

30 DAYS WELLE

30 Days of inspiration and support
reconnecting to your true you and
natural beauty.



Welle@
AUSTRALIA



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Welcome to 30 Days Welle

I am so thrilled to have you join us as we spend the next month forming a ritual that will prioritise wellness in your entire being. Over the next 30 days, I know your new routine will become a cherished practice that supports your entire body from soul to skin. For me, it has become a vital part of my everyday life that allows me to feel, look and function at my very best.

Taking two teaspoons of The Super Elixir™ each morning has truly transformed my life. When my journey to wellness began, I had found that energy and inspiration had been lacking in my mind, body and spirit. I felt fatigued, my skin seemed dull, my weight was fluctuating and I struggled to find the motivation to show up for myself and others in the way I was used to. I was taking vitamins and minerals, but it felt as if nothing was working.

It was then that I made a conscious choice to remedy both my health and my heart. My search led me to Dr. Simone Laubscher PhD, who identified that the systems within my body were severely inflamed, undernourished and unable to cope with the oxidative stress that I was experiencing. Dr. Laubscher blended a custom formula of plant-based super greens that my irritated systems could easily and thoroughly absorb. Tangible results appeared within weeks.

I noticed that I was lighter, leaner and my energy had returned. My skin was glowing, my digestion had settled, my hair was thicker, and my nails became stronger. I wasn't craving sugar, I moved with intention and I had completely reconnected with both my body and my spirit. I felt confident and radiated an aura of joy and vitality from within, giving me the courage and inspiration to get on with the life I wanted to live.

My heart was once again my compass and I felt strongly that it was time to share my experience with others, to help them thrive in their own lives and discover the vast benefits offered through wellness. I asked Dr. Laubscher to help formulate a natural, all-in-one remedy for beauty, wellness and digestion and, thus, The Super Elixir™ and WelleCo were born.

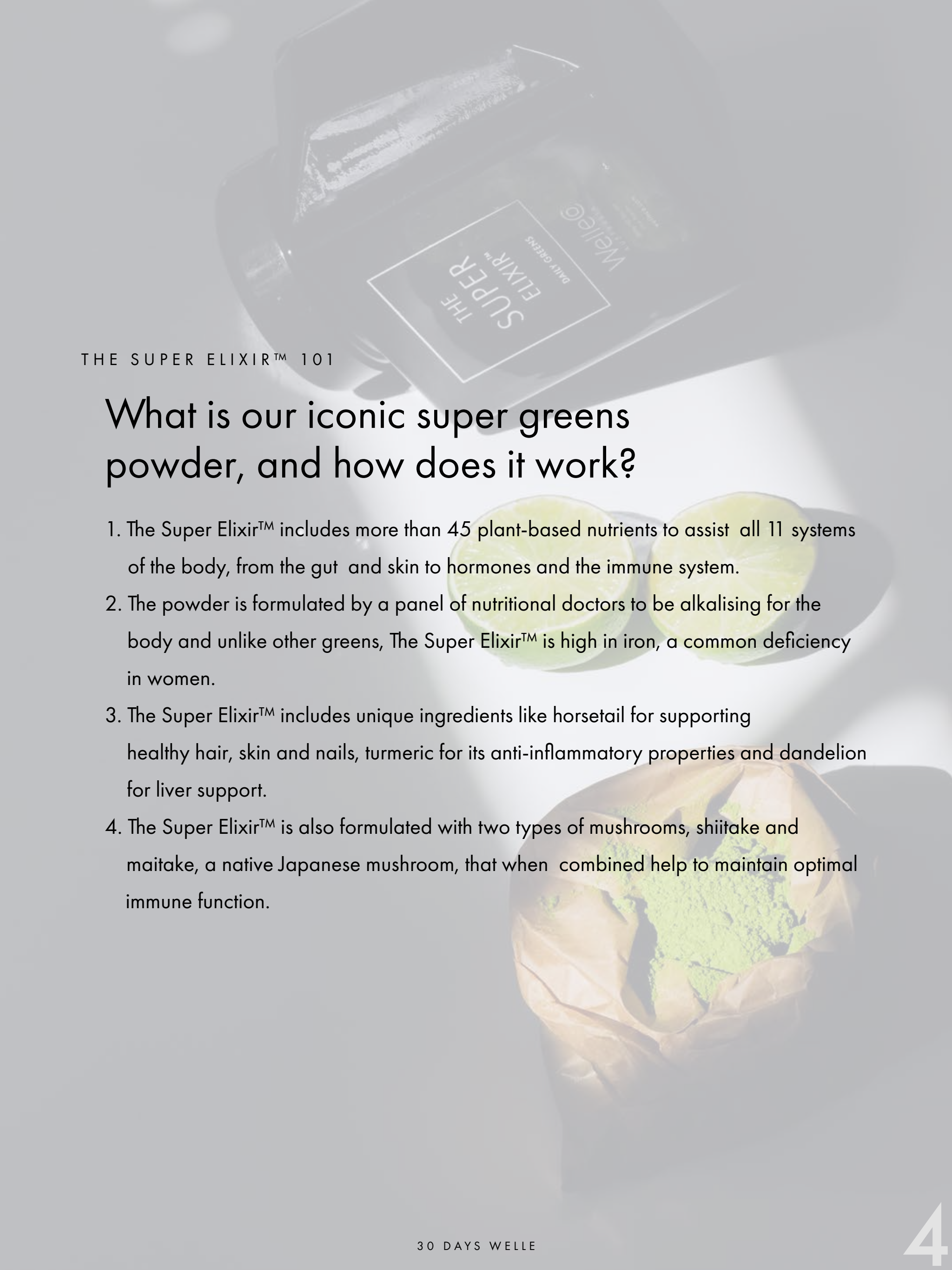
Now, just two teaspoons daily of The Super Elixir™ ensure my body is completely supported. It couldn't be easier. The formula helps to cultivate your true, natural beauty by giving your body the ultimate nourishment to be well, healing and replenishing at a cellular level. From there, your natural beauty is empowered to bring an effortless glow to your skin. It also enables you to follow your inner desire to live your life in the way you've always wanted, with the strength and authenticity to feel fantastic and inspire others.

