



**GHI NATURAL**  
SUPPLEMENTS  
RECLAIM YOUR HEALTH



## PRODUCTS CATALOGUE 2022/23

- Health foods and supplements
- Quality assured
- Manufactured in the UK
- Highest quality ingredients
- Organic, vegan, gluten-free and more

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# WELCOME to our products catalogue...

Welcome to the home of UK made Quality Natural Health Supplements, we provide organic products, herbal formulas, Daily High Fibre shakes, Weightloss formulas and more.

Reclaim your health with these effective supplements and vitamins that you wouldn't get on the high Street.

Reclaim your health.

## HOW TO ORDER

Order online at  
[www.chinaturalsupplements.com](http://www.chinaturalsupplements.com)

Order 24 hours a day on our quick, safe and easy-to-use website, where you'll find further product information, special offers, up-to-date stock information, delivery and postage details.

Free shipping for all UK DELIVERIES over £24.99. Orders are shipped out 1-2 business days for all 2nd class Mail.



Information in this catalogue is correct at the time of printing. Products and ingredients may change from time to time and we are continually adding to and improving our range. For latest product information and pricing, visit the website. The pictures used are for visual purposes only and packaging may vary.

# WHAT'S INSIDE

















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## CATEGORIES

Immunity and general health	4	Weight management	35
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## FIND THE RIGHT SUPPLEMENTS FOR YOU...

Use our symbols to find the supplements that best suit your particular health goals.







-  Alkalising
-  Antioxidants
-  Cleanse and detox
-  Digestive system
-  Energy and active lifestyle
-  General health and well-being
-  Heart health
-  Immune system
-  Joints and bones
-  Omega oils
-  Skin, hair and nails
-  Vitamins, minerals and phyto-nutrients
-  Weight management
-  Women
-  Men
-  Children

## PRODUCT INFORMATION

Most of our products are suitable for vegetarians and vegans and are free from added sugar, along with artificial additives, preservatives, fillers, binders and colours (unless otherwise stated) - no added nasties!

See online for full dietary and nutritional information.

## DIETARY SYMBOLS KEY

-  Suitable for vegetarians
-  Suitable for vegans
-  No added dairy
-  Gluten-free
-  Organic EU certified
-  Organic UK certified

# Immune health



## Health - who wants to be average?

We believe that optimum nutrition and a sense of well-being can be achieved by almost anyone, given the right tools and information.

Unfortunately, in this modern age, people have become resigned to feeling tired, lacklustre and generally unwell. Aches and pains have become an accepted part of everyday life.

This is in no small part due to the fact that the average diet is now packed full of over-processed, nutrient-poor and chemically-enhanced food and drink. These are highly acid-forming, leading to over-acidity in the body, inflammation and, in many cases, ill-health.

Restore health and balance to your body with alkalisng and enzyme-rich nutrients from natural whole foods, which support optimal nutrition.

## You are what you eat

The energy produced from the food you eat powers all of the incredible unseen processes in your body.

For instance, your digestive health is maintained by some 300 different strains of bacteria and other micro-organisms, while your immune system replaces its entire 'army' every week. Your bones are in a constant state of renewal and even your external skin is replaced every month!

All this, and more, is done using only the nutrients that you choose to supply to your body through the food you eat and any supplements you take.

Your day-to-day diet and lifestyle are the most important factors in maintaining long-term health, vitality and well-being - so make healthy choices!



# The role of diet...

## Which foods are acidic, alkaline or neutral?

Whether a food is acid- or alkali-forming is not to be confused with the immediate acidity of a food. Grapefruit, for example, contains citric acid and can therefore taste sour. However, citric acid is completely metabolised and the net effect of eating a grapefruit is to actually alkalise the body!

In shaping our diets, and supporting our health and vitality for the long-term, it is essential to include the ideal ratio of acid to alkaline foods.

Below are some examples, but the key is to eat plenty of seasonal, preferably organic, fruit, vegetables and other whole foods that are naturally high in a wide range of vital nutrients. Or, where this is not always possible, to supplement with the same.



