicon dioxide (anti-caking agent), magnesium stearate (anti-caking agent).*

Take one capsule daily with a meal.

Product Code 2287 (90 tablets)

Suitable for vegetarians & vegans

GENERAL NUTRITION, IMMUNE, ENERGY

VITAMIN D

Why We Need It.

Vitamin D is an important vitamin for maintaining the good health of bones and teeth, and is required to help our bodies absorb calcium. We get most of our vitamin D from sunlight, and although we can get some from food, such as oily fish, eggs and meat, it difficult to get enough vitamin D from food alone.

Our bodies make vitamin D when our skin is exposed to summer sunlight so during the winter months it can be particularly difficult to obtain enough essential vitamin D to maintain good health and wellbeing.

Vitamin D works with calcium and phosphorus for healthy bones, muscles and teeth, helping to maintain muscle strength and prevent rickets and osteomalacia (softening of the bones in adults). Even for those who consume plenty of calcium-rich foods, the body cannot

absorb calcium into your bones and cells if it doesn't have enough vitamin D.

The NHS tell us that 'Children from the age of 1 year and adults need 10 micrograms (µg) of vitamin D each day. This includes pregnant and breastfeeding women, and people at risk of vitamin D deficiency.'

NHS also recommended that you take a daily supplement containing 10 micrograms (µg) of vitamin D throughout the year if you: 'Don't spend a lot of time outdoors, if you're frail or housebound or in an institution like a care home, or wear clothes that cover up most of your skin when outdoors. People with dark skin from African, African-Caribbean and south Asian backgrounds may also not get enough vitamin D from sunlight.'

Many people in the UK have low vitamin D levels, and several groups are at greater risk of deficiency. These include pregnant and breastfeeding women, children under 5 years of age, people aged 65 and over, and people who are not exposed to much sun, for example, those who cover their skin, are housebound or who stay indoors for long periods.

People who have darker skin, such as people of African, African-Caribbean and South Asian origin, are also at risk of vitamin D deficiency because it takes their skin longer to produce as much vitamin D as it does for someone with lighter skin.

Without enough vitamin D children can be at risk of developing rickets, which causes weak and badly formed bones. In adulthood and later life, not getting enough vitamin D can lead to osteomalacia (softening of the bones).

VITAMIN D3

Vitamin D supplementation helps to prevent vitamin D deficiency, which is important, as this vitamin is a factor in the maintenance of good health. Vitamin D has many roles - it helps in the development and maintenance of bones, muscle, and teeth, and the absorption and use of calcium and phosphorus, it also contributes to the normal function of the immune system and inflammation response.

Often referred to as 'the sunshine vitamin', vitamin D is generally acquired by the body in two ways; exposure to the sun's ultraviolet (UV) rays and dietary intake, so supplementation is especially important during the colder, darker months of the year when we see very little sunshine.

Each 2 tablets contain:	%NRV*
Vitamin D3	100 mcg (µg) 2000%

Ingredients: *Vitamin D3 (cholecalciferol). Bulking agents; dicalcium phosphate, microcrystalline cellulose, stearic acid, anti-caking agents; magnesium stearate, croscarmellose, sodium.*

V

Z

Take one tablet with a meal one or two times daily.

Product Code 1155 (60 tablets)

Suitable for vegetarians

Kosher

GENERAL NUTRITION, IMMUNE, STRUCTURAL

■ VITAMIN D High Strength

The most natural way to get Vitamin D is from sunshine. Spending time outdoors helps the body to create its own Vitamin D. However, if you don't live in a climate where there is year-round sunshine, you may need to rely on your diet or supplements to get the Vitamin D you need.

That's where Lily & Loaf can help. Our new Hi Strength Vitamin D supplement can help you get your daily recommended intake. It is derived from Lichen, a plant-based wholefood which contains cholecalciferol, the most bioavailable (easily absorbed) form of Vitamin D.

Many Vitamin D supplements are made from Lanolin, the oil that sheep and other wool-bearing animals secrete to coat and protect their wool. While vegetarians can take Lanolin-based supplements, they are not an option for those who follow a vegan lifestyle. Lily & Loaf High Strength Vitamin D is a vegan-friendly way to ensure you get this vital nutrient even when the sun doesn't shine.

Each tablet provides:		%NRV*
Vitamin D	100 mcg	2000%

Ingredients: *Microcrystalline cellulose (bulking agent), vitamin D3 (cholecalciferol from lichen), magnesium stearate (anti-caking agent).*

Take one tablet with a meal once a day.

Product Code 2269 (90 tablets)

Suitable for vegetarians & Vegans

GENERAL NUTRITION, IMMUNE, STRUCTURAL

■ VITAMIN E 400iu

Lily & Loaf Vitamin E formula includes 'alpha-tocopherol' which has the highest biological activity and is most abundant in the human body. It's a natural form of this fat-soluble antioxidant vitamin and is required for a range of functions including immune support.

Our bodies are constantly battling against free radicals, which are naturally formed by the body when converting food into energy, but our daily environment; pollution, chemicals, stress, sunlight and even exercise; also triggers free radical activity.

Antioxidant vitamin E protects cells from oxidative stress (free radical damage) which has been linked to a number of health conditions. Antioxidants also work to protect the skin from the signs of early ageing helping to defy the appearance of fine lines and wrinkles.

Presented in Vegan Friendly vegetable capsules free from unnecessary chemicals binders or unnatural fillers and created to break down naturally in the stomach to ensure maximum nutrient absorption.

Contains No GMO, gluten, wheat, lactose, added sugar, artificial preservatives or colourings.

Each capsule contains:

Vitamin E 400iu (268mg)
(D-alpha-tocopherol succinate)

Ingredients: *Vitamin E (D-alpha-tocopherol succinate) 400iu (268mg), rice flour. Vegetable cellulose (capsule).*

Take one capsule daily with a meal.

Product Code 2117 (30 vegan capsules)

Suitable for vegetarians and vegans

Kosher

GENERAL NUTRITION, IMMUNE, CIRCULATORY, NERVOUS



■ ZAMBROZA®

Nature's Sunshine harvested the most healthful fruits and natural extracts from around the world and combined them into this unique, nutritious blend, specially formulated to help fight free radicals, and give your body what it needs to maintain health and long lasting vitality.

Each of the ten natural ingredients in Zambroza® are high in antioxidant properties, and synergistically they provide health benefits far greater than the individual benefits of each of the ingredients.

Mangosteen is one of Zambroza's special ingredients, as this highly prized little fruit contains the highest known level of xanthenes - a family of plant nutrients known to be very powerful antioxidants, and blueberry, which is one of the richest and most easily absorbed sources of antioxidant. Add to this combination a blend of wolfberry, apple extract, raspberry, concord grape, grape seed, grape skin, green tea, and red berry, and you have an outstanding formula rich in polyphenols, xanthenes and flavonoids, that provides you with a powerhouse of antioxidants!

Zambroza® is a great tasting, daily nutrition product that can be enjoyed by the whole family, every day. The natural ingredients in Zambroza provide a superb range of vitamins and nutrients that can help the body to maintain health and vitality, help to support a healthy immune system, neutralise free radicals and replenish the body. The antioxidant properties of Zambroza's powerful ingredients can also have a positive effect on the skin too!

Zambroza® is one of Nature's Sunshine's top selling products worldwide - a great tasting, synergistic blend that helps to increase vital energy and replenish the body. No artificial colours, sweeteners or flavours.

Ingredients: Purified water, concord grape concentrate (*Vitis labrusca*), red grape concentrate (*Vitis vinifera*), blueberry concentrate (*Vaccinium corymbosum*), mangosteen fruit and pericarp extract (*Garcinia mangostana*), red raspberry concentrate (*Rubus idaeus*), grapeskin extract (*Vitis vinifera*), lycium extract (*Lycium barbarum*), sodium benzoate, grapeseed extract (*Vitis vinifera*), green tea leaf extract (*Camellia sinensis*), apple extract (*Malus domestica*).

Take 15ml twice daily.

Product Code 4098 (458ml).

Money saving multi pack product code: 4099 (4 x 458ml).

Suitable for vegetarians and vegans

GENERAL NUTRITION, IMMUNE

ZINC

Zinc is an essential mineral that is a component of more than 300 enzymes, needed for, amongst other things, the synthesis of proteins, good immune function, tissue healing and repairing wounds.

Zinc is also an antioxidant, which contributes to the protection of cells from oxidative stress and is required in threshold amounts to maintain normal levels of testosterone. –More zinc is found in the body than any other trace element except for iron. Relatively large amounts are found in bone and muscle, and it's also prevalent in the prostate and retina.

Zinc is used for the normal maintenance of bones, hair, skin, vision, and the normal function of the immune system. It is used for protein synthesis, and it also maintains the normal metabolism of carbohydrates, fatty acids, macro nutrients and vitamin A. Zinc contributes to normal cognitive function, normal fertility and reproduction, and pregnant and lactating women require extra zinc.

Nature's Sunshine's Zinc is derived from zinc gluconate, and each tablet contains 15mg, which is 150% of the NRV. For more efficient absorption, and for maximum benefit, it is combined in a rich, natural base of kelp plant, alfalfa herb and thyme herb.

Each tablet contains:		%NRV
Zinc	15 mg	150%

Ingredients: Zinc gluconate, kelp leaf & stem (*Ascophyllum nodosum*, *Laminaria digitata*), alfalfa aerial parts (*Medicago sativa*), thyme leaf (*Thymus vulgaris*). Bulking agent; di-calcium phosphate, anti-caking agents; microcrystalline cellulose, magnesium stearate.

Take one tablet daily with a meal

Product Code 1601 (120 tablets).

Suitable for vegetarians and vegans

IMMUNE, GLANDULAR, STRUCTURAL, NERVOUS, GENERAL NUTRITION



DAILY NUTRITIONAL SUPPORT FOR HEALTHY GROWTH

Children don't always want the food that parents know is good for them. Despite the 'five-a-day' slogan, vitamins, minerals, and antioxidants in fresh fruit and vegetables can still be lacking in children's diets, which can leave a shortfall in the essential nutrients that support physical growth and development.

Children need a healthy balanced diet to maintain healthy growth and development. Fruit and vegetables provide a fantastic range of vitamins, minerals and fibre that help to maintain a healthy digestive system, immune system, energy production, and psychological function.

Antioxidant vitamin C is abundant in citrus fruits. It protects cells from oxidative stress (free radical damage) and is well known to support the immune system and nervous system but is also important for collagen production which supports normal blood vessels, bones, skin, cartilage, and iron absorption.

Can carrots help you see in the dark, or is that just an old wife's tale? Carrots are a rich source of beta carotene and vitamin A, which contributes to the maintenance of normal vision. It also contributes to the immune system, which is our first line of defence against illness and disease.

Not all children will eat a wide range of fruit and vegetables, and this can lead to an obvious lack of essential daily nutrition. Nutritional supplements formulated especially for children can help to make up the shortfall.

Healthy Rascals Super Bears are chewy, fruit flavoured bears with a comprehensive range of vitamins and minerals to help support your child's wellbeing.

Healthy Rascals are designed to give your youngsters all the support they need to make sure they obtain a wide range of vitamins, minerals, omega 3 essential fatty acids and probiotics to maintain a normal immune system, daily health and wellbeing.

Take a look at the full range of Lily & Loaf's 'Healthy Rascals' products with healthy wholefood vegan formulas, and no artificial colours, additives or flavours.

HEALTHY RASCALS IMMUNE PLUS

Healthy Rascals Immune Plus contains a spectrum of carefully chosen nutrients, including vitamin C, Iron, Zinc and Selenium, which contribute to the normal functioning of the immune. Formulated for children aged 3 years+ for daily nutritional support.

Healthy Rascals Immune Plus are tiny little capsules that provide a powerful formulation developed especially for children, to help support the immune system in several ways. Vitamin C is well known as an immune-booster but it also contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth, normal energy-yielding metabolism and a reduction of tiredness and fatigue. With zinc for cognitive function and maintenance of normal vision, and iron for formation of red blood cells and oxygen transportation in the body, this daily immune formula is an ideal daily nutrition supplement.

Immune Plus also contains Beta 1-3, 1-6 Glucan; a natural form of soluble dietary fibre which provides a role in activating the immune system. Beta glucan potentiation of the immune response is systemic, activating the immune system throughout the whole body.

Non-GM and free from wheat, starch, gluten, soy, dairy, added sugars, colourings, flavourings and preservatives.

Active Nutrients per capsule		%NRV*
Vitamin C	15.0 mg	19
Iron	3.0 mg	21
Zinc	1.0 mg	10
Selenium	20.0 µg	36
Beta 1-3, 1-6 Glucan (from <i>saccharomyces cerevisiae</i> 75%)	100.0 mg	*

Other ingredients:

Vegetable stearic acid, vegetable cellulose (tablet coating), glycerine.

Recommendation:

Children aged 3-6 years = 1 capsule daily.
Children aged 7-10 years = 2 capsules daily.

For maximum support take alongside Healthy Rascals Super Bears Multi Vitamin & Minerals.

Store in a cool dry place out of direct sunlight. Keep out of sight and reach of children.

Product Code 6001 (60 capsules)

Suitable for vegetarians and vegans

IMMUNE, GENERAL NUTRITION

HEALTHY RASCALS MEGA BEARS

If you're worried that your child's diet might be lacking in the natural nutrients they need, Healthy Rascals supplements are a great way of complementing their diet to ensure they get their daily dose of natural goodness. In combination with a healthy diet, supplements can help your children to develop and maintain strong and healthy bones, teeth, skin, muscle, cartilage and hair. They also support better general health and wellbeing

through improved energy and vitality, brain and nervous function and stronger immune systems. Mega Bears are orange flavoured chewy bears with Omega 3 & Essential Vitamins. Containing vitamins A, B6, B12, C & D which all contribute to the normal function of the immune system. And B vitamins for energy-yielding metabolism, and a reduction in tiredness and fatigue.

Each bear contains:

		NRV*
Vitamin A	400.µg RE	(1333 I.U)
Vitamin D	2.5µg	(100 I.U)
Vitamin E	6mg a-TE	(8.94 I.U)
Vitamin C	60mg	
Niacin	8mg NE	
Pantothenic Acid	6mg	
Vitamin B6	1.4mg	
Vitamin B12	2.5µg	
Flaxseed Oil	220mg	

Other ingredients: *Glucose Syrup (Sulphites), Sucrose (Sulphites), Purified water, Flaxseed Oil, Gelatine (Sulphites), Vitamin C (L- Ascorbic Acid), Sweetener (Sorbitol), Citric Acid, Natural orange Flavour, Niacin (Nicotinamide), Vitamin E (as d-Alpha Tocopheryl Acetate) (Soya), Pantothenic Acid (Calcium Pantothenate), Beta Carotene, Vitamin B12 (Cyanocobalamin), Vitamin B6 (Pyridoxine Hydrochloride), Glazing Agents (Carnauba Wax, Vegetable Oil), Vitamin A (Retinyl Palmitate), Sunflower Oil, Vitamin D3.*

Recommendation:

Children 3 years and older, take one fruity bear each day. Suitable for grown-ups too!

Product code 2220 (30 jelly bears)

Suitable for vegetarians & vegans

GENERAL NUTRITION, IMMUNE

HEALTHY RASCALS SUPER BEARS

Super Bears Multi Vitamins and Minerals provides a comprehensive nutritional formula that will help to make up for any shortfall in your children's daily diet.

Chewable Super Bears are in a 'food complex' that's gentle on the tummy and readily absorbed by the body. Each chewy fruity bear contains a full spectrum of nutrients at the levels children need for optimum health. This special formula includes vitamin C, which contributes to immune function, the nervous system, and normal collagen formation for skin, bones, teeth, gums and cartilage. Vitamin D to maintain normal growth and development of bone in children, and B-complex vitamins for energy-yielding metabolism, and a reduction in tiredness and fatigue.

This formula contains no artificial ingredients and includes only natural colours and flavours. Super Bears are free from dairy, soy, gluten and wheat, artificial colours, flavours and GM ingredients.

Active ingredients per tablet		NRV*
Vitamin A	393 µg	49
Vitamin D3	10.0 µg	200
Vitamin E	3.7 mg	31
Vitamin C	10.0 mg	12.5

Vitamin B6	0.52 mg	37
Folic Acid	130 µg	65
Vitamin B12	2.55 µg	102
Biotin	30.0 µg	60
Pantothenic Acid	2.6 mg	43
Zinc	1.35 mg	13.5
Iodine	21.0 µg	14
Inositol	20.0 µg	*
Choline	20.0 µg	*

Other Ingredients:

Natural cane sugar, purified water, pectin, citric acid, sodium citrate, natural flavours (strawberry, lemon), natural colours (black carrot, beta-carotene), vegetable oil and carnauba wax.

Recommendation:

Take with food or on an empty stomach.

Age 3-5 years:	1 bear per day
Ages 6-8 years:	2 bears per day
Ages 9-12 years:	3 bears per day

Or on average, 1 bear per 10-15kg of bodyweight.

For maximum support take alongside Healthy Rascals 'Immune Plus'.

Store in a cool dry place out of direct sunlight. Keep out of sight and reach of children.

Product Code 6004 (90 gummy bears)

Suitable for vegetarians and vegans

GENERAL NUTRITION, IMMUNE



DAILY NUTRITION FOR PETS

MAINTAINING ENERGY & VITALITY

Pet food provides calories for energy, but does it provide all the daily nutrition your pet needs? Good nutrition on a daily basis helps to maintain strong teeth and bones, a glossy coat, energy and vitality. Growing puppies and older dogs may also need specific nutrition to help maintain joint strength and mobility.

Manufactured pet foods provide your dog with the calories it needs for energy. However, food processing and storage can destroy much of the valuable nutrition in pet foods, so it's not easy to be sure that your dog is receiving all the necessary daily nutrition it needs from pet food alone.

Pets who lack appetite, either through poor health or being a fussy eater, may have a shortfall in everyday essential vitamins and minerals. A comprehensive multi vitamin and mineral formula can contribute towards your pet's general health and wellbeing and help put a spring back into their step.