I'm so excited to have you join me on the #30DaysWelle program. It is as simple as adding two teaspoons of The Super Elixir™ in water or in your morning smoothie. Together with my incredible team, we have curated a collection of tools and information for you. This digital magazine will help support you on your own journey, bringing your beauty-through-wellness to your world. I'd love to see your progress in our social communities @welleco on Instagram and in our private WelleCommunity Facebook group.

All great journeys are best when shared, and I look forward to you sharing yours.

Be Welle,

ELLE MACPHERSON
FOUNDER OF WELLECO



THE SUPER ELIXIR™ 101

What is our iconic super greens powder, and how does it work?

1. The Super Elixir™ includes more than 45 plant-based nutrients to assist all 11 systems of the body, from the gut and skin to hormones and the immune system.
2. The powder is formulated by a panel of nutritional doctors to be alkalising for the body and unlike other greens, The Super Elixir™ is high in iron, a common deficiency in women.
3. The Super Elixir™ includes unique ingredients like horsetail for supporting healthy hair, skin and nails, turmeric for its anti-inflammatory properties and dandelion for liver support.
4. The Super Elixir™ is also formulated with two types of mushrooms, shiitake and maitake, a native Japanese mushroom, that when combined help to maintain optimal immune function.

Backed by science and brimming with botanicals, The Super Elixir™ lays the foundation for optimum health and beauty benefits. Here are a few of the changes you're set to see in your body by taking it each day.

1. Your complexion will glow

Acai, pomegranate and grapeseed extracts deliver antioxidants and vitamin A to help promote healthy skin elasticity, support healthy skin, and combat the effects of ageing including pigmentation, fine lines and wrinkles. These potent ingredients form the basis of our game-changing elixir and is the first step of your new daily skincare regime.

2. You'll experience less bloating

Our gut microbiome controls far more than we give it credit for, which is why colonising your gut with beneficial types of bacteria is so vital. One way to do this is by taking a probiotic supplement like The Super Elixir™. Not only can this help ease digestion, but it also helps to de-bloat your stomach.

3. Your hair will look and feel thicker and more lustrous

Horsetail extract has long been known for its beauty benefits, especially when it comes to strengthening hair, skin and nails. Packed with a high content of antioxidant agents including vitamin A, it is also a fantastic source of silica which supports healthy and strong connective tissue and helps to produce collagen.

4. Your immune system will be boosted

When maitake and shiitake mushrooms are combined, they help maintain the immune system. So does curcumin-rich turmeric which has anti-inflammatory and immune boosting properties and the ability to combat bacteria, viruses and fungi. The Super Elixir™ contains all three.

5. You'll ease any inflammation in the body

Studies show that dandelion helps to detoxify the liver and promote increased bile. In the folk medicine of many countries, dandelion is used as a liver tonic to stimulate a congested liver. Dandelion root can also relieve headaches and treat skin disorders, boils and other ailments related to liver dysfunction.



WELLE TIP

Choose glass over plastic. Not only is it a kindness to the planet, it's also better for you! Non-porous, economical, and reusable, glass is a better option for storing and carrying your food and beverages. Look to your household water bottles, storage containers, packaging and drinking vessels for places you can make a conscious switch. It's a way to be kinder to yourself and the planet.



4 WAYS TO TURN YOUR NEW ROUTINE INTO A SELF-LOVE RITUAL

Our best tips for staying on track.

1. Schedule it in

It might feel silly slotting in time for your daily dose of The Super Elixir™, but it will serve as a reminder of the commitment you've made to prioritise your wellbeing. Start your day off Welle by referring back to your 30 Days Welle calendar and fitting it in first thing in the morning, even when you're in a rush. Just add two teaspoons to water in your WelleCo Hydrator Bottle, shake and go.