TOP TIP - Around 80% of our diet should come from alkali-forming foods

### Acidic

Meat, fish, poultry and game (including broths, soups and extracts)

Cheese and eggs

Grains: wheat, rice, oats, barley, buckwheat, and all grain products (including all kinds of flours and breads)

Sugar of all kinds and all sugar-containing products

Beans and legumes

Condiments, coffee, tea and alcohol

### Neutral

Some seeds (including sunflower, pumpkin and sesame seeds)

Fats (including butter, margarine and vegetable oils, such as olive, sunflower, flax and sesame)

*\*NOTE: Fruits are only alkaline once they are ripe. However, some, such as lemons, are usually acid-forming in practice because they aren't available in a tree-ripened state. Dried prunes are also acid-forming*

### Alkaline

Fruits\* (e.g. apples, apricots, bananas, cherries, figs, dates, currants, grapefruit, grapes, oranges, mangoes, papayas, raspberries etc)

Vegetables (e.g. asparagus, aubergines, avocados, beetroot, broccoli, sprouts, cabbage, carrots, celery, spinach, cucumber etc)

Nuts (including almonds, Brazil nuts, chestnuts etc)

Seed used as grain (millet)

Specialist  
immunity  
formula



# SuperImmune

500mg Vitamin C  
+ 19 OTHER ACTIVE  
INGREDIENTS

## SuperImmune

### Specialist immunity blend and powerful vitamin C formula

A powerful immunity vitamin C (512mg) formula from multiple sources (including herbs, berries, plants and ascorbic acid) **PLUS 19 additional ingredients** from herbs, berries, fruits, leaves, roots, mushroom, bulbs, vitamins and minerals (vitamins C, D, E, B6, selenium and zinc).

**Vitamin C to support a strong and healthy immune system!**



# YUMMY CHEWIES 4 KIDS

120 CHEWABLE TABLETS – RECOMMENDED FOR AGES 5 AND UP

ZINGY  
BLACKCURRANT  
FLAVOUR



NO ARTIFICIAL FLAVOURS

WITH XYLITOL AND STEVIA

## Yummy Chewies 4 Kids

Children's multi vitamin and mineral combination (recommended for ages 5 and up)

A special combination of **vitamins**, **minerals**, **bio-culture** (50 million CFU per tablet), **herbs** and **DHA**, in chewable tablet form and zingy **blackcurrant flavour** that kids just love!

The vitamins and minerals selected for this food supplement provide combined support for the **immune system**, normal **growth and development**, **bones**, **teeth**, **gums**, **energy** levels, **cognitive function** and more - backed by science.

120 chewable tablets

Code KIC120

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## PurelyGreat

**A combination acai berry, herbal, vitamin and mineral formula for immunity support PLUS**

A combination of Brazilian freeze-dried acai berry powder and extract with a range of vitamins, minerals and herbs (including zinc, vitamin B6, biotin, organic Moringa oleifera and beetroot). In capsule form, these exotic berries and synergistic nutrients can easily be incorporated into your daily diet to offer support for the immune system, energy levels, bones, skin, hair, nails and more.

100 caps

Code SNO99B

V V D G



IMMUNITY,  
ENERGY, BONES,  
HAIR, SKIN,  
& NAILS!



## BeetRootStaminac

**Energy and immunity support**

This combines beetroot with Montmorency (sour) cherry, to provide a concentrated formula - **4500mg** per capsule. These two primary ingredients are then complimented by the addition of **vitamin B6**, **black pepper** and **turmeric (95% curcumin)** - to provide additional support for the reduction of tiredness and fatigue, immunity and more.

60 caps

Code BRMC60

V V D G





## SQUEEZE ALL THIS GOODNESS INTO YOUR DAILY DIET:

PRE-SPROUTED ACTIVATED BARLEY, LUCUMA FRUIT, LINSEED (FLAXSEED), WHEAT GRASS, QUINOA, BARLEY GRASS, ACAI BERRY, BAOBAB FRUIT PULP, KELP, SPIRULINA, TURMERIC, ALFALFA, CARROT, BILBERRY FRUIT AND MORE!



## Vitality Caps

**An organic multi-nutrient super blend - in bioavailable food form for maximum absorption**

An organic and vegan multi-nutrient blend, in easy-to-take capsules. Quickly and easily access **35 fruits, vegetables, sprouts, seeds and herbs PLUS bio-active enzymes** (protease, amylase, bromelain, cellulase, lactase, papain and lipase) - all this on a daily basis, with just one food supplement.

100 caps

Code MSF10



## Vitalicious

**Bioavailable with no synthetic ascorbic acid - a gentle food form vitamin C for maximum absorption and use by the body**

Derived from some of nature's richest sources of this essential vitamin and antioxidant: Acerola cherry, rosehip, blackcurrant, parsley leaf and elderberry. Packed with bioflavonoids, vitamins, minerals and phyto-nutrients. Powerful, yet gentle and non-acidic.

60 caps

Code SS360



**GENTLE AND NON-ACIDIC!**



Did you know...

Our hunter-gatherer ancestors had a ratio of Omega 6 to Omega 3 fatty acids of about 5:1. As a result of modern food processing and changes in our diet, the ratio is now about 24:1!

