

# February Newsletter 2022

## VALENTINES DAY

Have you got someone special that you want to give the perfect valentines gift too? Have a look at [Eco by Sonya](#). Australian made. What is your favourite product?



**"There is no one more talented than you.  
This is your path and life.  
Only you can walk it."**



Be kind to your skin, if you can't go on holiday bring the holiday to you...

**CERTIFIED ORGANIC - VEGAN - ALL NATURAL - AUSSIE MADE & OWNED  
CHOOSE CRUELTY FREE - TOXIC FREE - Accredited by PETA**

Coconut Mint Body & Hand Wash is an award winning organic body wash to gently clean and soothe the skin. Our unique Australian made organic body wash recipe is a gentle formulation, so it is suitable for all skin types and can be used by your whole family. Mums and bubs love it! It is free from synthetic ingredients, soaps and SLS. Instead, it is made with only Certified organic and natural ingredients sourced from Mother Nature. Our Coconut Mint Body & Hand Wash is also vegan and cruelty free!

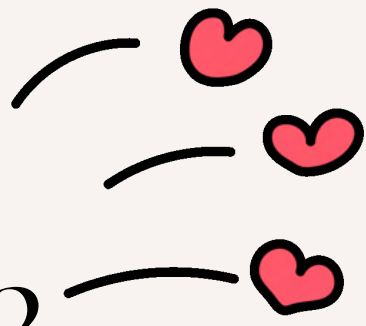
Made with coconut oil, peppermint and aloe vera, we recommend using our organic body wash with our self tanning products so you don't strip your tan. Seriously, it's like showering in a Pina Colada! Take some time out for yourself and enjoy bath time bliss with our organic body wash. Our soap free body wash is not limited to the shower, use it as a natural hand wash in your bathroom, kitchen and laundry!

Coconut Mint Body Wash was also awarded the WINNER of the Shower Gel category in the Green Parent Natural Beauty Awards 2017.

Keep it at your kitchen, bathroom or laundry sink. Our Organic hand wash will freshen the room with its uplifting tropical scent! This natural body wash will not only have your skin feeling clean and soft, it will also leave the room smelling fragrant!

# What's New

## FEBRUARY 2022



### *Nutra Organics Lover's Latte*

Awaken your desire with this indulgent fusion of rich cacao, sweet carob and an arousing herbal blend that make a luxurious drinking chocolate to enjoy with your lover. Nourishing, decadent and low in sugar, Lover's Latte is a healthy hot chocolate made for your pleasure.



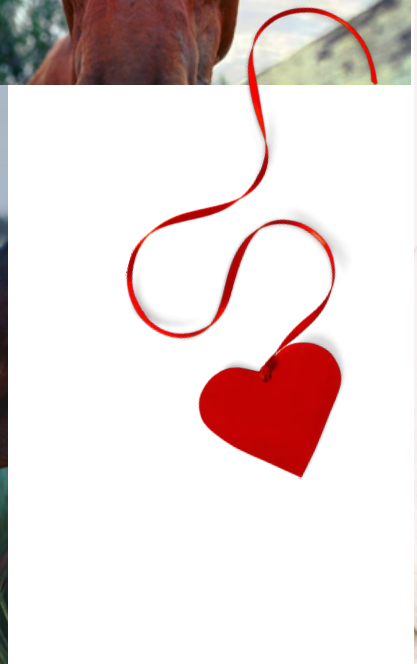
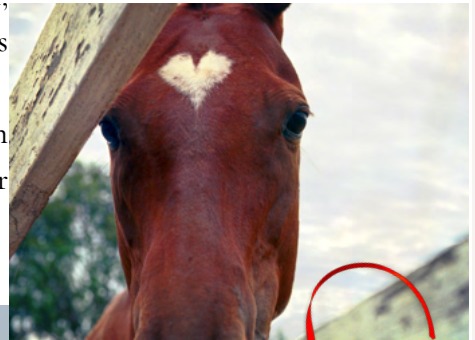
#### \*Certified Organic Ingredients

Maca, Damiana, Horny Goat Weed and Tribulus are stimulating herbs that have been used for centuries to boost mood and arouse desire.



Cacao and carob not only create the perfect harmony of rich, creamy, and indulgent chocolate, but are also rich in antioxidants from their unique flavonoids.

Lover's Latte contains no added sugar, is sweetened naturally with monk fruit, and has less than 1 g of naturally occurring sugar per serve.





# Complete the diet

## FEBRUARY 2022



### CompletaVite

How shiny is your horses coat?

CompletaVite is one of our three daily formulas targeted for horses who are spelling to being in light work. It is also perfect for show horses with the added benefit of herbal extracts which assist in increasing the natural shine of the horses' coat.