2. Make it part of your beauty regime

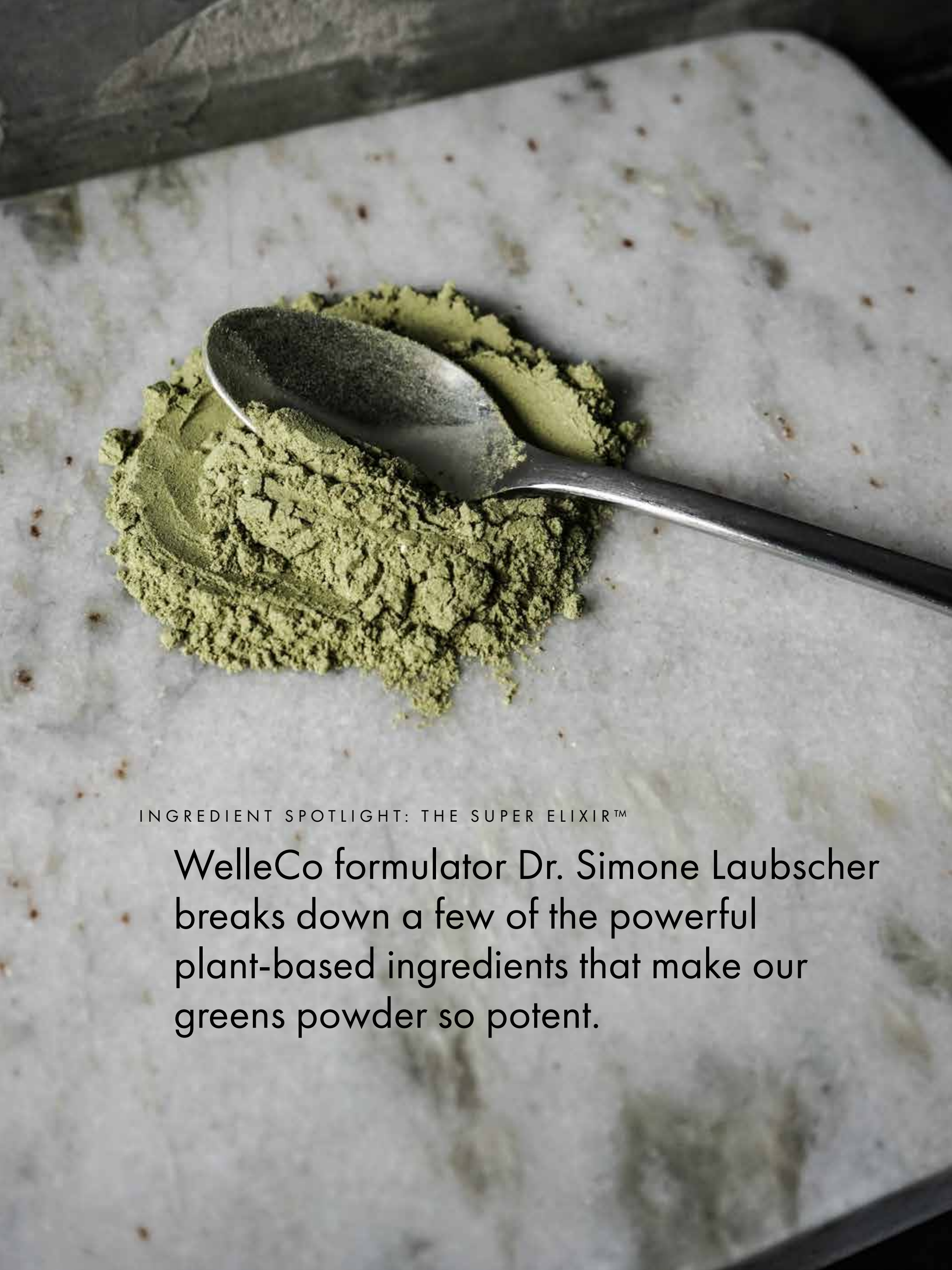
Why not sip on The Super Elixir™ while you're caring for your skin? Make your two teaspoons part of your daily routine by taking your ingestible beauty supplement while you apply your topical skincare products. You'll be looking after your skin from the inside-out and creating a nurturing habit that will soon become a self-care ritual.

3. Be kind to yourself

While we've made a collective commitment to our wellbeing, it's important not to be too hard on yourself when life gets in the way. "Don't worry if you miss some days," says Elle. "Every small change you make is a healthy habit you are incorporating into your life. One step at a time, one day at a time." So be kind to yourself, and simply try again tomorrow.

4. Mix it up

With two new flavours of The Super Elixir™ to try, you'll never be bored. If you're a longtime devotee of our original super greens powder, why not give our new Unflavoured or Blood Orange options a go? Switch things up with a new recipe, or get creative with your own. We want you to Welle your way, so anything goes!

A close-up photograph of a pile of bright green, finely textured powder on a white, slightly textured surface. A silver metal spoon is resting on the powder, with its bowl partially filled. The powder has a clumpy, crystalline appearance. The background is a plain white surface with some faint smudges and a dark object, possibly a knife handle, visible in the upper left corner.

INGREDIENT SPOTLIGHT: THE SUPER ELIXIR™

WelleCo formulator Dr. Simone Laubscher breaks down a few of the powerful plant-based ingredients that make our greens powder so potent.



Super Greens

“These nutritional powerhouses balance the acidity in your skin and the alkalinity in your blood. And when that balance is achieved, your skin holds moisture and your cells function properly, giving you that radiant glow. Balanced and working together, 2 teaspoons of The Super Elixir™ daily is all you need to see and feel change.”

Horsetail And Dandelion

“The horsetail herb contains silica, long known to benefit your hair, skin and nails. Dandelion, another herb, promotes healthy liver and digestive function, reducing toxins in the body that would otherwise damage your skin.”

Aloe Vera Juice

“This is a wonderful overall tonic for the body, from digestive to kidney support. The skin is often called the third kidney, so by taking care of the kidneys, you’ll also keep your skin clear and limit dark under-eye circles.”

Grape Seed Extract

“A great antioxidant that acts as a free radical scavenger, reducing internal and external ageing.”