## BlueOceanOmega

### Sustainably-sourced

A great source of Omega 3 oil, phospholipids and astaxanthin, to support the brain, heart, blood pressure, vision and more. No fishy after-taste!

60 caps      Code K060      (D) (G)



## Omega3Food

### Beneficial oils for healthy joint support and more

A balanced blend of these healthy fats, in ideal ratios for the human body. Derived from sunflower seed oil, flaxseed oil and fish oil - the best source - and with added vitamin E.

60 caps      Code SNC60      (D) (G)



# AshwKeto

Inner zen blend



## AshwKeto

### Ashwagandha plus herbs, roots and vitamins

Ashwagandha root extract plus herbs, roots and vitamins, formulated to support normal **hormonal activity**, the **immune system**, **energy** levels, **mental performance** and more. This food supplement combines important nutrients which contribute to normal hormonal activity, psychological function and nervous system function, helping users to better manage their stress response on a day-to-day basis. This clever formula helps the body to adapt to what it needs, when it needs it.

90 caps

Code ASWG90

V V D G





A COMPREHENSIVE  
FORMULA FOR  
COLLAGEN, CARTILAGE  
AND BONE SUPPORT!



## Happy Bones



### Collagen, bone and cartilage formula

A comprehensive formulation, which combines bioavailable glucosamine HCL with MSM, vitamin C, sour cherry, rosehip, turmeric, kelp, enzymes and other herbs and food-based ingredients.

60 caps

Code HF60



## PureAmino

### Pure amino acid powder

Required by the body for a wide range of repair and maintenance functions, including joint and tissue maintenance, muscle repair, bone growth, wound healing, digestive health, gut wall integrity and immune system support.

100g powder

Code SN0181



# NUTRI-MUSH

Organic immunity blend with mushrooms and herbals

ORGANIC

IMMUNITY

5  
MUSHROOMS

DAIRY  
FREE

3  
HERBS

VEGAN



**MAITAKE, REISHI, SHIITAKE, LION'S MANE AND CHAGA MUSHROOM PLUS ASTRAGALUS ROOT, ACEROLA FRUIT AND BLACK PEPPER**

## Nutri-Mush

### Combination mushroom and herbal immunity blend

Nutri-Mush is an **organic** mushroom immunity blend with Maitake, Reishi, Shiitake, Lion's Mane, Chaga **PLUS** Astragalus root, Acerola fruit and black pepper - all in one convenient capsule, providing important nutrients (such as vitamin C and vegan vitamin D). As well as its primary **immunity** properties, this special complex supports everything from **energy** levels, to protection of cells from **oxidative stress** - backed by science.

90 caps

Code MMB90

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# SuperMaca

Maca root with specially selected herbals

3000mg



## SuperMaca

Specialist combination maca root, herb and mineral formula

This food supplement combines **3000mg** of maca root with ginkgo biloba, Panax ginseng, ginger root, L-Arginine, damiana leaf, organic black pepper and zinc, to offer tailored support for fertility and reproduction, testosterone levels, immune system support and much more.

90 caps

Code MACA90



# HonestBedtime

## NIGHT TIME BLEND



Contributes to the reduction of tiredness and fatigue



With tailored herbal, amino acid, vitamin and mineral ingredients

## HonestBedtime

### Specialist night time blend

A combination night time blend, with specially selected herbal, amino acid, vitamin and mineral ingredients. Ideal support for winding down in the evenings and waking up feeling refreshed and energised in the mornings. It combines: *ashwagandha*, *passion flower*, *German chamomile flower*, *lemon balm leaves* and *lavender* with L-Taurine, L-Theanine, 5-HTP and niacin, pantothenic acid, vitamin B6, biotin and magnesium.

60 caps

Code NTB-60



# Organic alkalising and detox formula



DETOX

NOURISH

ALKALISE

CLEANSÉ

## PlanetSea



An all-in-one organic alkalising, nourishing, cleanse and detox formula

An alkalising, cleansing and detoxification formula, which combines the best of nutrient-dense foods from both the sea and Earth's soil. The **organic** ingredients blended in this food supplement are: Seagreens® food-approved seaweed, artichoke, chlorella, green tea leaf, spirulina, ashwagandha root and cayenne - nutritious foods, rich in a broad spectrum of nutrients such as antioxidants, phyto-chemicals, iodine, vitamins, minerals and enzymes. All-round daily nourishment made easy.





