



GLOBAL HEALTH FOODS MARKET TRENDS 2021



MARKET OVERVIEW

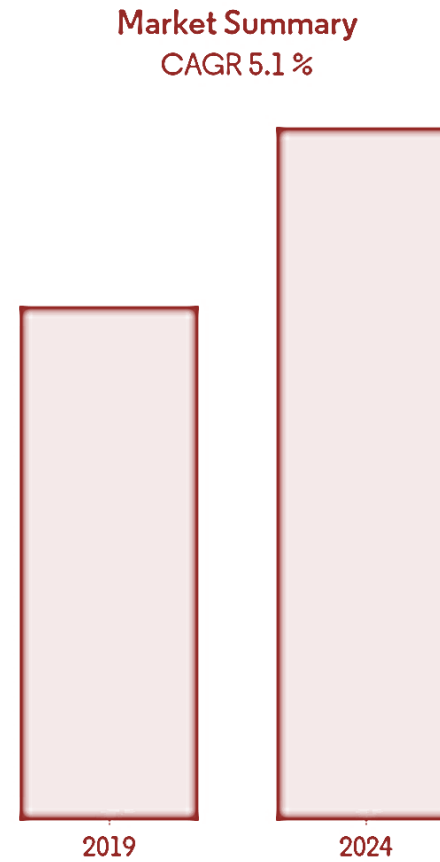
Health and Wellness Food Market 2020-2024

- During 2020 to 2024, global health and wellness food market is expected to grow by USD 235.94 million with a CAGR of 6% during the forecast period
- Increasing adoption of healthy eating habits, awareness on the importance of organic food, and increasing food sensitivities increase the market growth



Market Insight: Superfoods

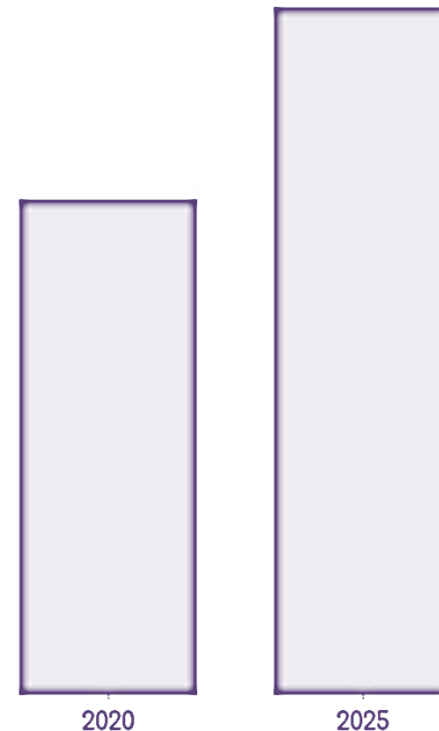
- The popularity of 'superfoods', such as super fruits and super grains, has increased significantly over recent years as consumers are prone towards natural and wholesome ingredients
- Consumers are curious in identifying the ingredients present in the food and beverages they consume, thus triggering the demand for clean-label ingredients
- This is due to concerns about the long-term effects of the ingredients used in food and beverages, in terms of nutrition content and its impact on well-being
- New product launches with a strong positioning for superfoods can be expected to continue
- Global Superfoods market is segmented by type:
 - Fruits and Vegetables
 - Grains and Cereals
 - Herbs and Roots



Market Insight: Functional Food

- Global functional food market is projected to grow at a CAGR of 6.78% during the forecast period 2020-2025
- Functional food offers specific health benefits such as, improved mental energy, better bone and heart health, immune system strengthening, cholesterol management, and other benefits associated with eye health and vision
- The growing population and food changes related to health concerns among people are the major drivers for the market
- Consumers are more concerned about health and are willing to pay extra for food that is specifically beneficial to health