Good digestion is vital if your dog is to get the most of out of the food they eat and adding a broad-spectrum probiotic with digestive enzymes to their daily diet can help to support effective digestive function whilst replenishing and maintaining a healthy balance of digestive flora.

As dogs age they start to slow down and may not need as many daily calories, but they may benefit from supplements that contain glucosamine, chondroitin & MSM which help to maintain healthy joints and mobility. These nutrients are also ideal for young dogs and growing puppies to maintain strong bones and joints.

Some dogs are more prone to anxiety than others, and this can be a cause of distress for both the pet and its caring owner.

If your dog is highly strung, over anxious or hyperactive, or suffers from separation anxiety a Canine Calming supplement can provide natural support to help maintain a calm and peaceful state of mind.

A glossy coat and healthy skin and the obvious signs of a healthy, happy pet. A dry or dull coat is a sign that your pet is lacking in essential nutrition. Omega 369 essential fatty acids are high quality omega oils that are the ultimate nutrition to help support healthy skin and coat and are routinely recommended by vets for both dogs and cats.

CANINE CALMING

Some dogs are more prone to anxiety than others, and this can be a cause of distress for both the pet and its caring owner. Whether your dog suffers from separation anxiety, loud noises or other stressful situations, Canine Calming provides gentle, natural support to help maintain a calm and peaceful state of mind.

Canine Calming is a specially formulated blend of natural ingredients known to help support calm and wellbeing. Perfect for dogs that suffer from separation anxiety, loud noises (e.g. thunderstorms, fireworks etc.), socialising, hyperactivity, excessive aggression and other stressful situations.

Canine Calming provides a chewable chicken flavour supplement to support dogs who suffer from anxiety and hyper activity.

Ingredients:

Taurine	240mg
Inositol	240mg
L-Theanine	15mg
Thiamine (Vitamin B1)	6mg
Ginger Extract	5mg
Magnesium	4mg

Other Ingredients:

Microcrystalline cellulose, di calcium phosphate, magnesium stearate, chicken flavouring.

Recommendations:

Up to 10kg:	1 tablet daily
11kg-25kg:	2 tablets daily
26kg-40kg:	3 tablets daily
Over 40kg:	4 tablets daily

Dose can be given based on approximately 1 tablet per 12.5kg of weight. Tablets can be eaten on their own or as part of a meal. If necessary, they can be crushed into dog's food or a treat. Natural chicken flavour.

Cautions: If under medical supervision, please consult a vet before use. Adverse reactions to this product are rare but in such an event please discontinue use and consult your vet.

Product Code 7002 (120 tablets)

NERVOUS

■ **JOINT SUPPORT**

As your pets get older they are often slowed down by the wear and tear on their joints and connective tissues. This can bring stiffness, discomfort and restricted movement, which can affect quality of life for your pet. Young growing dogs also need good nutrition to help develop strong, flexible joints, and to support recovery to joint injuries.

Joint Support is an advanced and revolutionary joint support supplement formulated with 100% natural food ingredients individually chosen for their ability to promote healthy and free moving joints in ageing pets, and to support strong joints in young, growing dogs.

This formula includes, glucosamine, chondroitin, and MSM (Methylsulfonylmethane). MSM is rich in organic sulphur, an important 'building block' for healthy bones and joints.

Sulphur, which is a major component of MSM, plays an important role in making collagen and glucosamine, both of which are vital for healthy bones and joints.

Active Ingredients per tablet:

Glucosamine Sulphate	250mg
Curcumin	15mg
Chondroitin Sulphate	150mg
Vitamin C	15mg
MSM	125mg
Hyaluronic Acid	5mg
Green Lipped Mussel	150mg
Manganese	5mg

Other Ingredients: *Microcrystalline cellulose, di calcium phosphate, magnesium stearate, chicken flavouring.*

Recommendations:

Up to 15kg:	1 tablet daily
16kg-30kg:	2 tablets daily
31kg-45kg:	3 tablets daily
Over 45kg:	4 tablets daily

These tablets are designed to be eaten whole but can be broken or crushed into a powder and mixed with your dog's food or a treat. If giving more than one tablet daily split between morning and evening. Natural chicken flavour.

Allergy Advice: Contains Shellfish

Cautions: Not suitable for pregnant or lactating bitches.

Product Code 7000 (120 tablets)

STRUCTURAL, GENERAL NUTRITION

■ **MIGHTY VITS**

Pet foods provide your dog with the calories it needs for energy. However, modern day manufacture, food processing and storage can destroy much of the valuable nutrition in pet foods, so it's not easy to be sure that your dog is receiving all the necessary daily nutrition it needs from food alone.

MIGHTY VITS provides a broad spectrum of ingredients that contribute to energy, vitality, immunity, healthy bones and teeth, general health and wellbeing.

This comprehensive multi vitamin and mineral has been specially formulated by experts to give your dog all the essential vitamins and micro-nutrients it needs for optimum health. It contains a wide range of vitamins and minerals including antioxidant vitamins A, C and E, a range of B vitamins for energy and vitality, as well as trace minerals at levels unrivalled in many other pet formulas.

Active Ingredients per tablet

Calcium	50mg
Phosphorous	50mg
Linoleic Acid	30mg
Choline	20mg
Potassium	4mg
Magnesium	4mg
Iron	3mg
Copper	0.05mg
Zinc	1.5mg
Manganese	0.125mg
Iodine	0.5mg
Vitamin A	1000iu
Vitamin D3	150iu
Vitamin E	5iu
Vitamin K	0.01mg
Thiamine (B1)	0.8mg
Niacin (B3)	5mg
Riboflavin (B2)	1.0mg
Folic Acid	0.025mg
Pantothenic Acid (B5)	0.4mg
Biotin	0.01mg
Pyridoxine (B6)	0.12mg
Vitamin B12	2mcg
Vitamin C (Ascorbic Acid)	25mg

Other Ingredients: *Microcrystalline cellulose, magnesium stearate, chicken flavouring.*

Recommendations:

Up to 10kg:	Half a tablet daily
11kg-25kg:	1 tablet daily
Over 25kg:	2 tablets daily

Tablets can be eaten on their own or as part of a meal, or they can be crushed into dog's food or a treat. Natural chicken flavour.

Product Code 7004 (120 tablets)

GENERAL NUTRITION, IMMUNE

DO YOU KNOW

WHAT YOUR BODY NEEDS?



THE KEY TO
OPTIMUM HEALTH
**TAKE YOURS
TODAY!**

DISCOVER THE

*Lifestyle
Analysis*

■ OMEGA 369

A healthy balanced diet can help your pet to maintain good health and a healthy glossy coat. However, some essential nutrients such as essential fatty acids EPA and DHA can often be lacking in regular pet foods.

Providing the right nutrients can help your pet to maintain good health, and a normal healthy skin and coat. Omega oils are routinely recommended by vets for both dogs and cats, and this product is a safe and convenient way to improve your pet's daily intake.

Omega 369 is a high quality omega oils supplement for pets. These omega oils are the ultimate nutrition to help support healthy skin and coat in cats and dogs. Omega 369 capsules help to ensure your pet receives a regular intake of essential fatty acids EPA and DHA. This formula also includes antioxidant vitamin E to protect cells from oxidative stress.

Active Ingredients per capsule:

Omega 3,6,9	Fish Oil Complex	1000mg
Omega 3:	EPA (Eicosapentaenoic acid)	72mg
	DHA (Docosahexaenoic acid)	47mg
Omega 6:	ALA (alpha linolenic acid)	155mg
	LA (linolenic acid)	184mg
Omega 9:	OA (oleic acid)	170mg
Vitamin E	(d-alpha tocopheryl acetate)	12mg (15iu) 83% NRV

Other Ingredients:

Soft gel capsule shell (gelatin shell, purified water)

Recommended Daily Dose Cats:

1 capsule every other day

Recommended Daily Dose Dogs:

Up to 10kg: 1 capsule every other day
11kg-20kg: 1 capsule daily
21kg-40kg: 2 capsules daily
Over 40kg: 1 capsule for every 20kg of weight

Soft gels capsules can be swallowed whole or pierce gel capsule and mix contents with food. If giving more than one gel capsule daily split between morning and evening.

Caution: Not suitable for use in pregnant or lactating bitches or cats.

Product Code 7001 (120 capsules)

GENERAL NUTRITION, IMMUNE

■ PET BIOTIC

Probiotics are beneficial bacteria that live in the digestive tract. Supplementing daily can help ensure your dog has a healthy balance of digestive flora to support effective digestive function and general wellbeing. PET BIOTIC contains a broad spectrum of healthy bacteria which have been specifically chosen for their ability to help support healthy gut flora balance in dogs.

PET BIOTIC includes five strains of natural bacteria, along with added digestive enzymes and prebiotics to provide the ultimate digestive health-support food supplement for pets. With the addition of inulin to act as a prebiotic, and a blend of digestive enzymes, Pet Biotic provides excellent all-round daily digestive support for your pet.

Active Ingredients per tablet:

Probiotic Blend 2 billion cfu:

Lactobacillus acidophilus	
Lactobacillus plantarum	
Lactobacillus brevis	
Bifidobacterium animalis lactis	
Lactobacillus rhamnosus	
Digestive Enzymes Blend	150mg
Amylase, Protease, Lipase, Cellulase, Lactase, Bromelain.	
FOS (fructooligosaccharides)Inulin	250mg

Other Ingredients: *Microcrystalline Cellulose, Di Calcium Phosphate, Chicken Flavouring, Magnesium Stearate.*

Recommendations:

Up to 10kg: 1 tablet daily
11kg-25kg: 2 tablets daily
26kg-40kg: 3 tablets daily
Over 40kg: 4 tablets daily

Dose can be given based on approximately 1 tablet per 10kg of weight. Tablets can be eaten on their own or as part of a meal, or they can be crushed into dog's food or a treat. Natural chicken flavour.

Product Code 7003 (120 tablets)

INTESTINAL, DIGESTIVE, IMMUNE.



ORGANIC SKINCARE

Looking after your precious skin with good cleansing and moisturising should be part of your daily routine if you want to head off unsightly spots, avoid dry rough skin, prevent oily patches, and keep those unwanted wrinkles at bay. Starting while you're young with a good routine using pure effective products can help to set you on the right track to strengthening skin structure, maintaining elasticity, and protecting your skin from the effects of premature aging.

Lily & Loaf have a complete range of organic skincare, developed for all skin types using only the finest natural ingredients, with effective blends that include AHA and CoQ10 to bring you the most impressive results.

The organic, vegan friendly, hypoallergenic formulas are sulphate, paraben and alcohol free, and contain no synthetic fragrances.

COQ10

Coenzyme Q10 to give its full name, is a fat-soluble vitamin substance with antioxidant properties and is naturally present in the body. Research is showing that CoQ10 can improve the appearance of our skin as it helps cells produce energy, and as an antioxidant it helps to fight the effects of free radical damage, which can ravage the skin. As we age we produce less natural CoQ10, resulting in a reduction in the production of collagen and elastin, which can lead to sagging skin, lines and wrinkles.

Hyaluronic Acid – is a humectant naturally present in the body. It maximises moisture in skin cells helping to give skin a hydrated appearance that plumps out lines and wrinkle.

■ BEDTIME REVITALISING CREAM

With hyaluronic acid

This bedtime treat is formulated to help recharge, intensively hydrate and revitalise your skin overnight.

Packed with skin nourishers like hyaluronic acid, shea butter, coconut oil and evening primrose oil, this luxuriously rich cream melts instantly into the skin, reducing the appearance of fine lines while green tea extract soothes and calms as you sleep, resulting in a morning glow.

Hyaluronic acid occurs naturally in the body, mostly in the skin, but natural HA production declines with age and leads to visible signs of aging. Hyaluronic acid is a humectant which means it holds on to moisture on the surface of the skin – a key ingredient to maintain maximum hydration, plump out the skin, smooth lines and wrinkles and give a firmer, toned appearance.

Directions for use

- Use every evening. After cleansing apply a pea-sized amount to your face, neck and décolletage, massaging gently to help ease tired facial muscles while avoiding the eye area.
- Avoid contact with the eyes. In case of contact, rinse well with warm water.

Ingredients: *Purified water, cetearyl alcohol, polysorbate 60, vegetable glycerin, sunflower oil (helianthus annuus), olive oil (olea europaea), coconut oil (cocos nucifera), shea butter (butyrospermum parkii), apricot oil (prunus armeniaca), zinc oxide, silk peptide, vitamin E (tocopherol), vitamin C (ascorbic acid), hyaluronic acid (sodium hyaluronate), stearic acid, xanthan gum, avocado oil (persea gratissima), wheat germ oil (triticum vulgare), evening primrose oil (oenothera biennis), argan oil (argania spinosa), green tea extract (camellia sinensis leaf), passionfruit extract (passiflora edulis), arnica oil (arnica montana), plum extract (prunus domestica), phenoxyethanol, ethylhexylglycerin.*

Product Code 7502 - 50ml

VEGAN FORMULA

■ DAILY DELICATE FACIAL LOTION

A delicate daily facial moisturiser specially formulated to rebalance the skin's natural oil levels to help achieve a soft smooth and healthy-looking complexion.

The light, delicate formula includes a natural humectant which seals moisture into the top layer of your skin while organic olive, coconut and apricot oils work their way deeper, replacing lost moisture and creating a smooth matt platform for your make-up.

Directions for use

- Apply one to two pumps of lotion onto clean, dry skin avoiding the eye area. Gradually moving the fingertips from the middle of the face to the sides, massage the cream into your face, neck and décolletage until absorbed.
- Lightly press your hands over your face to encourage absorption without stretching the skin.

Ingredients: *Purified water, vegetable glycerin, cetearyl alcohol, polysorbate 60, olive oil (olea europaea), coconut oil (cocos nucifera), apricot oil (prunus armeniaca), stearic acid, xanthan gum, phenoxyethanol, ethylhexylglycerin.*

Product Code 7501 - 50ml

VEGAN FORMULA



■ DEFINE BODY BALM with CoQ10

This luxurious balm contains CoQ10 with organic essential oils to help prevent signs of aging, and leave your body feeling soft, fresh and hydrated all over.

Natural CoQ10 production declines with age, resulting in a loss of collagen and elastin making skin appear wrinkled and saggy.

This synergistic blend of apricot, coconut and olive oil fragranced with skin nourishing Geranium and Bergamot leaves you with a delightful all-over spa sensation. Avoid contact with the eyes. In case of contact, rinse well with warm water.

Directions for use

- Apply all over the body from head to toe. Use daily to enjoy fresh, fragrant, body firming hydration
- Apply more frequently where needed to leave skin feeling silky smooth and soft.

Ingredients: *Aqua, vegetable glycerin, cetearyl alcohol, polysorbate 60, olive oil (olea europaea), coconut oil (cocos nucifera), apricot oil (prunus armeniaca), stearic acid, coenzyme Q10 (ubiquinone), xanthan gum, bergamot essential oil (citrus bergamia), geranium essential oil (pelargonium graveolens), phenoxyethanol, ethylhexylglycerin.*

Product Code 2145 - 200ml

VEGAN FORMULA

■ LUMINESCENT FACE POLISH

A gentle skin-refining treatment with effective natural ingredients that helps to smooth, soften and nourish skin. The combination of crushed walnut, with apricot, coconut and avocado essential oils, and natural pumice helps eliminate dead skin cells, decongest pores and boost circulation leaving your face feeling velvety soft, fresh, bright and renewed.

Directions for use

- Massage a small amount onto damp skin concentrating on areas of dryness and congestion while avoiding the eye area. Rinse off with warm water and finish with a splash of cool water.
- Use 2-3 times a week or once a week if you are especially sensitive. Avoid contact with the eyes. In case of contact, rinse well with warm water.

Ingredients: *Purified water, apricot oil (prunus armeniaca), cetearyl alcohol, polysorbate 60, coco glucoside, coconut oil (cocos nucifera), avocado oil (persea gratissima), stearic acid, vegetable glycerin, potassium oleate, potassium cocoate, potassium citrate, xanthan gum, pumice stone (volcanic rock), crushed walnut (juglans regia), potassium palm kernelate, palm kernel, silk peptide, phenoxyethanol, ethylhexylglycerin.*

Product Code 7505 - 50ml

VEGAN FORMULA

■ MARINE COLLAGEN DELICATE SERUM

A delicate serum gel combining marine collagen with ten organic fruit extracts and essential oils to help moisturise, plump, smooth and nourish your skin, reducing the appearance of fine lines and wrinkles.

Marine collagen is a natural source of type 1 collagen which is easily assimilated by the body and is rich in glycine, proline and hydroxyproline, the main constituents of our skin. Collagen plays a crucial role in ensuring skin's elasticity and tissue regeneration and our marine collagen is derived from saltwater algae making it suitable for vegans.

Directions for use

- Apply one to two pumps of serum onto clean, dry skin using clean fingertips. Press firmly into face, neck and décolletage, avoiding the eye area, using just your fingertips as this will help the serum absorb into the skin.
- For combination skin (or in hot weather) apply make-up after using the serum without applying day cream.
- Avoid contact with the eyes. In case of contact, rinse well with warm water.

Ingredients: *Purified water, aloe vera juice (aloe barbadensis), vegetable glycerin, marine collagen (seaweed derived), apple extract (pyrus malus), melon extract (cucumis melo), evening primrose oil (oenothera biennis), rosehip oil (rosa rubiginosa), arnica oil (arnica montana), argan oil (argania spinosa), green tea extract (camellia sinensis leaf), passionfruit extract (passiflora edulis), avocado oil (persea gratissima), phenoxyethanol, ethylhexylglycerin.*

Product Code 7503 - 30ml

VEGAN FORMULA

■ MARINE COLLAGEN EYE GEL

A cooling and vitamin packed eye gel combining marine collagen with nine organic fruit extracts and essential oils to help combat fine lines, wrinkles, puffiness and dark circles. This gel also helps brighten and repair the delicate skin around the eyes without overloading.

Marine collagen is a natural source of type 1 collagen which is easily assimilated by the body and is rich in glycine, proline and hydroxyproline, the main constituents of skin.