# VITA BRAIN

BRAIN SUPPLEMENT • NUTRITIONAL COGNITIVE ENHANCER • ENERGY BOOSTER

## Feed your mind



## VitaBrain

### Mental performance brain supplement and more

Be a bright spark with VitaBrain - a concentrated food supplement for the brain, and more! It contains a special combination of vitamin and mineral ingredients that are scientifically proven to support cognitive function, as well as the immune system and energy levels. It provides valuable additional nutritional energy to your brain and body. Synergistic herbal and other nutritive allies have also been added to the formula, including Korean Panax ginseng, guarana, Bacopa monnieri and more.

60 caps

Code TBN60

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# SuperHerbalT

BONES,  
ENERGY &  
IMMUNITY



## SuperHerbalT

### Turmeric powder and extract with synergistic extracts, herbs and nutrients

SuperHerbalT is a unique combination of turmeric with synergistic extracts, herbs and nutrients, which supports bone health and immunity, as well as energy levels, cognitive function, hormonal activity, acid-base metabolism, macronutrient metabolism, nails, skin, hair and more. Each capsule combines **organic turmeric powder PLUS** high-potency **turmeric extract (95% curcumin)** - the active ingredient) with **ginger root extract (5% gingerols)**, **cayenne extract (100au capsaicin)**, **piperine** (black pepper) extract, **zinc citrate** and **vitamin B6**. The piperine has been included to potentiate the absorption of the other herbs - a well-known herbalists' combination.

90 caps

Code TURC90



# Daily shakes

• *Healthy snack*  
• *Meal shakes*

*Juice boost*

*Protein powder*  
*Breakfast-to-go*

## Modern living

In this modern age of technology, media, genetic modification, environmental pollution, toxic overload and overuse of medication, nutrition has become more important than ever.

As a result of a number of factors, including modern farming and processing techniques, long-distance transportation of foods, the growth of 'fast foods' and the increased use of herbicides, pesticides, additives, preservatives and other harmful synthetic chemicals in our foods, the nutrient content of the average diet has sadly declined.

At the same time, our lifestyles have become ever more fast-paced, with increasing demands being placed on our time, energy levels, immunity, digestion and general health.

This has led many people to wonder how they might better support their bodies, ensure healthy nutrient intake and achieve optimum nutrition in a modern context.

## Nutrition made easy

How do we ensure that our families are getting the broad spectrum of nutrients that they need on a daily basis?

What's more, if we have a restricted diet (such as vegan, vegetarian, organic, coeliac, diabetic, dairy-free or gluten-free), how can we help to avoid deficiencies?

One of the best ways to achieve these health goals remains through careful meal planning - nothing can replace a balanced diet. Eating a variety of fresh, seasonal and organic fruits, vegetables and other natural whole foods goes a long way to helping you achieve optimum nutrition.

However, for the reasons already mentioned, it is not always possible to meet your body's nutritional requirements through diet alone.

Daily shakes, fortified with high-quality, food form nutrients and free from added 'nasties', can provide a quick and easy means of topping up on nutrients.

# Smoothie inspiration

Not sure how to incorporate our powders into your day? Here are some ideas!

Choose your liquid

Milk

Juice

Rice milk

Soya milk

Nut milk

Water

1

Add fruit and veg

Berries

Celery

Lemon

Cucumber

Bananas

Oats

Spinach

Apple

Seeds

Carrots

2

Boost your juice!

3



Check out our yummy,  
nutrient-packed  
powders on the next  
few pages!





## PlantPride and SoyaGood

Dairy-free and gluten-free meal shake and protein powders, in delicious chocolate and vanilla flavours

These light nutritious meal shakes and **non-GMO soya protein** isolate powders are fortified with vitamins, minerals and dietary fibre. Ideal for vegetarians and vegans and people with sensitive stomachs. High in protein and fibre, low in saturated fat and calories and with no artificial sweeteners.

300g powder    Code O616MCF / SN049    (V)(V)(D)(G)    (CD) (Di) (EAL) (Smiley) (Vit) (Wm)



# Premium quality whey protein powder

High in protein

NO artificial sweeteners, flavours or GMOs



## MegaWhey Protein (chocolate and vanilla flavours)

Premium quality whey protein from concentrate and isolate

This whey protein powder delivers a high level of protein per serving, to support muscle mass and healthy calorie intake. Unlike most whey protein powders found on the high-street, our formula contains a blend of both whey protein concentrate and whey protein isolate, notably from EU and British sourced milk which is hormone-free and non-GMO. No artificial sweeteners, colours or flavours!