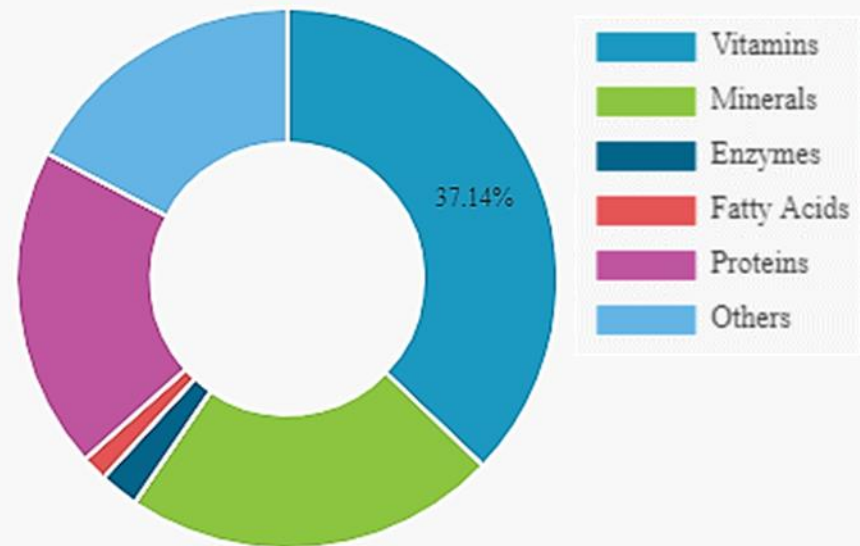
Market Summary
CAGR 6.78 %



Market Insight: Vitamin and Dietary Supplements

- Rising health awareness globally among consumers of all age groups coupled with a considerable rise in the number of fitness centers and gymnasiums
- It is also enhanced by sport-based and athlete performance supplements
- Growing awareness towards calorie reduction and weight loss also promote the application of health and wellness food market
- Dietary and nutritional supplements are sold in the form of powder, liquids, and capsules across the globe
- Due to pandemic outbreaks, there is a high demand for human dietary supplements to provide a strong immune function and reduce health threats

Global Dietary Supplements Market Share, By Type, 2019



Market Insight: Organic Herbal Medicine Market and Traditional Chinese Medicine Market

- Over the last three years, there has been increasing demand for low-cost traditional Chinese medicines in emerging economies of Asia Pacific and East Asian regions
- The global traditional Chinese medicine market size has been witnessing expansion due to increase in pediatric illnesses and chronic behavioral diseases, growing awareness about mental well-being, and rising incidence of lifestyle diseases
- Herbal medicine refers to botanical or herbalism which uses plants
- Since ancient times, these types of medicine have been utilized by a number of different cultures across the globe to treat sickness and to help various body functions





KEY MARKET TRENDS

Top 10 Key Trends in Health Foods

**Weight
Wellness**

**Digestive
Wellness
Diversifies**

**Alternative
Protein**

Snackification

**Naturally
Functional**

**Plants Made
Convenient**

**Immunity
Gets A
Boost**

**Animal
Protein
Powers On**

**Emerging
Mood Food**

**Carbs –
Fewer, Better,
Comfort**

Mega Trend: Naturally Functional

- Rising prevalence of chronic diseases enforces consumers to shift towards healthy and nutritional food and drive the growth of natural functional food market
- Natural functional food offers extra micronutrients, which include vitamins, minerals, fatty acids, and other essential elements
- It also helps to enhance immunity systems and minimizes the chances of chronic diseases such as obesity, diabetes, cardiac diseases, cancer, and more
- Manuka honey, in particular, is richer in pathogen-fighting antibacterial enzymes, and has more anti-inflammatory antioxidant compounds than traditional honey
- Plus, its level of oligofructose can increase the growth of the beneficial gut bacteria, bifidobacteria, of which at low levels may be related to obesity



Mega Trend: Weight Wellness

- Weight management and wellbeing are getting trendy with the increasing health awareness among consumers and rising occurrences of chronic diseases such as diabetes, obesity, high cholesterol, and heart attacks
- Sports nutrition is expanding with over 80% increase coming from protein-based products and a global high-protein diet trend promoting staying fit and maintaining a healthy weight
- BENEIO's Palatinose has a balanced effect on blood sugar levels and is fully digestible. It allows a sustained energy supply, eliminating unwanted blood sugar spikes while accelerating fat burning during exercise



