

goodMix

RECOMMENDED BY HEALTH PROFESSIONALS **SINCE 2012**



Naturopath
Designed by


Jeanie McClymont

MARKET POSITION

"As a naturopath, I'm choosy 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.

PREMIUM

Blend11 has been marketed using the slogan 'best poos ever' which appeals to those suffering from gut disorders & also to those wanting to support optimal gut health for themselves and their family.



BLEND11

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
to yoghurt,
smoothies, shakes,
cereal, porridge...



BEST
POOS EVER!



MONASH
UNIVERSITY
LOW FODMAP
CERTIFIED™

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



NUTRITIONAL INFORMATION

Serves per pack: 8
Serving size: 50g

	Average per serve	Average per 100g <small>prepared as directed</small>
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.



BLEND13

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...



NUTRITIONAL INFORMATION

Serves per pack: 8
 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.



GREENS+ ALOE

2 IN 1 JUICE & SMOOTHIE BOOSTER

80g and 450g



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



GLUTEN TESTED, NO CROSS-CONTAMINATION.

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

NUTRITION INFORMATION

Servings per package: 180
Serving size: 2.5g per 250mL water

	Average per serving	Average per 100mL <small>prepared as directed</small>
ENERGY	33kj (8Cal)	13kj (3Cal)
PROTEIN	1.0g	less than 1g
- GLUTEN	Nil detected	Nil detected
FAT, TOTAL	less than 1g	less than 1g
- SATURATED	less than 0.1g	less than 0.1g
CARBOHYDRATES	less than 1g	less than 1g
- SUGAR	0.1g	less than 0.1g
DIETARY FIBRE	0.5g	0.2g
SODIUM	11mg	5mg
POTASSIUM	65mg	26mg

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

BLISS BALL MIX

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

	Average per serve	Average per 100g
ENERGY	450kj	1800kj
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
400g makes 10 patties

PLANT-BASED BURGERS



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



PAN FRY



BARBECUE



SANDWICH PRESS

UNTIL GOLDEN BROWN & CRISP



NUTRITION INFORMATION

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

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.

Also makes
delicious seed
crackers!



CURRENT STOCKISTS

many more in our website...