Probiotics And Prebiotics

“Both probiotics and prebiotics aid digestion and keep Candida at bay, which will significantly reduce sugar cravings have an excellent effect on acne and overall ageing. Most patients feel the initial effects within a few days, but of course it will depend on your current toxic load, for some will experience a detox effect immediately. We therefore say as a guideline to take the The Super Elixir™ for the full 30 Days Welle program to allow any detox reactions to pass.”



WHAT IS INGESTIBLE BEAUTY, AND WHAT DOES IT MEAN FOR MY SKIN?

Here's how 30 Days Welle
can support a healthy, glowing
complexion.

The age-old axiom that how you care for yourself on the inside reflects what we see on the outside is hardly ground-breaking. In fact, it was this very mentality that informed our founding principles when WelleCo began back in 2014, and we've been championing this philosophy of beauty-through-wellness in everything we've done since.

But now we're starting to develop an even greater understanding about just how impactful taking an inside-out approach can be. Due to their external application, topical skin and beauty products are limited in their capacity to deliver long-term changes to the way we look and feel.

That's where ingestible beauty comes in, to boost what our body is currently lacking and keep it all topped up as you age. Scientific studies show promising evidence that doubling down on your topical beauty routine with potent ingestible supplements can help to support glowing skin, healthy hair and strong nails, while also aiding your overall wellbeing.

In short? Powerful ingestibles can help to support your beauty and body goals, whether you're after a radiant complexion, stronger nails or thicker hair (or all three). Think of it like doubling down on your active serums or splurging on a hair treatment at the salon – it's a daily investment in yourself, that pays off with every dose.

Of course, just as it is with skincare, supplements are only as effective as their formulation allows them to be – which means not all ingestible beauty is created equal. Below are a few things to consider as you begin your journey of beauty-through-wellness .

Choose your products wisely

A blend of powerful ingredients makes all the difference when it comes to your results. If you're ingesting something to support your beauty routine but it's packed with sneaky fillers and sugars – well that's just counter-productive and a waste of your time and money, right? Look for products that source only the highest quality and most impactful ingredients, such as WelleCo's The Super Elixir™. Our iconic greens powder is formulated using a combination of 45 naturally-derived ingredients, including wholefoods, herbal extracts, vitamins, minerals and probiotics. Everything is formulated, blended, and packed in Australia in partnership with the finest local and international suppliers – so you can trust that your body is only getting the very best.

Be prepared to commit

Consistency is the key to getting results, hence why we recommend following the 30 Days Welle program for an entire month. Thankfully, all our WelleCo products were designed with busy women in mind, so that you can fit them in no matter what you're doing. Create a morning beauty regimen by sipping on The Super Elixir™ as you apply your skincare to solidify the healthy habit.

Don't rely solely on skincare or supplements alone

Just because you've started incorporating ingestible beauty into your routine, doesn't mean you should skip the sunscreen or serums. Everything has its place, which means it's a team effort when it comes to looking your best. So use your cosmetics to take care of the top layers, while your WelleCo product works its magic on a deeper level to balance your gut, support your immune system and therefore encourage beauty from the inside out.

WELLE TIP

Take the stairs, it's a free and easy workout for your heart, lungs, legs and glutes. The endorphin rush you'll get from moving your body will leave you full of energy and feeling great.





WANT BONUS GLOW?

Include These Skin-Loving Superfoods In Your Diet During Your 30 Days Welle Journey.

Blueberries

These berries may be small, but they are mighty when it comes to skin-loving benefits. The blueberry has one of the highest concentrations of antioxidants of any fruit, which will not only keep you looking young and well-rested, but protects against memory loss, heart disease and cancer.

Leafy Greens

Brussels sprouts, spinach and broccoli are rich in alpha lipoic acid (ALA), which holds an exceptionally high concentration of antioxidants that fight the free radicals that cause ageing. ALA is one of the most powerful anti-aging compounds available. It is also an anti-inflammatory and decreases dark under-eye circles, reduces puffiness and redness, and minimises the appearance of wrinkles.

Tomatoes

Preventing premature ageing, protecting skin against the damaging effects of the sun, rounding out any good salad – is there anything that the humble tomato can't do? Tomatoes are high in Lycopene, an antioxidant that's essential for any sun-lover to ward off skin damage. The body can best process Lycopene when tomatoes have been cooked or processed, so add in a hearty dose of tomato soup to your diet.

Walnuts

Full of Omega-3 essential fatty acids, walnuts fulfil one of your body's nutritional needs that it is unable to produce on its own. These mighty acids work overtime to protect your cell membranes, and when your membranes are strong, nutrients can get in, but toxins and nasties cannot, and waste is effectively eliminated from the cells. Strong cell membranes also retain more water, which supports dewy-looking skin.



Grapefruit

The vitamin C content in the average red grapefruit is more than 100% of the recommended daily intake, making it fabulous not only for immunity, but also for your skin. This is because vitamin C helps to reverse skin damage caused by sun exposure and pollutants by stimulating the production of collagen, which causes new skin growth, reduces wrinkles and gives an overall glowier look.

Oysters

No need to confine these little luxuries to your pre-boudoir dinner – more than just an aphrodisiac, oysters contain plenty of Zinc which your body needs to produce the proteins that repair damaged tissues, including repairing damage caused by the sun, stress and free-radicals.