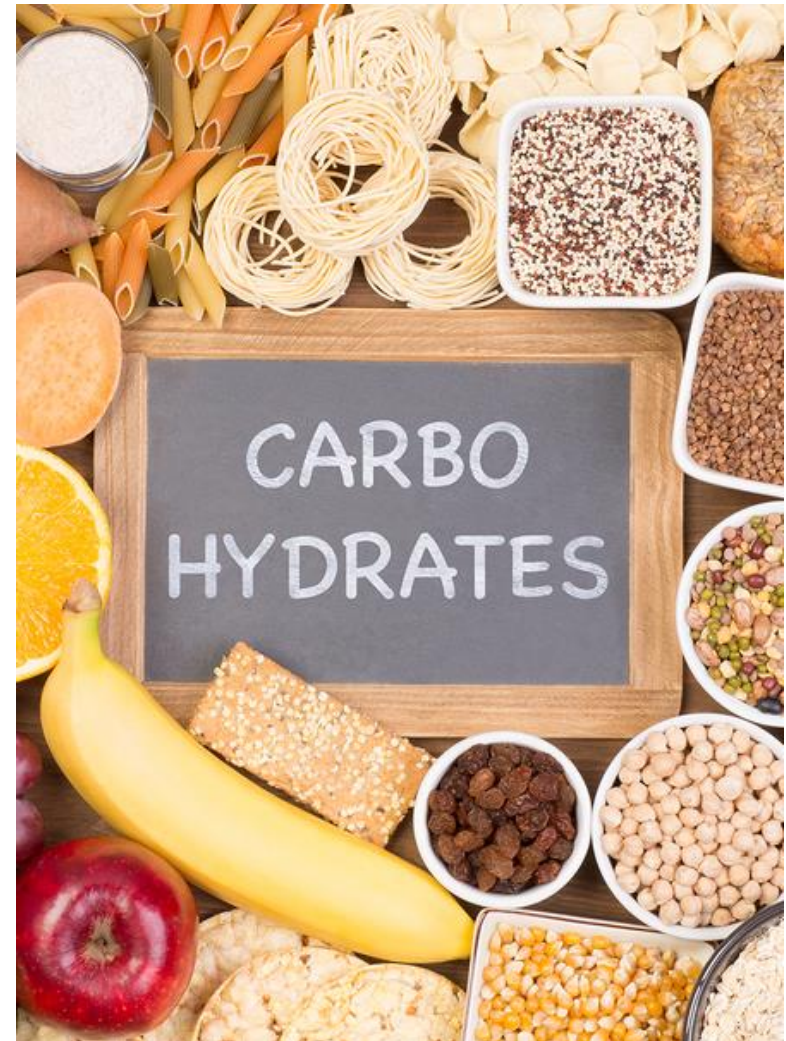
Mega Trend: Snackification

- The global healthy snacks market size was valued at USD 78.13 billion in 2019 and is expected to value at USD 108.11 billion by 2027 with a 4.2% CAGR
- The rising popularity of convenience food, on-the-go snacks that support human development, boosts the market
- Functional healthy foods also fuel the demand for health snack products
- Snacking once an “anytime, anywhere” convenience, has been moved to become an “always at home” occasion for immediate consumption
- Meal replacement snacking has generated strong demand for protein, satiety and healthier snack categories



Carbs – Fewer, Better, Comfort

- Low carb food has been attributed to health, and nutrition professionals are stating that whole grains play an important role to healthy diets, in moderation
- With a healthier alternatives like low sugar or added benefits, and smaller portion sizes, consumers still can indulge on the food
- Palatinose increases the proportion of energy derived from fat in overall energy consumption
- Athletes and sports enthusiasts can derive dual benefit from the functional carbohydrate-energy in the form of glucose:
 - a. It is available for a longer period during endurance sports
 - b. A greater proportion of energy can be released from body fat
- This prevents total depletion of carbohydrate reserves, enhances endurance and contributes to sports performance when active



Animal Protein Powers On

- Animal Proteins are the protein extracts derived from sources such as milk, meat & egg which cater to various needs such as in food and beverages
- Isolates, concentrates and hydrolysates, are the three different forms of animal protein
- Growing health concerns in consumers along the health benefits of animal protein drives the market
- Functional properties including emulsification, gelation, nutrition and foaming
- Types of animal protein ingredients:
 - ✓ Egg protein
 - ✓ Gelatin
 - ✓ Dairy protein (Milk Protein, Whey Protein, Casein & Caseinates)



