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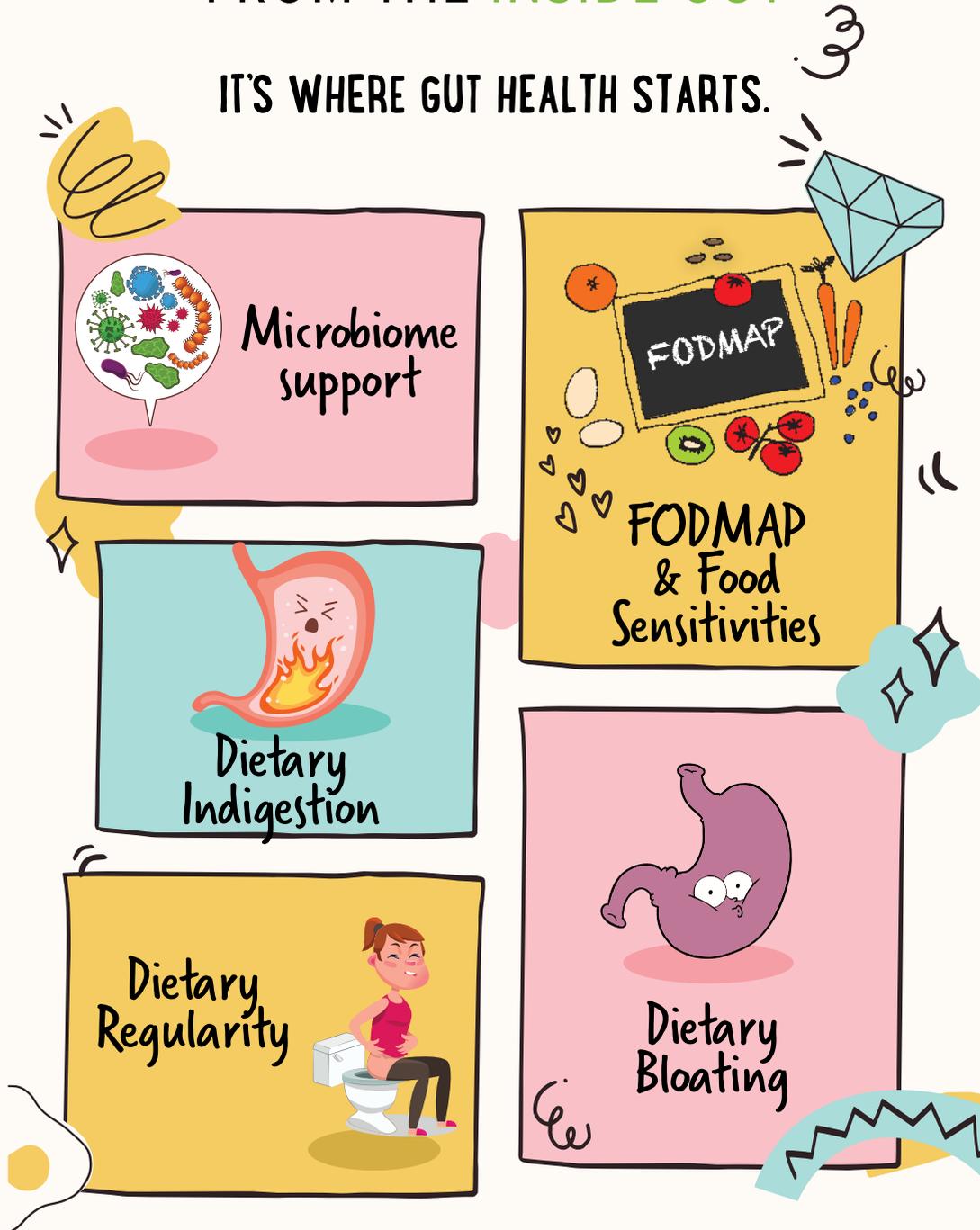
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welcome

The start to 2022 has been not without its challenges, but for most, the new year is still a time to reset and rebalance your mind and body and of course to set new goals. When it comes to your health and wellness goals, no longer is immune health a once-a-year focus, rather now it has become a key health priority all year round. If prioritising immune wellness is one of your goals then check in with a Go Vita health consultant at your local store. They can help create a personalised immune wellness program that is specific to your needs and your own health situation.

The Go Vita team is passionate about what we do and committed to creating better health outcomes for all our customers. We have over 300 natural health practitioners working across our stores nationwide, so wherever you are on your path to good health from novice to enthusiast, we can provide specific wellness advice for you. I would recommend you check out our Immune Wellness article on page 2 for some great tips to get you started!

If 2022 has been a particularly challenging time for you I would also suggest a read of our article on ashwagandha, a new stress-relieving herbal medicine that is fast gaining popularity due to its many positive health benefits!

With Easter just round the corner we have provided some delicious and healthy recipes for you to try on page 31! Speaking of cooking - our Spelt Flour Carrot Cake on page 17 is a simply delicious must-try!

As you begin the year, focus on simple achievable goals – eat better (not less!), take the stairs, go to bed earlier, drink more water and every day find something that you are grateful for!

Yours in the best of health,
Ann Cattelan BSc
Editor



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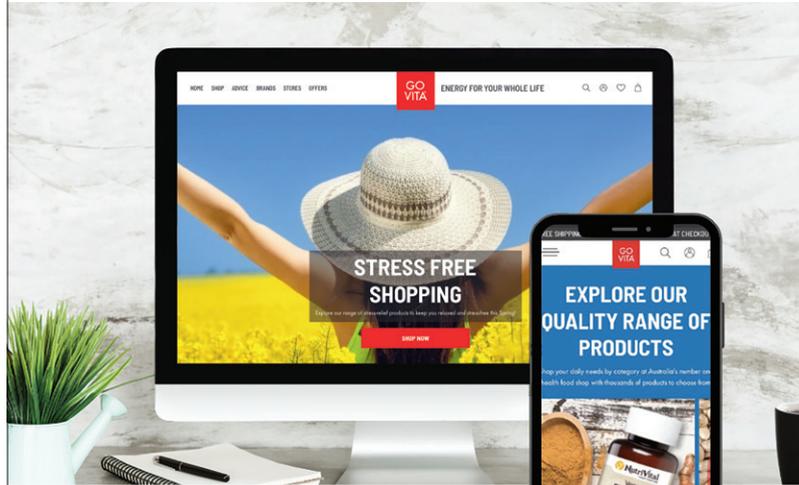
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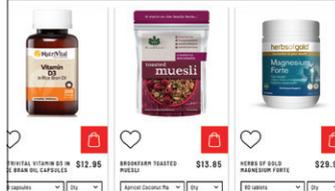


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Immune Wellness NOW

The battle against CoVid has taught us that boosting the body's own healing powers against disease is more important than ever.

You do everything you can to avoid germs – wash your hands, use sanitiser, wear a mask – but toxic bacteria and viruses remain determined to invade and infect your body. However, if you strengthen your immune system with these must-have supplements, your chances of staying healthy, strong and energised will soar.

The super six

1 Vitamin C: This operates in several ways to support and improve immune function, as it is required for the optimal T-cell activity as well as collagen production; this in turn supports skin, tissue and cellular health and slows the entry and progress of infection in the body. Besides its role in immune health, vitamin C is a potent antioxidant that plays a role in preventing chronic diseases like heart disease and cataracts.

2 Vitamin D: Despite living in 'the sunburnt country', data from the Australian Bureau of Statistics reveals one in four Australians has a vitamin D deficiency – with seven percent being severely deficient. Food alone cannot provide an adequate

amount of vitamin D, and sunscreen curtails the body's ability to manufacture enough of it from sunlight. Vitamin D is essential for immune function, along with strengthening bones, normal muscle contraction, and keeping blood fats and blood pressure at correct levels.

3 Zinc: A zinc deficiency can trigger poor wound healing, leading to colds and flu, compromised smell and taste, skin problems such as acne, and poor immune function. Zinc protects the body against colds, flu, mouth ulcers, a sore throat, conjunctivitis and gum problems. It also strengthens the body's resistance to more serious health problems, including arthritis.

4 Quercetin: A bioflavonoid and potent antioxidant that is found in onions and apples. Its disease-fighting and immune-boosting potential stems from its ability to reduce inflammation and prevent the release of histamine, which causes symptoms widely associated with infection, like a blocked nose and a sore throat. Quercetin also fights free radicals, strengthens blood vessel walls and increases blood flow.



Children's immune care

Kindy and school present prime opportunities for children to catch the latest bug, and bring it home. Thankfully, herbs and vitamins fight colds and flu in children, as well as relieve symptoms. Herbs such as echinacea are traditionally used in Western herbal medicine to decrease respiratory tract infections, while zinc, vitamin C and citrus bioflavonoids are important to improve immune function in children.

5 Echinacea: A wealth of evidence shows that this herb is highly effective in fighting viruses that cause colds and flu, as well as improving resistance to other infections and recurrent ailments, such as vaginal yeast overgrowth, urinary tract infections and ear infections. It stimulates immune system cells that fight infections and boosts the T-cells' production of interferon, a natural virus fighter.

6 Probiotics: These bolster immunity by actively growing the population of beneficial bacteria in your gut, such as *Lactobacillus acidophilus* and *Bifidobacteria*, which prevent the overgrowth of 'bad' bacteria and yeast.

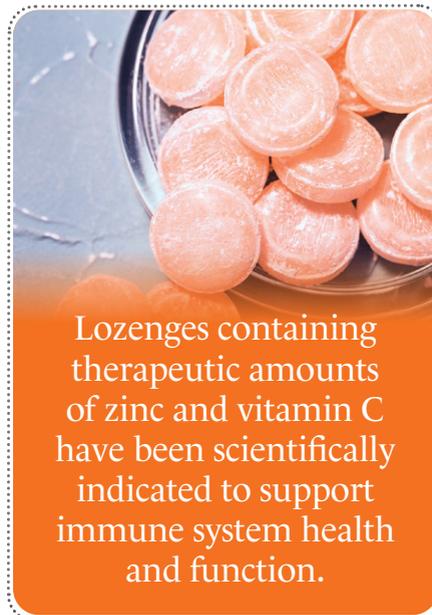
Clear your throat

Throat lozenges provide fresh-tasting relief for a sore throat when needed; however, not all lozenges are created equal. Throat lozenges which are listed on the Australian Register of Therapeutic Goods as complementary medicines have therapeutic active ingredients, and provide all-round assistance via essential oils, nutrients and herbs specifically targeted at different areas of immune system support and symptom relief. For example:

Menthol

Evidence on the therapeutic attributes and safe use of menthol dates to the early 1900s, and it is commonly used in throat lozenges. Menthol has a long history of use in traditional Western herbal medicine as an analgesic, to relieve the symptoms of sore throat and pharyngitis. It has a

cooling effect, which is also indicated in traditional Western herbal medicine to relieve a scratchy throat. As an active ingredient in lozenges, menthol therefore provides effective symptomatic relief and is beneficial for people with sore throats.