Our marine collagen is derived from saltwater algae making it suitable for vegans.

Directions for use

- Apply morning and night as part of your skincare regime.
- Massage the gel between your ring fingers and gently pat around the eye socket and the outer area of the eye avoiding direct contact with the eye. Do not rub. Can be applied through the day over make-up giving an instant lift to tired eyes.

Ingredients: *Purified water, aloe vera juice (aloe barbadensis), vegetable glycerin, marine collagen (seaweed derived), avocado oil (persea gratissima), vitamin E (tocopherol), green tea extract (camelliasinensis)*

leaf), passionfruit extract (*passiflora edulis*), blueberry extract (*vaccinium myrtillus*), argan oil (*argania spinosa*), arnica oil (*arnica montana*), vitamin A (retinol palmitate), apple extract (*pyrus malus*), cucumber extract (*cucumis sativus*), phenoxyethanol, ethylhexylglycerin.

Product Code 7504 - 15ml

VEGAN FORMULA

■ MELTAWAY CLEANSING BALM

Meltaway all traces of make-up with this luxurious cleansing balm that helps purify and refresh all skin types, maintaining the skin's natural pH balance without stripping away natural oils.

Infused with apricot kernel oil, avocado oil and shea butter, the lightweight, non-greasy formula expertly eliminates daily dirt, grime and even the most stubborn eye make-up. Packed with vitamins, antioxidants and omega fatty acids, this fabulous balm will help calm, balance and rejuvenate your skin.

Directions for use

- Apply to dry skin. Apply one or two pumps of cleanser to two slightly damp cotton pads and place over each eye area, gently massaging along the lash line.
- Massage two to three pumps into the rest of the face and neck with upward circular movements. Rinse off with warm water or a hot damp cloth. Finish with a splash of cool water and pat skin dry.

Ingredients: Purified water, cetearyl alcohol, polysorbate 60, apricot kernel oil (*prunus armeniaca*), coconut oil (*cocos nucifera*), sunflower oil (*helianthus annuus*), avocado oil (*persea gratissima*), vegetable glycerine, shea butter (*butyrospermum parkii*), mango butter (*mangifera indica*), avocado butter (*persea gratissima*), palm stearic acid, silk peptide protein, phenoxyethanol, ethylhexylglycerin.

Product Code 7500 - 50ml

VEGAN FORMULA

■ REPAIR & RENEW BIOACTIVE OIL

This multi-functional, high performance super oil is a powerful combination of seven natural, organic oils enriched with vitamin E that helps improve the appearance of scars, stretch marks and cellulite as well as dehydrated, ageing and sun damaged skin.

The easily absorbed formula also soothes skin while boosting circulation and helps provide a defence against the ageing effects of the elements. This gorgeous oil works wonders when used as a luxury night oil, so you wake feeling pampered and renewed.

Directions for use

- Luxurious Night Oil - Massage BioActive Oil gently into your face each evening or add a few drops to your fragrance-free moisturiser. The oils will gently revive and repair your skin whilst the beautiful natural fragrance helps you to gently relax, so you wake refreshed, and revived.
- Moisturiser and skin tone improver - massage the oil into your face twice daily after cleansing. Apply

sunscreen over the BioActive Oil if you plan to be out in the sun.

- For scars - once the wound has healed apply twice daily. Massage the oil into the skin with your fingertips using a circular motion. Younger scars have a better chance of healing with BioActive Oil but do not use on broken skin.
- For stretchmarks and cellulite - massage the marks twice daily with BioActive Oil over a three-month period. To help prevent pregnancy stretch marks, rub the breasts, abdomen, thighs, hips and buttocks with BioActive Oil twice daily from the first trimester of pregnancy.

Ingredients: Jojoba golden oil (*buxus chinensis*), calendula oil (*calendula officinalis*), rosehip oil (*rosa rubiginosa*), vitamin E (tocopherol), sunflower seed oil (*helianthus annuus*), Dimethylmethoxy Chromanyl Palmitate, lavender essential oil (*lavandula angustifolia*), frankincense oil (*boswellia carterii*), geranium oil (*pelargonium graveolens*).

Avoid contact with the eyes. In case of contact, rinse well with warm water.

Product Code 7506 - 30ml.

VEGAN FORMULA



FIT PIT

Fit Pit is a multi-award winning range of natural organic deodorants that are free from parabens, BPA's, aluminium, salts, petrochemicals and plastic. Fit Pit offers all-day protection from body odour, and contains 100% organic natural ingredients.

Suitable for vegetarians & vegans.

Available in 6 fragrances.



BEYOU

BEYOU have created science-backed, all-natural products designed to help women with frustrating day-to-day problems. Their dedication to natural products stems from an ever-growing demand from savvy female consumers wanting natural, thoughtful, and innovative alternatives to those readily available.

■ BEYOU PATCH

Natural, period cramp relief patches – packet of 5

Product code 2302

■ BEYOU BATH BOMB

Awaken your senses with these amazing essential oil bath bombs – available in 4 zingy fragrances

- **Peppermint and Eucalyptus** 2314
- **Lemon & Neroli** 2313
- **Orange Leaf & Grapefruit** 2312
- **Chamomile & Jasmine** 2311

■ BEYOU MENSTRUAL CUP

Eco-friendly alternative to tampons

Product code 2303 (M)

Product code 2304 (L)

■ BEYOU CHAFING CREAM

Anti-Friction Formula

Product code 2306

■ BEYOU MENSTRUAL CUP FOAMING CLEANSER

100% natural foaming cleanser

Product code 2305

■ BEYOU PILLOW MIST

Relaxing mist with Roman Chamomile, Lavender, Jasmine and Ylang Ylang

Product code 2307

SCENTED CANDLES

Our candles have 30 hours burn time and are hand-poured in the UK, for quality assurance and reduced waste. Our candles are made of a natural soy blend of wax, so they burn at a slower rate than paraffin wax, and are much kinder to your health and environment. All of our candles are packaged in a beautiful presentation box,

GET THE MOST OUT OF YOUR CANDLE

Trim your wick

Each time you burn your candle make sure you trim the wick first. A trimmed wick gives you a cleaner brighter flame and also prevents the black sooty stains that you see on the side of the jar.

Tunnelling

I'm sure we have all experienced candle tunnelling at some point, this is where the candle burns a hole down the middle leaving the majority of wax around the outside of the jar. This dramatically reduces the burn time of your candle. Some people are surprised to find out that this has nothing to do with the quality of the candle. It is all about the candles 'burn memory', and this starts from the moment you first light your candle.

The first burn is so important, and it is essential that you allow the area of melted wax (the melt pool) to reach the outside of the container. This involves leaving it to burn a little longer than you may wish to, but it's so important if you want to make your candle last as long as possible. A good rule of thumb is to allow it to burn for 1 hour for every inch of the candle's diameter.

■ CASSIS AND WHITE CEDAR

Soy Wax Candle

An aromatic blend of Cassis berries, white cedar and cherry blossom on a bed of Amber.

Product code 2221

■ CINNAMON AND ORANGE

Soy Wax Candle

An aromatic blend of Cinnamon & Orange, A wonderful warming fragrance perfect for those evening cuddled up on the sofa.

Product code 2226

■ FREESIA & CEDAR

Soy Wax Candle

A sweet warm fragrance as delightful as an English summer garden

Product code 2331

■ GINGER AND WHITE LILY

Soy Wax Candle

A blend of sweet, soothing Lily and warm, exotic Jasmine with a hint of spicy ginger and comforting clove essential oils.

Product code 2211

■ GRAPEFRUIT AND MIMOSA

Soy Wax Candle

Immerse your senses in the uplifting aromas of grapefruit, apple, mimosa and blackcurrant.

Product code 2222

■ JASMINE & PATCHOULI

Soy Wax Candle

The sweet fragrance of jasmine, reminiscent of an English country garden blended with rich and spicy Patchouli, with notes of blackcurrant and vanilla.

Product code 2248

■ LAVENDER & GERANIUM

Soy Wax Candle

Relaxing and uplifting lavender combined with the sweet rosy aroma of geranium and a hint of fennel

Product code 2276

■ LIME & COCONUT

Soy Wax Candle

The soft sweetness of fresh coconut paired with the sharpness of citrus lime

Product code 2278

■ SANDALWOOD AND AMBER

Soy Wax Candle

Sweet woody sandalwood and warm amber combined to bring you a fragrance perfect for creating a calm relaxing atmosphere.

Product code 2223

■ SEA SALT & OAKMOSS

Soy Wax Candle

The freshness of sea salt wrapped in the earthiness of oakmoss will transport you to the coast every day

Product code 2277

■ VELVET ROSE & OUD

Soy Wax Candle

Richly decadent - there's a good reason oud is one of the world's most expensive fragrances.

Product code 2332

■ YLANG YLANG AND AMBER

Soy Wax Candle

A sensuous blend of ylang ylang, dark amber, jasmine, iris, ginger, black pepper and cinnamon.

Product code 2247

■ SOY WAX TEALIGHTS

(Box of 12 Soy Wax Candle)

Unscented soy wax paraffin-free tea lights, 4 hours burn time. Natural non-toxic soy wax providing a cleaner longer burn.

Product code 2249

CANDLE SAFETY

- Place the candle on a heatproof surface, as the base of the jar can get extremely hot and could cause damage to certain surfaces.
- Keep candles out of the reach of children and pets.
- Don't burn your candle near to anything that could catch fire.
- Never leave a burning candle unattended.
- Do not place candles in a draught.
- Don't place candles near a source of heat.

Never burn a candle for longer than four hours at a time, as this could make the jar extremely hot and cause damage to surfaces.

After the maximum recommended burn time, let it cool, trim the wick and relight.



ANTI FATIGUE MOISTURISER

URBAN GUISE Anti Fatigue Moisturiser is formulated specifically for men, to keep skin feeling firm, fresh and youthful with natural ingredients and essential oils that hydrate and freshen skin to reduce the appearance of lines and wrinkles and defy signs of aging.

This exclusive anti-fatigue formula includes collagen to help reduce wrinkles and saggy skin, and natural ingredients designed to defy signs of ageing and improve the appearance of tired skin. With Coconut oil providing antioxidant vitamins A, C & E, to protect cells and provide hydration; and Apricot oil, rich in gamma linoleic acid to help the skin maintain moisture, and vitamins A and C to soothe skin and slow the signs of aging. Blended with argan oil, arnica oil and green tea extracts this powerful combination helps to maintain a firm, fresh, hydrated, youthful complexion.

Directions for use

- Apply to clean, dry skin every morning and evening.
Pump a couple of squirts of moisturiser into your hand and apply to the face and neck for fresh, firm, hydrated skin.
- Avoid contact with the eyes. In case of contact, rinse well with warm water.

Ingredients: *Aqua, aloe vera (aloe barbadensis) cetearyl alcohol, polysorbate 60, vegetable glycerine, sunflower oil (helianthus annuus), olive oil (olea europaea), coconut oil (cocos nucifera), shea butter (butyrospermum parkii), apricot oil (prunus armeniaca), zinc oxide, silk peptide, marine collagen (porphyra tenera), vitamin E (tocopherol), oatmeal (avena sativa), argan oil (argania spinosa), arnica oil (arnica montana), green tea extract (camellia sinensis), vitamin A (retinol palmitate), xanthan gum, phenoxyethanol, ethylhexylglycerin.*

Product Code 2150 - 50ml.

VEGAN FORMULA

■ BEARD OIL

Urban Guise Beard Oil with organic essential oils, is the perfect companion for those who want to maintain healthy, soft facial hair.

A daily essential to care for beard and facial hair, this oil is a perfect combination of natural ingredients to help maintain a soft, silky appearance, and to hydrate and soothe the skin. Regular use helps to maintain a healthy, well-groomed beard, taming flyaway hairs, and keeping your beard free from unwanted flaky, dry skin.

Contains nourishing apricot oil with antioxidant vitamins to soothe skin and defy the signs of aging, and crambe oil which helps to keep hair soft, maintains hydration and balances the skins natural oil production. Formulated with omega rich Argan oil and organic essential oils including fresh, uplifting Bergamot and rich sensuous Patchouli to diminish wrinkles and defy signs of aging. Leaves you looking and smelling great.

Directions for use

- Pump a pea sized amount into your palm and warm the oil by rubbing your hands together for a few seconds, then massage into your beard.
- Use each morning after cleansing and moisturising.
- Avoid contact with the eyes. In case of contact, rinse well with warm water.

Ingredients: *Apricot oil (prunus armeniaca), crambe seed oil (abyssinica), argan oil (argania spinosa), lime oil (citrus aurantiifolia), bergamot essential oil (citrus bergamia), patchouli essential oil (pogostemon cablin).*

Product Code 2148 - 50ml.

VEGAN FORMULA

■ ENERGISING HAIR & BEARD SHAMPOO

URBAN GUISE Hair & Beard Shampoo is formulated to cleanse, nourish and soothe hair, scalp, beard and skin.

This natural blend has been created specifically for men to leave hair and beard feeling soft and fresh.

It contains Aloe Vera - rich in antioxidant vitamins to soothe skin and promote healthy hair, and Argan oil - rich in polyphenols and antioxidant vitamins to nourish skin, soften wrinkles and protect against signs of premature aging. Argan oil is also high in omega 6 and 9, to moisturise skin and relieve razor bumps and burns.

Perfect for taming flyaway hair. Includes fresh, uplifting organic Bergamot essential oil, with an irresistible, uplifting fragrance to enhance mood, and maintain healthy, clear skin. Leaves you feeling revitalised and energised.

Directions for use

- Pump a little shampoo into your hands and gently massage into the hair and beard for a few minutes releasing the amazing relaxing aroma of essential oils.
- Rinse and pat dry.
- Avoid contact with the eyes. In case of contact, rinse well with warm water.

Ingredients: *Aqua, decyl glucoside, lauryl betaine, sodium chloride, xanthan gum, argan oil (argania spinosa), aloe vera juice (aloe barbadensis), bergamot essential oil (citrus bergamia), citric acid, benzoic acid, dehydroacetic acid, phenoxyethanol.*

Product Code 2149 - 200ml.

VEGAN FORMULA

LILY & LOAF ORGANIC ESSENTIAL OILS

Lily & Loaf are registered members of The Aromatherapy Trade Council (Membership Number ATC/157). The ATC is the leading UK body for monitoring and regulating the responsible, safe and ethical trade of aromatherapy-based products. As members of the ATC we can offer assurance to our customers that all our essential oil products adhere to the high standards of the ATC.

A highly concentrated essential oils sourced from countries around the world, carefully chosen for their amazing fragrance and natural properties that can relax, uplift, rejuvenate, delight and stimulate mind, body and spirit.

How To Enjoy Lily & Loaf Essential Oils

The following recommendations are general guidelines that can be used for all Lily & Loaf Essential oils, unless otherwise stated.

- **Massage or topical application:** add 3-5 drops per 10ml of carrier oil.
- **Vaporise:** add 4-5 drops to cold water in a vaporiser or oil burner.
- **Inhalation:** add 2-3 drops to hot water, inhale the vapour through the nose.
- **Bathing:** add 5-10 drops to water or carrier oil, stir into bathwater.

Essential oils are potent and powerful. Do not ingest Lily & Loaf Essential Oils, and never use undiluted on the skin. For safe use please follow the recommendations and advise given in this product guide.

General Cautions for use of Essential Oils

External use only. Do not use undiluted on the skin. Avoid contact with eyes, ears, mucus membranes, and sensitive areas. If you are pregnant, nursing, or using

prescription medication, consult your Doctor or qualified health care practitioner before using essential oils. Not recommended for use on children under 12 years. Store in a cool dry place, out of reach and sight of children.

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■ BASIL ORGANIC Essential Oil

Ocimum basilicum ssp basilicum

Basil essential oil is steam distilled from the leaves and flowering tops of the basil plant. Traditionally this herb has been used throughout the centuries in prayer and for healing. In holy temples, the leaves of the plant, soaked in holy water or coconut water, are chewed as part of the prayer ceremonies.

This greenish-yellow, crisp-smelling essential oil is often used in aromatherapy to awaken the mind, steady the nerves and bring about clarity of thought. Basil oil is said to be therapeutic for the respiratory tract and nervous or stress-related headaches whilst promoting mental strength and a clear mind. This oil can be used in massage for abdominal cramps, and to help relax the body suffering from stress, lethargy or lack of focus. Focus on the feet to relax muscles and reduce fatigue.

Qualities: *The spicy aroma of Basil refreshes and invigorates mind, body and spirit. Relieves stressed muscles, tension, and fatigue. Promotes mental clarity.*

Uses & Benefits

- Diffuse Basil essential oil to promote clear breathing and sinuses, relieve tension, promote clarity.
- Massage after blending with carrier oils to relieve stress and fatigued muscles.
- Apply diluted to aching or sore muscles and joints and on the feet to relax muscles and reduce fatigue.
- Blends well with Lemon, Geranium, Lavender, Peppermint.

Traditional uses:

Respiratory, nervous, structural.
Alertness, concentration, clarity.

Aromatic description: *Spicy, refreshing*

Plant part: *Leaf, flowering tops*

Source: *India*

Extraction method: *Steam distillation.*

Main elements: *Estragole, linalool.*

Caution: Possible skin sensitivity - may cause skin sensitising or irritation.

Product Code 7100 (10ml)

100% Natural. Suitable for vegetarians and vegans

RESPIRATORY, NERVOUS, STRUCTURAL

■ BERGAMOT ORGANIC Essential Oil

Citrus bergamia

Bergamot essential oil is extracted by expression from the ripe as well as unripe fruits of the bergamot orange tree. This essential oil that smells citrus-like yet sweet, is great for creating a relaxed and happy feeling. The name Bergamot is derived from the city Bergamo, Italy, and its essence and flavour have been used in traditional medicine for hundreds of years.

Bergamot essential oil is used to promote calm and confidence, relieve stress and tension, and is said to be helpful for those suffering from SAD (Seasonal Affective Disorder). The components alpha-pinene and limonene are stimulating in nature. Bergamot oil has a long history of use for oily and troubled skin.