600g powder

Code WPP600C / WPP600V

V G



**BEST  
SELLER!**

# This is no ordinary organic green shake



*35 green foods,  
vegetables, fruits,  
berries, herbs,  
mushrooms, sprouts  
and seeds PLUS  
bio-active enzymes!*

**Organic vegan nutrition made easy, with naturally high food form vitamin C content**

## GreenSpouter

**Organic foods blend with 35 ingredients PLUS bio-active enzymes**

GreenSpouter is no ordinary green shake - this high-fibre blend contains **35 organic ingredients**, including **green foods, fruits, berries, herbs, mushrooms, sprouts and seeds PLUS bio-active enzymes** - organic, vegan nutrition made easy! Plus, with its naturally high food form **vitamin C** and **fibre** content, daily use of this shake is a great way to support your **immunity** and digestive health (**bulk**). Naturally low in fat, quality plant protein and no added sugar or other 'nasties'.



300g powder      Code SN105      V V D

pH A CD Di EAL ☺ ❤️ IS Om Sk Vit Wm

With hemp seed **PLUS** alfalfa, red beetroot, Ceylon cinnamon bark, dandelion root, green tea, spirulina, acerola cherry fruit, chlorella, blackcurrant fruit, parsley leaf, baobab fruit, spinach leaf, acai berry and fenugreek



## Hemp4All

### Plant protein from hemp PLUS added herbs

A complete, balanced and natural plant protein powder from **hemp seed PLUS nutrients** from other beneficial foods and herbs. A nutritious combination, high in quality vegan protein with all essential amino acids, and rich in dietary fibre. Dairy-free and gluten-free. Easily digestible; no bloating!

**Contains no hexanes or toxic chemicals**

500g powder      Code HPP500      V V V D G

pH   A   Di   EAL   😊   IS   Om   Vit   Wm

## PowaPea

### High protein, high fibre plus phyto-nutrients

A concentrated pea protein powder with added dietary fibre and herbs, packed with phyto-nutrients. Naturally low in carbohydrates and with an excellent amino acid profile. Hypoallergenic, dairy-free and gluten-free. Easily digestible; no bloating.

**Contains no hexanes or toxic chemicals**

500g powder      Code PP500      V V V D G

pH   A   Di   EAL   😊   IS   Om   Vit   Wm



**Pea protein powder PLUS**  
chicory root, green tea, spirulina, acai berry, dandelion root and stevia





Enhance your daily diet with a premium rice protein powder blend

## Vegourmet Protein

### Chocolate flavour brown rice protein blend

This **brown rice protein** powder blend, with **added dietary fibre** from chicory root extract, as well as **phyto-nutrients** from green tea extract and guarana seed extract, boosts the user's daily intake of lean protein and generally enhances the diet.

It is a delicious chocolate flavour, low in saturated fat and high in protein and fibre.

It contains no artificial sweeteners and can be enjoyed as a breakfast, lunch, or anytime shake, or as a guilt-free, tasty dessert!



500g powder      Code RICE-CHOC-500      V V D G

A Di EAL Vit Wm

# Digestion, & Cleanse & Detox



## The importance of digestion

Nutritional medicine places great emphasis on the digestive tract.

This is understandable, because it is where we obtain the goodness from the food we eat and where we eliminate toxins and waste, which would be harmful to our bodies if left to remain.

The health of our liver, lymphatic system and immune system are also all greatly affected by the state of our digestive system, and intestines more particularly.

## Body cleanse and detox

We are continually exposed to toxins, in one form or another, and so our bodies are continually trying to remove them.

Every toxin you are exposed to will arrive at your liver, your body's chief detoxification organ. However, none of the detoxification systems work in isolation; they all depend on one another.

If one detox system is overworked or functioning poorly (such as the digestive system), this will place additional stress on other systems.

# COLON HEALTH SUPPORT...



## FreshCleanse and BileBeWell

### Herbal colonics complex

This herbal colonics complex comes in two versions. It combines a range of herbal ingredients, such as **barberry, cayenne, dandelion root, rhubarb, aloe vera, fennel seed**, as well as **sugar beet fibre** in FreshCleanse, which contributes to an increase in faecal bulk and normal bowel function. As used by colonic hydrotherapists and clinics, in conjunction with their sessions.

100 caps

Code 052L-00 / L055-00



# ...WITH

# ACTIVE HERBALS



With sugar beet fibre to support an increase in bulk...

Using glucomannan in combination with an energy restricted diet contributes to weight loss.\*

\*Beneficial effect is obtained with a daily intake of 3g of glucomannan in three doses of 1g each, together with 1-2 glasses of water, before meals.