Eucalyptus and peppermint

These two essential oils produce a mild vapour, comforting the senses and also giving the throat a cooling sensation.

Zinc and vitamin C

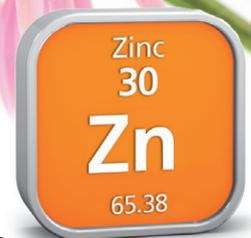
A lozenge that reduces symptoms of a sore throat is important because we want to feel well – however, one that actively works hard to keep you healthy, and works even

harder to help your immune system when you are fighting infection, is even better.

Lozenges that contain therapeutic amounts of zinc and vitamin C have been scientifically indicated to support immune system health and function.

Vitamin C is internationally recognised as contributing to the normal function and maintenance of the immune system, by aiding immune functions of both the innate and adaptive immune systems. Zinc is essential for many of the bodily functions and systems, and is a key nutrient for the immune system and immune response. Zinc affects numerous aspects of the immune system and is essential for normal development and function of cells mediating innate immunity. Vitamin C and zinc are also antioxidant nutrients, reducing free radicals formed in the body.

So - next time you need symptomatic relief for a sore throat, try a lozenge with a formula that is based on clinical evidence of the efficacy and safety of echinacea, eucalyptus, peppermint, vitamin C and zinc to both ease a sore throat and support your immune system, and which contains these ingredients in therapeutic amounts. ∞



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Reboot with Breakfast

You can't feel energised and focused if your brain is starving, which is what happens if you don't eat breakfast.

The brain needs around 120 g of glucose daily in order to work properly, and when you wake up in the morning your glucose levels need to be topped up. A well-balanced, nutritious breakfast will keep you on top of your game and get your day off to a great start. If you don't eat breakfast, the body releases extra insulin, which disrupts blood sugar levels and causes cravings. If this continues long term, it can lead to metabolic syndrome and adrenal exhaustion.

Need more motivation? Studies indicate a strong correlation between being overweight and skipping breakfast.



Research shows that teens and university students who eat breakfast score higher on tests, are better able to concentrate and exhibit greater overall mental performance than those who don't.

Since being overweight lowers energy levels - making you more likely to reach for sweet foods and less likely to feel like exercising - eating breakfast can help fend off unwanted kilos as well as improve physical and mental performance.

Eating breakfast is very important for children and teenagers. In addition to refuelling their bodies and brains with essential nutrients, research shows that children who eat breakfast tend to be healthier overall – they are more likely to be physically active and socially responsive, as well as to eat well for the rest of the day and to maintain a healthy weight. Critically, there is a strong link between eating breakfast and school performance.

Studies collated by the US Food Research and Action Center show that children who do not eat breakfast were less able to learn; in particular, they had lower maths scores, attention and behavioural

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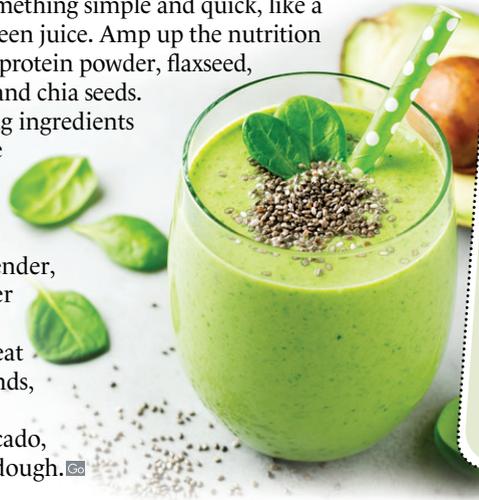


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problems, and emotional, academic and comprehension problems. Research also shows that teens and university students who eat breakfast score higher on tests, are better able to concentrate and exhibit greater overall mental performance than those who don't.

However, a sugary muffin or a hasty piece of toast will not do the trick. You need protein, good fats, and high-fibre, slow-burning carbohydrates, such as those found in oats and barley, to provide sustained energy, kickstart your metabolism, get your digestive system moving and fire up your brain. If your excuse for not eating breakfast is that you have no appetite in the morning, or no time, or both, try these tips to re-educate your brain and stomach:

- Not used to eating in the morning? Your appetite needs to be reprogrammed. Start with something simple and quick, like a smoothie or a vitamin-rich green juice. Amp up the nutrition by adding a teaspoon each of protein powder, flaxseed, spirulina, oat bran, LSA mix and chia seeds.
- Get into the habit of prepping ingredients for breakfast the night before and having them all ready and waiting in the fridge. Peel and chop fruit, place smoothie ingredients in a blender, and fill cereal bowls and cover them with beeswax wraps.
- Make breakfast a sit-down treat to look forward to on weekends, with berry-yoghurt parfaits, free-range eggs, spinach, avocado, tomato and wholemeal sourdough. 



Go Vita loves ...

Brookfarm Toasted Muesli ... Recently awarded a Gold Medal at the Royal Hobart Fine Food Show, this gourmet muesli is preservative-free and baked in Brookfarm's Byron Bay bakehouse, powered by the sun. Savour the rich, crunchy texture of wholesome Australian oats and barley, three delicious brans, natural currants and sultanas from the Barossa Valley and succulent cranberries rich in antioxidants. All of this, together with the magical taste of Brookfarm's own macadamia nuts, lightly toasted with Australian Bush honey and healthy first cold pressed macadamia oil, makes the perfect combination.

FUNCH Kid-Pow! Shake ... Brilliant for busy school mornings – no need to chop or blend, this creamy-smooth and nutritious mix is easy to dissolve in a shaker. 100 percent plant-based ingredients with no allergens, boosted with vitamins C, D, calcium and iron, 10 g protein per serve, gluten-free, no added sugar, 5-star health rating, contains probiotics (1 billion CFU per serve). Available in three crowd-pleasing flavours: chocolate, vanilla and caramel.

Drawn from goodness

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Feeling the weight of the world on your shoulders?



Have you tried ashwagandha? You may have already heard your friends raving about this herb, but what does it actually do?

This Ayurvedic herb has been traditionally used in India for centuries and its popularity has seen it spread around the world. That's probably got a lot to do with ashwagandha's stress-relieving properties - something many of us could use!

Here's everything you need to know about how this popular herbal medicine could benefit you, shared by Erika Bass.

What is ashwagandha?

Ashwagandha, also called withania, winter cherry or Indian ginseng, is a shrub which has been used in traditional Ayurvedic medicine in India since 6000 BC. Its root is used in Ayurvedic medicine as an adaptogen, which helps the body to cope with stress.

The Sanskrit word ashwagandha literally translates to 'smell of a horse', and this herb is thought to traditionally give the 'power of a horse' when consumed in traditional Ayurvedic medicine as a rejuvenating tonic.

Why is everyone talking about ashwagandha?

Fun fact - India consumes over 100 metric tons of ashwagandha every year, making it one of the most used herbal medicines in the country. And for good reason. The epidemic of stress and mild anxiety symptoms doesn't exist in India alone. Worldwide, people are looking to the herbal world for ways to help cope with stress, and to relieve stress and mild anxiety symptoms.

How can ashwagandha help me?

As the interest in ashwagandha increases, so does the research into its benefits. The research shows that this adaptogenic herb

can be taken to help the body to adapt to, or cope with, stress. It's thought to do this through its ability to reduce stress levels. Most importantly, ashwagandha is known to reduce the symptoms of both stress and mild anxiety.

What herbs can be used alongside ashwagandha?

Ashwagandha is often taken with many other herbs, some of which include polygala, citrus peel, poria mushroom, holy basil and magnolia.

Polygala is a popular herb used in traditional Chinese medicine (TCM) to reduce symptoms of mild anxiety, restlessness and irritability. In TCM, polygala is traditionally known for calming both the mind and the spirit, also known as shen.

Another herb to look out for to combine with ashwagandha is citrus peel, which is traditionally taken in Chinese medicine to improve digestive weakness, and regulate qi (or life force energy) to relieve abdominal bloating and fullness, nausea and excessive burping.



Wondering what else you can do to reduce stress? Try these easy tips ...

- **Talk it out:** Chatting to trusted loved ones and/or a health professional such as a GP, counsellor or psychologist, is beneficial in times of increased stress.
- **Exercise your body:** If you need a pick-me-up, exercise is an excellent tonic. Moderate-to-strenuous activity is best for boosting your levels of feel-good hormones, but even a brief walk may help to lift your mood or calm your stress. As a general rule, aim to get at least 30 minutes of exercise on most days of the week.
- **Train your brain:** Meditation is an important part of the picture when it comes to reducing stress levels. Walking meditation, guided meditation, classes, visualisation and meditation apps for your phone are all equally beneficial.



- **Mindful nutrition:** Look after yourself by sticking to a nutritious, balanced diet based on fresh fruit and vegetables, good sources of protein such as chicken, fish, legumes and nuts and seeds, a variety of whole grains and healthy fats such as omega-3s from oily fish, chia and flaxseeds, and walnuts.

- **Things to avoid:** Avoid stimulants and mood-altering substances, including caffeine, nicotine, alcohol and recreational drugs. Despite giving you a buzz in the short-term, they often lead to a slump or 'crash' later.

Feeling the weight of the world on your shoulders? Life can get the better of us all sometimes. If your usual stress management techniques are not quite cutting it, a little extra herbal support from ashwagandha could do the trick! ☺

References available on request. Erika Bass is Technical Support team leader at Fusion® Health. She has over a decade of experience in the natural health industry, and a particular passion for helping women look and feel their best.

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Brain Health

FOR 18-35s

As any parent knows, young people think they are immortal – and they take risks. However, they can also protect themselves.