Qualities: *With its fresh, sweet, fragrance Bergamot is relaxing, uplifting, mood enhancing, good for building confidence, and calming negative emotions. Promotes healthy, clear skin.*

Uses & Benefits

- Diffuse Bergamot essential oil to lift the spirit and enhance mood.
- Massage after blending with carrier oils for relaxation and calm.
- Apply diluted to the forehead, or to the feet before bedtime.
- Blends well with Eucalyptus, Geranium, Lavender, Lemon, Patchouli and Ylang Ylang.

Traditional uses:

Respiratory, nervous, structural, skin.
Confidence, calming, emotions.

Aromatic description: *Sweet, fragrant.*

Plant part: *Zest, peel*

Source: *Italy*

Extraction method: *Cold expression.*

Main elements: *Linalyl acetate, linalool, g-terpinene, d-limonene.*

Caution: Possible skin sensitivity - may cause skin sensitising or irritation.

Product Code 7101 (10 ml)

100% Natural. Suitable for vegetarians and vegans

RESPIRATORY, NERVOUS, STRUCTURAL, SKIN

■ BLACK PEPPER ORGANIC Essential Oil

Piper nigrum

Black pepper essential oil is steam-distilled from the peppercorn. The aroma of black pepper is warm, spicy and musky, and is known to have a powerful impact on the body in many ways. Black pepper was used by the ancient Egyptians, and Indian monks used it to maintain stamina and energy.

Black Pepper essential oil produces a deep, penetrating warmth that is highly beneficial when used in massage



C

to encourage suppleness after strenuous exercise or to ease aching muscles. Its rubefacient properties provide a stimulating effect on the circulatory system, increasing blood circulation and improving muscle tone.

Qualities: *Stimulating, toning and warming properties that energise and stimulate the mind and body. Supports skin tone and condition.*

Uses & Benefits

- Diffuse for emotional support and to soothe feelings of anxiousness.
- Massage after blending to soothe muscles and joints. Apply diluted to the soles of the feet for energy.
- Blends well with Bergamot, Clary Sage, Frankincense, Geranium, Ginger, Lavender, Lemon, Orange, Mandarin, and Ylang-Ylang.

Traditional Uses:

Respiratory, circulatory, skin.
Stimulating, stamina, energy.

Aromatic description: *Spicy, musky.*

Plant part: *Fruit*

Source: *Sri Lanka*

Extraction method: *Steam distillation*

Main elements: *B-pinene, delta-3-carene, linalool.*

Caution: Possible skin sensitivity - may cause skin sensitising or irritation

Product Code 7102 (10ml)

100% Natural. Suitable for vegetarians and vegans

RESPIRATORY, CIRCULATORY, SKIN.

■ CEDARWOOD ATLAS

ORGANIC Essential Oil
Cedrus atlantica

Cedarwood Atlas Essential Oil is extracted through steam distillation from the wood of Cedrus Atlantica. The ancient Egyptians used cedar atlas essential oil in their skin care preparations due to its rejuvenating properties.

This oil is used in massage blends to treat aching muscles and joints. The astringent and antiseptic properties are ideal for soothing troublesome oily skin and can be blended with shampoo to improve scalp and hair. Acts as a decongestant to clear sinuses, and ease cold symptoms. Emotionally, it is said to have a grounding, calming effect, and a spiritual effect promoting strength and self-confidence. It has a strengthening effect on body and mind, which makes it useful for stress, negative emotions, and strengthening determination.

Qualities: *Fresh, slightly sweet, woody aroma with calming, grounding qualities. Its natural, balsamic fragrance has grounding, spiritual effects to dispel negativity and strengthen mind and body.*

Uses & Benefits

- Diffuse to decongestant effect. Calming and grounding. Inhale for respiratory relief.
- Massage after blending for relaxation, stress relief, and to ease everyday muscular aches.

- Apply diluted to soothe and clarify oily skin.
- Blends well with Bergamot, Chamomile, Clary Sage, Eucalyptus, Juniper Berry, Rosemary, Petitgrain.

Traditional Uses:

Respiratory, nervous, skin.
Calming, grounding, strengthening.

Aromatic description: *Woody, balsamic.*

Plant part: *Wood*

Source: *Morocco*

Extraction method: *Steam distillation*

Main elements: *Himachalenes, atlantones.*

Caution: Possible skin sensitivity - may cause skin sensitising or irritation. Not for use during pregnancy.

Product Code 7103 (10ml)

100% Natural. Suitable for vegetarians and vegans

RESPIRATORY, NERVOUS, SKIN.

■ CHAMOMILE, ROMAN

ORGANIC Essential Oil
Chamaemelum nobile

Roman chamomile is extracted from the flower and the upper parts of the plant and has a sweet, fruity aroma. It has excellent calming properties and is said to ease irritation and impatience. The medicinal use of chamomile dates back thousands of years to the Romans, Greeks, and ancient Egyptians, and Hippocrates is said to have used chamomile as a herbal remedy.

Chamomile is excellent for skin problems dry or itchy skin, and the gentle soothing properties of Roman Chamomile essential oil eases sprains and strains when used with a cold compress. It has an antispasmodic effect that is highly effective for relieving abdominal or period cramps as well as nausea.

Qualities: *Sweet, fruity aroma offers a relaxing, calming effect on the body and spirit, the oil provides gentle soothing effect on the skin.*

Uses & Benefits

- Diffuse to calm tension or stress headaches, settle nerves, and to aid restful sleep.
- Massage after blending to relieve aching muscles and joints, and ease cramps.
- Apply diluted to joints, sprains, and dry skin. Use a cold compress or add to bath water.
- Blends well with Bergamot, Clary Sage, Geranium, Lavender, Grapefruit, Ylang Ylang.

Traditional uses:

Structural, nervous, skin.
Calming, patience.

Aromatic description: *Sweet, Fruity*

Plant part: *Flowers*

Source: *France*

Extraction method: *Steam distillation*

Main elements: *a-pinene, b-pinene, d-limonene.*

Product Code 7104 (10ml)

100% Natural. Suitable for vegetarians and vegans

NERVOUS, STRUCTURAL, SKIN

■ CINNAMON BARK ORGANIC Essential Oil

Cinnamomum zeylanicum

Cinnamon essential oil is extracted by steam distillation from the bark of *Cinnamomum zeylanicum*. Cinnamon is one of the oldest aromatics which has also enjoyed an illustrious history as a spice and medicine. As early as 1500 B.C. it was known in Egypt and Rome and was valued highly as a flavouring, an aromatic in ceremonies and was used in a broad range of medicinal applications. With a warming, comforting effect it works well for aching sore muscles and joints and has a soothing tonic effect on the mind and body. Cinnamon oil has antiseptic properties and can be diffused to reduce airborne bacteria.

Qualities: *Warm, spicy and comforting effect on the mind and body. Uplifting and energising effect to reduce drowsiness, with antiseptic airborne properties.*

Uses & Benefits

- Diffuse to clear the air and reduce airborne bacteria, and as an uplifting tonic to improve energy.
- Massage after blending to relieve muscles and exhaustion.
- Apply diluted to joints, sprains, and sore muscles. Add to bathwater to invigorate tired muscles.
- Blends well with Black Pepper, Clove, Eucalyptus, Ginger, Frankincense, Orange, Lavender, Rosemary, Thyme and Ylang Ylang.

Traditional uses:

Structural, respiratory, skin.
Soothing, uplifting, energising.

Aromatic description: *Warm, spicy*

Plant part: *Bark*

Source: *Madagascar*

Extraction method: *Steam distillation*

Main elements: *Cinnamaldehyde, eugenol, linalool.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation.

Product Code 7105 (10ml)

100% Natural. Suitable for vegetarians and vegans

STRUCTURAL, SKIN, RESPIRATORY

■ CITRONELLA JAVA ORGANIC Essential Oil

Cymbopogon winterianus

Citronella oil is steam distilled from the leaves and stems of the *Cymbopogon* species of plants, especially *Cymbopogon winterianus*. Citronella oil is famous as a plant-based insect repellent, a bio-pesticide with a non-toxic mode of action, and has been registered for this use in USA since 1948.

Ancient cultures in India, Egypt, and elsewhere in the world where the *Cymbopogon* species of grasses grew, used them to repel insects, especially mosquitoes. Insects often carry disease, and the use of this grass as a repellent was a matter of life and death at that time. The crisp fruity aroma has a stimulating effect on the immune mechanisms and blood circulation, increasing activity in the nervous system. The tonic properties offer a toning effect on the body and provides positive benefits for oily skin and hair.

Qualities: *Light, crisp, fruity aroma, well known for its insect repelling properties. Stimulating, tonic, toning, uplifting properties for body and mind.*

Uses & Benefits

- Diffuse to repel insects, and to clear the air, induce positive, happy feelings to reduce negativity.
- Massage after blending for sore joints, cramps, oily skin and hair, to reduce lethargy, fatigue and tension.
- Apply diluted to joints and skin. Add to bathwater for uplifting, cleansing properties.
- Blends well with Bergamot, Lemon, Geranium, Orange, Lavender.

Traditional Uses

Immune, Nervous, Respiratory.
Stimulating, Positivity, uplifting.

Aromatic description: *Crisp, fruity*

Plant part: *Aerial parts*

Source: *Sri Lanka*

Extraction method: *Steam distillation*

Main elements: *Citronellal, geraniol, citronellol, geranial, linalool.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation.

Product Code 7106 (10ml)

100% Natural. Suitable for vegetarians and vegans

IMMUNE, NERVOUS, RESPIRATORY

■ CLARY SAGE ORGANIC Essential Oil

Salvia sclarea

Clary sage oil is extracted by steam distillation from the flowering tops and the leaves of *Salvia sclarea*. It is native to southern Europe and is cultivated for its oil in France and Russia. In the middle ages, clary sage was known as *Oculus Christi*, which meant 'the eye of Christ', and was a highly-esteemed medicine.

Clary sage has been an important and useful oil in natural medicine and in aromatherapy. The greatest benefit is its calming influence on the nerves and is particularly useful for female conditions and symptoms associated with menopause. It is also known as an aphrodisiac. Clary Sage essential oil is very relaxing to both mind and body. With a calming influence on the nerves, Clary sage is a valuable oil for relieving tension, stress and general aches.

Qualities *Very fresh, warm, and sweet, the aroma is said to be relaxing, warming and euphoric, with calming properties. Clearing the mind and enhancing clarity.*



E

Uses & Benefits

- Diffuse for mental clarity, relaxation and restful sleep.
- Massage after blending for soothing relaxation, particularly into feet to relieve insomnia. Soothes skin.
- Apply diluted to the brow for clarity prior to meditation or contemplation, or to the abdomen for menstrual discomfort.
- Add to bathwater with chamomile for relaxation and de-stressing.
- Blends well with Lavender, Geranium, Frankincense, Lemon, Ylang Ylang.

Traditional Uses

Nervous, structural, glandular.
Clarity, relaxation, calming.

Aromatic description: *Sweet, warm*

Plant part: *Flower tops*

Source: *France*

Extraction method: *Steam distillation*

Main elements: *Linalool, alpha terpineol, geranyl acetate, geraniol.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation. Avoid use whilst consuming alcohol.

Product Code 7107 (10ml)

100% Natural. Suitable for vegetarians and vegans

NERVOUS, GLANDULAR, STRUCTURAL

■ CLOVE BUD ORGANIC Essential Oil *Eugenia caryophyllata*

Clove oil is extracted usually by steam distillation from the flower bud of the *Eugenia caryophyllata* tree, which is native to Indonesia and the Malacca islands. Cloves were popularly used in ancient India and China. It is believed that ancient Chinese medicine used cloves to treat many conditions.

Clove oil can be used to soothe and relieve skin concerns, and can be a benefit to sore, aching joints. It is considered valuable for relieving respiratory problems and is reputed to be valuable for the digestive system. It is commonly used in dentistry for its pain-relieving effect. In aromatherapy, this essential oil stimulates the mind and may act as an aphrodisiac. It reduces mental exhaustion and fatigue and induces sleep in insomniacs. This is a potent oil which should very diluted when used in aromatherapy.

Qualities: *Potent, warm and spicy aroma with natural antiseptic soothing properties. Stimulating for the mind and body.*

Uses & Benefits

- Diffuse for reduced mental fatigue and to stimulate the mind. Benefits respiratory system.
- Massage after blending to soothe joints, and to induce sleep.
- Apply well diluted to soothe sore, dry skin, or insect bites.

- Blends well with Basil, Bergamot, Cinnamon, Clary Sage, Grapefruit, Lavender, Lemon, Orange, Peppermint, Rosemary, Ylang Ylang.

Traditional uses

Respiratory, nervous, structural.
Stimulating, aphrodisiac, relaxation.

Aromatic description: *warm, spicy*

Plant part: *flower bud*

Source: *Madagascar*

Extraction method: *Steam distillation*

Main elements: *Eugenol, eugenyle acetate, beta-caryophyllene.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation.

Product Code 7108 (10ml)

100% Natural. Suitable for vegetarians and vegans

STRUCTURAL, NERVOUS, RESPIRATORY

■ EUCALYPTUS ORGANIC Essential Oil *Eucalyptus globulus*

Eucalyptus essential oil is a concentrated liquid containing volatile aroma compounds from the *Eucalyptus Globulus* Tree. Essential oils have played a role in healing since ancient times in Egypt, China, and other parts of the world. They are said to be the oldest form of medicine.

Eucalyptus essential oil is said to be antibacterial, disinfectant and an analgesic. It has been used to relieve the symptoms of coughs, colds, and respiratory conditions. It helps to soothe aching muscles and joints and can be used on skin conditions and insect bites. In aromatherapy eucalyptus is said to promote activity, vitality, and energy. Add a few drops to your bath water to feel invigorated and refreshed. For respiratory relief, a few drops on a cloth can be inhaled.

Qualities: *A fresh, clean spicy, aroma with camphorous, properties that naturally clear the airways. Cleansing and penetrating for use on the skin. Promotes activity, vitality, and energy.*

Uses & Benefits

- Diffuse to clear airways, and relieve cold symptoms, or as a disinfectant for airborne bacteria and germs.
- Massage after blending for sore, aching muscles and joints.
- Add to bathwater or a footbath to feel invigorated or refreshed.
- Apply diluted to soothe sore, dry skin, or insect bites. Add to warm water and inhale for a minute.
- Blends well with Thyme, Rosemary, Geranium, Lavender, Lemon.

Traditional uses

Respiratory, nervous, structural, skin.
Activity, vitality, energy.

Aromatic description: *Fresh, penetrating, camphorous*

Plant part: *Leaves*

Source: *Portugal*



Extraction method: *Steam distillation*

Main elements: *Eucalyptol, a-pinene, d-limonene.*

Cautions: Use with caution on those with high blood pressure or epilepsy.

Product Code 7109 (10ml)

100% Natural. Suitable for vegetarians and vegans

STRUCTURAL, NERVOUS, RESPIRATORY, SKIN

■ FENNEL ORGANIC Essential Oil

Foeniculum vulgare

Fennel essential oil is extracted from the crushed seeds by steam distillation. It was a popular herb used by the ancient Chinese, Egyptians, and Romans, who believed that fennel helped give longer life, and improved a person's courage, strength and resolve.

The oil, like the seeds, is good for digestion and said to be good for constipation and the relief of nausea. It has a cleansing and toning effect on the skin, and is used in aromatherapy to treat oily skin, wrinkles, cellulite and obesity. Its diuretic effect is believed to help disperse cellulite. It is also said to aid weight loss by promoting feelings of satiety. Promotes calm and resolve when feeling overwhelmed.

Qualities: *A warm, sweet, earthy aroma, similar to aniseed, traditionally used for strength and courage. This oil is vitalising and balancing for mind and body.*

Uses & Benefits

- Diffuse for a heart-warming aromatic effect, to promote courage, strength and confidence.
- Massage after blending for comfort, strength and vitality. Stimulating to digestive & circulatory systems.
- Apply diluted to the bottom of the feet for digestion. Inhale for courage and resolution.
- Blends well with Geranium, Ylang Ylang, Lavender, Grapefruit, Orange, Sage.

Traditional uses

Respiratory, digestive, structural, skin.
Strength, courage, resolve.

Aromatic description: *Sweet, earthy*

Plant part: *Seeds*

Source: *Hungary*

Extraction method: *Steam distillation*

Main elements: *a-phellandrene, estragole, d-limonene, a-pinene.*

Cautions: Avoid use in large doses. Not for use during pregnancy or nursing, or by those with epilepsy or breast cancer.

Product Code 7110 (10ml)

100% Natural. Suitable for vegetarians and vegans

RESPIRATORY, STRUCTURAL, SKIN

■ FRANKINCENSE ORGANIC Essential Oil

Boswellia carterii

Frankincense essential oil is steam distilled from the resin of the *Boswellia carterii* tree, and was, along with myrrh, the first gum to be used as incense. Ancient Egyptians burned frankincense as holy incense and used it as a face mask. The earliest record of frankincense use was found in a tomb inscription from the 15th century BC.

This oil is the most popular in aromatherapy for its calming and healing properties. It is used to tone oily skin, aging skin and wrinkles. Frankincense essential oil has been used to ease anxiety, stress, and is said to benefit the respiratory system. It is a general tonic and has a calming effect during stressful times. It is most useful during meditation.

Qualities: *A warm, woody, sweet fragrance with an intoxicating incense-like fragrance. Said to symbolise divinity, it imparts uplifting and clarifying properties for body and mind.*

Uses & Benefits

- Diffuse for a powerful aroma to clarify the mind, uplift mood and create a spiritual atmosphere for meditation or prayer.
- Massage after blending for circulation, aging, tired skin, aching joints and muscles, balance and mood.
- Apply diluted to skin for a toning and purifying effect. Add to bathwater for relaxation and calm.
- Blends well with Lavender, Pine, Geranium, Orange, Lemon, Bergamot.

Traditional uses

Respiratory, circulatory, glandular.
Clarity, calm, strength, divinity.