## Col-Klenz



Healthy bowels blend and weight loss supplement

A high fibre, **bulk and weight loss** support combination supplement, with psyllium husks, sugar beet fibre, bacteria, prebiotics (FOS), glucomannan fibre, L-Glutamine and herbs (fennel seed, peppermint leaf and ginger root). 1 heaped teaspoon of powder (5g) contains 1g of glucomannan.

180g powder

Code SN040



Efficient digestion is the cornerstone of good health

## Healthy Fibreation

A high fibre blend for support of bulk and bowel function

A multi-fibre nutritional formula, derived from a unique combination of **psyllium husks, flaxseed, sugar beet, prune, fig** and other high-fibre foods and herbs. A combination of **insoluble and soluble fibre**, which is more than just roughage - it also provides cellulose, pectin, hemicellulose, lignin and gums. Ideal support an increase in faecal bulk and normal bowel function.

100 caps

Code DF120



## LivVidaNaturals

### Healthy liver function

A unique blend of herbal and vitamin ingredients, which offer support for liver function, as well as lipid, homocysteine, energy-yielding and macronutrient metabolism, mucous membranes, hair, skin and more. May be of particular benefit to those with a poor diet, who regularly overindulge in alcohol or tobacco, or generally feel run down and lethargic.



**INGREDIENTS INCLUDE:** CHOLINE, BIOTIN, ARTICHOKE, BEETROOT, BURDOCK ROOT, CAYENNE, FENNEL SEED, DANDELION ROOT, LIQUORICE ROOT, PARSLEY LEAF, TURMERIC, BLACK AGED GARLIC, GINGER ROOT AND MORE!

60 caps

Code SN145



## Home Enema Kit

### Durable, re-usable and easy-to-use

A 2 litre capacity device with an anal cannula for enemas in the privacy of your own home. Also doubles as a vaginal irrigation cannula. Ideal as part of a colon cleansing or full body cleanse and detox programme. For best results, use in conjunction with our probiotics, digestive system and colon cleanse products.

Code SNE01



# Foodzyme

## High-strength digestive enzymes

A broad-spectrum range of high-strength, plant-derived digestive enzymes, combined with soothing herbs and natural digestives, which are well-known for their food-digesting actions. This food supplement offers ideal support for efficient digestive function and a healthy intestinal system.

90 caps

Code SN014

V V D G Di ☺

Ideal support for healthy digestion!



Ideal for travel!

# FloraFood

## Saccharomyces boulardii yeast PLUS immunity support

A high-strength Saccharomyces boulardii yeast formula (5 billion organisms per capsule), with olive leaf extract, vitamin D3 and biotin for additional support of the immune system, inflammation response and mucous membranes.

30 caps

Code SAB30

V V D G Di ☺ IS



Nutrigut



An all-in-one yeast balance, detox, digestion and colon health support supplement

A comprehensive **caprylic acid** formula made up of **herbs, probiotics** and **vitamins**. Helps to support the correct balance of gut micro-flora (bacteria and yeasts), integrity of the gastrointestinal tract and encourages the growth of friendly bacteria. **A must try!** Combine with a low-sugar and low-yeast diet.

60 caps

Code SN012



FiberNeat



Herbal colon blend

A herbal colon combination with sugar beet fibre (for support of an increase in bulk), glucomannan and synergistic herbs (rhubarb, cayenne, dandelion root, aloe vera leaf, ginger root, black aged garlic, nettle leaf and barberry). As used by detox clinics and colonic hydrotherapists.

90 caps

Code 070L-0



FiberNeat

Healthy bowels blend with sugar beet fibre, glucomannan, rhubarb, nettle and other synergistic herbs

Sugar beet fibre contributes to an increase in faecal bulk



Food supplement

90 Capsules



**WITH SUGAR  
BEET FIBRE!**

## Magnecolic

### Magnesium based bowel formula

A magnesium based bowel formula, with ingredients specifically selected to contribute to an increase in faecal bulk, normal bowel function, electrolyte balance and more. Also with sugar beet fibre, the prebiotic FOS, apple cider vinegar, ascorbic acid (vitamin C), citric acid and citrus bioflavonoids.

100 caps

Code SN100



**INTESTINAL  
DETOX  
SUPPORT**

**SAY NO TO  
UNWANTED  
'GUESTS'!**

## Digesto

### An internal cleansing effect for gastrointestinal support

A blend of magnesium caprylate with **11 herbals** to support gastrointestinal health, including pumpkin seed, chicory root, grapefruit seed, cinnamon, clove, shiitake mushroom, cayenne, black aged garlic, olive leaf, fenugreek seed and glucomannan. Say **NO** to unwanted guests. Ideally used when going abroad or on your return, particularly from developing countries.