- Superior skin health and coat shine
- Formulated to suit show horses, horses in light work, retired or spelling horses.
- Economical and designed to improve utilization of dietary nutrients and assist overall health and condition

### Have horse will travel



Have you thought about travelling with your horse? There are a couple of good websites that can assist you with your next travel destination with your horse.

[https://www.havehorsewilltravel.com.au/hhwt\\_vic\\_accom.htm](https://www.havehorsewilltravel.com.au/hhwt_vic_accom.htm)

<https://www.parks.vic.gov.au/things-to-do/horse-riding>

Do you have a travel pack for your horses?



What to pack when travelling with horses

- First aid kit – what do you have in your first aid kit. Here at Hi Form we can assist with some of the necessary items.
- **Bioequus** to assist with maintaining the gut bacterial flora and mucosal function.
- **Herbanerve** can assist with the nervous horse whether it is excitement, anxiety or travel blues. It can be given as the powdered form, mixed with water and syringed over the tongue or in the next generation pellet form.
- **ProflamAid Plus** is a definite must as it is a preventative as well as treatment for pain such as gut issues, arthritis, abscess, injury, colic, lameness, uveitis and ulcers. Again, this can be given in the powdered form or in the Next Generation pellets.
- **Electro Plus** is perfect for travelling, recovery after strenuous exercise, anhydrosis, colic and heavy sweating.
- **Equigesic Plus** is for pain relief from accident, injury, colic, lameness or navicular disease.
- **Breathe** is perfect for the health and function of the respiratory system. Dusty stables or environment and bacterial infections
- Extras, Syringes, bowl, scissors, torch (head torch is best) bandages (crepe and Elastoplast), stethoscope, thermometer, spoon, antiseptic spray, fly spray, towels, bucket and a water hose.
- Water from home. Have you ever been away from home and not liked the water. Well, your horse is the same, they would prefer something that they are used to. They may become dehydrated if they do not like or drink the water.
- Extra halter and lead rope just in case you have an accident or your horse breaks your halter or lead rope.
- Broom, shovel, fork. Manure disposal bags. Always clean up after your horse for health and safety as well as prevention of bacteria's and disease.
- Hay and hay nets as well as their regular feeds/ supplements.
- Your vital signs note book for reference if your horse is looking a little off colour.

Puppy love

FEBRUARY 2022

PetArk Puppy



Meet Roku the latest member to the Hi Form Team. He really loves his PetArk Puppy formula. This will assist him with all of his gut health, growing and development over the next 12 months.



Using PetArk Puppy with a good balanced diet will ensure a correct daily level of nutrients required for the health and well being of your pet. As a guide, it is usual for a bitch to consume up to four times her normal maintenance requirements by the time she reaches peak lactation.

For breeding Bitches and Puppies, includes an excellent level and balance of calcium and phosphorus which have a role in the normal growth and maintenance of bones. PetArk Puppy and Kitten is a complete daily supplement which has a high calcium bioavailability and will assist in maintaining the health of breeding bitches and queens.

Topline

Increase muscle tone and top line

A natural way to achieve top line is just six weeks, gaining that performance advantage you need to win. Contains amino acids including L-Arginine. Excellent for horses with a poor appetite or in a run down condition. TopLine DOES NOT contain whey powder, which is used in almost all muscle building products for humans and horses. Whey protein is the protein that is derived from whey, which is a by-product of the cheese made from cow's milk!

Horses are herbivores, whey may be acceptable for humans, but we do not feel comfortable feeding it to horses. Human studies published in Nov 2011 stated 'whey protein may affect glucose metabolism and muscle protein synthesis. However, the evidence for a clinical efficacy is not strong enough to make final recommendations with respect to a specific dose and the duration of supplementation. Other supporting amino acids, herbs, specific B-Group vitamins and trace elements work extremely powerfully in a synergistic way.'

TopLine does NOT contain FISH products or other by-products which are totally unsuitable for herbivores!



EquiSoy ~ Love handles for your horse



A full fat de-bittered, human grade soy flour that is rich in protein and omegas 3, 6 and 9. EquiSoy is guaranteed GMO Free and contains no HULLS! EquiSoy is a highly palatable feed additive which assists in healthy weight gain in horses and helps maintenance of older horses.

EquiSoy can be used in conjunction with TopLine to provide extra assistance with weight and condition gain in horses, particularly those in very poor condition or during show or sales prep.

# For the love of Harry

## FEBRUARY 2022

### Competitor Oats



Suitable for : High performance horses and is a highly digestible, complete and highly concentrated feed.