Aromatic description: *Woody, sweet*

Plant part: *Resin*

Source: *Ethiopia*

Extraction method: *Steam distillation*

Main elements: *a-pinene, myrcene, linalool, b-pinene*

Cautions: Not for use during pregnancy or nursing.

Product Code 7111 (10ml)

100% Natural. Suitable for vegetarians and vegans

RESPIRATORY, CIRCULATORY, GLANDULAR

■ GERANIUM ORGANIC Essential Oil

Pelargonium graveolens

Geranium essential oil is steam distilled from the flowering Aerial parts of the plant *Pelargonium graveolens*. It has a strong smell with a floral aroma, and hints of mint and apple. The plants were introduced to European countries in the 17th century.

The charming fragrance of this oil has a calming and grounding effect, with a natural ability to balance and uplift mind, body and spirit. Geranium essential oil helps balance oily and dry skin, and brings about relaxation, relieving stress and anxiety. Geranium oil has been

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used to treat many skin conditions, including dry, sore and aging skin, and is popular for use for those with menopausal problems.

Qualities: *A sweet, citrusy, rosy aroma with an uplifting and balancing effect, and stimulating properties to lift the spirit, calm nerves, and ease emotions.*

Uses & Benefits

- Diffuse for a delightful aroma that promotes a positive, calming atmosphere to aid stress relief.
- Massage after blending for circulation, skin care, calm and emotional balance.
- Apply diluted for soothing dry, mature skin.
- Add to bathwater for balance and calm.
- Blends well with Lavender, Pine, Orange, Lemon, Bergamot.

Traditional uses

Nervous, circulatory, glandular.
Positivity, clarity, balance.

Aromatic description: *Sweet, citrus*

Plant part: *Flowering aerial parts*

Source: *Madagascar*

Extraction method: *Steam distillation*

Main elements: *Citronellol, geraniol, linalool, citral.*

Product Code 7112 (10ml)

100% Natural. Suitable for vegetarians and vegans

NERVOUS, CIRCULATORY, GLANDULAR

GINGER ORGANIC Essential Oil

Zingiber officinale

Ginger essential oil is extracted from the Zingiber officinale plant, also known as Common or Jamaica Ginger. The oil is extracted by steam distillation from the ground-up root of the plant. Chinese texts mention the use of ginger as medicine. It is also mentioned in ancient Greek, Roman, and Arabian literature.

Ginger is a warming oil and is particularly good for digestion and fighting nausea, morning sickness and motion sickness. It has many therapeutic properties and is used to soothe joints, muscles and skin. The warm aroma can help relieve symptoms of colds, sinusitis, cramps, dry, sore skin, and fever. Used in a vaporiser, its energising properties make it a good aphrodisiac.

Qualities: A spicy, woody, peppery, warm aroma that is invigorating and stimulating, with a variety of therapeutic properties for mind and body.

Uses & Benefits

- Diffuse for an uplifting, invigoration, energising atmosphere, to clear sinuses.
- Massage after blending for circulation, digestive support, muscle and joint relief.
- Apply diluted to palms and inhale to quell nausea, or motion sickness.
- Blends well with Citrus oils, Bergamot, Frankincense, Geranium, Rosemary, Ylang Ylang.

Traditional uses

Digestive, respiratory, circulatory.
Strength, energy, vitality.

Aromatic description: *Spicy, peppery*

Plant part: *Root/rhizome*

Source: *Sri Lanka*

Extraction method: *Steam distillation*

Main elements: *a-pinene, geraniol, neral, d-limonene, b-pinene, camphene.*

Product Code 7113 (10ml)

100% Natural. Suitable for vegetarians and vegans

DIGESTIVE, RESPIRATORY, CIRCULATORY

GRAPEFRUIT ORGANIC Essential Oil

Citrus paradisi

Grapefruit essential oil is a very potent and therapeutic oil, created by cold-pressing the rind of the fruit to extract the oil. It has a delightfully tangy aroma that is invigorating and highly refreshing. The stimulating action of the aroma on the mind helps to maintain concentration.

It has an uplifting aroma which may help with feelings of anxiousness, bad moods, or stress, and as with all citrus oils, it has invigorating properties which may help with feelings of anxiousness, bad moods, or stress. A mild euphoric to soothe and uplift the emotions and spirit and help balance a tired and overstimulated nervous system - inhale to benefit. In skin care its astringent properties can relieve oily skin conditions. In massage Grapefruit has a stimulating effect on circulation and can help to motivate cellulite.

Qualities: *A tangy, stimulating aroma, delightfully refreshing with uplifting, cleansing properties. Revitalising and balancing for mind and body.*

Uses & Benefits

- Diffuse to freshen the atmosphere, uplift and invigorate the mind and emotions. Inhale for euphoric, balancing effect.
- Massage after blending for cellulite, tiredness and fatigue.
- Apply diluted for astringent effect on oily, greasy skin.
- Add to bath for uplifting benefits.
- Blends well with Basil, Frankincense, Ylang Ylang, Geranium, Lavender, Lemon, Peppermint, Rosemary, Bergamot.

Traditional uses

Nervous, digestive, skin.
Mood, emotion, concentration.

Aromatic description: *Tangy, citrus*

Plant part: *Fruit peel/zest*

Source: *USA*

Extraction method: *Cold expression*

Main elements: *d-limonene, myrcene, a-pinene.*

Cautions: possible skin sensitivity -may cause skin sensitising or irritation. When applying citrus oils do not expose skin to direct sunlight or UV light for 72 hours

Product Code 7114 (10ml)

100% Natural. Suitable for vegetarians and vegans

DIGESTIVE, NERVOUS, SKIN

■ JUNIPER ORGANIC Essential Oil

Juniperus communis

Juniper essential oil is obtained by steam distillation of the berries and branches, and has a rich, fresh coniferous aroma with a fruity, balsamic tone. In ancient Egypt and Tibet, juniper was highly prized as a medicine and used in religious incense, to dispel and protect from negativity.

In aromatherapy Juniper is the oil of choice for cellulite, for stimulating for circulation, and the cleansing action of Juniper Oil can also be effective in massage and bath soaks for aching or stiff muscles and joints. Purifying, detoxifying action for the urinary system, and acts as a tonic for troubled skin with antiseptic and astringent properties. Cleansing and strengthening to alleviate negative emotions and guilt.

Qualities: A woody, sweet, aroma with rich, underlying fruity berry notes. Purifying, stimulating, cleansing and strengthening, exuding energizing properties to Dispel negativity.

Uses & Benefits

- Diffuse to freshen the atmosphere, and to relieve tension and negativity.
- Massage after blending to stimulate circulation, relax muscles and tone skin.
- Apply diluted to soothe troubled skin. Add to bathwater to relax aching muscles and joints.
- Blends well with Bergamot, Grapefruit, Cedarwood, Pine, Geranium, Clary Sage.

Traditional uses:

Urinary, circulatory, skin.

Strengthening, purifying, energising.

Aromatic description: *Woody, sweet.*

Plant part: *Branch and berries*

Source: *Bulgaria*

Extraction method: *Steam distillation*

Main elements: *a-pinene, myrcene, b-pinene, d-limonene, beta-caryophyllene, linalool.*

Cautions: possible skin sensitivity - may cause skin sensitising or irritation. Not suitable for use during pregnancy, or by those with kidney disease.

Product Code 7115 (10ml)

100% Natural. Suitable for vegetarians and vegans

URINARY, CIRCULATORY, SKIN

■ LAVENDER ORGANIC Essential Oil

Lavandula angustifolia

Lavender essential oil is steam distilled from the lavender plant. In ancient Greece and Rome, lavender and its essential oils were used as medicine, to make healthful teas, as perfumes, and for bathing and personal hygiene products.

For centuries lavender has been used for various ailments from minor cuts and bruises to chronic diseases. The sweet fragrance of Lavender can uplift the mind whilst relaxing to the body, making it ideal for balance and calm. In aromatherapy, it is often used to combat depression, stress, and fatigue. It is believed to be effective in easing symptoms associated with joint and muscle pains, and menstrual discomfort. Known to benefit restful sleep and relaxation.

Qualities: A floral, refreshing fragrance with relaxing and uplifting effects. Fresh, sweet and slightly fruity aroma to uplift and relax mind and body.

Uses & Benefits

- Diffuse for a pleasant fragrance to uplift the mind and relax the body.
- Massage after blending for joint and muscle discomfort, relaxation and balance
- Apply diluted to feet or drop onto pillow for a restful sleep.
- Add to bathwater for relaxation.

Blends well with Clary Sage, Geranium, Orange, Frankincense, Roman Chamomile.

Traditional uses

Structural, nervous, skin.

Mood, relaxation, restful sleep.

Aromatic description: *Sweet, floral.*

Plant part: *Flowering tips*

Source: *France*

Extraction method: *Steam distillation*

Main elements: *Linalool, linalyl acetate.*

Cautions: Possible skin sensitivity.

Product Code 7116 (10ml)

100% Natural. Suitable for vegetarians and vegans

NERVOUS, STRUCTURAL, SKIN

■ LEMON ORGANIC Essential Oil

Citrus limon

Lemon oil has a sharp, fresh smell and is extracted from the fresh lemon peel by cold expression. The lemon plant was brought to Europe in the Middle Ages, and was given to sailors to prevent scurvy, eye problems, and other vitamin deficiencies.

This oil is refreshing to the mind, and sharpens concentration, so it is often preferred in room fresheners. The vapours of lemon oil can help relieve tension, stress headache, and cold symptoms. Inhaling the aroma is helpful for stress, irritability, lethargy, and fatigue. Lemon oil has a cleansing effect on the body and has been



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used to relieve a variety of skin conditions. Its antiseptic properties reduce excessive oil and help cleanse and freshen the skin.

Qualities: *A revitalising, crisp, citrus aroma to awaken the senses, clearing the mind of distractions, promoting focus and clarity. Emotionally and spiritually uplifting.*

Uses & Benefits

- Diffuse for a fresh, uplifting aroma to clear the mind and sharpen concentration.
- Massage after blending to invigorate and uplift the senses. Relieve stress and fatigue. Useful for digestion and circulation.
- Apply diluted to refresh and tone. Add to bathwater to lift spirits and recharge energy.
- Blends well with Clary Sage, Lavender, Orange, Pine, Tea Tree, Eucalyptus, Fennel, Frankincense, Geranium, Peppermint.

Traditional uses

Nervous, circulatory, skin.
Clarity, focus, cleansing.

Aromatic description: *Sharp, lemon*

Plant part: *Fruit peel/zest*

Source: *Italy*

Extraction method: *Cold expression*

Aromatic elements: *Limonene, b-pinene, g-terpinene, citral.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation. When applying citrus oils do not expose skin to direct sunlight or UV light for 72 hours.

Product Code 7118 (10ml)

100% Natural. Suitable for vegetarians and vegans

NERVOUS, CIRCULATORY, SKIN

LEMONGRASS ORGANIC Essential Oil *Cymbopogon flexuosus*

Lemongrass essential oil is also known as 'oil grass', from the fresh or partly-dried leaves by steam distillation. It is also known as Indian Verbena or Indian Melissa oil and is used in Ayurveda, the ancient traditional art of healing.

Lemongrass contains citral which provides the main flavour in lemon peel, which is said to help fight fatigue, and refresh a tired body and mind. Lemongrass oil is believed to relieve nervous exhaustion, jet lag, tension, headaches, and stress, and helps to tone muscles and tissue, hence relieving muscle discomfort. Like citronella it can be used to repel insects and mosquitos, and is also a fragrant way of keeping a pet free of fleas and ticks.

Qualities: *A stimulating, uplifting and revitalising herbaceous aroma that can help heighten awareness and promote a positive outlook, boosting self-esteem, confidence, and mental strength.*

Uses & Benefits

- Diffuse for a fresh fragrance to uplift the mind, boost positivity and heighten awareness.
- Massage after blending to relieve aching muscles, tension, exhaustion, and help improve circulation.

- Apply diluted to refresh and tone. Add to bathwater to uplift mind and body and invigorate the skin.
- Blends well with Basil, Citronella, Geranium, Cedarwood, Tea Tree, Lavender, Rosemary.

Traditional uses:

Nervous, circulatory, skin.
Awareness, confidence, mental strength.

Aromatic description: *Lemony, fresh*

Plant part: *Aerial parts*

Source: *India*

Extraction method: *Steam distillation*

Main elements: *Citral, geraniol, linalool, citronellol, d-limonene.*

Cautions: Possible skin sensitivity.

Product Code 7117 (10ml)

100% Natural. Suitable for vegetarians and vegans

NERVOUS, CIRCULATORY, SKIN

MANDARIN, RED ORGANIC Essential Oil *Citrus reticulata*

Mandarin essential oil is obtained by cold compression of the fruit peel. Native to Southern China and the Far East, the Mandarin orange was brought to Europe in 1805 and to America in 1845.

This oil is very gentle and has a tonic and stimulating effect on the digestive system. It is also useful for balancing and toning oily skin and can be applied to stretch marks. Known for promoting calmness and uplifting the mood, Mandarin oil's uplifting aroma helps reduce negativity, anxiety, tension and stress. It promotes deep, restful sleep, and supports feelings of contentment and wellbeing. The sweet, aroma is often used in calming and relaxing blends. Its pleasing fragrance has a soothing effect to aid restful sleep, relaxation and reduce restlessness. The uplifting and relaxing aroma is ideal for treating negative emotional conditions such as anxiety, stress, irritability, and restlessness.

Qualities: *Sweet, floral, fruity aroma lifts the spirit, lightens the mood and promotes calmness and wellbeing. The tangy, sweet fragrance reduces negativity, and promotes contentment.*

Uses & benefits

- Diffuse to lift mood and spirit, reducing anxiety and tension, for relaxation and restful sleep.
- Massage after blending to stimulate circulation, detoxify and rejuvenate skin.
- Apply diluted to clarify oily skin and rejuvenate mature skin.
- Blends well with Lemon, Grapefruit, Clary Sage, Lavender, Frankincense.

Traditional uses:

Respiratory, digestive, circulatory, nervous, glandular.
Calm, contentment, wellbeing.

Aromatic description: *Sweet, floral*

Plant part: *Fruit peel/zest*

Source: *Italy*

- **Extraction method:** *Cold expression*
- **Main elements:** *D-limonene, g-terpinene, linalool, Citral, geraniol, citronellol.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation. When applying citrus oils do not expose skin to direct sunlight or UV light for 72 hours.

Product Code 7120 (10ml)

100% Natural. Suitable for vegetarians and vegans

NERVOUS, CIRCULATORY, RESPIRATORY, GLANDULAR, DIGESTIVE

■ MARJORAM SWEET

ORGANIC Essential Oil
Origanum majorana

Marjoram essential oil is steam distilled from the *Origanum majorana*, which is native to Mediterranean regions. It is known to have been used by herbalists since ancient Greece, where they crowned bridal couples with wreaths of marjoram to symbolise love, honour and happiness. The ancient Greeks cultivated it for culinary and medicinal purposes as well as for its aroma.

Marjoram has a calming effect on the nervous system, relieves anxiety and stress, and can help with relaxation and restful sleep. This oil is said to be effective as an antiseptic and expectorant for the respiratory tract, and can be useful to relieve cold symptoms and congestion. Spanish marjoram oil is commonly used in aromatherapy and blends well with lavender and bergamot oils for creating a relaxing environment.

Qualities: *A warm, comforting, spicy fragrance. Camphorous, penetrating and slightly eucalyptus-type aroma for decongestant effects. Traditionally symbolised love and happiness.*

Uses & Benefits

- Diffuse to soothe nerves and stress. Eucalyptus-like aroma clears sinuses and respiratory system.
- Massage after blending to ease aching muscles and sore joints, ideal post-workout rub.
- Apply diluted to a compress. Add to bathwater for sweet, warming, camphorous aroma.
- Blends well with Grapefruit, Lemongrass, Rosemary, Bergamot, Clary Sage, Orange, Lavender.

Traditional uses

Respiratory, nervous, structural.
Calm, honour, happiness.

Aromatic description: *Sweet, spicy, warm*

Plant part: *Leaf*

Source: *Egypt*

Extraction method: *Steam distillation*

Main elements: *g-terpinene, b-phellandrene, beta-caryophyllene, α-pinene, d-limonene*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation.

Product Code 7121 (10ml)

100% Natural. Suitable for vegetarians and vegans

NERVOUS, RESPIRATORY, STRUCTURAL

■ ORANGE SWEET ORGANIC Essential Oil *Citrus sinensis*

Orange Oil is extracted from *Citrus sinensis* by cold pressing the fruit peel. The orange tree was brought west by Portuguese explorers in the early 16th century. Historically, the peels of oranges have been used in Chinese medicine for a variety of ailments. They remain a vital part of Chinese medicine.

In aromatherapy, this delightful, fruity, refreshing, Sweet Orange is a staple for invoking a fresh, uplifting and invigorating atmosphere. It is a popular oil used in blends intended to help relieve feelings of anxiety and stress as it is believed to have a naturally uplifting effect on the senses. Sweet Orange is frequently used in massage treatments to soothe the symptoms of sports injuries, muscular aches and joint discomfort, and is an overall, refreshing tonic for the skin.

Qualities: *A sweet, refreshing, tangy aroma to uplift the senses and dispel negativity. Deliciously juicy and tangy with soothing, tonic effects on body and mind.*

Uses & Benefits

- Diffuse for a fresh atmosphere to dispel negativity and promote feelings of joy.
- Massage after blending to soothe muscles and joints and revitalise the skin.
- Apply diluted to brighten dull skin and clarify oily skin. Add to bathwater to help eliminate toxins.
- Blends well with Cinnamon, Clove, Frankincense, Ginger, Black Pepper and Other Citrus Oils.

Traditional uses

Structural, glandular, circulatory, skin.
Positivity, creativity, joy.

Aromatic description: *Tangy, orange*

Plant part: *Fruit peel/zest*

Source: *Costa Rica*

Extraction method: *Cold expression*

Main elements: *d-limonene, myrcene, α-pinene.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation. When applying citrus oils do not expose skin to direct sunlight or UV light for 72 hours.