90 caps

Code SN076





# LiveBiotics

## 8 strain live bacteria supplement

A high-strength, multi-strain live bacteria supplement with **4 billion** friendly bacteria per capsule, for full-spectrum support of the small and large intestines. This live bacteria blend supports a healthy balance of gut microflora, a healthy digestive system and strong immune system. Just 1 capsule contains the same amount of bacteria found in around **8 tubs of probiotic yoghurt**, without the added sugar, fat and calories!

30 caps

Code PB30

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**4 BILLION GOOD BACTERIA PER CAPSULE**



**20 BILLION GOOD BACTERIA PER CAPSULE**



# Simplebiotics

## Super-strength vegan multi-strain live bacteria 8 strains and 20 billion organisms per capsule

This **vegan** version of our multi-strain live bacteria formula contains 5 times the active friendly bacteria per capsule - a massive **20 billion** (practitioner strength)! Just 1 capsule contains the same amount of bacteria found in around **40 tubs of probiotic yoghurt**, without the added dairy, sugar, fat and calories! Full-spectrum bowel support. Guaranteed strength for 12 months from date of manufacture.

30 caps

Code PBMAX30

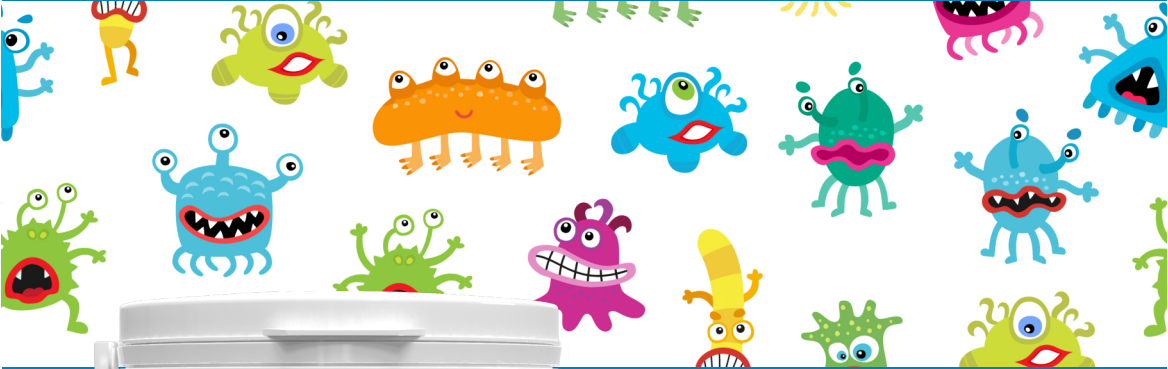
V VV D G CD Di 😊 IS

# Easy-to-take live culture powder



1 BILLION  
friendly bacteria  
★

Tasteless powder      Easy-to-use sachets      Safe for all ages



## Baby Biotics

Special multi-strain formula suitable for all ages

A unique probiotic powder that contains **7 strains** of naturally-occurring friendly bacteria, including the Bifidobacterium infantis strain. We have also added the prebiotic **FOS** to the formula, to support the growth of friendly bacteria. Suitable for all ages. In easy-to-use sachets - just add to liquid.

30 sachets

Code KP30S

V G

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- ✓ 1 billion viable organisms
  - ✓ Contains Human compatible & acid tolerant strains
  - ✓ No need to refrigerate
  - ✓ Can be taken straight
  - ✓ Ideal for babies, toddlers
- DIRECTIONS:** Use 1 sachet per day for a period of at least 15 days. Can be mixed into food. Food supplements should be taken with a healthy lifestyle. Do not use if your doctor advises against it.
- FOOD SUPPLEMENT
- SUITABLE FOR
- 30 easy-to-use sachets



# Weight management support



## Make it count this time

The best kept secret in the slimming world is that there is no “magic pill” that is going to make you lose weight and keep it off for the long-term.

If there is a product that makes that claim, it is either part of a fad diet or could be detrimental to your health. In this age of miracle diets, it can be hard to know what your body really needs to lose weight.

The smart approach to staying fit and in shape, and achieving your ideal weight naturally, is to maintain a lifestyle of healthy eating and regular exercise, which reflects your individuality.

Of course, it's not always as easy as that - if it was, it would be a cinch for everybody to lose weight. Sometimes you need a little extra support, particularly in the early days.

Sensible supplementation, used in conjunction with a balanced, calorie-controlled diet, can help you to achieve your goals.

Our weight management range is specifically designed to support your body's own natural processes, including metabolism, fat burning and the processing of complex carbohydrates.