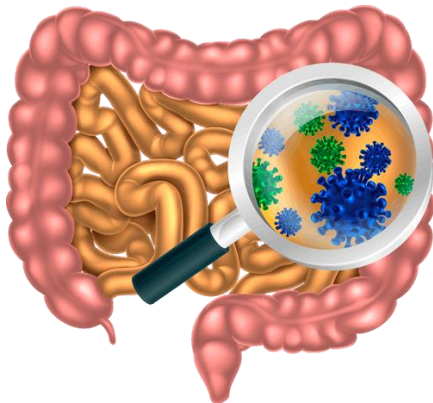
Alternative Protein

- Consumer interest in non-meat protein such as plant-based options is increasing globally
- The growth in the alternative-proteins market is also due to health and environmental concerns as well as animal welfare
- Alternative protein is a general term that covers plant-based and food-technology alternatives to animal protein
- The United States dominates the North American protein alternatives market by more than 60%



Digestive Wellness Diversifies

- Added-benefit ingredients like prebiotic fibres, probiotics and fermented foods are known as great helpers for the digestion system
- Gut health has also been said to impact everything from emotional health to the immune system
- Factors fueling the digestive health products market:
 - ✓ Rising demand for nutritional and fortifying food
 - ✓ Growing awareness on the importance of digestive health



Plants Made Convenient

- Plant-based food is 'growing' due to:
 - ✓ Consumer focus on health and wellness.
 - ✓ Growing awareness to the food safety and animal welfare concerns
 - ✓ Aware of environmental sustainability
 - ✓ Rising prevalence of restrictive diet
- A whole-food, plant-based diet can prevent lifestyle-borne illnesses, including heart disease and type 2 diabetes
- Functional foods that include plant-derived ingredients from nature such as natural colours, flavours, juices, botanicals, bean powders and plant-based proteins, are becoming popular



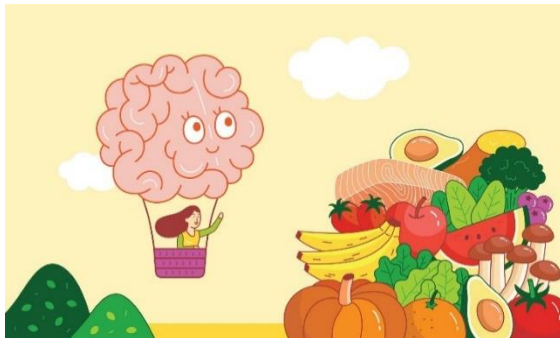
Immunity Gets A Boost

- Immunity-protection has become vital among consumers due to a broad category of illness such as COVID-19
- Certain foods naturally bolster the immune system's germ-fighting power, and have long been relied upon to prevent illness
- Superfoods such as quinoa is widely used and has high antioxidant and nutritive values that aid in reducing free radicals as well as prevent several diseases
- A balanced diet containing a range of vitamins and minerals helps the body to fight infections and diseases
- There's also a demand for the use of elderberry and pickled vegetables for immune system health, melon for sickness treatment and kombucha for gut health



Emerging Mood Food

- The concept of mood food is the idea that emotional states and wellbeing can be regulated through eating certain foods
- People are increasingly aware of the positive and negative impacts that particular food and drinks can have on their mood
- Nowadays, there are more food and beverage products being formulated with ingredients that aid in easing stress and relaxation
- Vitamin and mineral has effective relaxation for stress and mood in individuals
- Consumption of royal jelly boosts the brain function and helps people with mood disorder





MARKET EXAMPLES

Naturally Functional

Comvita, UMF 10+ Manuka Honey Lozenges

Comvita UMF 10+ Manuka Honey is sourced from New Zealand and supports everyday inner balance and soothing properties

Also a source of healthy phenolic antioxidants

Ingredients: 100% New Zealand Monofloral Manuka Honey - MGO 263+ (UMF™ 10+).