A certain degree of memory impairment is a normal consequence of ageing. However, what is less widely known is that this decline begins as early as the mid-30s, and permanently affects memory and recall. What is even less widely known among people aged 35 years and under is that many of their behaviours can damage their brain.

However, the good news is that there are many simple proactive and empowering strategies which they can adopt that will safeguard their brain health, both now and long into their future. Don't wait for cognitive and memory problems to appear before doing something about them – prevention is always better than cure. Here are the risk factors and how to significantly reduce their impact.

Poor diet

Young people can have an inadequate intake of essential nutrients due to many factors. These may include stresses and pressure of study and work; late nights and

excess partying; smoking and recreational drug use; and overindulgence in alcohol, which strips the body of B-group vitamins and magnesium that are crucial to neural health, brain development and performance. Additionally, young teens



A certain degree of memory impairment is a normal consequence of ageing. However, what is less widely known is that this decline begins as early as the mid-30s, and permanently affects memory and recall.

may experience growth spurts which increase nutrient requirements.

- Follow a low-fat diet to regulate cholesterol, as fatty foods will gradually clog arteries and reduce oxygen flow to the brain.

- Eat foods rich in carnitine, such as lean meat, cheese and eggs; non-animal sources include beans, wholegrain breads and cereals and asparagus. Beans and wholegrains also contain lecithin, needed to make acetylcholine, a vital neurotransmitter.
- The antioxidant vitamins C and E protect the young brain from damage by neutralising free radicals and reducing the protein plaques associated with impaired memory. The B-complex vitamins are specific for brain development, with research showing even slight shortfalls in vitamin B12 and folic acid cause mental sluggishness by elevating levels of homocysteine (an amino acid).

Change your thinking

Adolescence and young adulthood is a time of experimenting, questioning and learning what works for you, including thinking habits. The toll that stress, overwork, long study hours and career concerns take on your brain depends largely on how you cope with challenges. If you tend to withdraw, get angry or discouraged, blame yourself and put more pressure on yourself, or reach for a stiff drink or other unhealthy distraction, you're letting stress win. However, if you train yourself to think differently and see the situation as temporary and manageable – ("This person has a problem

with me, but most people don't"; "Things will get better soon") – you'll be more immune to life's ups and downs.

Lack of exercise

Exercise is most beneficial way to deliver oxygenated blood to the brain. Researchers have also found a clear link between high blood sugar levels in young people and reduced volume of the hippocampus, the part of the brain involved in memory and learning. University students with impaired blood sugar regulation commonly perform more poorly in memory tests.

Since weight loss and exercise will normalise blood sugar levels, improve sleep and reduce stress, it makes sense to lock both of these healthy habits into your lifestyle from as early as possible. Learning to slow down the breathing rate and improve abdominal breathing is a quick and efficient way to improve the delivery of brain-boosting oxygenated blood, and it is easy to learn at any age and perform in any setting, such as in a classroom or meeting.

Breaking news

Preliminary findings from a study into the effects of sage (*Salvia officinalis*) extract on cognitive performance in adolescents aged 12-14 years, and young adults aged 18-25 years have important benefits for these two age groups.

A double-blind, placebo-controlled study that involved computer-based word recall tasks was conducted with two single doses of Sibelius Sage (an extract of the herb sage), which resulted in consistent and significant effects on the cognitive performance of both age groups.

Consistent with previous studies of Sibelius Sage in older people, specific improvements were noted in the following aspects of cognitive performance: attention, working memory and short-term episodic memory (immediate recall).

Given the importance of maximising cognitive potential during high school, tertiary education and training, and then when starting and establishing a career in a competitive and fast-changing world, this natural memory booster should be of interest to younger people as well as older people who have, up until now, been considered the only ones who need this support. [Go](#)



Sometimes it feels like the weight of the world

Fusion Stress & Anxiety features the herb ashwagandha, which relieves symptoms of stress and mild anxiety, and improves the body's ability to cope with stress.

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ashwagandha

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If symptoms persist, worsen, or change unexpectedly, talk to your health professional.



World-renowned therapist and wellness expert Marisa Peer explains how plant-based prebiotics nourish the mind-body connection.

A leading pathway to healing the mind is to heal the gut, which is why I am endorsing Kfibre™ - a plant-derived, vegan prebiotic that is designed to heal and nourish the gut-brain axis.

As a therapist, speaker, best-selling author and the founder of Rapid Transformational Therapy (RTT®), my work focuses on the power of the mind. It is very important to understand why healing and supporting your gut has powerful effects on the mind, a dynamic referred to by scientists as the “gut-brain axis.”

When we talk about the mind-body connection, there is an emphasis on how our thoughts create physical and emotional reactions in the body. However, it actually works both ways, particularly when it comes to gut health, because the gut-brain axis covers the bi-directional communication between the central nervous system and the gut microbiota, and back again.

Prebiotic power

One thing that your body, mind and gut all absolutely need is a natural prebiotic. I have been using Kfibre for several months as part of my morning routine, and I have found that it has made an amazing difference to my gut health. Doctors call the gut ‘the second brain’ and we really need to take care of it.



Kfibre is the world’s first sugarcane-based prebiotic. It is a virgin prebiotic and functional fibre source that can be used for gut health management and microbiome support. Developed in Australia by leading wellness company Health Food Symmetry,

it supports the all-important microbiome, helps normalise digestion, addresses the dietary causes of bloating and indigestion, and assists with weight maintenance. For people who suffer from uncomfortable digestive problems, Kfibre is a welcome addition to a holistic treatment protocol. Not only can it help reduce physical symptoms and promote regularity, it also alleviates the low confidence and self-esteem issues that come with chronic bloating and digestion problems.

Kfibre’s unique flour-like formula is backed by four independent human clinical trials, three in-vitro scientific trials, and over eleven years of research and development at the University of Queensland and the University of Tasmania. It is now available worldwide. It is vegan, sugar, gluten and dairy free, and contains no known dietary allergens, making it an accessible choice for every lifestyle and preference.

Kfibre is easy to integrate into a healthy lifestyle. I recommend adding the powder to a smoothie or yogurt, baking it into a breakfast bar, or simply adding a spoonful to a glass of water. Produced in the Burdekin region of far North Queensland, Kfibre’s powdered formula is derived from sugarcane, but is 95% sugar reduced with a neutral taste. (Only 4 calories per serve)

Delicious inspiration

Kfibre is one of the most versatile products on the market. Not only will it assist with increasing your dietary fibre intake, but it can be easily added to multiple meals and drinks across the day, because it is tasteless as an additive. Note that Kfibre is a prebiotic which is mainly insoluble (with a small percentage being soluble) and will not dissolve in liquids or food. Try these ideas:

■ **Smoothies:** Follow any new or favourite tried-and-true recipe, and add 1 teaspoon of Kfibre per person before blending with other ingredients.

■ **Soups, stews and curries:** Using any recipe you have, add 1 teaspoon of Kfibre per serving to the main cooking pot when ready to serve. (Do not add Kfibre during cooking, as this will reduce the potency of the antioxidant ingredients.)



■ **Water and juice:** When adding a teaspoonful of Kfibre to a glass of water or juice, make sure you stir it in very well to ensure that you are getting all the soluble and insoluble fibres. Always sip a little extra water after your Kfibre drink, to rinse your mouth and throat thoroughly.

■ **Baking:** Kfibre can be added to any type of flour. Use 1 tablespoon of Kfibre per cup of flour, and then follow the recipe as usual. For a crumble topping, bliss ball mix or biscuit base, add 2 tablespoons of Kfibre to the ingredients. Always add Kfibre to the dry ingredients first, and mix well. **Tip:** You may need a little more rising agent or liquid in the mixture.

Kfibre has no known allergens and is FODMAP accredited by Monash university for IBS Symptoms. 

Marisa Peer's RTT training has close to 13,000 practitioners globally and is using a compilation approach with HFS/Kfibre to ensure healthy gut healthy mind. <https://marisapeer.com/kfibre/>

Oats, porridge, rice porridge or rice pudding:

Follow any recipe and add 1 teaspoon per person to the main cooking pot when ready to serve.

Tip: You may need to add a little more milk or water to the porridge or pudding, because Kfibre will absorb liquid.



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Healthy heart nutrients

Complementary nutrients like vitamin K2 and coenzyme Q10 can be game-changers for those seeking to improve their cardiovascular health. Leading cardiologist, Dr Ross Walker investigates.

Smart supplements can help keep your heart healthy, reducing the risk of cardiovascular disease and heart attack.

Cardiovascular disease claims more than 17 million lives annually throughout the world.

In Australia someone has a heart attack every 10 minutes, with one-third of men and half of women having at least one risk factor for heart disease.

The great news is that probably close to 90 percent of deaths from cardiovascular disease are preventable. Exercising for at least 30 minutes daily; maintaining a healthy diet and reducing destructive daily habits, such as smoking or drinking, all count towards keeping our hearts healthy.

A diet rich in fruits, vegetables and whole grains can help protect your heart. Look for lean meats, fish high in omega 3 such as salmon, tuna, mackerel, herring and trout, and avoid too much salt and sugar.

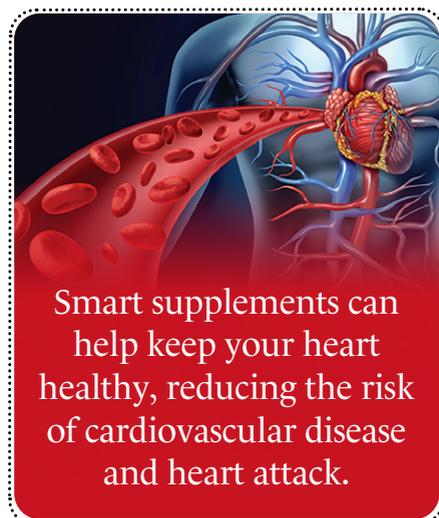
Smart supplements

Seeking out smart supplements also plays an integral role in maintaining heart health with many good options you

can navigate with your health practitioner.

Recently another promising nutrient emerged. Long known for its role as a coagulant, researchers have discovered a specific version of vitamin K, vitamin K2 as MK-7, is a strong cardiovascular ally.

Research has shown vitamin K2 as MK-7 helps maintain and use calcium in the bones. Calcium not used by bone-building cells can accumulate in the arteries and soft tissues, contributing to cardiovascular disease.



Smart supplements can help keep your heart healthy, reducing the risk of cardiovascular disease and heart attack.