400mg apple cider vinegar powder  
**PLUS** cayenne, ginger root,  
turmeric, green tea leaf, organic  
black pepper and chromium



## Slender Plus

Herbal weight management and digestive health combination

This food supplement has been formulated with a specialist blend of synergistic herbs and nutrients. Each capsule combines **400mg of apple cider vinegar powder** with **cayenne, ginger root, turmeric, green tea leaf, organic black pepper** and **chromium**.

120 caps

Code ACV-120



BODY  
LEAN



## CurbEase

A unique slimmer's complex support formula

A specialist combination of weight management ingredients, including garcinia cambogia, glucomannan, green coffee, kidney bean, Conjugated Linoleic Acid (CLA), cinnamon and chromium picolinate. Supports macronutrient metabolism and blood glucose levels.

90 caps

Code SN006



THE  
SLIMMERS'  
CHOICE



## Inshape+

An 'in shape' combination food supplement

With glucomannan (konjac) fibre, choline, capsicum, raspberry fruit, African mango, green tea and other synergistic herbs and nutrients, which together contribute to weight loss, energy-yielding metabolism, thyroid function, blood glucose levels and carbohydrate, lipid and fatty acid metabolism. Ideal for use during a weight management programme, suitable for men and women and recommended to be used in conjunction with a sensible exercise regime and balanced, calorie-controlled diet.

90 caps

Code SN085





Concentrated green coffee bean extract **PLUS** kelp, cinnamon, cayenne and chromium for that extra kick!

8000mg

50%  
CGA



## TheGreenCoffeePill

### High-strength weight management support formula

This concentrated weight management support supplement contains green coffee bean (8000mg) derived from "raw" unroasted coffee beans, providing 50% chlorogenic acid (CGA). It has been blended with a unique combination of kelp (a source of iodine), cinnamon, cayenne and chromium for that extra kick!

60 caps

Code GCE60



# Gentle & effective

A nutrient-dense herbal support formula  
for healthy water balance in the body



## Vitality2050

### Hormonal, electrolyte and fluid maintenance blend

A gentle, yet effective fluid balance support supplement, which combines active herbals, vitamins and other nutrients that are easily absorbed and used by the body to support the natural elimination of stored water and waste via the kidneys. With **alfalfa, juniper berry, celery, dandelion leaf, kelp, nettle leaf, parsley leaf, radish leaf, watercress, magnesium oxide** and **vitamin B6**. Independently rated as one of the most effective water balance herbal combinations on the market!

90 caps

Code SN017

V VV D G

CD

Wm

W



# Women

*Our range for women provides  
the extra support you need at the  
highest quality*

## Women have unique health needs

Let's face it - being a woman is not always easy! Pre-menstrual problems and unpleasant menopause symptoms have, until fairly recently, been accepted as a woman's lot.

Yet the experience of, for instance, bloating, low energy levels, water retention, irritability, headaches, tension, breast tenderness and hot flashes associated with these periods in a woman's life, are avoidable in the vast majority of cases.

Diet and nutrient intake are key.

Hormones are some of the most powerful chemicals in the body, so it is hardly surprising that they can wreak havoc when not properly balanced.

Unlike synthetic treatments and medications, natural vitamins and other essential nutrients obtained from the diet can support the balance in a woman's body, without disrupting its natural chemistry.



# Cellmunity

COLLAGEN FORMATION • HAIR, SKIN, NAILS AND BONES • PIGMENTATION



*Beauty  
backed by  
science...*

## Cellmunity

### Marine collagen and hyaluronic beauty complex

Cellmunity is more than just collagen - it contains a tailored combination of **marine collagen**, as well as a clever **vitamin, mineral, herbal and nutrient complex** that is designed to work from within to help protect the body (and skin in particular) on a cellular level against both internal and external stressors.

60 caps

Code CCX60

(D) (G)

(W)

(Sk)

(JB)

(Vit)

(A)

*Contributes to collagen formation and normal hair, skin and nails*

# Herbal support for women at any stage of life



A gentle helper



## Gentle Woman

### Herbal support during the menopause

A unique herbal combination food supplement designed to support women before, during and after difficult monthly cycles, as well as during the menopause. It contains a specially-formulated blend of most of the well-known women's herbs (including **red clover**, **pfaffia**, **wild yam** and **sage leaf**), as well as nutrients which support natural balance in the body and a feeling of vitality and well-being (such as **Siberian ginseng**, **soya isoflavones**, **vitamin B6** and **zinc citrate**).



60 caps

Code SN015

V V D G W

Contributes to the regulation of hormonal activity



# CHI NATURAL SUPPLEMENTS

RECLAIM YOUR HEALTH

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Hours: 8am-6pm



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