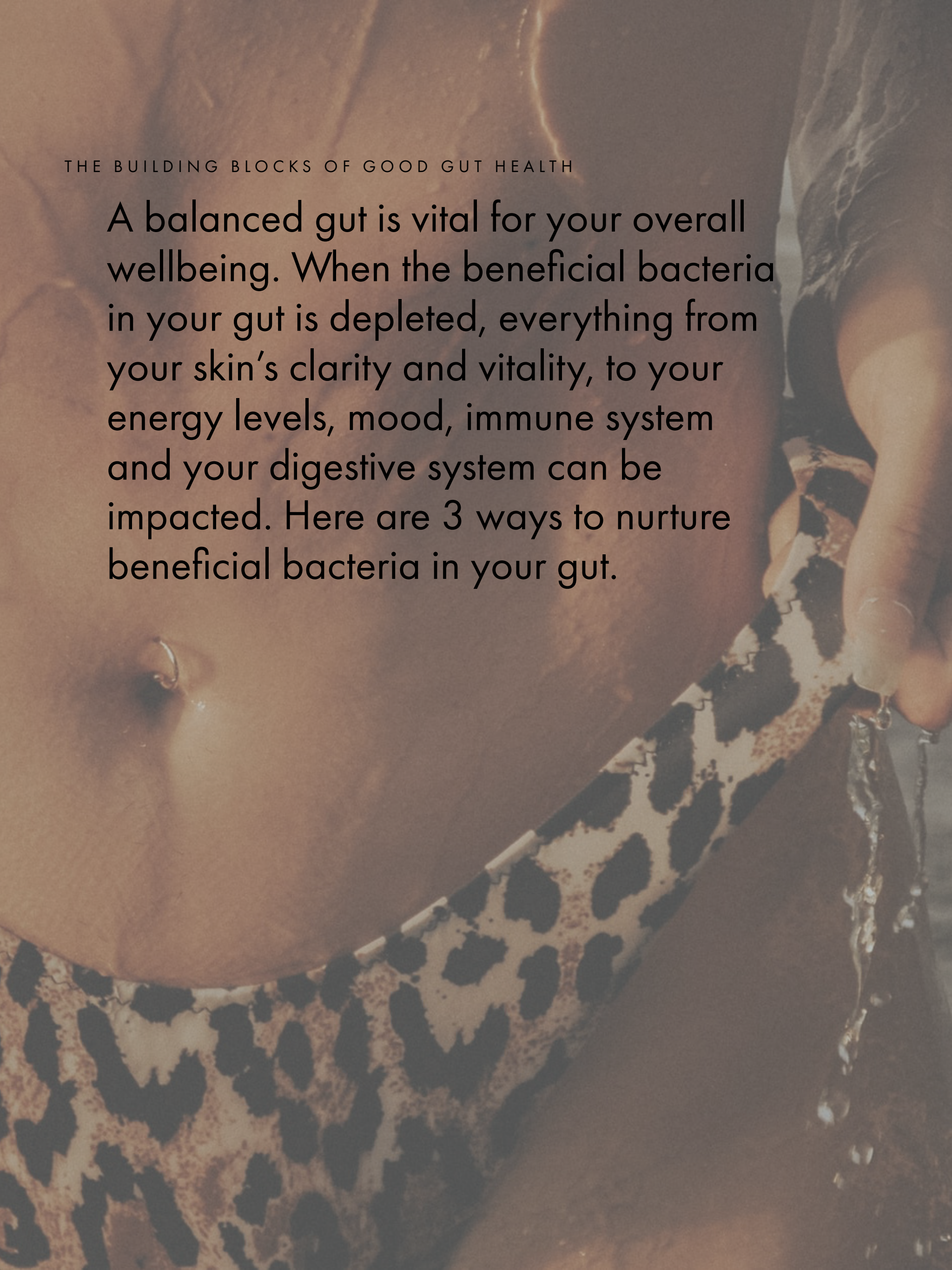
Fish

Salmon, sardines and anchovies contain high levels of Dimethylaminoethanol (DMAE) which protects skin by warding off deterioration of cell membranes that causes premature ageing. They also increase Acetylcholine, a neurotransmitter that contracts your muscles under your skin, which assists in supporting a more toned, contoured complexion.

Yes please!

Eggs

Choline and Lutein are two key nutrients that are essential for skin health and eggs contain both of them. Choline helps to build up the fatty portions of cell membranes that create healthy, smooth skin, and regulate the B vitamin levels in our bodies which are necessary to produce proteins, collagen and elastin. Lutein also protects the elasticity of the skin and prevents damage.



THE BUILDING BLOCKS OF GOOD GUT HEALTH

A balanced gut is vital for your overall wellbeing. When the beneficial bacteria in your gut is depleted, everything from your skin's clarity and vitality, to your energy levels, mood, immune system and your digestive system can be impacted. Here are 3 ways to nurture beneficial bacteria in your gut.



Drink Water

“It sounds obvious, but water is essential for brain health, overall wellness and great skin. This is because our bodies are made up of trillions of tiny cells which all need to be hydrated,” says Elle. “Drinking two to three litres of water a day (everyone is different in how much they need) can impact how our skin looks and how our body functions. I sip on water all day until I’ve reached my three litres.”