Product Code 7123 (10ml)

100% Natural. Suitable for vegetarians and vegans

CIRCULATORY, GLANDULAR, STRUCTURAL, SKIN



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■ PATCHOULI ORGANIC Essential Oil *Pogostemon cablin*

Patchouli oil is extracted by steam distillation from the dried, fermented leaves of the *Pogostemon cablin* plant. In eastern countries, patchouli oil is used for fragrance and to deter insects.

This oil improves its fragrance and power with age and is said to have a balancing effect on the emotions. It creates a relaxed atmosphere to ease anxiety and negativity. It is much valued in skin care, especially in scar healing, and is said to have excellent tissue regenerating properties. Patchouli Essential Oil has calming and grounding properties. Spiritually, it has been used alone or in blends during prayer and meditation. Due to its balancing and calming effect on the emotions, Patchouli oil and is considered helpful for fatigue and anxiety. It is also considered to have aphrodisiac properties.

Qualities: *A rich, warming, spicy, aroma, to create calm and peace. The rich, musky fragrance has sensuous, aphrodisiac properties. The earthy tones have a balancing effect on emotions.*

Uses & Benefits

- Diffuse for a warm, calming, spiritual atmosphere to balance emotions and lift mood.
- Massage after blending for a warming, relaxing, sensual effect for weary mind and body.
- Apply diluted to troubled skin, open pores and wrinkles. Add to bathwater for warming, sensual effect.
- Blends well with Black Pepper, Cedarwood, Clary Sage, Cinnamon, Frankincense, Geranium, Ginger, Lavender, Lemongrass, Mandarin, Orange,

Traditional uses

Nervous, structural, circulation, skin.
Balancing, spiritual, sensual.

Aromatic description: *Warm, musky*

Plant part: *Leaves*

Source: *Sri Lanka*

Extraction method: *Steam distillation*

Main elements: *Patchouli oil, alpha-guaiene.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation.

Product Code 7124 (10ml)

100% Natural. Suitable for vegetarians and vegans

CIRCULATORY, NERVOUS, STRUCTURAL, SKIN

■ PEPPERMINT ORGANIC Essential Oil *Mentha piperita*

Peppermint oil is steam distilled from the fresh leaves of *Mentha piperita*. Discoveries prove that peppermint has been used since ancient times in Egypt, Greece, Rome, to crown the Greeks and Romans, and has been used medicinally in England for centuries.

The minty-fresh fragrance of Peppermint essential oil is universally recognised and appreciated. Inhaling a few drops on a tissue is reviving and is an aid to

concentration. This is also useful for clearing sinuses, travel sickness and jet lag. Peppermint offers cooling and relaxing properties, with a familiar, sweet, cool aroma that seems to penetrate airways, helping to clear and soothe. In aromatherapy it is used to help focus, and increase concentration, relaxing and calming a busy, stressed mind. It is a useful muscle relaxant that can be used to relieve stiff and aching muscles and joints and is often used in sport therapy.

Qualities: *The cool, sweet aroma of peppermint is emotionally and spiritually uplifting and rejuvenating, enhancing mental clarity. Cooling and relaxing elements soothe the mind and body.*

Uses & Benefits

- Diffuse for a fresh, bright atmosphere that clears the airways and aids concentration.
- Massage after blending to relieve aching muscles and joints.
- Apply diluted to temples for calm and clarity. Inhale for sinus relief, jetlag and motion sickness.
- Blends well with Marjoram, Eucalyptus, Lavender, Lemon, Rosemary.

Traditional uses

Digestive, nervous, respiratory.
Mental clarity, concentration.

Aromatic description: *Sweet, citrus*

Plant part: *Flowering herb*

Source: *India*

Extraction method: *Steam distillation*

Aromatic elements: *Menthol, menthone, menthyl acetate, b-pinene, d-limonene.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation.

Product Code 7125 (10ml)

100% Natural. Suitable for vegetarians and vegans

DIGESTIVE, NERVOUS, RESPIRATORY

■ PETITGRAIN ORGANIC Essential Oil *Citrus aurantium ssp amara*

Petitgrain essential oil is derived by steam distillation from the fresh leaves and green twigs of the bitter orange tree (*Citrus aurantium*). Historically, in central and south America, and Mexico, decoctions of the leaves were used medicinally. Paraguay is by far the largest producer of petitgrain essential oil.

A tonic oil known for its calming, uplifting and centring effect, it has an affinity for soothing joints, muscles and troublesome skin, and has a tonic effect on dry skin and dull, lifeless hair. Petitgrain's toning action is effective for revitalising and energising body and mind and can be used effectively in massage to stimulate circulation and motivate a reduction in cellulite. Strengthening, calming and uplifting, helping to dispel panic and stress by strengthening the body whilst bringing about deep relaxation.

Qualities: A fresh, woody, slightly floral aroma that offers a tonic effect for calming and uplifting the mind, whilst relaxing and revitalising the body.

Uses & Benefits

- Diffuse to create a fresh, uplifting atmosphere. Inhale to help ease anxiety and high stress.
- Massage after blending to relieve aching muscles and joints. Add to bathwater to promote tranquillity and peace.
- Apply diluted to revitalise dry skin and dull hair.
- Blends well with Basil, Bergamot, Clary Sage, Geranium, Lavender, Lemon, Mandarin, Rosemary, Ylang Ylang.

Traditional uses

Nervous, respiratory, structural, skin.
Strengthening, calming and uplifting.

Aromatic description: *Woody, floral*

Plant part: *Leaves*

Source: *Paraguay*

Extraction method: *Steam distillation*

Main elements: *Linalool, linalyl acetate, geraniol, b-pinene, limonene, citral.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation.

Product Code 7126 (10ml)

100% Natural. Suitable for vegetarians and vegans

NERVOUS, RESPIRATORY, STRUCTURAL, SKIN

ROSEMARY

ORGANIC Essential Oil

Rosmarinus officinalis cineoliferum

The essential oil of the rosemary herb is steam distilled from the leaves of the plant and is one of the oldest known herbs - it has even been found in Egyptian tombs.

Rosemary essential oil has stimulating, warming and soothing properties that can be used in massage to benefit the circulatory system, stiff joints, and aching muscles, and when inhaled, this oil can be very useful to the respiratory system, helping to reduce mucous. Rosemary can help to relieve skin problems, fatigue, digestion, and is used to energise and revive the body, and refresh the mind. Rosemary oil is beneficial for dry and flaky scalps and is valuable in skin care to regulate excessive oiliness.

Qualities: *Rosemary has a rich, warm, woody aroma that is uplifting and revitalising to mood and spirit, combating lethargy, and weariness, enhancing mental clarity, and may even improve memory.*

Uses & Benefits

- Diffuse and inhale for respiratory relief helping to clear sinuses; mental clarity, enhanced learning and memory.



- Massage after blending to relax, stimulate, energise and revive body and mind.
- Apply diluted to dry, troublesome skin, and scalp.
- Add to bathwater for a warming soothing effect to stimulate circulation, and ease respiratory system.
- Blends well with Basil, Frankincense, Lavender, Peppermint, Eucalyptus.

Traditional uses

Respiratory, nervous, digestive, structural, circulatory, skin.
Mental clarity, memory.

Aromatic description: *Warm, woody*

Plant part: *Leaf*

Source: *Morocco*

Extraction method: *Steam distillation*

Main elements: *Eucalyptol, α-pinene, camphor, b-pinene, (R)-P-Mentha-1,8-Diene.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation. Avoid if you suffer from high blood pressure or epilepsy. Not suitable for use during pregnancy.

Product Code 7129 (10ml)

100% Natural. Suitable for vegetarians and vegans

RESPIRATORY, NERVOUS, DIGESTIVE, CIRCULATORY, STRUCTURAL, SKIN

SAGE ORGANIC Essential Oil

Salvia officinalis

Sage Essential Oil is extracted from the leaves of the *Salvia Officinalis* through steam distillation. Introduced to Britain by the Romans, sage has been cultivated for centuries for its culinary and medicinal properties.

It has become known for its ability to strengthen the senses and has been used for centuries to enhance spiritual awareness and bring about cleansing and purification. It is believed to be beneficial to troubled skin, and to ease the stings from insect bites. Sage is also used to reduce tension and soothe muscles, uplift the senses and dispel mental fatigue and anxiety. Useful for relieving the airways and relieving congestion.

Qualities: *A soft, yet sweet, aroma, sage offers cleansing and purifying properties. Emotionally and mentally uplifting, enhancing spiritual awareness. Slightly camphorous for clearing airways.*

Uses & Benefits

- Diffuse for a sweet aroma that is uplifting, cleansing and enhances clarity and spiritual awareness.
- Massage after blending to relieve tension and soothe muscles.
- Apply diluted dry, to troubled skin, or for relief of insect stings.
- Blends well with Bergamot, Lavender, Lemon, Geranium, Orange, Tea Tree and Rosemary.



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Traditional uses

Respiratory, nervous, glandular.
Uplifting, clarity, spiritual awareness.

Aromatic description: *Sweet, camphorous*

Plant part: *Aerial parts*

Source: *France*

Extraction method: *Steam distillation*

Main elements: *Thujones, camphor, eucalyptol.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation. Use with caution on those with epilepsy or high blood pressure.

Product Code 7130 (10ml)

100% Natural. Suitable for vegetarians and vegans

NERVOUS, RESPIRATORY, GLANDULAR

■ SCOTS PINE ORGANIC Essential Oil

Pinus sylvestris

Scots Pine oil is obtained by dry distillation of the needles of *Pinus sylvestris*. Pine has a long history of use as a medicine and has been used for centuries throughout Europe to relieve respiratory, muscular and joint conditions.

Its rubefacient and diuretic properties are recognised for use in aromatherapy massage, for the structural system, and cellulite. It acts as an expectorant and decongestant to relieve respiratory disorders and cold symptoms, and acts as a tonic to the whole system as well as boosting the emotions, inner strength and positivity.

Qualities: *The fresh, forest aroma of this oil is stimulating and uplifting. The invigorating fragrance eases tension, clears sinuses, and provides a positive strengthening and reviving effect to body and mind.*

Uses & Benefits

- Diffuse to create a fresh, clean atmosphere, that clears the head and sinuses.
- Massage after blending to stimulate circulation and relax aching muscles and joints.
- Apply diluted for antibacterial properties – useful on dry, flaking skin. Inhale to boost strength and vitality.
- Blends well with Bergamot, Grapefruit, Cedarwood, Eucalyptus, Rosemary, Sage, Lavender.

Traditional uses

Respiratory, circulatory, structural.
Strengthening, uplifting, reviving.

Aromatic description: *Pine, fresh*

Plant part: *Needles*

Source: *France*

Extraction method: *Dry distillation*

Main elements: *a-pinene, limonene, b-pinene, myrcene.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation.

Product Code 7127 (10ml)

100% Natural. Suitable for vegetarians and vegans

CIRCULATORY, RESPIRATORY, STRUCTURAL

■ TEA TREE ORGANIC Essential Oil

Melaleuca alternifolia

Tea tree essential oil is the concentrated liquid compounds steam distilled from the leaves of the tree *Melaleuca alternifolia*, native to Australia. Australian aborigines are known to have used leaves for medicinal purposes for hundreds of years.

The oil is claimed to have valuable antiseptic and anti-fungal properties due to constituents called terpenoids. Tea tree is a well-known oil for cleaning and protecting the skin, and is popular for use in treating skin problems, infections and for foot care. The spicy, camphorous properties in tea tree oil are said to be useful for relieving congestion, and cold symptoms, and it is believed to soothe aching muscles and joints. When added to bath water it helps control bacteria. The powerful aroma of tea tree oil helps to relieve fatigue, improve concentration and clear the mind. Inspires self-confidence, enhances endurance and inner strength.

Qualities: *Tea tree oil has a distinct, camphorous, medicinal aroma with cleansing, protective, rejuvenating properties, for mind and body.*

Uses & Benefits

- Diffuse to clean the air, and inhale for antiseptic, antibacterial, decongestant properties.
- Massage after blending to soothe aching joints and muscles, to clean and protect the skin.
- Apply diluted to oily skin for cleansing, and to toenails for antifungal qualities.
- Blends well with Eucalyptus, Geranium, Clary Sage, Lavender, Lemon, Rosemary, Thyme.

Traditional uses

Respiratory, immune, skin.
Concentration, endurance, confidence.

Aromatic description: *Camphorous*

Plant part: *Leaves*

Source: *Australia*

Extraction method: *Steam distillation*

Main elements: *Terpinene, eucalyptol, a-pinene, b-pinene.*

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation.

Product Code 7131 (10ml)

100% Natural. Suitable for vegetarians and vegans

IMMUNE, RESPIRATORY, SKIN

■ WHITE THYME ORGANIC Essential Oil

Thymus vulgaris

Thyme essential oil is derived from the steam distillation of the flowering tops of the *Thymus vulgaris* plant. Historically, it's said that thyme was used in embalming, as well as for religious ceremonies, and funeral rites.

As a tonic oil, Thyme is used for the circulatory, digestive and nervous systems. Its warming properties are helpful as a circulatory stimulant that is excellent in massage blends to relieve cramps and muscular aches, ease stiff joints and combat fatigue. With natural antiseptic, warming properties Thyme can help reduce mucous, and clear sinuses. Emotionally, Thyme essential oil has been used for courage and revitalisation, mental clarity, and uplifting moods.

Qualities: Warm, slightly sweet, woody fragrance with tonic properties for circulation and nerves. Pungent, spicy, medicinal aroma to clarify and energise mind and uplift mood.

Uses & Benefits

- Diffuse sweet woody aroma that is uplifting and energising.
- Massage after blending to stimulate circulation, relieve cramps and soothe away fatigue.
- Apply diluted in very small quantities to troublesome skin. Inhale as a decongestant.
- Blends well with Bergamot, Grapefruit, Lemon, Orange, Marjoram, Rosemary, Lavender, Pine.

Traditional uses

Circulatory, nervous, digestive.
Courage, clarity, mood

Aromatic description: Pungent, spicy

Plant part: Flowering tops

Source: France

Extraction method: Steam distillation

Main elements: Thymol, carvacrol, linalool, *a-pinene*.

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation. Not for use during pregnancy, or by those suffering from high blood pressure.

Product Code 7132 (10ml)

100% Natural. Suitable for vegetarians and vegans

CIRCULATORY, DIGESTIVE, NERVOUS

■ YLANG YLANG III ORGANIC Essential Oil

Cananga odorata

Ylang Ylang is a large tree native to the far eastern countries like Malaysia, Philippines, and Indonesia.

In aromatherapy ylang ylang oil is considered one of the best for relaxing the mind and the body. Simply inhaling the aroma is said to help reduce blood pressure, and in massage the oil naturally enhances relaxation, gently relieving stress and anxiety.

Emotionally and spiritually, Ylang Ylang essential oil helps to connect to inner self to heal emotional trauma. It is valuable for both oily and dry skin types due to its balancing and soothing properties and can be used for skin and hair care. The sweet exotic aroma of Ylang Ylang essential oil uplifts the spirit and since it is considered an effective aphrodisiac, perhaps due to a euphoric and sedative effect.

Qualities: Fragrant, sweet and intoxicating, this soothing, calming oil lifts the spirit and relaxes the mind and body. With euphoric, and purported aphrodisiac properties it inspires inner peace, joy and self-esteem.

Uses & Benefits

- Diffuse for a fragrant uplifting atmosphere to relax and reduce anxiety.
- Massage after blending for sensuous, relaxing, relief from stress.
- Apply diluted to oily or dry skin for balancing soothing properties.
- Blends well with Bergamot, Grapefruit, Sweet Orange, Petitgrain, Lavender.

Traditional uses

Nervous, glandular, circulatory, skin.
Emotional, spiritual, healing.

Aromatic description: Fragrant, sweet

Plant part: Flowers

Source: Madagascar

Extraction method: Steam distillation

Main elements: Beta-caryophyllene, linalool, farnesol, geraniol.

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation. Excessive use may cause nausea.

Product Code 7133 (10ml)

100% Natural. Suitable for vegetarians and vegans

CIRCULATORY, GLANDULAR, NERVOUS, SKIN

CARRIER OILS

ORGANIC Natural Oils

Our range of cold pressed, organic carrier oils provide excellent benefits for your skin, and are ideal for use in aromatherapy, body massage and facial treatments.

Rich in vitamins, minerals and essential fatty acids which help to moisturise, nourish, soothe, and regenerate.

■ APRICOT OIL

A nourishing oil, rich in antioxidant vitamins A & C to soothe skin and slow signs of aging. Light and easily absorbed. This oil penetrates without leaving an oily residue and is rich in gamma linoleic acid to help skin maintain moisture balance. Perfect for facials and body massage.

Product code: 7147 (50ml)

■ ARGAN OIL

Rich in proteins, antioxidants and polyphenols which nourish the skin, help soften wrinkles and protect against premature aging. With high vitamin E and fatty acid content it gives skin a natural, hydrating boost. Easily absorbed and non-greasy.

Product code: 7146 (50ml)

■ GRAPESEED OIL

Contains high antioxidant properties that are healthy for your skin, hair and immune system, plus polyphenols, to help slow the aging process. Very smooth glide and easily absorbed, with natural anti-inflammatory properties to soothe troubled skin.

Product code: 7148 (50ml)



■ JOJOBA OIL

Ideal for facials, this is generally considered one of the best massage oils that leaves skin feeling smooth and nourished. Rich in vitamin E, and with natural antifungal, antibacterial, anti-inflammatory, and antioxidant properties, it can help soothe away muscle aches and discomfort.

Product code: 7150 (50ml)

■ SWEET ALMOND OIL

Absorbed easily without clogging pores, to encourage clear, soft, healthy skin. Use to help reduce stretch marks and treat dryness. Nourishing properties for the hair makes it ideal for head massage treatments helping to improve circulation and promoting hair growth.

Product code: 7151 (50ml)

Cautions: If you are pregnant, nursing, or using prescription medication, consult your Doctor or qualified health care practitioner before using oils. Store in a cool dry place, out of reach and sight of children.