Vitamin K2 as MK-7 helps puts calcium where it belongs. Think of MK-7 as the body's light switch. It activates or "turns on" important proteins in the body, such as osteocalcin for strong bones and the matrix Gla protein (MGP) for heart health. By activating these K-dependent proteins, vitamin K2 helps keep calcium

in the bones and away from your arteries.

Amid the bounty of recent research on MK-7, one 2015 study stands out. Researchers at Maastricht University in the Netherlands monitored 244 healthy post-menopausal women for three years using pulse wave velocity and ultrasound techniques. The participants, aged 55-65 years, were randomly assigned to take a nutritional dose (180mcg) of a specific form of vitamin K2 as MK-7, called MenaQ7®, daily for three years, or placebo capsules.

After three years, the outcome was amazing. Vitamin K2 as MK-7 not only inhibited age-related stiffening of the artery walls, it improved vascular elasticity. The Stiffness Index β in the MK-7 13.0 group decreased significantly compared to the slight increase in the placebo group.

Results confirmed vitamin K2 intake is linked to cardiovascular risk and a nutritional dose of vitamin K2 does promote cardiovascular health.

Vitamin K2 delivers vital cardiovascular support, and in a recent study that used MenaQ7®, the MK-7 worked well with other nutrients, including magnesium and vitamin C. This is important since taking a variety of supplements improves our prospects for cardiovascular health. Two options to consider are magnesium and ubiquinol.

Ubiquinol

Ubiquinol is a more advanced form of coenzyme Q10, the heart's energy source. Research shows the body can absorb ubiquinol five to eight times more readily

than supplemental CoQ10. The highest concentration of ubiquinol in the body is found in the heart. Published studies state ubiquinol may help maintain a healthy heart by providing the cellular energy needed to keep it pumping efficiently. Separate research found it also helps in maintaining healthy levels of LDL (low-density lipoprotein) in healthy adults.

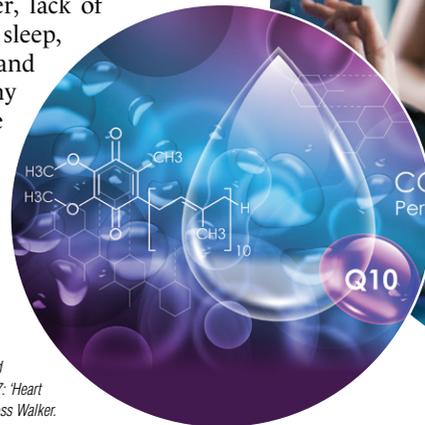
Ubiquinol is proving promising as an additional therapy for people with cardiac complaints as well as those taking statins. While statins are commonly prescribed for cholesterol issues, they can induce myopathy, a condition featuring muscle tension, weakness and pain. Statin drugs work by inhibiting your body's production of cholesterol but they also deplete your natural ubiquinol levels.

One study found taking statins and ubiquinol together reduced muscle pain by up to 54 percent and muscle weakness by 44 percent. Another study on the effect of

ubiquinol supplementation on lipoprotein cholesterol plasma levels, found both a reduction in LDL (bad) cholesterol and an increase in CoQ10 levels within the body of each person.

Talk to your health practitioner about the right options for you. And remember, lack of exercise and sleep, a poor diet and other unhealthy habits can take their toll over the years. ☒

Dr Ross Walker is an eminent practicing cardiologist, author of seven books and a regular presenter on TV and radio in Australia. Article adapted from Go Magazine Issue 47: 'Heart Healthy Nutrients' by Dr Ross Walker.



Sage Advice...

Salvia officinalis (Sage) is traditionally used in herbal medicine to maintain and enhance memory and mental recall.

Sage is also traditionally used in Herbal Medicine as a tonic and can aid in the maintenance of general well-being.



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IN PROFILE



what is Regenerative Farming?

Food is only as healthy as the soil it is grown in, or grazed upon.

Learn about two brands that are leading the way in this important work.

The founders of Brookfarm, Pam and Martin Brook, have proved that a commercial farming operation can coexist with nature, and that it is possible to implement critical regenerative agriculture that works with nature, not against it. Through regenerative farming, Brookfarm has become a biodiverse ecosystem: while operating a commercial macadamia operation, it is also home to native insects, platypus, owls, koalas, turtles, water dragons, snakes and rare sugar gliders.

Natural solutions

“We seek nature-based solutions to improve the taste and quality of our produce,” explains Martin. “Regenerative agriculture allows us to implement farming principles and techniques that pursue land and soil rehabilitation while strengthening the entire ecosystem.”

Examples of the results of regenerative agriculture at Brookfarm include:

- After regeneration, breeding owls returned to the farm. Each pair of owls can consume up to 1,200 rats and mice per year, keeping the farm bait-free.

“Regenerative agriculture allows us to implement farming principles and techniques that pursue land and soil rehabilitation while strengthening the entire ecosystem.”

Martin Brook, Brookfarm founder.

- Brookfarm uses Trichogramma wasps to manage the population of nut borers, an invasive species that eats macadamia nuts, thereby eradicating the need for nut borer pesticides.
- Brookfarm’s soil is now up to 60 percent more effective in capturing carbon, thanks to regenerative agriculture practices.

Biodiversity benefits everyone

Everything that grows in the Weleda gardens is cultivated according to the principles of biodynamic farming. This approach supports biodiversity, which is the rich variety of all life forms on the planet.

Ueli Hurter, biodynamic farmer and member of the Weleda board of directors, explains: “We see our gardens as ecosystems, with plants, soil, animals and organisms thriving both above and below ground. Having all these elements healthy and in harmony is the only way to protect the natural environment and keep people healthy. Our founder Rudolf Steiner helped to bring the idea of biodynamic agriculture and organic farming to life. Now, we are helping our raw material partners to adopt this sustainable way of farming as well.”

The eight Weleda medicinal gardens around the world are centres of biodiversity, with resilient ecosystems and soil that is kept healthy, aerated and fertile using natural methods, like fermented nettle tea. Weleda is committed to an open-pollination seed strategy to safeguard natural raw materials, and is a founding member of the Sunflower Initiative for Bio-Seeds, which breeds organic seeds. 

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- ✓ Multipurpose for face and body
- ✓ Intensive care for dry hands, elbows and feet
- ✓ Packed with powerful plant botanicals



*Offer available until 31 March 2022



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PRODUCT PROFILE

Beforeyouspeak Functional Coffee

The innovative team at Beforeyouspeak is on a mission: to help you get more out of each day by swapping to a new type of coffee.

What is 'functional coffee' and how is it different from ordinary coffee? It's a simple idea, but a pioneering one. Beforeyouspeak has found a way to combine your daily coffee habit with your health care routine. The proudly Australian-owned and operated brand adds premium vitamins, minerals and superfoods to their single origin premium Colombian coffee blends, meaning that you can get your daily dose of all the nutrients you need plus your morning caffeine boost, all at the same time.

What blend are you?

Whether your goal is general wellbeing, a healthy lifestyle or enhanced physical performance, each keto-friendly and dairy- and gluten-free Beforeyouspeak blend has been infused with a different combination of 100 percent natural nutrients to support your health and lifestyle goals. Choose from:

Performance Coffee: With Siberian ginseng, turmeric, green coffee bean extract and black pepper extract to promote vitality, clarity and longevity.

Collagen Coffee: With beauty-loving ingredients marine collagen, camu camu, silica, lysine, proline, biotin and vitamin B6 to help you glow from the inside out.

Thermo Coffee: Packed with well-researched ingredients l-carnitine, l-tyrosine, green tea extract, gamma butyrobetaine, zinc, fulvic minerals, chromium and selenium to assist with focus, energy and support your fitness goals.

Adrenal Decaf Coffee: To relax, reset and rest, with ashwagandha, camu camu, aquamin, valerian, l-theanine, zinc and cocoa.

Immunity Coffee: With potent antioxidants like cocoa, elderberry, curcumin, manuka honey, cinnamon, ginger and medium chain triglycerides to help blow off the burnout and keep you running at 100%.

If you are used to adding milk to your coffee, upgrade to one of the creamers in the Beforeyouspeak range. Choose from:

Keto Creamer: A low calorie source of healthy fats and fibre, with acacia, olive oil and coconut powders, for medium chain triglycerides.

Collagen Creamer: With three types of collagen, prebiotics, probiotics, l-glutamine, silica, vitamin C, medium chain triglycerides from healthy fats and oils, and digestive enzymes. 



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PREMIUM
INGREDIENTS



SUSTAINABLY
SOURCED



Better Baking at home

Boost the nutrition content of homemade cakes, muffins and bread by swapping plain white flour for one of these alternative flours.

Wholemeal wheat flour

Wholemeal wheat flour and white wheat flour may be made from the same plant food – but they are very different. Wholemeal flour is made by grinding the entire wheat kernel into a fine powder, while white flour production removes the best and most nutritious parts, the wheatgerm and the bran. Wholemeal flour provides protein, fibre, minerals and vitamins, especially the B-group.

Go Vita loves ... Organic Road Wholemeal Wheat Flour.

Unbleached wheat flour

‘Unbleached’ means that the flour has not been treated with chemicals and whitening agents that are often employed in conventional refined bread manufacturing, such as chlorine gas or benzoyl peroxide. However, the flour is still processed to remove the bran and germ. Enjoy it in all manner of homemade baked goods – bread, muffins, pizza dough, rolls and pancakes.

Go Vita loves ... Organic Road Unbleached Wheat Flour.

Spelt flour wholemeal and unbleached Spelt is an ancient grain, a type of wheat (*Triticum spelta*) that is native to Iran and parts of Europe. It was one of the first species of wheat to be cultivated. Spelt flour is made from the whole grain – bran, endosperm, germ – and it has a lovely nutty flavour. Its nutritional profile is similar to wheat, being high in carbohydrate and a good source of fibre, protein, essential minerals like iron and zinc, and B-group vitamins. It also has antioxidant properties. The unbleached variety is stone-ground to sift off the bran, and can be used as a substitute for plain or all-purpose flour.

Go Vita loves ... Organic Road Spelt Flours, Wholemeal and Unbleached.