Take Probiotics Daily

Probiotics are known as the “good” type of bacteria, keeping the body’s digestive system healthy by controlling the growth of harmful bacteria. Good bacteria in the gut is important, as 70% of the body’s serotonin actually resides in the gut, and not the brain as previously thought. Serotonin, also known as the happiness molecule, has a strong influence on the body’s mood, with extremely low serotonin levels resulting in starch cravings, low self-esteem, aggressive behaviour and depression. The Super Elixir™ has all the probiotic support you need, with more than 62.8 billion CFU (probiotics), a blend of Lactobacillus Acidophilus, Bifidobacterium Bifidum, Bifidobacterium Lactis, Bifidobacterium Longum.


Eat Well

A nutritious diet will naturally support a healthy gut, so make sure you’re eating lots of good-for-you fruits and vegetables. But if your diet hasn’t been the best, Dr. Laubscher says sticking to your 30 Days Welle program will help. “Taking 2 teaspoons of The Super Elixir™ each day will Hoover up all the acidic effects of unhealthy eating,” she advises. “Life is about balance, so your super greens also help your body to properly digest the meal.”



WELLE TIP

Get out into the sunshine for 20 minutes to increase your natural Vitamin D production. You won't just feel better, Vitamin D has a long list of benefits from supporting bone and immune system health to helping regulate insulin levels for diabetics.

A top-down photograph of a person's leg and foot sticking out from under a white sheet on a bed. The sheet is wrinkled and draped over the leg, creating soft shadows and highlights. The foot is positioned near the bottom center of the frame, with the toes pointing towards the viewer. The overall tone is soft and minimalist.

HOW TO GET BETTER BEAUTY SLEEP

Your shortcut to improved
shut-eye during 30 Days Welle

HOW TO GET BETTER BEAUTY SLEEP

Sleep is a fundamental part of our mental, emotional and physical health – and believe it or not, ‘beauty sleep’ isn’t a myth. According to sleep experiments, getting enough hours of shut-eye does actually improve your overall wellbeing, including the way we look. It’s not just dark circles, either – your skin and body regenerates and repairs while you’re asleep, which means the less you get, the more susceptible you’ll be to such lasting effects as decreased glow, even increased sagging and wrinkles.

It’s recommended that you get at least 7 to 9 hours per night, but it’s not always as easy as hopping into bed and hoping for the best. Many of us struggle with achieving a deep, solid sleep, so to help you get your best rest during 30 Days Welle, we’re sharing a few of our best tips that will send you into a better slumber from tonight.

Create A Relaxing Bedtime Ritual

Start signalling to your body that it’s time to wind down by cultivating a tranquil evening routine that you follow before bedtime each night. You can incorporate a number of quiet activities that can gradually begin to calm your mind and body, which means you’ll experience a more restful sleep thereafter. Try journaling, lighting a candle with a cosy scent, and enjoying a cup of WelleCo’s Sleep Welle Calming Tea. The blend of hops, valerian, lemon balm, passionflower and skullcap help soothe the mind and encourage sleep, and as a bonus? You can also sip it during the day to ease stress.

Limit Your Screen Time

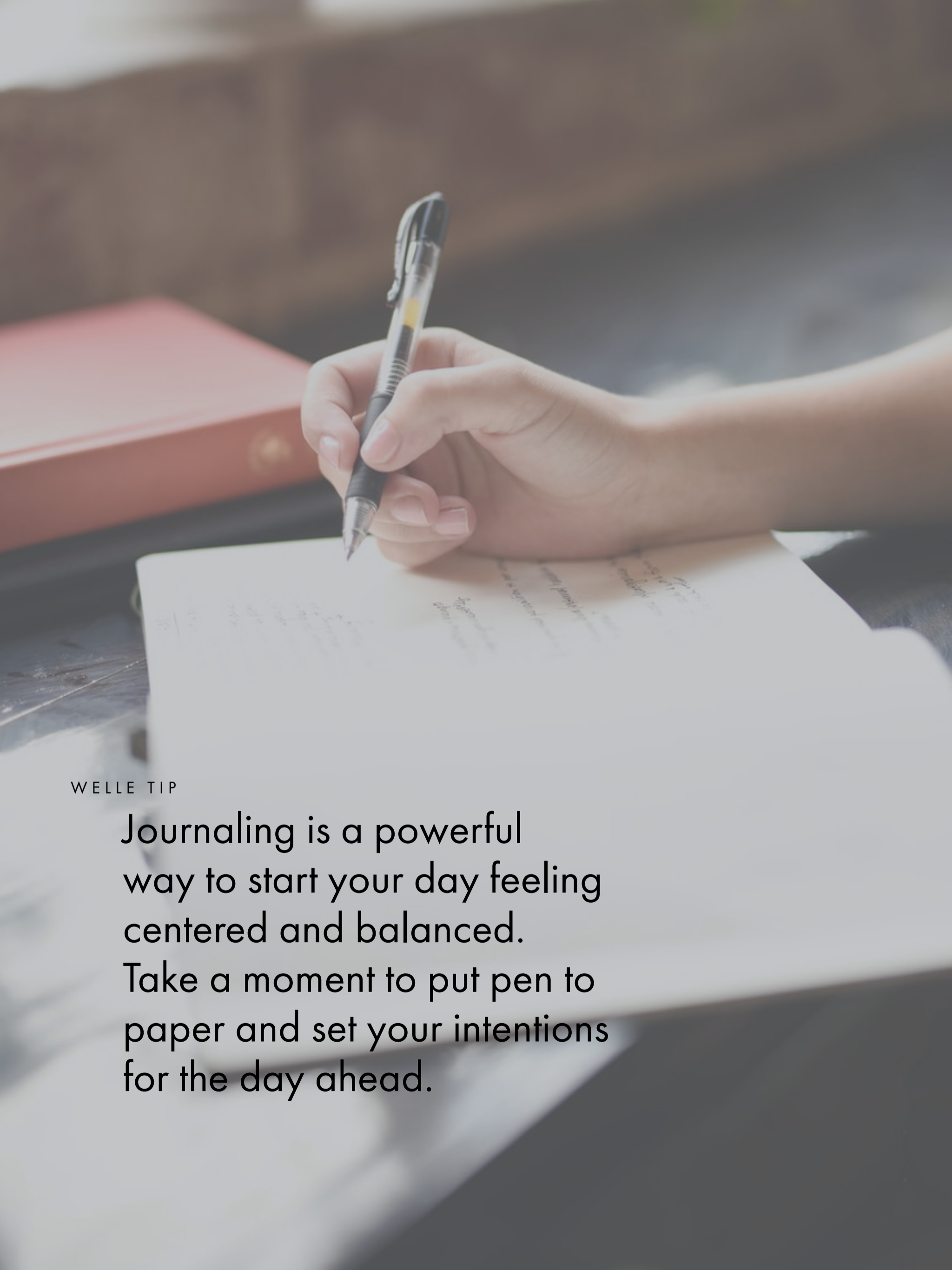
You’ve probably heard all the expert opinions proclaiming the dangers of falling asleep in front of the television. Yes, it’s tough to put down your phone when your WhatsApp group is debriefing on the latest Netflix drama, but science doesn’t lie – exposure to blue light from your devices will disrupt your natural sleeping patterns. So if you’re scrolling Instagram before bedtime and subsequently experiencing a restless night, it might be time to re-evaluate your evening habits. Swap screen time for a good book or invest in a meditation app to help ease the transition into sleep.

