

RECOMMENDED BY HEALTH PROFESSIONALS SINCE 2012

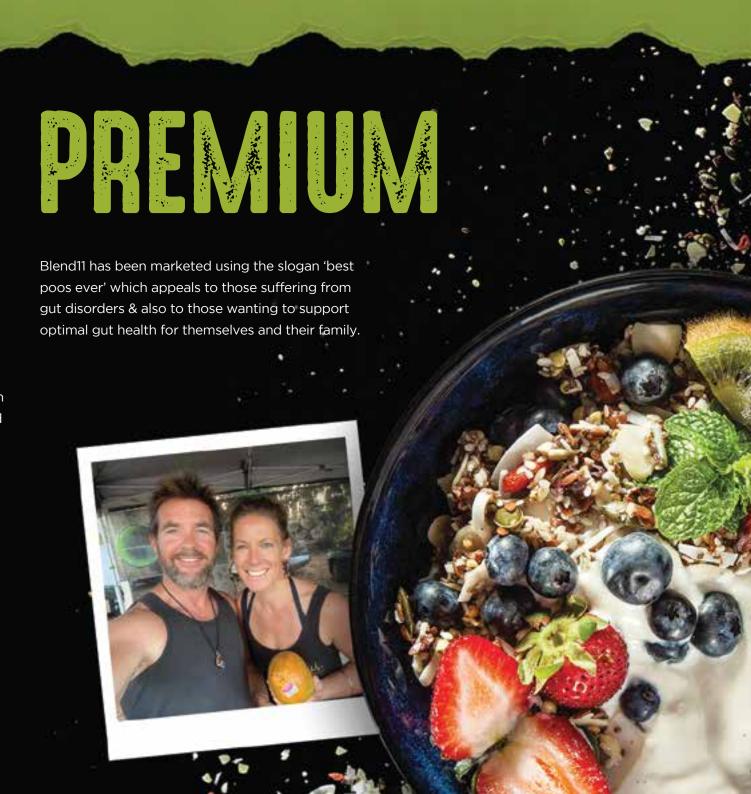


MARKET POSITION

"As a naturopath, I'm choosey with ingredients".

Jeanie uses all the products herself and feeds them to her family, so you and your customers can feel confident using products with every ingredient 'naturopath approved' and tested on fussy kids! Using beachfront and farmer's markets along Australia's favourite holiday strip (from Noosa to Byron Bay), goodMix has grown a reputation for delivering quality products, and an army of loyal advocates spread throughout the country (including many naturopaths, nutritionists, dietitians, personal trainers, sports coaches, nurses, midwives, doctors, and gastroenterologists).

GoodMix has become a well-established and well-recognised brand at markets, health food stores, independent grocers throughout South East Queensland and beyond.



Available in 4 retail sizes and bulk. (10kg Bulk, 3kg Catering, 1.3kg, 800g, 400g and 150g)

Ultimate Gut Health Formula | Wholefood Breakfast Booster



DIRECTIONS

(1 cup makes approx 3 serves)





150g 1 cup of Blend 11

+ ADD Half cup of water





+ MIX in a bowl, jar or container





+ KEEP COOL Refrigerate overnight, lasts up to 3 days in fridge





+ ADD 2 tbsp smoothies, shakes,



NUTRITIONAL INFORMATION

Serves ner nack: 8

Serving size: 50g		
	Average per serve	Average per 100g prepared as directed
ENERGY	1031kj	2063kj
CALORIES	246Cal	493Cal
PROTEIN	9.9g	19.8g
FAT, TOTAL	18.45g	36.9g
- SATURATED	3.1g	6.2g
CARBOHYDRATES	5.8g	11.6g
- SUGAR	1.05g	2.1g
DIETARY FIBRE	9.2g	18.4g
SODIUM	18.5mg	37mg

Chia Seeds,* Almonds, Pepitas,* Coconut,* Buckwheat, Flaxseed,* Sesame Seeds,* Goji Berries,* Raw Cacao Nibs,* Puffed Amaranth,* Puffed Millet,* (*) Certified Organic ingredients.







CSIRO tested - In vitro fermentation trial shows: Blend11 supports colonic butyrate production with diverse, Low FODMAP fermentable fibre, outperforming psyllium & cellulose by over 2x, warrants IBS clinical trial. Full report available upon request



Available in 4 retail sizes and bulk. (10kg Bulk, 3kg Catering, 1.3kg, 800g, 400g and 150g)



DIRECTIONS

(1 cup makes approx 3 serves)



150g 1 cup of Blend 13



+ ADD Half cup of water



+ MIX in a bowl, jar or container

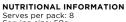


+ KEEP COOL Refrigerate overnight, lasts up to 3 days in fridge



+ ADD 2 tbsp to yoghurt, smoothies, shakes, cereal, porridge...





Serving size: 50g		
	Average per serve	Average per 100g prepared as directed
ENERGY	1,070kj	2,140kj
CALORIES	255.7Cal	511.4Cal
PROTEIN	7.5g	15g
FAT, TOTAL	20.8g	41.5g
- SATURATED	6.6g	13.3g
CARBOHYDRATES	8.1g	16.2g
- SUGAR	6.3g	12.6g
DIETARY FIBRE	7.98g	15.97g
SODIUM	8mg	15mg

Coconut*, Almonds, Chia Seeds*, Flaxseed*, Black Sesame Seeds*, Pepitas*, Banana, Hemp Seeds*, Brazil Nuts*, Apricot*, Macadamia Nuts, Mango*, Goji Berries*. (*) Certified Organic ingredients.



