

WELCOME

A PASSION FOR HEALTH, BEAUTY AND NUTRITION



A LITTLE ABOUT US

Our passion is to bring consumers world-class products, natural beauty, health and balance.

It all began with an amazing range of global nutritional products, that not only support good health, but follow unsurpassed ethical and caring production methods that respect Mother Nature and all the benefits she provides. This principle was the inspiration for the creation of Lily & Loaf.



Terms & Conditions Apply. Minimum spend of £10 required (excluding shipping) to be able to use the £10 discount code. Offer only valid on customer's second order. If website difficulties are experienced, Lily & Loaf is not liable for missed opportunities. Offer can be withdrawn at any time. Only valid for the next 60 days.

PRODUCT PASSION

We love to talk about how great our products are - we're not the only ones!

Check out our press page to see what everyone's saying about us.



BOYFRIEND COUNTRY&TOWN LONDON CRAVE HOUSE THE INSIDE

woman&home STYLIST BOUNC

LEAVE A REVIEW FOR YOUR FAVOURITE PRODUCT TODAY!

Drop us an email to hello@lilyandloaf when you've done it!

As a special **THANK YOU** we'll give you a

£5 Gift Card

Collagen Plus

I have tried other collagen products with minimal changes. This product delivers all that it says , my nails and hair have improved dramatically. More impressive has been the affect on my gut health, noticeably less abdominal cramps and IBS . Brilliant



I have severe anxiety, insomnia and panic attacks. Doctors prescribed me so many different pills and the side effects were the worst.l stumbled upon this by a friend who let me try a few and the results were amazing with absolutely no side effects or upset tummy.This was a year ago,l always have these miracles on standby (purse, car, cupboard, etc)

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Paul

I have suffered with insomnia for almost 40

years now. I have been taking this product for the

last 6 nights, and I've slept soundly. I have more energy and I can go

through the day without feeling fatigued. I will be using this long term. Thank you Lily & Loaf.



Sharon D



THE LIFESTYLE ANALYSIS

Our Lifestyle Analysis - Health Check is a great way to quickly and easily discover which of your body systems may be underperforming and in need of nutritional support.

It takes only a few minutes to complete, but is thorough enough to give you an accurate analysis of your body systems and will highlight where improvements can be made to enhance your overall health and wellbeing.

We will even give you a unique offer on the recommended product for your weakest body system, once completed.

We always recommend for any lifestyle change involving supplements, that you take a product for at least 90-days in order to reap the maximum benefit, and to make this an easy decision to make, we offer an industry-leading

90-day money-back guarantee.



All our products are free from harmful toxins, pollutants and animal cruelty.

LIQUID CHLOROPHYLL

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

- > Naturally flavoured with spearmint oil
- > Leaves the breath minty fresh
- > Valued companion to any nutritional cleanse programme
- > Contains mulberry and alfalfa excellent sources of chlorophyll
- > Gluten-free and suitable for vegans & vegetarians



5 HTP WITH L-TRYPTOPHAN

Just one simple capsule a day contributes to relaxation, restful sleep and a well-balanced mood.

- > Reduces anxiety & stress
- > Could help with migraine frequency
- > May aid weight loss
- > Easy-to-swallow capsule
- > Allergen free suitable for vegans & vegetarians



ESSENTIAL OILS

The essential oils used in aromatherapy have many benefits which can help enhance your physical, mental and emotional health and wellbeing.

They work by harnessing the essence, fragrance and healing power of natural plant compounds to complement your healthy lifestyle and achieve better balance. There are many plants, herbs, spices and botanicals that are known for their therapeutic properties. These can be used to help alleviate the symptoms of a wide range of conditions, including asthma, insomnia, depression, anxiety, arthritis and menopause.



SOY WAX CANDLES

If you're interested in aromatherapy, soy wax candles can be a great way to make the most of the therapeutic properties provided by the fragrances of essential oils.

Soy wax candles are a better, all-natural alternative to traditional paraffin wax candles.



WHOLE FAMILY HEALTH

NATURAL PRODUCTS FOR ALL ROUND FAMILY SUPPORT

From everyday vitamins and minerals, to unique targeted formulas created to meet specific needs, and provide healthy, natural solutions.

Take a look at our family ranges to see how we can help.