Contains: Alfalfa hay, oaten hay, whole oats, cold pressed, expelled, GMO free soy oil and Hi Form Oxydane™ to provide your horse with an excellent balance of vitamins, mineral tissue salts, amino acids, trace elements and organic herb extracts.

Supplement: HI FORM OXYDANE™:

Oxydane™ is a unique, ground breaking formula for racing, harness and higher level performance horses. Oxydane™ contains antioxidants, mineral salts & specific vitamins (including vitamin C & E, amino acid Alanine & other supporting nutrients).

Horse owners are only required to top up with Hi Form Oxydane™ with small dose levels to achieve the perfect balance. Dose rate will depend on the level of feed.

Feed Rates: It is important to follow the feed rates advised for your horse. Any variant to the advised feed rates may require additional supplements in order to achieve the perfect nutritional balance.

BODY WEIGHT	MEDIUM WORK	HARD WORK
300kg	1.5-2kg	2-2.5kg
500kg	2.5-3kg	3-4kg
600kg	3-3.5kg	4-5kg

## Nutraorganics Bone and veggie Broths

Nutra Organics Bone and Veggie Broth range: Bone Broth has been made for hundreds of years by our grandparents and their grandparents due to its traditional history as a health elixir. Often referred to as 'chicken soup for the soul', our broth contains naturally occurring nutrients such as B Vitamins and Zinc to support immune health. Leading busy lives can make it hard to find time to make broth from scratch. Our Chicken Bone Broth powder is ready in seconds, as tasty and nutritious as homemade and easy to take on the go!

Bone Broths are not just limited to drinking, they make an amazing addition to cooking vegetarian, fish or meat dishes and add not just flavour but supports the gut and immune system. They can also be added to drinks, soups and smoothies, yes even smoothies.

Also just sprinkle over vegetables prior to cooking super yummy!





love yourself

# FEBRUARY 2022

## Immune Support Pack



### Immune support pack

Vitamin D3 1000 120 capsules \$25.50, Vitamin C 1000 Plus 60 tablets \$24.45, Quercetin LipoMicel 60 gel caps \$39.95 and Nigella Sativa (Black seed oil with Zinc) 120 tablets \$29.95

Normally \$119.85 on special for the month of February \$105.00. Investing in your health is vital especially if you are undergoing stress, this will assist in recovery.

Reference <https://www.hiform.com.au/collections/people/products/human-health-immune-support-pack>

Support your immune system by using this selection of supplements recommended by our practitioners. This support pack can be used for upper respiratory tract conditions, lower respiratory tract conditions, flu and overall immune support. This support pack is very powerful and safe to use and also aligns with Covid 19 protocols.

For further support we highly recommend Panaxea AV/AT if required. As this product is a practitioner only formula a consultation would be required with one of our practitioners prior to use.



Quercetin LipoMicel™ is a concentrated, highly absorbable quercetin formulation. Patent-pending delivery technology is used to create a liquid micelle matrix that disperses quercetin into small micro-droplets, resulting in a superior delivery system for enhanced absorption. Quercetin is a potent antioxidant that may ameliorate oxidative/free radical damage in the body. Quercetin also has anti-inflammatory and analgesic properties and may be effective for supporting immune system balance and function.

Vitamin C - Antioxidant , Immune system health , Skin health , Vitamin C is an important nutrient for humans that cannot be synthesised in the body. Vitamin C 1000 Plus provides 1g of vitamin C in a low acid form to support healthy immune system function. Vitamin C and zinc support prostate and reproductive system health in males. They also maintain sperm health and motility. Vitamin C supports blood vessel, blood capillary and bone health. Vitamin C and zinc help connective tissue formation and maintain skin health. Vitamin C supports the absorption of dietary iron.



ImmuneQ has been specially formulated with a 3-step approach to wellness- Defence, Resilience and Recovery. Powerful and bioavailable Black Seed is combined with Zinc and Vitamin C to work as a unique and potent synergistic formulation

Vitamin D - Bone health , Healthy immune system , Assists calcium absorption, Vitamin D helps calcium absorption and a diet deficient in calcium can lead to osteoporosis in later life. Vitamin D3 1000 supports bone strength, density and health in post-menopausal women. Vitamin D3 1000 maintains healthy teeth, muscle strength and immune system function.



AV/AT contains three of the world's best antiviral botanicals. Studies indicate their effectiveness in NiN1, SARS and other acute viral infections. AV/AT has strong anti-inflammatory properties to reduce inflammation in the lungs. Traditionally used in Chinese medicine to relieve symptoms of common colds and flu, sore throat, to relieve mild fever, to relieve headache symptoms