Buckwheat flour

Buckwheat is a highly nutritious wholegrain with an earthy flavour, supplying good quantities of protein, fibre, minerals like manganese and phosphorus, and the B-group vitamins, especially niacin, which converts carbohydrates to energy for the body’s cells to use. Buckwheat is used to make traditional Japanese soba noodles as well as flour. Studies suggest that buckwheat helps to lower blood pressure and manage blood glucose levels, which improves heart health. Buckwheat is also a good choice for weight management because it encourages satiety – the feeling of fullness.

Go Vita loves ... Organic Road Buckwheat Flour.

Besan flour

Besan, or gram flour, is made from ground dried chana dal, or split brown chickpeas. It is a staple ingredient in Indian cuisine, where it is used to make roti and naan. Besan flour is lower in carbohydrate than regular flour, and a good source of cholesterol-lowering fibre, protein, folate and magnesium. It has a stickier texture than all-purpose flour when added to wet mixes, which makes it useful as a binder for veggie burgers, and a thickener for sauces and soups.

Go Vita loves ... Organic Road Besan Flour.

Coconut flour

Made from dried coconut flesh which has been ground into a fine flour, this is low in carbohydrates and rich in fibre, minerals like iron and magnesium, and medium-chain triglycerides (MCTs), which help to maintain stable blood sugar, support healthy cholesterol and provide anti-inflammatory benefits. Coconut flour is very absorbent, so you will need to adjust baked recipes if you are substituting for regular flour as it will soak up large amounts of liquid and result in dry textured baked goods!

Go Vita loves ... Organic Road Coconut Flour. 



Spelt Flour Carrot Cake

Ingredients:

- 2 cups grated carrot
- ½ cup Organic Road Coconut Sugar
- ¼ cup Organic Road Eucalyptus Raw Honey
- ¼ cup melted Organic Road Virgin Coconut Oil
- ¼ cup non-dairy milk, e.g. soy, oat, almond
- ½ cup mashed banana
- 2 eggs
- 1 tsp vanilla extract
- 1½ cups Organic Road Spelt Wholemeal Flour
- 1 teaspoon allspice
- 1 tsp bicarbonate of soda
- ½ tsp aluminium-free baking powder
- ¼ tsp Salt of the Earth Celtic Sea Salt (fine)

Directions

Preheat oven to 180°C. Line a loaf pan or square cake pan with baking paper.

Place carrot, sugar, honey, coconut oil, milk, banana, eggs and vanilla in a bowl and whisk to combine.

In a separate bowl, stir together flour, allspice, bicarb, baking powder and salt. Add dry mixture to wet mixture and stir thoroughly.

Bake for 35-40 minutes, or until a skewer comes away clean. Let cake cool completely in pan.

This luscious and moist cake is sweet and slightly nutty-flavoured, and it keeps well, making it a great addition to school lunchboxes during the week. Spelt flour is nutritious as well as delicious, providing essential nutrients like iron, manganese and magnesium plus fibre, unlike 'empty' processed flours. For a special occasion, try topping it with a mixture of ricotta cheese and honey and a handful of chopped walnuts.



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BRAIN HEALTH
FORMULA

LONG LASTING
FORMULA



Niulife's range of Coconut MCT Oils provide a fast and powerful source of energy from fats, not sugars. Our MCT Plus+ formulations are fortified with Omega 3s from chia, camelina and flax oils, which can provide a more sustained energy release over 6 hours; twice as long as regular MCT oil.

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Top 4 benefits of MCT Oil

Learn why medium chain triglycerides (MCTs) could help you achieve your health and fitness goals.

Over the past decade, MCT oil has become extremely popular with people looking to build muscle and stay lean. It has many benefits, including increasing energy, maintaining a feeling of fullness for longer, boosting metabolism, helping to burn calories and fat, stabilising blood sugar levels between meals, aiding recovery and weight loss while maintaining muscle mass.

The key benefits of MCT oil

1 Boosts metabolism: The 'medium chain' in MCT refers to the length of the chain of fatty acids in a fat or oil. About 60-65 percent of coconut oil is MCT and it metabolises much more quickly and quite differently to the long chain triglycerides (LCTs) found in processed foods, vegetable and soy oils. MCTs are sent directly to the liver, where they are almost entirely burned for fuel.

2 Encourages ketosis: This is an important and natural fat-burning metabolic state in which there is a high concentration of ketones in the blood. Ketone production occurs when fat provides most of the fuel for the body,

rather than glucose from carbohydrates. A ketogenic diet is a very low carb, high fat diet that can help with weight loss - this type of diet immediately removes foods such as grains, sweets and soft drinks and also limits legumes, potatoes and all fruit. On a ketogenic diet, fatty acid stores are released from body fat stores before being transported to the liver where they form ketones and provide energy. MCTs go directly to the liver where they are also converted into ketones, which means they can help the body get to ketosis faster because they will not be stored as body fat.

3 Quickly digested: and absorbed MCT oil is so easy to digest, it is often given to people with digestive problems. A post-workout shake or smoothie containing MCT oil may help prevent muscle catabolism (break down), improve protein synthesis and reduce recovery time.

4 Regulates insulin: Insulin regulates blood glucose (or sugar) levels. For a long time, body builders thought fats should be avoided post-workout. However,



Go Vita loves ...

One of our favourite brands is **Niulife**, a not-for-gloss social enterprise that is serious about erasing poverty and empowering lives in some of the world's poorest coastal communities. Niulife give 100 percent of the profits from the sale of every one of their certified organic coconut oil-derived products back to the villages that make their oil.

MCT oil benefits those looking to build muscle by increasing the insulin spike created by a post-workout meal, and in turn improving muscle building. MCTs may also help to slow the build-up of lactate levels which can occur during exercise, as well as encouraging the body to use more fat instead of carbohydrates for energy.

Try it!

Choose from Niulife MCT, Endurance MCT Plus (long lasting formula) or Clarity MCT Plus (brain health formula). Start slowly with a small amount, and build up to 1-3 tablespoons a day. Add to a smoothie or coffee, drizzle over veggies or add to a salad dressing. 



Homeopathy

for common ailments

Homeopathy is an effective form of natural medicine. Discover the benefits of these five common homeopathic remedies.

Arnica (*Arnica montana*)

Arnica is a herb that has been traditionally used in Western folk medicine as an external remedy for muscle pain and injury. It is an anti-inflammatory and promotes tissue repair; it is also beneficial for shock and pain, including arthritic joint pain, sprains, strains, and bruised, aching or cramping forms of pain, such as post-operative pain. Arnica may be given as a first aid treatment after an accident, surgery, bereavement, childbirth or dental work.

Mag. Phos.

(*Magnesium phosphoricum*) Magnesium is a mineral that regulates mineral balance, and a deficiency can cause neuralgic

pain, which is sharp, radiating and cramping. Muscles can feel numb or weak. Mag. Phos. is also regarded as useful for people prone to restlessness, irritability, nervousness, and poor concentration. Headaches, especially those characterised by shooting pains, toothache, colic,

Homeopathy is a unique system of medicine that aims to promote good health by stimulating the body's own natural defence systems to enable a natural restoration of health.

irritable bowel syndrome and menstrual cramps may also benefit from Mag. Phos.

Melatonin

Melatonin is a hormone produced naturally by the pineal gland in response to darkness, which regulates

your Circadian rhythms (24-hour internal clock). Normally, your body makes more melatonin at night, and levels decline during the day depending on how much daylight you are exposed to. Homeopathic melatonin can be very helpful for people who have occasional insomnia, defined as trouble falling asleep and/or trouble staying asleep. It may assist in treating disorders associated with chronic or short-term insomnia, such as being unwell or in pain, jet lag, sleep-work disorder (jobs that disrupt regular sleep patterns, such as shift work), sleep problems in people with autism spectrum disorders, depression, anxiety, elevated blood pressure, overwork or an excess of alcohol.

Silica (*Silicea terra*)

Silica is one of the major mineral elements found in the earth's crust, and it is an integral part of nearly all plants that grow on our planet. Within the human body, silica is responsible for the growth and maintenance of hair, nails and teeth, as well as all forms of connective tissue in skin and bone. Homeopathic silica is indicated



for the treatment of skin, teeth, hair, nail and bone problems, including brittle nails, abscesses and wounds, especially those that are slow to heal and persistent acne, as well as ear, nose and throat conditions like chronic catarrh, glue ear, ear infections and tonsillitis.

SAMe

Short for S-adenosyl-L-methionine, SAMe a compound produced naturally in the body and also found in protein-rich foods, that activates and regulates hormones and neurotransmitters (including dopamine and serotonin). It may be



helpful in improving healthy brain and nerve function in people who are prone to depression, premenstrual syndrome and seasonal affective disorder (SAD), or who are recovering from viral illness such as glandular fever, or who are experiencing grief, fear or shock.

What is homeopathy?

With advocates from the British royal family to Mother Teresa, homeopathy has stood the test of time.

While some of the principles of homeopathy were in use by the ancient Greeks and Egyptians, it is the German physician Dr Samuel Hahnemann who is credited with the discovery and development of homeopathy.

Homeopathy is a unique system of

medicine that aims to promote good health by stimulating the body's own natural defence systems to enable a natural restoration of health. It's a natural therapy based on the principle of 'like cures like'. That is, substances that can cause symptoms of a disease in healthy subjects can be used in minute doses as a treatment for that same disease. For example, we know that drinking coffee can over-stimulate the nervous system and cause insomnia, but in homeopathic preparations a micro dose of coffee can be used to relieve insomnia.

Homeopathic remedies are manufactured using a method that dilutes the original substance to a point where there are no molecules of the original substance left. It undergoes potentisation (vigorous succussion) at every stage to enhance its innate healing properties. The remedies in this dilute state contain no drugs and also create no side effects. Each of the remedies are selected to match a series of symptoms that have been recorded in Materia Medica's over 200 years of use.

One of the key benefits of homeopathic remedies is that they are gentle to use. Due to this fact, you will find homeopaths may recommend the remedies during pregnancy and also for children. It has also been found to be helpful in animal health care and many pet owners use homeopathic remedies to support a variety of animal conditions. 

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Help for ageing skin

Does your skin look older than it should? Try these tips to put your best face forward.