Base Carrier Oils 50ml

100% Natural. Suitable for vegetarians and vegans



■ BASIL

Ocimum basilicum

Spicy, fresh, invigorating. Relieves stress and fatigue. Awakens the mind.

Basil essential oil is sourced in Egypt and extracted by steam distillation from Leaf & flowering tops. Main elements include estragole and linalool.

Basil essential oil is spicy, fresh and invigorating. It helps to relieve stressed tense muscles and helps promote clarity. Basil is traditionally used to support relaxation, concentration and mental alertness. Ideal for aching muscles and joints. Basil is also a useful oil for helping to relieve sinuses, congestion and tension.

Can be blended with other essential oils including Lemon, Geranium, Lavender, Peppermint.

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.

Order Code 7152 (10ml)

100% Natural. Suitable for vegetarians & vegans

■ BERGAMOT

Citrus bergamia

Fresh, sweet, mood enhancing. Relieves tension, promotes calm. Helps troublesome skin.

Bergamot essential oil is sourced in Italy and extracted by cold expression from the fruits of the bergamot orange tree. Main elements include linalool and d-limonene.

Bergamot essential oil has a fresh, sweet aroma with energising, uplifting qualities, helping to relieve stress and anxiety. Mood enhancing qualities that help to lift the spirit. May be helpful during times of sadness. Calming and Soothing. Use in massage to help promote healthy skin.

Can be blended with other essential oils including Eucalyptus, Geranium, Lavender, Lemon, Patchouli and Ylang Ylang.

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation. When applying citrus oils do not expose skin to direct sunlight or UV light for 72 hours. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.

Order Code 7153 (10ml)

100% Natural. Suitable for vegetarians & vegans

■ BLACK PEPPER

Piper nigrum

Warm, spicy, energising. Soothes joints & muscles. Provides emotional support

Black Pepper essential oil is sourced in India and is extracted by steam distillation from the pepper-corn. Main elements include b-pinene and linalool.

Black Pepper essential oil is warming and stimulating, with a spicy, musky aroma. Historically used to boost energy and stamina. Use in massage to stimulate the circulatory system, and to warm and tone muscles. Helps to dispel anxiousness and stress.

Can be blended with other essential oils including Bergamot, Lemon and Orange.

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.

Order Code 7154 (10ml)

100% Natural. Suitable for vegetarians & vegans

■ CEDARWOOD ATLAS

Cedrus atlantica

Sweet balsamic fragrance, spiritual, grounding, strengthening.

Cedarwood Atlas essential oils is sourced in Morocco and extracted by steam distillation from the wood of the Cedarwood tree. Main elements include atlantones and himachalenes.

Cedarwood essential oil has a woody, balsamic fragrance and is known to have a calming, grounding effect. Use in massage to relieve muscles and diminish stress. Decongestant benefits support the respiratory system, and natural astringent qualities are beneficial to oily or troubled skin.

Can be blended with other essential oils including Bergamot, Clary Sage and Eucalyptus.

Cautions: Possible skin sensitivity - may cause skin sensitising or irritation. Not for use during pregnancy. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.

Order Code 7155 (10ml)

100% Natural. Suitable for vegetarians & vegans

NutriPets

A great day starts with great nutrition



With five individual formulas to target specific concerns, the Nutri-Pets range helps to support pet's health with great tasting, easy to use products they will love. Natural support for joints, healthy skin and coat, digestion, pet calming, and daily vitamins and minerals.

“Formulated with care to keep your furry friends happy, healthy, and full of life”

Manufactured in the UK to GMP code of practice and ISO 9001 quality assurance certification to guarantee you receive consistently high-quality products.

Please note, if your pet is under medical supervision, or taking prescribed medication please consult a qualified vet before using supplements. Adverse reactions are rare but in such an event please discontinue use and consult your vet. Store in a cool, dry place. Keep out of reach and sight of children.

*NRV=Nutrient Reference Value All information contained herein is for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Information correct at time of publishing.

C

■ CINNAMON LEAF

Cinnamomum zeylanicum

Warm, spicy, uplifting and energising. Soothing for mind and body.

Cinnamon leaf is sourced in Sri Lanka and is extracted by steam distillation from the cinnamon leaf. Main elements include cinnamaldehyde, linalool, eugenol.

Cinnamon essential oil has a warm, spicy aroma and helps to stimulate the circulatory system when used in massage. It relieves sore, tired or aching muscles and joints. It has antiseptic properties and helps clear the atmosphere when diffused. Energising and uplifting.

Can be blended with other essential oils including Black Pepper, Eucalyptus, Frankincense, Lavender and Ylang Ylang.

Cautions: *Possible skin sensitivity - may cause skin sensitising or irritation. After use avoid exposing skin to direct sunlight or UV light for 72 hours. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.*

Order Code 7157 (10ml)

100% Natural. Suitable for vegetarians & vegans

■ CITRONELLA

Cymbopogon winterianus

Crisp, fruity, stimulating. Promotes positivity. Insect repellent qualities

Citronella essential oil is sourced in Java and is extracted by steam distillation from the leaves and stems of the Citronella plant. Main elements include citronellal, geraniol, linalool.

Citronella essential oil has a crisp, fruity aroma is refreshing and cleansing, ideal for clearing the air, and for repelling insects. Stimulating and uplifting, it has antibacterial qualities and can be used on troublesome skin. Use in massage to stimulate mind and body.

Can be blended with other essential oils including Bergamot, Geranium, Lemon, Lavender, and Orange.

Cautions: *Possible skin sensitivity - may cause skin sensitising or irritation. After use avoid exposing skin to direct sunlight or UV light for 72 hours. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.*

Order Code 7158 (10ml)

100% Natural. Suitable for vegetarians & vegans

■ CLARY SAGE

Salvia sclarea

Warm, sweet, euphoric. Relaxing to mind and body. Relieves tension.

Clary Sage essential oil is sourced in Russia and is extracted by steam distillation from the flowering tops and leaves of the Salvia sclarea. Main elements include linalool, alpha terpineol, geraniol.

Clary Sage essential oil has a warm, sweet fragrance. It has calming properties that promote relaxation, restful

sleep and meditation. Use in massage to relieve tense, tired muscles and to soothe the skin. Thought to have aphrodisiac qualities. Promotes clarity.

Can be blended with other essential oils including Frankincense, Geranium, Lavender and Ylang Ylang.

Cautions: *Possible skin sensitivity - may cause skin sensitising or irritation. Avoid use whilst consuming alcohol. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.*

Order Code 7159 (10ml)

100% Natural. Suitable for vegetarians & vegans

■ CLOVE LEAF

Eugenia caryophyllata

Distinct warm aroma well known for pain relief in dental care. Aids sleep.

Clove Leaf essential oil is sourced in Madagascar and is extracted by steam distillation from the leaves of the Eugenia caryophyllata. Main elements include eugenol, eugenyle acetate, beta-caryophyllene.

Clove Leaf essential oil has a distinct warm, spicy aroma that is often associated with dentistry as it offers a natural analgesic effect. Traditionally associated with the respiratory system. Stimulating properties may help reduce weariness and exhaustion.

Can be blended with other essential oils including Cinnamon, Lavender, Orange, Peppermint, and Ylang Ylang.

Cautions: *Possible skin sensitivity - may cause skin sensitising or irritation. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.*

Order Code 7160 (10ml)

100% Natural. Suitable for vegetarians & vegans

■ EUCALYPTUS

Eucalyptus globulus

Clean, camphorous aroma clears sinuses and respiratory system. Joint relief.

Eucalyptus essential oil is sourced in China and is extracted by steam distillation from the leaves of the Eucalyptus globulus. Main elements include Eucalyptol, a-pinene, d-limonene.

Eucalyptus essential oil has a clean, spicy, camphorous fragrance that helps clear sinuses and the respiratory system – useful for cold relief. Antibacterial properties work well on insect bites. Promotes energy and vitality. Massage for muscle and joint relief.

Can be blended with other essential oils including Geranium, Lavender, Lemon.

Cautions: *Use with caution on those with high blood pressure or epilepsy. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.*

Order Code 7161 (10ml)

100% Natural. Suitable for vegetarians & vegans

FRANKINCENSE

Boswellia carterii

Warm intoxicating, spiritual. Calming, balancing. Helps skin blemishes

Frankincense essential oil is sourced in Somalia and is extracted by steam distillation from the bark of the *Boswellia carterii* tree. Main elements include a-pinene, myrcene, linalool, b-pinene.

Frankincense essential oil has a warm, woody, intoxicating fragrance. Associated with spirituality it helps calm and clear the mind and relieve anxiety. Massage to soothe tired joints, muscles and skin. Helps reduce negativity. Add to bathwater or massage to relieve stress.

Can be blended with other essential oils including Bergamot, Geranium, Lavender, Lemon.

Cautions: *Not for use during pregnancy or nursing. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.*

Order Code 7163 (10ml)

100% Natural. Suitable for vegetarians & vegans

GERANIUM

Pelargonium graveolens

Sweet rosy aroma, calming, relieves stress and anxiety, soothes skin.

Geranium essential oil is sourced in Egypt and is extracted by steam distillation from the flowering parts of the plant. Main elements include geraniol, citronellol, linalool, citral.

Geranium essential oil has a sweet, rosy aroma that helps calm nerves, dispel negativity and decrease stress. Massage to soothes muscles, and emotions. Ideal for mature skin. Toning and clarifying. Diffuse to enjoy uplifting, calming fragrance.

Can be blended with other essential oils including Lavender, Orange, and Lemon.

Cautions: *External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.*

Order Code 7164 (10ml)

100% Natural. Suitable for vegetarians & vegans

LAVENDER

Lavandula angustifolia

Fresh floral fragrance. Calming, soothing, relaxing. Aids restful sleep

Lavender essential oil is sourced in France and is extracted by steam distillation from the flowering parts of the plant. Main elements include Linalool, linalyl acetate. Lavender essential oil has a fresh, floral fragrance that is known for its calming, relaxing properties, and as an aid to deep, restful sleep. Cleansing and balancing, it can help soothe troubled skin. In massage Lavender can ease joint and muscle tensions and discomfort. Uplifting aroma that helps to relax the mind and dispel anxiety.

Can be blended with other essential oils including Clary Sage, Geranium, Orange, Frankincense.

Cautions: *Possible skin sensitivity. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin*

Order Code 7168 (10ml)

100% Natural. Suitable for vegetarians & vegans

LEMON

Citrus limonum

Crisp citrus aroma purifying and cleansing. Awakes the senses, dispels fatigue.

Lemon essential oil is sourced in Italy and is extracted by cold expression from the peel and zest of the fruit. Main elements include limonene, b-pinene, g-terpinene, citral.

Lemon essential oil has a fresh, crisp citrus aroma purifying and cleansing. Its sharp fruity fragrance awakes the senses and promotes positivity. The zesty scent is refreshing, improving alertness and concentration. Lemon's astringent qualities can be beneficial to oily or troublesome skin. Use in massage to relieve stress.

Can be blended with other essential oils including Eucalyptus, Clary Sage, Lavender, Orange, Frankincense, Geranium, Peppermint, Tea Tree.

Cautions: *Possible skin sensitivity - may cause skin sensitising or irritation. When applying citrus oils do not expose skin to direct sunlight or UV light for 72 hours. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin*

Order Code 7170 (10ml)

100% Natural. Suitable for vegetarians & vegans

LEMONGRASS

Cymbopogon citratus

Stimulating, herby aroma. Emotional, spiritual cleansing. Soothes, tones muscles.

Lemongrass essential oil is sourced in India and is extracted by steam distillation from the aerial parts of the plant. Main elements include citral, geraniol, linalool, d-limonene, citronellol.

Lemongrass essential oil has a fresh, herby, lemon aroma that is stimulating, revitalising and uplifting. Like citronella it can be used to repel insects, and when used in massage it can help relieve fatigue and tired muscles. Mentally and spiritually cleansing.

Can be blended with other essential oils including Basil, Geranium, Cedarwood, Tea Tree, Lavender.

Cautions: *Possible skin sensitivity. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin*

Order Code 7169 (10ml)

100% Natural. Suitable for vegetarians & vegans





WELCOME TO THE WONDERFUL WORLD OF ESSENTIAL OILS

RECIPES AND BLENDING IDEAS

Essential oil fragrances can stimulate our sense of smell, and interact with our brain, enhancing mood and emotions in mind, body and spirit. Each of the oils have their own wonderful, unique aromas and can be blended to make potent, personal favourites.

When blending, as a general guideline, you will be looking for an approximate 3% dilution. That means for every 10ml carrier oil add around 9 drops of essential oil. A 5ml bottle of essential oil provides around 100 drops, so you've got lots of oil to experiment with.

SLEEP BLEND

Many people are longing for a good night's sleep, but for a variety of reasons a sound, restful sleep eludes them.

FEET TREAT BLEND

Our feet are often neglected, especially after a long winter hidden away inside boots and shoes, or a summer of exposure to sun, sea and sand

MOSQUITO STOPPER BLEND

Here's a delightful blend that you'll love, but insects and mosquitoes will hate

TENSION HEADACHE BLEND

Anxiety, stress and tension are things that can bring on that throbbing, pounding or stabbing ache that disrupts our day and our wellbeing.

HAIR OIL BLEND

Tame those flyaway frizzy strands and give your hair a beautiful, glossy appearance with this charming blend of oils that are naturally beneficial to the health and condition of hair, scalp and skin.



These Blend Recipes Are Also Available to Download Individually Online



MANDARIN

Citrus nobilis

Sweet citrus aroma, soothing and calming, promotes deep restful sleep.

Mandarin essential oil is sourced in Italy and is extracted by cold expression from the fruit peel. Main elements include D-limonene, g-terpinene, linalool, citral, geraniol, citronellol.

Mandarin essential oil has a sweet citrus aroma that is both uplifting and relaxing, with soothing, calming properties that promote restful sleep. Useful for balancing oily skin and rejuvenating mature skin. Lifts mood dispels anxiety and negativity. The zesty fragrance freshens the atmosphere to promote contentment and wellbeing.

Can be blended with other essential oils including Clary Sage, Frankincense, Lavender, Lemon.

Cautions: *Possible skin sensitivity - may cause skin sensitising or irritation. When applying citrus oils do not expose skin to direct sunlight or UV light for 72 hours. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.*

Order Code 7172 (10ml)

100% Natural. Suitable for vegetarians & vegans

ORANGE

Citrus sinensis

Sweet, fruity, uplifting aroma. Elevates mood, cleansing & purifying.

Orange essential oil is sourced in Brazil and is extracted by cold expression from the peel and zest of the fruit. Main elements include myrcene, d-limonene, a-pinene.

Orange essential oil has a sweet, fruity, uplifting aroma that helps to elevate mood, with a balancing effect on mind and body. Topical application offers a cleansing, purifying effect. Helps to brighten and revitalise dull, dry skin. Disperses negativity and anxiety.

Can be blended with other essential oils including Black Pepper, Cinnamon, Clove, Frankincense.

Cautions: *Possible skin sensitivity - may cause skin sensitising or irritation. When applying citrus oils do not expose skin to direct sunlight or UV light for 72 hours. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin*

Order Code 7175 (10ml)

100% Natural. Suitable for vegetarians & vegans

PATCHOULI

Pogostemon cablin

Warm, spicy, musky. Calming, grounding, spiritual. Valued in skincare.

Patchouli essential oil is sourced in Indonesia and extracted by steam distillation from Patchouli leaves. Main elements include Patchouli oil and alpha-guaiene.

Patchouli oil is warm, spicy and musky. Often considered to possess aphrodisiac qualities, it can also be emotionally balancing and calming. Used in massage it can benefit cellulite and dry irritated skin and can help to relieve anxiety and fatigue. Soothing to troubled skin, and wrinkles. Add to bath for a moisturising, nourishing effect.

Can be blended with other essential oils including Lemon, Geranium, Lavender, Peppermint.

Cautions: *Possible skin sensitivity. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.*

Order Code 7176 (10ml)

100% Natural. Suitable for vegetarians & vegans

PEPPERMINT

Mentha piperita

Cool, sweet aroma. Clears airways. Refreshing, uplifting, aids focus and concentration

Peppermint essential oil is sourced in China and is extracted by steam distillation from the flowering herb. Main elements include menthol, menthone, b-pinene.

Peppermint oil is cool, sweet and refreshing. Known for helping to clear the airways, its sharp aroma also aids concentration and mental focus. Peppermint oil aroma is uplifting and rejuvenating to mind and spirit. Soothing to troubled skin. Massage to soothe aching muscles.

Can be blended with other essential oils including Lemon, Geranium, Lavender.

Cautions: *Possible skin sensitivity - may cause skin sensitising or irritation. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin*

Order Code 7177 (10ml)

100% Natural. Suitable for vegetarians & vegans

TEA TREE

Melaleuca alternifolia

Medicinal, camphorous, cleansing, rejuvenating. Antifungal, antiseptic.

Tea Tree essential oil is sourced in Australia and is extracted by steam distillation from the leaves of the Melaleuca alternifolia tree. Main elements include terpinene, eucalyptol, a-pinene, b-pinene.

Tea Tree oil has a medicinal, camphorous aroma that reflects its antiseptic, antifungal, anti-bacterial properties that support the immune system. Cleansing for the skin and ideal for maintaining healthy feet. In massage it can help soothe muscles and joints, and help to relieve cold symptoms.

Can be blended with other essential oils including Lemon, Geranium, Lavender, Peppermint.

Cautions: *Possible skin sensitivity - may cause skin sensitising or irritation. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin.*

Order Code 7183 (10ml)

100% Natural. Suitable for vegetarians & vegans



Y

■ YLANG YLANG III

Cananga odorata

Sweet, calming fragrance. Aphrodisiac properties, lifts mood. Reduces anxiety.

Ylang Ylang essential oil is sourced in Comores and is extracted by steam distillation from the flowers of the *Cananga odorata* tree. Main elements include beta-caryophyllene, linalool, geraniol, farnesol.