Adjust The Temperature

We’ve all experienced the discomfort that comes with feeling too hot or cold after we’ve gotten into bed, but even the subtlest of temperature shifts could help to improve your sleep. Make sure that your blankets are chosen to address your personal sleep preferences– if you’re a little cold, do you need something that will help to insulate warmth? Or, if you run hot, perhaps bedding of a lighter construction could be beneficial. You’ll also want to check in on your air conditioning or heating controls, as an excess of either could result in broken sleep. Play around with the temperature of your bedroom and bedding until you find the most comfortable setting.

Try Some Soothing Stretches

If your body can’t seem to relax before bed, spend time on some gentle stretches that will trick your tired limbs into slumber. There are a number of great routines you can follow, whether on a dedicated app or even on YouTube – just make sure you do it at least an hour before bed, or note down the exercises and complete them sans-screen so that you don’t undo all your wind-down work with blue light.



WELLE TIP

Journaling is a powerful way to start your day feeling centered and balanced. Take a moment to put pen to paper and set your intentions for the day ahead.

OUR FAVOURITE WAYS TO WELLE

Get creative in the kitchen



SUPER SMOOTHIE BOWL

You'll need

- / 1 heaped scoop WelleCo's Nourishing Protein, Vanilla
- / 2 teaspoons The Super Elixir™
- / 1 cup coconut or almond milk
- / 1 cup firmly packed baby spinach
- / 1 frozen banana
- / 1/2 large pear, roughly chopped
- / 1 large kiwi fruit, roughly chopped

Maple pecan granola

- / 2 cups oats
- / 2 cups coconut
- / 1 1/2 cups pecans
- / 1 tablespoon vanilla extract
- / 2 tablespoons coconut oil
- / 3/4 cup pure maple syrup
- / Large pinch sea salt

To make / serves 2 small or 1 large

Place the smoothie ingredients into a blender and blitz until smooth.

Pour into a shallow bowl and top with granola, thinly sliced pear, fresh kiwi fruit and chia seeds.

Granola

Combine the granola ingredients in a large mixing bowl.

Pour onto a paper lined baking tray and bake at 180°C/356°F for 30-40 minutes.

Give it a stir halfway through the cooking time.

Once the granola is cooked and golden brown, remove from the oven and set aside to cool.



MORNING GLOW GETTER

You'll need

- / 2 teaspoons The Super Elixir™
- / 1 cup baby spinach
- / 1/4 cup fresh mint
- / 1 teaspoon matcha
- / 1/2 green apple (cut into cubes)
- / 2 cups coconut water

To make / serves 1

Blend all ingredients until smooth and serve.

PURPLE BERRY BOWL

You'll need

- / 2 teaspoons The Super Elixir™
- / 2 heaped scoops Nourishing Protein, Vanilla (or Chocolate, if preferred)
- / 1/2 cup coconut milk
- / 1/2 cup cashews
- / 1 cup frozen blueberries
- / 1 frozen banana
- / 1 tablespoon chia seeds
- / 2 tablespoons dark agave syrup
- / 1 tablespoon cacao nibs
- / 1 tablespoon puffed grain

To make / serves 2

Combine ingredients and blitz.

Top with frozen raspberries, cacao nibs and puffed grain.