Eat good skin food

No cosmetic or surgical procedure can lift your looks as well as a nutritious diet and regular exercise. The antioxidant vitamins are particularly important because they counter the effects of free radicals, the unstable oxygen molecules that speed skin ageing by harming skin cells and tissue. For that radiant glow, ensure you get enough of the following:

- **Carotenoids:** Orange and yellow fruit and vegetables, like sweet potatoes, tomatoes, and apricots.
- **Vitamin C:** Capsicums, strawberries, cruciferous vegetables (broccoli, Brussels sprouts, cauliflower), citrus fruit (kiwifruit, lemons, oranges).
- **B-group vitamins:** Liver, sardines, wholegrains, eggs.
- **Vitamin E:** Leafy green vegetables, wholegrains, wheatgerm, vegetable oils, nuts and seeds.

- **Essential fatty acids:** Cold-water fish (salmon, trout, tuna), avocados, evening primrose and flaxseed oils.
- **Collagen:** Amazonia Collagen Glow contains 5000 mg of highly bioavailable marine collagen and 100 percent of your recommended daily intake (RDI) of vitamin C to improve collagen production and support skin function.

Simple skin care

Avoid harsh soaps, buffing pads and abrasive facial scrubs, as they all strip skin of valuable protective oils. Wash your face twice daily with a mild pH-balanced cleansing gel or lotion. Use your hands, not a face flannel, as this can be rough on skin and also hide bacteria.

Follow the cleansing with a gentle clarifying toner to soften skin and even out tone. Look for an alcohol-free product which will not dry out skin. Apply a gentle, rich, nutritive moisturiser while your skin is still damp, to lock in moisture. Look for ingredients which will help to keep skin soft, supple, firm and vibrant, such as argan and borage oils and especially pomegranate seed oil, which is a source of skin-supportive vitamins C, B5 and potassium.



Go Vita loves

Weleda Pomegranate Face Care range of facial oil, serum, day and night cream, and firming eye cream.

Independent scientific studies have shown that pomegranate seed oil reduces wrinkle depth, regenerates skin cells and increases skin hydration. Weleda pomegranate seed oil is organically cultivated by one of their long-term Fairtrade partnerships in Turkey.

Skip the skin wreckers

Too little sleep, too much sun and stress overload can cause dull, dry, wrinkled skin, under-eye dark circles, poor circulation and pallor. It's never too late to change lifestyle habits, no matter what your age. ☺

GIVE YOUR SKIN A LESSON IN AGE-DEFENSE.

Your skin's got it - the inbuilt potential to renew itself and protect itself from the effects of pollution. Now activate it with the power of pomegranate: nature's highly effective antioxidant and free-radical hunter. Weleda's Firming Pomegranate Face Care kick-starts your skin's own regeneration program.



*Offer available until 31 March 2022



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IN PROFILE

Acne tips



Although acne is usually associated with the teen years, it can erupt at any age. Try this 5-step routine.

1 Rethink food and drink: Avoid cakes, soft drinks and processed foods with added sugar. Eat high-fibre foods to take toxins out of the body more quickly. Drink at least 2 litres of water daily, plus teas made from blood-purifying herbs, including nettle and dandelion.



2 Cleanse and moisturise: Wash skin with a mild cleanser; be gentle, and do not scrub, as this causes skin to produce more sebum, adding to the problem. Follow with a mild, alcohol-free toner and then a light, low-allergen moisturiser containing soothing and purifying natural ingredients, such as aloe vera, calendula and chamomile. If using make-up, choose noncomedogenic and oil-free brands.



3 Try essential oils: Antibacterial tea tree oil or gel applied directly to a spot reduces inflammation and infection. Lavender oil has calming and regenerative effects on irritated or reddened skin.



4 Add herbal help: Hormonal imbalances are often a cause. The herb chaste tree is a hormonal normaliser, and evening primrose oil and flaxseed oil contain anti-inflammatory essential fatty acids. A strong immune system will result in better-looking skin – SkinB5 Superfood Booster contains natural vitamin C, echinacea, lemon myrtle, elderberry and astragalus to improve immune function.

5 Supportive supplements: Vitamin A controls overproduction of sebum and maintains healthy skin cells. Zinc is needed to activate the enzymes that regulate hormones and sugar metabolism; it also has a healing effect on skin. Radiant skin needs collagen to strengthen the skin matrix, alkalising greens like spirulina and wheatgrass to balance pH, and probiotics, prebiotics and digestive enzymes for gut health. Any condition that appears on the face, like acne, can be stressful and impact mood and self-esteem – the B-group vitamins, especially vitamin B5, can help relieve stress, along with the harmonising herb ashwagandha. All these powerful ingredients are present in SkinB5 Superfood Booster to deliver beautiful clear skin from the inside out. ☺



Taking a closer look

Superfood Booster

01 All in One Value & Convenience



02 63 Powerful Ingredients

03 See Results within 1 Month



04 Nourish Whole Body & Skin

05 Harmonising and Alkalisng



06 Look & Feel Good

07 Wholefood Based Product



Nourish your skin & inner wellbeing.

1 teaspoon, 63 powerful nutritional ingredients.



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Snack on Seaweed

Bored with popcorn, peanuts and pretzels? Seaweed snacks are delicious, nutritious and better for our planet.

Seaweed has been used as food by coastal communities around the world for centuries, and it continues to be a staple in Asian cuisine. Tasty and savoury, it is a favourite with adults as well as children. It is also one of the most sustainable crops, and has been hailed as a climate solution and true 'food of the future'.

Nori is a popular edible seaweed species, best known for being used to make the sheets that sushi is wrapped in. However, the best way to eat nori is raw. When nori is harvested and air-dried, with no subsequent manufacturing or processing, all the wonderful nutrients are preserved. This is why Pacific Harvest's new 100 percent raw and organically farmed seaweed snack has a 5-star health rating.

Switch it up ... Here are five compelling reasons why you should swap to seaweed snacks.

1 A rich source of iodine. One 2-gram sachet of Pacific Harvest's Nori Seaweed Snack provides 109 percent of your recommended daily intake (RDI) of iodine, which is essential for thyroid, metabolic and hormonal health.

2 Vegan-friendly. vitamin B12 If you follow a plant-based diet, it can be challenging to find B12-rich foods rich because it is most often present in animal foods. Nori is one of the only plant-based foods to provide vitamin B12, which you need for immune and brain function, and energy production. A single-serve Nori Seaweed Snack sachet provides 62 percent of your RDI for vitamin B12.

3 Less fat, more protein. Each Nori Seaweed Snack contains just 4.5 percent naturally-occurring fat – this

is only 10 percent of the fat found in baked or fried seaweed sheets. Nori also provides the highest protein content of all edible seaweeds, and each Nori Seaweed Raw Snack contains a hefty 35 percent plant protein, making it equivalent to other plant protein snacks which are often highly processed.

4 Fully recyclable packaging. Seaweed absorbs moisture, so while Nori Seaweed Raw Snacks cannot be packed in compostable materials because this would compromise product quality, the packaging is fully recyclable.

5 Grab – and go! Nori Seaweed Raw Snacks are the tastiest and handiest on-the-go snack around. Pop them in your handbag, picnic basket, and beach basket, serve them with drinks and slip them into kids' lunch-boxes. ☺



Try our new *raw* seaweed snack,
with a 5 star health rating today!

Available in single sachets in store, or in an 8 pack box



Nature's Helping Hand

“Breast is best”, but unfortunately breast-feeding is not an option for many mums. Thankfully, there are nourishing natural alternatives.

At LittleOak, they believe that nothing can prepare children for the world like the world itself: nature, after all, is our greatest provider and support. They also know that some mums need a healthy, natural alternative to breast milk, which is why they fell in love with the benefits of whole goat's milk, and why it is used to make LittleOak products.

Goat's milk is a nutritious alternative for nourishing little ones. Naturally high in A2 protein, it is easier to digest and less likely to lead to the painful symptoms of poor digestion. Goat's milk is full of healthy prebiotics which feed 'good' gut bacteria, and also make it the closest in composition to human breast milk. Goat's

milk is easier to digest because it requires less processing. LittleOak do not mess with nature - because nature got it right!

LittleOak's fresh approach

When it comes to giving children the nourishment they need, it has always been the mission at LittleOak to find the most nutritionally beneficial process. This means never settling for the easy way to do things.

Most brands follow a process designed to save time and money, first heating the milk to create a powder, then turning it back into a liquid, then heating it again and finally blending it into a milk alternative. However, at LittleOak they know that the more you heat any food, the more you

deplete its nutrients, so with LittleOak's new formulation the heating process has been halved. By starting with delicious goat's milk, fresh from the LittleOak farm in New Zealand and, by reducing the number of times it is heated, the goodness of the goat's milk is preserved and kept as close as possible to the way nature intended it. This simplified approach results in a product that is less processed and filled with more natural nutrition.

A quest for goodness

LittleOak has always used the most wholesome ingredients, but now they are also on a mission to get even more goodness from them. LittleOak is proud to say that they have the world's most natural milk alternative in the new From Fresh range, which is inspired by their commitment to your children, to health, and their commitment to do what is best – not what is easy. ☺



LittleOak
NEW ZEALAND

We don't mess with nature,
because nature got it right.

At LittleOak, we use the natural goodness of goat milk for our toddler milks. When you have a delicious ingredient like this, the less you do to it the better. So we're super excited to share our new From Fresh range. We've preserved the goodness by heating it less – for happier, healthier babies.

Find out more at TheLittleOakCompany.com



Green Goodness

Go Vita loves ...

White Wolf Nutrition Superfood Greens Blend, which has been specially formulated from all of the industry-leading ingredients listed here to supercharge your body's natural immune function, along with a world first blend of antiparasitic peppermint, oregano, clove and thyme essential oils, digestive enzymes, green banana starch, citrus bioflavonoids like acerola and quercetin, plus probiotics, polyphenolic fulvic minerals, apple pectin and gut-specific raw organic wholefoods like Kakadu plum, blueberry, purple carrot, camu camu, pomegranate and ginger to improve digestive health and increase nutrient absorption while decreasing bloating.

Did you know that a whopping 92.4 percent of Australians aged 18 years and over do not eat enough green vegetables?

Research released by the Australian Bureau of Statistics reveals that the vast majority of Australian adults are eating a mere 2.7 servings of vegetables daily. However, the Australian Dietary Guidelines recommend between five and seven servings a day. The figures are even worse for children, with fewer than one percent eating enough greens every day.

Green powder supplements are a smart and effective solution to ensuring that your intake of green vegetables is optimal, no matter how busy you are or how patchy your diet may be. Choose from formulas that contain a range of supergreen ingredients with different benefits, such as our list opposite, or focus on a single ingredient product, such as alkalising barley grass.