Ylang Ylang essential oil has a sweet, floral, intoxicating aroma that is calming, relaxing and uplifting, with aphrodisiac qualities. Use in massage to release stress and anxiety. Beneficial in skincare – add to moisturiser for a luxurious facial massage, or add to a bath for sensual, indulgent relaxation.

Can be blended with other essential oils including Bergamot, Orange, Lavender.

Cautions: *Possible skin sensitivity - may cause skin sensitising or irritation. External use only. Never swallow Garden of Flora Essential Oils, and never use undiluted on the skin*

Order Code 7185 (10ml)

100% Natural. Suitable for vegetarians & vegans



CARRIER OILS

Rich in natural vitamins and minerals, with beautifully smooth moisturising formulas to nourishing and hydrate the skin, leaving you feeling silky soft and sensational. Pure natural ingredients suitable for vegans.

■ AVOCADO OIL

Persea gratissima oil

Avocado oil is rich, thick and luxurious, and a superb choice for aging or mature skin. A natural source of antioxidants, minerals and vitamins A, D and E. It also contains palmitoleic acid, which is a fatty acid found naturally in human tissue. Avocado oil is soothing, moisturising and slow to dry which makes it ideal for a lasting, relaxing massage. Shake well being use.

Order Code 2136 (50ml)

■ COCONUT OIL

Caprylic capric triglycerides

Fractionated Coconut oil is specially distilled to make it liquid at room temperature. A natural source of antioxidant vitamins A, C and E, its light, silky properties provide superb moisturisation without clogging pores, even on oily skin. Particularly useful for aging, dry, sensitive or irritated skin. No distinct coconut aroma-ideal for blending with your favourite essential oils.

Order Code 2137 (50ml)



■ GRAPESEED OIL

Vitis vinifera seed oil

Grapeseed oil is a lighter, less greasy oil which absorbs easily into the skin, making it extremely moisturising - an ideal choice for dry, dull skin, and it doesn't clog pores so it's also perfect for oily skin. Rich in Omega 6 (Linoleic acid), Grapeseed oil has a firming effect on the skin and blends easily with other oils making it ideal for a nourishing, hydrating, soothing massage or facial.

Order Code 2139 (50ml)

■ SWEET ALMOND OIL

Prunus amygdalus dulcis oil

Sweet Almond oil is rich in vitamin E which nourishes the skin and helps maintain collagen to keep skin supple and youthful. It contains oleic acid (omega 9) and linoleic acids (omega 6) to maintain radiance and soothe inflammation. A perfect choice for a rejuvenating facial. Sweet Almond oil is naturally nourishing and intensely moisturising, leaving the skin feeling soft and smooth.

Order Code 2138 (50ml)



SOY
WAX
CANDLES

A TAILORED
Fragrance

Our candles are made of a natural soy blend of wax, they burn at a slower rate than paraffin wax, therefore lasting longer, and are much kinder to your health and environment.

THE LIFESTYLE ANALYSIS & KEY SYSTEM PRODUCTS

Every individual is an amazingly complex being, with each of the body systems intrinsically linked to the other. Therefore, when one of the body systems become weak, or is under-performing, those systems linked to it are also affected, and this has a knock-on effect on overall health.

The Lifestyle Analysis is a unique questionnaire developed by Nature's Sunshine's own team of health specialists to provide a quick and easy way to discover which body systems may be weak and in need of nutritional support, giving you the opportunity to restore balance to each system.

This simple 'tick test' questionnaire takes just a few minutes to complete and based on the answers given, provides a clear overview of how the body systems are currently performing.

THE SYSTEMS APPROACH

The body could be described as a chain of independently linked organs and systems, each one depending on the other for overall health, and a complete feeling of wellbeing. As with any chain, the body systems are only as strong as the weakest link, so if one system is underperforming it is likely to affect other body systems.

KEY SYSTEM PRODUCTS

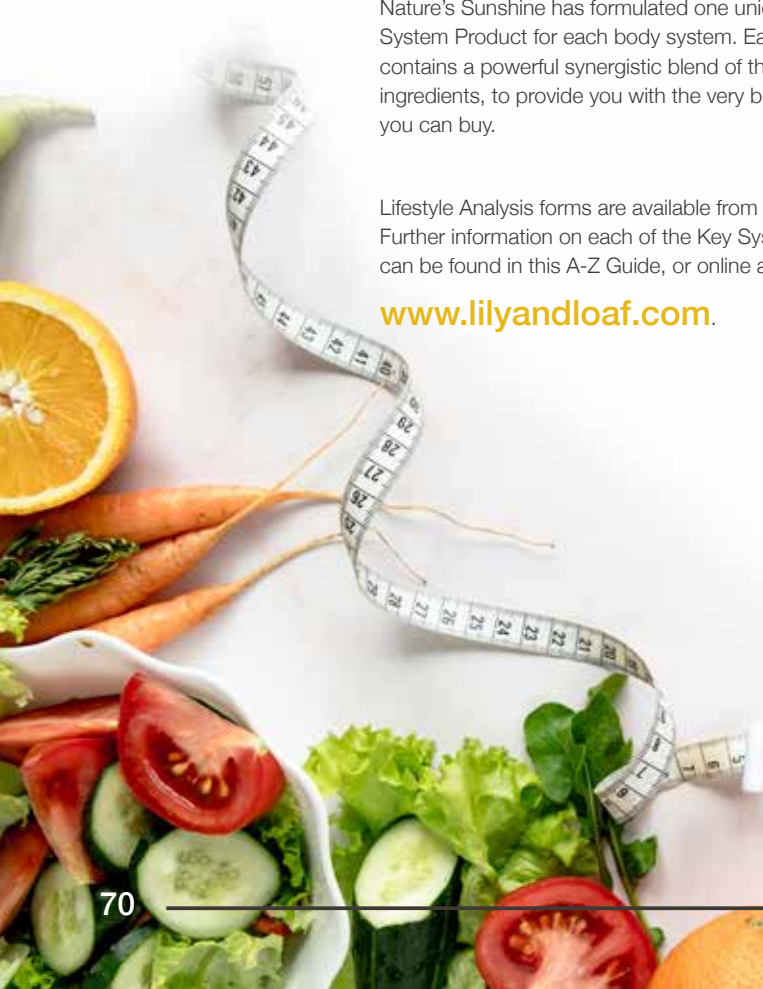
To fully support this 'Systems Approach' Nature's Sunshine's team of experts developed a unique range of Key System Products, each one specially formulated to support healthy body systems.

Each Key System Product contains a carefully selected combination of precisely the right ingredients, in perfectly balanced amounts to ensure you get the best results possible.

Nature's Sunshine has formulated one unique Key System Product for each body system. Each formulation contains a powerful synergistic blend of the finest, purest ingredients, to provide you with the very best supplements you can buy.

Lifestyle Analysis forms are available from Lily & Loaf. Further information on each of the Key System Products can be found in this A-Z Guide, or online at

www.lilyandloaf.com.



GUIDE TO LILY & LOAF ESSENTIAL OILS FRAGRANCE TYPES

Our sense of smell is closely linked to our memory, which is why fragrances can transport us back in time to evoke past memories and emotions, reminding us of people, places and specific moments in time. The powerful aromas stimulate our sense of smell, and interact with our brain, enhancing mood and emotions in mind, body and spirit

CAMPHOROUS

Lily & Loaf Camphorous essential oils have a distinct clean, sharp, medicinal smell, with clean, purifying penetrating properties.

Basil Eucalyptus Frankincense
Marjoram Peppermint Rosemary
Sage Tea Tree

CITRUS

Lily & Loaf Citrus essential oils have a fresh, tangy, revitalising smell of the fruits from which they are extracted.

Bergamot Citronella Geranium
Grapefruit Lemon Lemongrass
Mandarin, Red Orange, Sweet Peppermint
Petitgrain

EARTHY

Lily & Loaf Earthy essential oils have a warm, musky, woody smell, reminiscent of a rich earthy forest.

Clary Sage Eucalyptus Fennel
Ginger Juniper Patchouli

FLORAL

Lily & Loaf Floral essential oils have a fresh, sweet, fragrant smell, similar to the flowers from which the oils are derived.

Clary sage Geranium Juniper Berry
Lavender Mandarin, Red Petitgrain
Chamomile, Roman Ylang Ylang III

HERBACEOUS

Lily & Loaf Herbaceous essential oils have a sweet natural smell echoing the fragrance of the herbs from which they are extracted.

Basil Clary Sage Lavender
Marjoram Peppermint Rosemary
Sage Thyme

MEDICINAL

Lily & Loaf Medicinal essential oils have a cleansing, therapeutic smell similar to the herbs from which they are extracted.

Eucalyptus Marjoram Rosemary
Tea Tree Thyme

MUSKY

Lily & Loaf Musky essential oils have a deep, rich, earthy smell with rich, sensuous, stimulating properties

Black Pepper Citronella Patchouli

SPICY

Lily & Loaf Spicy essential oils have a warm, aromatic, exotic smell with invigorating, stimulating properties.

Basil Black Pepper Cinnamon Bark
Clove Bud Frankincense Ginger
Marjoram Thyme

SWEET

Lily & Loaf Sweet essential oils may have a warm, fresh, fruity, floral smell with uplifting, calming properties

Basil Bergamot Clary Sage
Fennel Frankincense Geranium
Juniper Berry Lavender Mandarin
Marjoram Orange, Sweet Peppermint
Petitgrain Chamomile, Roman
Rosemary Sage Ylang Ylang III

WARM

Lily & Loaf Warm essential oils may feel warm on the skin with soothing, comforting, warming properties.

Cinnamon Clary Sage Clove Bud
Marjoram Patchouli Rosemary

WOODY

Lily & Loaf Woody essential oils can have a fresh cut woody smell reminiscent of the tree from which the oil is extracted.

Cedarwood Atlas Cinnamon Bark Frankincense
Ginger Juniper Berry Patchouli
Petitgrain Rosemary Scots Pine



SYSTEMS GUIDE TO VITAMINS AND MINERALS

The EU Register of Nutrition and Health Claims provides an approved list of ‘Authorised Claims’ for specific nutrients and ingredients in food supplements. For reference, claims have been categorised as shown below.

Activated charcoal contributes to reducing excessive flatulence after eating.

Alpha-linolenic acid (ALA) contributes to the maintenance of normal blood cholesterol levels

Betaine contributes to normal homocysteine metabolism.

Biotin (B7) contributes to normal

- energy-yielding metabolism
- functioning of the nervous system
- macronutrient metabolism
- psychological function
- maintenance of normal hair skin and mucous membranes.

Calcium contributes to normal

- blood clotting
- energy-yielding metabolism
- muscle function
- neurotransmission
- function of digestive enzymes
- cell division and specialisation, and maintenance of normal bones and teeth.

Calcium and vitamin D

- help to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures
- are needed for normal growth and development of bone in children.

Chloride contributes to normal

- digestion by production of hydrochloric acid in the stomach.

Choline contributes to normal

- homocysteine metabolism
- lipid metabolism
- liver function
- macronutrient metabolism
- blood glucose levels.

Chromium contributes to normal

- macronutrient metabolism
- maintenance of normal blood glucose levels

Copper contributes to normal

- maintenance connective tissues
- energy-yielding metabolism
- functioning of the nervous system
- hair and skin pigmentation
- iron transport in the body
- function of the immune system, and the protection of cells from oxidative stress.

DHA (Docosahexaenoic acid) contributes to maintenance of normal

- brain function and vision
- blood triglyceride levels
- visual development of infants up to 12 months of age.

Docosahexaenoic acid (DHA) maternal intake contributes to normal brain and eyes development of the foetus and breastfed infants.

DHA and EPA contribute to the maintenance of normal blood pressure and blood triglyceride levels.

EPA and DHA contribute to the normal function of the heart.

Folate (B9) contributes to normal

- amino acid synthesis
- blood formation
- homocysteine metabolism
- psychological function
- function of the immune system
- Folate contributes to the reduction of tiredness and fatigue
- has a role in the process of cell division
- contributes to maternal tissue growth during pregnancy.

Folic Acid - Supplemental folic acid

- intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus.

Fructose

- Consumption of foods containing fructose leads to a lower blood glucose rise compared to foods containing sucrose or glucose.

Guar gum

- contributes to the maintenance of normal blood cholesterol levels.

Hydroxypropyl methylcellulose

- contributes to the maintenance of normal blood cholesterol levels.
- Consumption of Hydroxypropyl methylcellulose with a meal contributes to a reduction in the blood glucose rise after that meal.

Iodine contributes to normal

- cognitive function
- energy-yielding metabolism

- functioning of the nervous system
- production of thyroid hormones and normal thyroid function
- growth of children, and the maintenance of normal skin.

Iron contributes to normal

- cognitive function
- energy-yielding metabolism
- formation of red blood cells and haemoglobin
- oxygen transport in the body
- function of the immune system
- cognitive development of children
- process of cell division, and the reduction of tiredness and fatigue.

Lactase enzyme improves lactose digestion in individuals who have difficulty digesting lactose.

Lactulose contributes to an acceleration of intestinal transit.

Linoleic acid contributes to the maintenance of normal blood cholesterol levels.

Magnesium contributes to normal

- energy-yielding metabolism
- functioning of the nervous system
- muscle function
- protein synthesis
- psychological function
- electrolyte balance
- maintenance of normal bones and teeth
- process of cell division and a reduction of tiredness and fatigue.

Manganese contributes to

- the protection of cells from oxidative stress
- Normal energy-yielding metabolism
- maintenance of normal bones and normal formation of connective tissue.

Niacin (B3) contributes to normal

- psychological function
- functioning of the nervous system
- maintenance of normal mucous membranes and skin.
- energy-yielding metabolism, and the reduction of tiredness and fatigue.

Pantothenic acid (B5) contributes to normal

- *mental performance*
- *synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters*
- *energy-yielding metabolism, and the reduction of tiredness and fatigue.*

Phosphorus contributes to

- *normal energy-yielding metabolism*
- *normal function of cell membranes*
- *maintenance of normal bones and teeth*
- *normal growth and development of bone in children.*

Potassium contributes to

- *maintenance of normal blood pressure*
- *normal functioning of the nervous system*
- *normal muscle function.*

Protein contributes to

- *growth in muscle mass*
- *maintenance of muscle mass*
- *maintenance of normal bones*
- *normal growth and development of bone in children.*

Riboflavin (B2) contributes to normal

- *energy-yielding metabolism*
- *metabolism of iron*
- *functioning of the nervous system*
- *maintenance of normal red blood cells, skin, mucous membranes and vision*
- *protection of cells from oxidative stress, and a reduction of tiredness and fatigue.*

Selenium contributes to normal

- *spermatogenesis*
- *thyroid function*
- *function of the immune system*
- *protection of cells from oxidative stress*
- *maintenance of normal hair and nails.*
- *Sucralose - Consumption of foods/drinks containing sucralose instead of sugar*
- *contributes to the maintenance of tooth mineralisation*
- *induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks.*

Thiamine (B1) contributes to normal

- *function of the heart*
- *psychological function*
- *energy-yielding metabolism*
- *functioning of the nervous system.*

Vitamin A contributes to the maintenance of normal

- *mucous membranes, skin, vision*
- *iron metabolism*
- *vitamin A has a role in the process of cell specialisation*
- *contributes to the normal function of the immune system.*

Vitamin B6 contributes to normal

- *cysteine synthesis*
- *energy-yielding metabolism*
- *homocysteine metabolism*
- *psychological function*
- *function of the immune system*
- *functioning of the nervous system*
- *protein and glycogen metabolism*
- *red blood cell formation*
- *reduction of tiredness and fatigue*
- *regulation of hormonal activity.*

Vitamin B12 contributes to normal

- *functioning of the nervous system*
- *psychological function*
- *homocysteine metabolism*
- *energy-yielding metabolism*
- *function of the immune system*
- *red blood cell formation*
- *process of cell division, and the reduction of tiredness and fatigue.*

Vitamin C contributes to normal

- *collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth*
- *energy-yielding metabolism*
- *psychological function*
- *functioning of the nervous system*
- *function of the immune system*
- *vitamin C contributes to the protection of cells from oxidative stress*
- *reduction of tiredness and fatigue*
- *regeneration of the reduced form of vitamin E, and increases iron absorption*
- *function of the immune system during and after intense physical exercise.*

Vitamin D contributes to the maintenance of normal

- *bones and teeth*
- *muscle function*
- *function of the immune system.*
- *blood calcium levels*
- *absorption/utilisation of calcium and phosphorus*
- *process of cell division*
- *growth and development of bone in children.*

Vitamin E contributes to the

- *protection of cells from oxidative stress.*

Vitamin K contributes to normal

- *blood clotting, and the maintenance of normal bones.*

Water contributes to the

- *maintenance of normal physical and cognitive functions, and the maintenance of normal regulation of the body's temperature.*

Wheat bran fibre contributes to an

- *increase in faecal bulk and an acceleration of intestinal transit.*

Zinc contributes to normal

- *acid-base metabolism*
- *cognitive function*
- *carbohydrate metabolism*
- *macronutrient metabolism*
- *protein synthesis*
- *DNA synthesis*
- *function of the immune system*
- *metabolism of fatty acids*
- *metabolism of vitamin A*
- *fertility and reproduction*
- *testosterone levels in the blood*
- *maintenance of normal vision, bones, hair, skin and nails.*
- *process of cell division and the protection of cells from oxidative stress.*

LILY & LOAF[®]
BEAUTY • HEALTH • BALANCE

NATURAL PRODUCTS

FOR ALL ROUND FAMILY SUPPORT

90 DAY
MONEY BACK
GUARANTEE



From everyday vitamins and minerals, to unique targeted formulas created to meet specific needs, and provide healthy, natural solutions.

LILY & LOAF[®]
BEAUTY • HEALTH • BALANCE

NATURE'S SUNSHINE[™]
A GREAT DAY STARTS WITH GREAT NUTRITION

BEYOU

Fit & Pit

UG
URBAN GUISE

NutriPet
A great day starts with great nutrition

HEALTHY
Rascals
Molly & Max

Garden of Flora

Take a look at our Family Ranges to see how we can help.

www.lilyandloaf.com