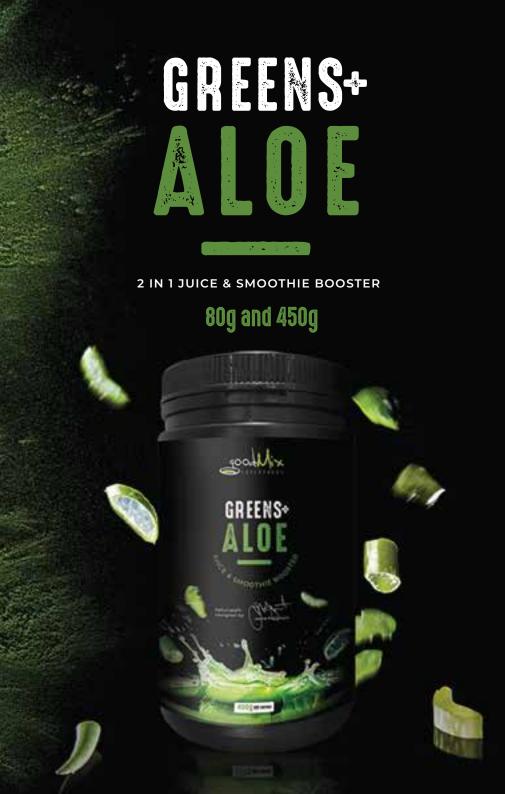












DIRECTIONS



2.5g 1 Rounded Scoop



+ 250mL Cold water, smoothie or juice

SHAKE

with ice or serve with









WEDGES of lemon or lime in water



NUTRITION INFORMATION Servings per package: 180 Average Average per 100mL **ENERGY** 33kj (8Cal) 13kj (3Cal) **PROTEIN** less than 1g - GLUTEN Nil detected Nil detected less than 1g less than 1g - SATURATED less than 0.1g less than 0.1g CARBOHYDRATES less than 1g less than 0.1g SUGAR DIETARY FIBRE SODIUM POTASSIUM

Greens Blend 92%(Organic Spirulina Powder, Organic Barley Grass Powder, Organic Spelt Grass Powder, Organic Chlorella Powder), Organic Aloe Vera Powder 8%

GLUTEN TESTED, NO CROSS-CONTAMINATION.

Each 2.5g serve is equivalent to 37.5mL pure aloe vera inner leaf gel.



EASY PROTEIN BALL PRE-MIX

4kg catering makes 160 balls 1.5kg catering makes 60 balls 750g makes 30 balls 375g makes 15 balls

Healthy Chocolate Fix



DIRECTIONS



TIP pack into large bowl





+ADD 90mL water or coconut oil



+ MIX
well using clean
hands to knead &
squeeze



+ SHAPE into balls & roll in coconut if desired



+ KEEP COOL Store in fridge or freezer



NUTRITIONAL INFORMATION

Serves per pack: 30 Serving size: 25g

Serving size: 25g			
	Average per serve	Average per 100g	
ENERGY	450kj	1800kj	- 2
CALORIES	108Cal	430Cal	
PROTEIN	3.5g	14.2g	
FAT, TOTAL	6.0g	24.0g	
- SATURATED	1.8g	7.4g	
CARBOHYDRATES	9.4g	37.6g	
- SUGAR	7.1g	28.3g	
SODIUM	17 mg	67mg	

Cashews*, Dates, Apricots*, Raw Cacao*, Raw Cacao Nibs*, Fermented Pea Protein Isolate*, Almond Meal, Coconut*, Maca*, Mesquite*. (*) Certified Organic ingredients.



BURGER MIX EASY VEGGIE PATTIE PREMIX

4kg catering makes 100 patties 800g makes 20 patties

PLANT-BASED BURGERS



Buckwheat*, chickpea flour, sunflower seeds*, tapioca starch*, black sesame seeds*, white sesame seeds*, garlic*, onion*, sea salt, black pepper*, turmeric*, cumin*, coriander*. (*) Certified Organic ingredients.

DIRECTIONS



TIP pack into large bowl



+ADD 200mL of water & 50mL of healthy oil



+ MIX
with a fork until
well combined



+ KEEP COOL Refrigerate overnight



+ ADD 400g of finely chopped or grated veggies



+ MIX well using clean hands.



+ SHAPE into burger pattie



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BARBECUE SANDWICH PRESS

Also makes delicious seed crackers!













Serves per pack: 10 Serving size: 40g

	Average per serve	Average per 100g
ENERGY	664kj	1660kj
CALORIES	158.5Cal	396.7Cal
PROTEIN	6g	15g
FAT, TOTAL	6.8g	15.1g
- SATURATED	0.64g	1.6g
CARBOHYDRATES	18.0g	44.9g
- SUGAR	1.6g	3.9g
SODIUM	193mg	484mg



CURRENT STOCKISTS

many more in our website...



