GREENS / GUT HEALTH + IMMUNITY BLEND

HEALTHY + *delicious*

- ✓ 100% Natural Ingredients
- ✓ Gut Health, Support & Repair
- ✓ Organic Wholefood Ingredients
- ✓ Available in Mango Pineapple, Strawberry Mint, Lemon Twist, Berry Burst & Chocolate Malt
- ✓ Immune Support
- ✓ Added Antimicrobial Essential Oils
- ✓ Added Quercetin



5 Flavours!!
30 or 60 serves



The top super green superfoods



Barley grass: Often referred to as a superfood, nutrient-rich barley grass supports immune function and improves digestion.



Broccoli: A nutritional powerhouse packed with vitamins, especially vitamin C, minerals, gut-friendly fibre, and sulphoraphane, an antioxidant shown to prevent cellular damage.



Celery seed: Rich in minerals, particularly calcium, magnesium, manganese and phosphorus, to support bone health and prevent bone disease, such as osteoporosis.



Chlorella: Rich in minerals, particularly calcium, magnesium, manganese and phosphorus, to support bone health and prevent bone disease, such as osteoporosis.



Collards: This green veggie is an excellent source of vitamins A and C to improve and maintain immune health by encouraging the production of T-cells to fight invading bacteria and viruses.



Dulse: This superfood from the sea improves thyroid health and circulation, digestion and detoxification; it also contains significant amounts of calcium and potassium.



Kale: One of the most nutritious greens on the planet, kale provides high quantities of alpha-linolenic acid, beta-carotene, vitamin C and quercetin (a super popular immune-boosting bioflavonoid!)



Kelp: A common seaweed featuring in many Asian diets. One of the best natural food sources of iodine, which is needed for thyroid health, energy levels and brain function, plus alginate, a natural fibre that supports weight loss.



Parsley: Rich in antioxidants, including vitamin C, flavonoids and carotenoids, this plays an important role in immune health.



Spinach: Popeye's favourite contains quercetin to fight inflammation and fight infection, plus iron and vitamin C and lutein for eye health.



Spirulina: A blue-green algae which is packed with nutrients, and has been shown to provide impressive antioxidant and anti-inflammatory benefits as well as lowering LDL ('bad') cholesterol.

Go Vita loves ...

Green Nutritionals Australian Organic 100% Organic Barley Grass, made using 100 percent young leaf barley grass grown in the clean, mineral-rich, NASAA-certified organic soil on the banks of Victoria's mighty Murray River and milled and dried using the Fine-Pin Milling System to produce a smaller particle size to preserve potency and increase nutrient bioavailability. Barley grass delivers a broad spectrum of organic nutrients to alkalise and cleanse the body, including protein, B group vitamins, calcium, potassium, iron, copper, manganese, zinc as well as important plant pigments such as beta carotene and chlorophyll.

Green Organic Nutrition

Australian Organic Barleygrass is made using 100% organically grown young leaf barleygrass from mineral-rich soil on the banks of the Murray River in Northern Victoria.

This organic young leaf barleygrass delivers a broader spectrum of organic nutrients to alkalise and cleanse the body.

Protected from oxidation by LOCTEC™ Oxygenless Packaging.

Contains NO GLUTEN

20% OFF
*While stocks last



*Promotion available at Go Vita stores for the month of March 2022 or while stocks last.

LIVE WELL



Tulsi and Friends

Discover the Ayurvedic herbs that settle stomach upsets and quell nausea.

Upset stomach? Also known as dyspepsia, the term 'indigestion' covers a range of unpleasant symptoms, usually as a result of food not passing through your digestive tract properly. Indigestion can cause nausea or heartburn as food flows back up the oesophagus; it also causes abdominal bloating and pains.

The tulsi solution

Tulsi or holy basil (*Ocimum tenuiflorum*), also known as 'the queen of herbs', is an aromatic perennial plant that is native to the Indian subcontinent. It is a common medicine in Ayurveda, which is the traditional Indian system of healing.

Tulsi is an antioxidant rich herb with antispasmodic, calmative and anti-inflammatory properties, which makes it a helpful remedy for all manner of digestive problems. It is also indicated for regulating blood sugar levels in people with diabetes, because it supports pancreatic function which further releases insulin and assists in the metabolism of carbohydrates and fats, ensuring that the blood sugar is utilised for energy. By improving digestion and the removal of toxins from the body, tulsi can play a role in healthy weight management.

Tulsi Wellness Tea is a functional and delicious soothing blend, containing tulsi along with a selection of other macro- and micronutrient-rich herbal remedies for indigestion, which we call the Awesome Ayurvedic Foursome. These are:

Tulsi: This improves digestion in two ways: It contains adaptogens which reduce anxiety and relieve stress, which has well-documented negative effects on the digestive system; it also balances pH levels in the gut and supports bowel activity, making it particularly helpful for people with constipation. Plus, tulsi has antibacterial, antimicrobial and antiviral properties, meaning that it wards off digestive pathogens. Tulsi enhances liver detoxification, cleanses the kidneys and balances intestinal flora.

Ashwagandha: This herb normalises levels of the stress hormone cortisol, which in turn redirects blood supply back to the digestive system so that it can work properly.

Moringa: Nicknamed 'the miracle tree', this is one of the most nutrient-dense plants on the planet, containing over 40 anti-inflammatory compounds to reducing bloating, wind and constipation, plus antioxidant compounds that support the function of 'good' gut bacteria while eliminating pathogens and improving the body's ability to absorb nutrients.

Gotu kola: A stress-relieving and anti-depressant herb, this is also a rich source of proteins and vitamin C and helps to boost mucous secretions in the gut to counter acidity and ease stomach-ache.

This more-ish, earthy blend of certified organic herbs can be enjoyed morning, noon or night because it is caffeine free. Drink daily for optimal results. ☺



Tulsi tea, *yoga* in a cup

- ✓ Naturally Stress Relieving
- ✓ Immune Boosting
- ✓ Supports Energy & Vitality
- ✓ Promotes Balance
- ✓ Natural Detoxifier
- ✓ Powerful Adaptogenic Herbs

www.organicindia.com.au

Super Smoothies

Fresh, quick and easy to prepare, smoothies are healthy and delicious. Treat yourself to a booster shot of protein and nutrients with these hemp-based recipes.

Hooray for hemp!

Hemp seeds are a powerhouse of essential nutrients, as well as being one of the world's most sustainable and eco-friendly crops. The mildly nutty-flavoured hulled seeds are available in whole form, as well as in oil, flour and powder form, making them easy to add to soups, baked goods, salads and smoothies.

Hemp seeds are hypoallergenic, naturally gluten-free and very low in sugar, making them a perfect supplement for anyone with food allergies or intolerances. They are also a great source of soluble and insoluble fibre to support gut health, and nutrient-rich, providing an excellent plant-based source of fatty acids (omega 3 and omega 6) in the perfect ratio (3:1), along with magnesium and phosphorus for bone health, zinc for immunity, and iron for energy and the antioxidant vitamin E.

Importantly, hemp seeds are also a complete source of protein, meaning that they contain all 20 amino acids, including the nine essential ones the body cannot make on its own. Protein is necessary for healing and repairing muscle and tissue. Hemp seeds and flour have around 33 percent protein, and hemp protein powder has a higher concentration of 50 percent. Hemp protein products are also highly digestible, and easier for the body to take up than whey protein.



Hemp, Chia and Cherry Berry Smoothie

- ½ cup frozen cauliflower, steamed
- ½ cup frozen zucchini, steamed
- ⅓ cup frozen banana
- ¾ cup frozen raspberries
- 1 scoop Hemp Foods Australia Organic Hemp Protein Shake Vanilla
- ¼ cup plant-based milk
- 1 tablespoon Hemp Foods Australia Almond Chia Hemp Spread
- ⅓ cup ice cubes

Toppings

- Hemp Foods Australia Almond Chia Hemp Spread
- coconut flakes
- chia jam*

Combine ingredients in blender and top with a big spoonful of Hemp Foods Australia Almond Chia Hemp Spread, coconut flakes and chia jam.

*To make the chia jam, add 1 cup pitted cherries (or any soft fruit or berries) to a saucepan with a splash of water, 2 tablespoons of chia seeds and a squeeze of fresh lemon juice. Bring to a simmer and cook until soft.

Recipe by @sarahsspoonful

Chocolate Protein Smoothie

- 1 tablespoon cacao powder
- 500 ml plant-based milk
- 2 tablespoons Hemp Foods Australia Organic Hemp Protein Shake Chocolate
- stevia, to taste

Place all ingredients in a high-speed blender or shaker and blend or shake until well combined.

Pour into a glass and enjoy. You can also top it with chocolate shavings for that extra bit of love.



Mango and Hemp Smoothie Bowl

- 1½ frozen mangoes
- 1 scoop Hemp Foods Australia Organic Hemp Protein Shake Natural
- ¼ cup plant-based milk
- 2 tablespoons yoghurt of your choice
- muesli, mint and fruit, to serve

Place most of the yogurt into the blender with the other ingredients. Process until smooth and creamy. Pour into a bowl, then swirl in extra yoghurt and top with muesli, mint and fruit.

Go guide...

Reviews from the Go Vita team about our favourite new wellness products.

NEW from NutriVital

We are excited to announce two new additions to the **NutriVital** premium supplement range: NutriVital Kelp 1400 capsules and NutriVital Slippery Elm Relief capsules.



NutriVital Kelp 1400 One-A-Day capsules contain 1400 mg of kelp (*Fucus vesiculosus*), a source of naturally-derived iodine which supports healthy thyroid gland function and metabolism. Fucus vesiculosus extract is a certified organic fucoidan ingredient sourced from bladderwrack seaweed which is harvested from the pristine ocean waters of Nova Scotia and Brittany in an environmentally sustainable manner.



NutriVital Slippery Elm Relief capsules contain therapeutic slippery elm bark powder, traditionally used to support gastrointestinal mucosal membrane health. Slippery elm bark is a demulcent, meaning that it is capable of soothing the stomach and intestinal lining. Capsules may also be opened, and the contents mixed with warm water for managing heartburn.