MANGO IMMUNITY SMOOTHIE

You'll need

- / 1 Banana
- / 1/2 Mango
- / 1 handful of Kale
- / 2 teaspoons of The Super Elixir™ Lemon & Ginger
- / 1 sachet of The Super Booster Immune Support
- / 1 cup filtered water

To make / serves 1

Blitz all the ingredients together in a blender until smooth.

Pour into a glass and enjoy!

Snacks

GREEN SMOOTHIE POPSICLES

You'll need

- / 1 cup cashews, soaked overnight in filtered water
- / 1 1/3 cup filtered water
- / 2 tsp vanilla powder or extract
- / 1 avocado (about 1 cup)
- / 1 cup spinach
- / 2 tbs The Super Elixir™
- / 1/4 cup cacao butter (or coconut oil) melted
- / 1/4 cup rice malt syrup
- / 2 tbs pure maple
- / Pinch flaked sea salt

Chocolate drizzle

- / 200g cacao butter
- / 1/3 cup coconut sugar
- / 1/4 cup pure maple syrup
- / 1 1/3 cups cacao powder
- / 1 tsp vanilla
- / Pinch Himalayan sea salt

To make

Drain the cashews, place into a blender with filtered water and vanilla, blend until very smooth (this might take a couple of minutes).

Add the avocado and blend again until smooth.

Add the baby spinach, The Super Elixir™, cacao butter or coconut oil, rice malt, maple and sea salt and blend until smooth.

Pour into popsicle moulds and freeze overnight.

Remove from the moulds, drizzle with raw dark chocolate and sprinkle with cacao nibs.

Chocolate drizzle

Melt cacao butter on low heat until completely melted.

Whisk in the coconut sugar while still on low heat.

Remove from heat, add the maple, cacao powder, sea salt and vanilla and whisk until smooth.

Drizzle over the frozen green smoothie pops.

Pour the remaining mixture into a small paper-lined tray or container and put in the fridge to set.

Once set, cut into pieces and enjoy as an extra raw chocolate treat!

You could also halve or quarter this mixture if you would like just enough for the smoothie pops.

ROCKY ROAD BARS

You'll need

- / 1 scoop The Super Elixir™
- / ¾ cup coconut oil, melted and cooled
- / ½ cup carob powder
- / 1 cup medjool dates, pitted*
- / ½ cup pumpkin seeds
- / 1.5 cup mixed nuts, roughly chopped
- / 1 cup quinoa puffs
- / ½ cup dried mixed fruits
- / ¼ cup coconut chips
- / ¼ cup pistachios

To make

Line a small baking tin with greaseproof paper (I used an 11"x7" tin).

Add coconut oil, carob, dates and The Super Elixir™ to a food processor and blend until it forms a sticky dough.

Scoop into a mixing bowl and stir through all other ingredients using a rubber spatula or wooden spoon.

Save a few of each ingredients to sprinkle on the top.

Press mixture firmly into prepared tin. Use wet fingers or the back of a spoon to push everything down really well.

Press in the remaining toppings.

Set aside in the fridge to set for at least an hour. Slice into bars and enjoy!

Keeps well in the fridge for up to two weeks or two months in the freezer.



REMIX YOUR DAILY DOSE

Easy (and tasty!) tricks to add variety to your morning The Super Elixir™ ritual.

Start with 2 teaspoons of The Super Elixir™ plus 1 cup of filtered water, then try adding in some nutritious extras to mix things up.



ELLE'S FAVOURITE

Celery

Elle adds The Super Elixir™ to a glass of juiced celery, which is said to rapidly speed up digestion by assisting the liver and increasing bile production.

IN GOOD ZEST

Lemon, Lime, Celery and Romaine

Apart from tasting wonderfully refreshing, this combo is packed with nutrients and helps to support blood sugar levels, which are often higher in the mornings.

HIT REFRESH

Mint, Coriander or Parsley

Adding a handful of fresh herbs is an easy and tasty way to add intense flavour, with unique nutritional and healing properties to boot.

GREEN GODDESS


Spinach, Kale, Chard, Watercress, Rocket

Including lots of green leafy vegetables in your morning The Super Elixir™ is a great way to ramp up your Iron and Chlorophyll levels, as well as B-complex vitamins and Copper.

SKIN SAVIOUR

Lemon, Ginger and Cucumber

Cucumbers are an easy way to add a hit of sweetness (minus the sugar) to your greens, and their high water content means they're great for your complexion. Add a squeeze of alkalising lemon and zingy ginger and you have a revitalising, delicious and hydrating tonic.

A close-up photograph of two women smiling joyfully. The woman on the left is laughing with her mouth wide open, showing her teeth. The woman on the right is smiling broadly with her eyes closed. The background is a soft, out-of-focus light color.

WELLE TIP

Stay motivated and share your 30 Days Welle journey with us in our private Facebook group, WelleCommunity. Here you'll be able to connect with others completing the program to discuss your Welle routines, recipes and tips. Plus, when you share your 30 Days Welle with us, you'll go into the draw to win an amazing prize from us to reward your incredible progress. To join, search 'WelleCommunity' on Facebook.

A woman with long, wavy blonde hair is sitting on a stone ledge. She is wearing a light blue, ribbed turtleneck sweater. She is smiling and looking off to the side. In her hands, she holds a black jar with a white label that reads "THE SUPER ELIXIR". The background is a light-colored, textured wall.

30 DAYS WELLE