

44 PLANT BASED INGREDIENTS: SEVERAL CERTIFIED ORGANIC & 3 X WILD HARVEST

19 X TONIC HERBS

Can be eaten every day as food. This also helps to tone, enliven, and restore the body system. They are high in nutritional value and medicinal content, a proven history, whole-herb synergy that creates potential for healing and invigorating.



13 X SUPERFOODS

"These include foods that have a dozen or more unique properties," (David Wolfe). Nutrient-rich food considered to be especially beneficial for health and well-being.



16 X ADAPTOGENS

These herbs that have been used for 1000's of years. Brakeman PhD said "an increase in the power of resistance against multiple stressors including physical, chemical, or biological agents". These herbs aid our bodies in reacting to, or recovering from, both short and long-term physical or mental stress. Some also boost immunity and overall well-being. Research shows adaptogens can combat fatigue, enhance mental performance, ease depression and anxiety, and help you thrive.



12 X TRADITIONAL CHINESE HERBS

6000 years ago these practitioners gathered a wealth of information, wisdom, and knowledge about the medicinal properties of herbs, mushrooms, and other plants. The theory is based on one's ability to observe the potential cause of disease. The use of herbs and dietary changes create natural medicine for the body to be healthy and wipe out the cause of sickness in the body, through noninvasive techniques like massage, acupuncture, diet and taking herbs.



5 X COMPLETE PROTEINS

A complete protein must have 9 of the 22 amino acids, that are not produced by the body but need to be eaten. Protein is an important nutrient that is essential for building, maintaining, and replacing the cells in your body. It helps by making enzymes, hormones, and other chemicals for the body. "Protein is an essential macronutrient that helps build muscle, repair, tissue, and make enzymes and hormones," (David Wolfe).



6 X PREBIOTICS

Prebiotics are types of dietary fiber that feed the friendly bacteria in your gut, known as probiotics. This helps the gut bacteria produce nutrients for your colon cells and leads to a healthier digestive system, short-chain fatty acids like butyrate, acetate, and propionate.



6 X TRADITIONAL AYURVEDIC HERBS

5000 years of Ayurvedic healing and life balance has been perfected. It is designed to maintain health and starve off disease by fine tuning, lifestyle and diet to fit our bodies constitution. The herbal remedies can be taken every day to build maintain health.



6 X MEDICINAL MUSHROOMS

These nutrient rich medicines strengthen the immune system, contain adaptogenic properties, help fight allergies, asthma, the C word, improve core vitality, and can be taken every day.



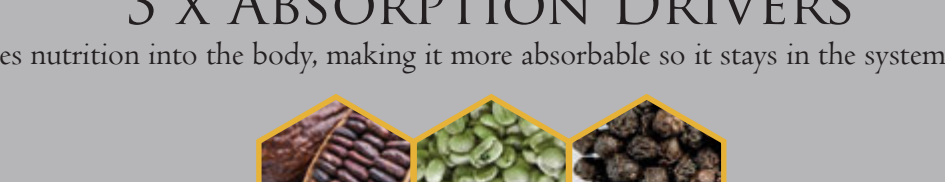
7 X ANTIFUNGAL

Fights fungi in the body that infects the skin, nails and can lead to serious conditions.



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3 X ABSORPTION DRIVERS

Drives nutrition into the body, making it more absorbable so it stays in the system longer.



1 X HEALTHY FAT

Is a great natural energy source and can improve brain function.



2 X VITAMIN C

Helps protect your cells against the effects of free radicals, and builds immunity.



6 X ANTI-VIRAL

Foods that have been used since ancient times as natural treatments to combat viral infection in the body.



2 X SEA VEGETABLES

This food source is only grown in the wild. The ocean has all the minerals required and therefore makes these plants highly nutritious. Supports detox. A great source of - iodine - Prebiotics and gut micro biome -vitamins and minerals - Omega3 fatty acids.



9 X TONIC TEAS

This is a soft way to nourish your body and restore tissue that is weak or depleted by stress. It will also help build blood and lymph, so the body's internal organs operate at their best.



3 X ANTIBACTERIAL

By eating specific food, you can naturally fight bacterial infections and prevent the growth or further spread.



*These statements have not been evaluated TGA.

This product is not intended to diagnose, treat, cure, or prevent any disease.