Nourish in 5



Healthy desserts that are 5 ingredients, easy & delicious

AMY LEE

Amy Lee is a health, fitness and wellness blogger from **Amy Lee Active**, and her **Nourish in 5 cookbook** contains over 100 healthy and triple-tested dessert recipes with only five ingredients (or less!). Every book sold will help to feed someone in need through OzHarvest, which plays a vital role in fighting hunger, poverty and tackling Australia's \$20 billion food waste problem. At present, a third of all food produced is thrown away – that's a whopping 1.3 billion tonnes of food wasted annually.



Roll and Recycle

In **Brookfarm's** quest to create the freshest muesli for their customers and also to tread as lightly as possible on our earth, they have worked with their packaging partner OF Packaging to launch a world-first: kerbside recycling of soft plastic packaging. Awarded the 2022 Worldstar Winner for Global Packaging Innovation, Brookfarm's kerbside recycling pouch turns two-dimensional packaging into a three-dimensional shape (similar to a bottle), allowing it to be correctly sorted at the recycling facility. www.brookfarm.com.au



The Boobook chocolate eggs support the Great Forest National Park Campaign.

BOOBOOK MAGIC EGG HUNT

There's a new reason to get excited about Loving Earth's classic caramel-filled Boobook eggs this Easter!

Australia's tiny Boobook owl has left a magic pink egg in SIX of their Boobook boxes, waiting for the lucky winners

to find. These are randomly placed among orders as they are packed.

Each of the six winners will receive a year's supply of chocolate and will also have a native animal adopted in their name.

Good-for-you

Easter Treats



Boobook Chocolate Skillet Cookie

from Loving Earth

Gian Manik created this Boobook Chocolate Skillet Cookie from a muffin recipe when she forgot to bring in the tray. So she put it in a pan and call it a skillet cookie! How much better is going to a picnic and saying, "Hey, try some of my Boobook Chocolate Skillet Cookie" as opposed to "Want a muffin?" Are we right?

INGREDIENTS

- 1 Box Loving Earth Boobook Chocolate Eggs
- 1 ½ cups Loving Earth Activated Buckinis processed into flour
- ¼ cup Loving Earth coconut sugar
- ¼ cup coconut nectar
- ¼ cup Loving Earth coconut oil
- 1 cup Loving Earth cacao powder
- ½ cup slightly warmed almond milk
- 180 ml warm water
- Pinch of salt
- 1 tsp bicarbonate soda

METHOD

1. Preheat oven to 175°C and grease non-stick skillet with a little coconut oil.
2. Sift together dry ingredients into large bowl.
3. Gently heat remaining coconut oil and add to warmed water and almond milk.
4. Whisk together wet and dry ingredients until just combined. Put mixture in skillet using a flat spatula.
5. Place in oven for 15-20 minutes or until a skewer comes out clean.
6. While cookie is still hot, dot with Boobook eggs and then wait until its slightly cooled and eat!



Chocolate Mousse Tart

from Nourish in 5 by Amy Lee

A protein-packed chocolate tart with a secret superfood ingredient: tofu! Don't worry, you won't be able to taste it, the ingredients will transform into a rich, velvety mousse that tastes naughty (but is not!)

INGREDIENTS

Base

- 2 cups (250g) walnuts
- 1 heaped cup (115g) pitted dates*
- ¼ cup Organic Road Raw Cacao powder

Mousse

- 1 block (90g) sugar-free dark chocolate
- 1 can Organic Road Coconut Cream (frozen for 1 hour)
- 1 packet (400g) silken tofu
- ½ cup Organic Road Maple Syrup
- 1 tsp vanilla essence

Optional Topping

- Pomegranate seeds
- Dried edible rose petals

METHOD

1. **BASE:** Pulse the walnuts and cacao into flour in a food processor. Add the dates and process until they stick together. Press down into tart pan or cake pan.
2. **MOUSSE:** Blend all mousse ingredients, pour into base, add optional toppings, and freeze for 1-2 hours, or refrigerate overnight.

*Soak dates in boiling water for 10 minutes if dry.



Plant Based • Gluten Free • Ethical Cacao



Making Easter Magic

lovingearth

AUSTRALIAN CAPITAL TERRITORY

Canberra City	02 6174 3835
Jamison	02 6251 2670
Tuggeranong	02 6293 9881
Woden	02 6281 5274

NEW SOUTH WALES

Armidale	02 5633 6147
Ballina Fair	02 6686 8252
Bateau Bay	02 4334 3448
Batemans Bay	02 4472 9737
Blacktown	02 9622 3021
Bondi Junction	02 8068 8185
Broadway	02 8840 9931
Byron Bay	02 6680 7464
Caringbah	02 9524 0608
Cherrybrook	02 9484 7616
Coffs Central	02 6652 2993
Coffs Harbour	02 6651 2976
Concord	02 9743 4611
Dubbo	0412 007 885
Eastgardens	02 8964 6226
Edgecliff	02 9363 5598
Engadine	02 9548 1880
Erina Fair	02 4367 4711
Fairfield	02 9794 7500
Forster	02 6554 8152
Goulburn	02 4334 4847
Grafton	02 6642 6443
Katoomba	02 4782 4667
Lake Haven	02 4392 1846
Lake Macquarie	02 4947 4344
Lane Cove	02 9427 4420
Maitland	COMING SOON

Marrickville	02 8018 4496
Morisset	02 4973 3045
Mudgee	02 6372 1661
Narellan	02 4647 4823
Newcastle	02 4929 2809
Nowra	02 4421 6319
Orange	0466 002 865
Port Macquarie (on Gordon)	02 6584 2066
Revesby	02 9772 3420
Roselands	02 9758 6281
Rouse Hill	0455 408 554
Shellharbour	02 4297 4916
Springwood	02 4751 6772
Stanhope Gardens	02 8883 1194
Strathfield	02 9746 8686
Taree	02 6551 2614
Tenterfield	02 6736 5242
The Junction	02 4969 1102
Thornton	02 4966 1232
Toormina	02 6658 8838
Toronto	02 4950 4022
Tuggerah	02 4330 5062
Ulladulla	02 4455 3565
Windsor	02 4577 4702
Woy Woy	02 4344 4822

NORTHERN TERRITORY

Alice Springs	08 7903 9322
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QUEENSLAND

Bundaberg	07 4152 4888
Capalaba	07 3245 3877
Carindale	07 3324 9755

Carindale #2	07 3398 4242
Chermside	0476 049 057
Chinchilla	07 4662 7066
Cleveland	07 3286 5401
Gympie	07 5482 6277
Hawthorne	07 3399 1002
Indooroopilly	07 3378 8698
Loganholme	07 3801 2561
Mackay	07 4957 5800
Mermaid Waters	07 5578 6505
Mt Gravatt	07 3343 7487
Mt Ommaney	07 3715 8482
Myer Centre	07 3229 0766
Newstead	07 3252 8858
Pacific Fair	07 5531 6890
Redbank	07 3818 0148
Robina	07 5593 2299
Rockhampton	07 4922 2132
Southport	07 5531 1402
Springfield	07 3470 0788
Stanthorpe	07 4681 1575
The Gap Village	07 3511 0772
Toowong	07 3870 8118
Toowoomba	07 4638 5677
Warwick	07 4661 4626

SOUTH AUSTRALIA

Colonnades	08 8186 5466
Fairview Green	08 8251 4242
Ingle Farm	08 8396 0466
Marion	08 8296 8401
Mt Barker	08 8391 1576
Munno Para	08 8284 1511

Semaphore	08 8449 7106
Tanunda	08 8563 0244

VICTORIA

Ballarat	03 5331 5316
Bentleigh	0423 165 046
Berwick	03 9707 1148
Burwood	03 9886 3165
Chelsea	03 9772 5614
Cheltenham	03 9583 5306
Doncaster	03 9840 2534
Eastland	03 9870 2010
Epping	03 8456 7487
Frankston (Bayside S/C)	03 9781 4430
Hoppers Crossing	03 9748 9645
Knox	03 9801 5696
Maribyrnong	03 9318 6642
Ocean Grove	03 5255 4650
Rye	03 5985 4887
The Glen	03 9887 8979
Warmambool	03 5562 3798
Waverley Gardens	03 9574 6525

WESTERN AUSTRALIA

Bunbury	08 9721 7111
Cottesloe	0413 351 640
Innaloo	08 9244 4324
Kalgoorlie	08 9021 8509
Midlands	08 6107 6633
Ocean Keys	08 9407 8481
Southlands	08 9332 3920
Victoria Park	08 6110 2521
Woodvale	08 9309 2931



NutriVital Homeopathics



NutriVital Homeopathic remedies are manufactured using traditional hand succussion methods. This is strictly according to the protocols of the German Homoeopathic Pharmacopoeia, the internationally recognised quality standard for homeopathic manufacturing.

- Convenient chewable tablets
- Suitable for children
- Free from artificial sweeteners and colours
- Gluten free
- Vegetarian friendly



Consult your natural health practitioner to find which product is most suitable for you. Always read the label. Follow the directions for use.

PRACTITIONER ONLY RANGE



where science co-operates with nature

coming soon

The NutriVital Professional Advantage

Discover NutriVital Professional practitioner only supplements, the latest in specialised nutritional formulations.

Talk to your healthcare professional to discover which product is right for you.

Evidence based ingredients

Uncompromised quality

Proudly Australian



Always read the label.
Follow directions for use.

NEW LOOK. SAME GOODNESS INSIDE.

CREAMY & DELICIOUS



Make a Shake



Add to Baking



Recyclable Packaging



Vegan Friendly



100% Natural



Low Carb



Vitamin & Mineral Rich



Gut Friendly



NEW
MIXED BERRY
FLAVOURED
HEMP SHAKE

NATURE'S POWERHOUSE

Packed full of goodness, hemp protein contains a complete spectrum of amino acids important for protein synthesis -plus naturally occurring Iron, Magnesium, Thiamine (B1) and Zinc.

Now that's a superfood!
This low sugar/low carb shake is easily digested and helps keep you feeling fuller for longer. An excellent choice for vegan, vegetarian, paleo and keto diets.

JUST ONE SERVE OF OUR MIXED BERRY HEMP SHAKE GIVES YOU*

- 100% of your daily Magnesium
- 63% of your daily Iron
- 74% of your daily Phosphorous

- 56% of your daily Thiamine (Vit B1)
 - 33% of your daily Zinc
- All Naturally occurring in Hemp**
*as per the RDI!



OLD PACKAGING
BEFORE OUR
MAKE-OVER!

Hemp Foods
AUSTRALIA



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