**MGO = Methylglyoxal mg/kg*



Naturally Functional

Y.S. Eco Bee Farms, Bee Pollen Granules, Whole

All Naturally occurring vitamins, minerals, amino acids, carotenoids, bioflavonoids, phytosterols, fatty acids, enzymes & more

- Nature's Most Balanced Food
- Pure Wholesome

Ingredients: Bee Pollen



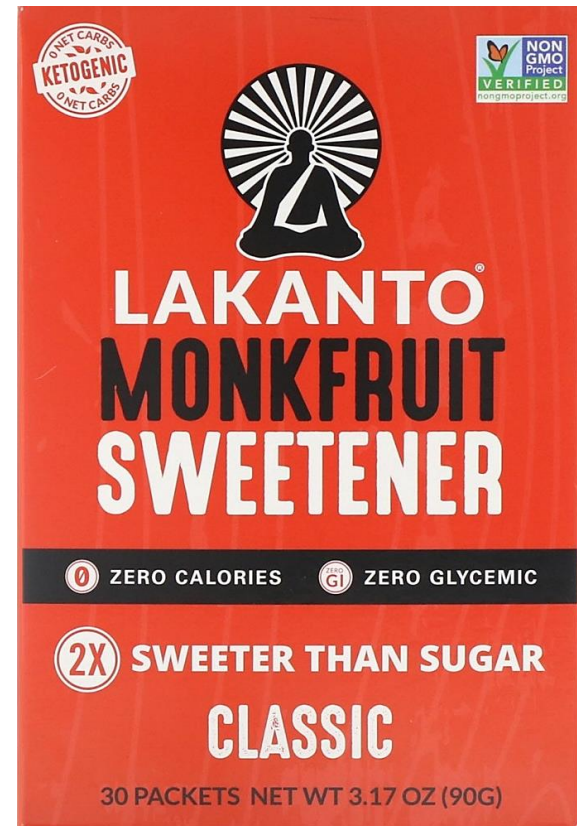
Naturally Functional

Lakanto Monkfruit Sweetener Classic

Born from a proprietary mixture of high-purity Monk Fruit extract and Non GMO Erythritol

Lakanto is a delicious zero calorie, zero glycemic sweetener with the sumptuous rich taste of sugar

Ingredients: Erythritol, **Monk Fruit Extract.**



Naturally Functional

Biogreen Bio-Enzymes Vinegar

Biogreen Bio-Enzymes Vinegar produced from all the ingredients that are organic and natural

- It is free from artificial colourings, flavourings or preservatives
- It helps in increasing body enzymes and helps in digestion, reducing body toxin and decreasing fat cells
- It reduces fatigue as well as reduces body heat

Ingredients: Organic Apple Cider Vinegar, Active Enzymes Honey



Naturally Functional

Si-Shen Appetite Herbal Soup

A healthy blend that:

- Invigorates the spleen and kidneys
- Regulates body constitution
- Helps indigestion
- Addresses nocturia and infants' drooling syndrome

Ingredients: Rhizoma Dioscoreae, Semen Nelumbinis, Semen Euryales, Poria.



Naturally Functional

Honey Flight

This special flight comes with a little surprise—mystery honey! every flight sampler is guaranteed to come with a jar of our utterly divine Superfood Cacao Honey!

Even sweeter, these small jars come in a beautiful box, perfect for gifting

Ingredients for Superfood Cacao Honey: 100% raw, Sustainably-sourced, Enzymatic Honey and Raw Cacao Powder (Made from raw Ecuadorian Arriba Criollo Cacao Beans)



Varieties: Superfood Cacao, Sweet Clover, Wildflower and Black Berry

Weight Wellness

Now Foods, Better Stevia, Balance with Chromium & Inulin

BetterStevia Balance is a unique natural product that combines stevia, chromium and inulin in one convenient packet that is ideally suited to support healthy glucose metabolism

The "balance" in BetterStevia Balance comes from inulin and chromium

- Inulin is a non-digestible carbohydrate from the chicory plant's root that's utilized as food by the healthy probiotic bacteria in the gut
- Chromium is an essential dietary mineral that is necessary for the body's normal metabolism of glucose

Ingredients: Inulin (from Chicory Root), Certified Organic Stevia Leaf Extract, Silica.



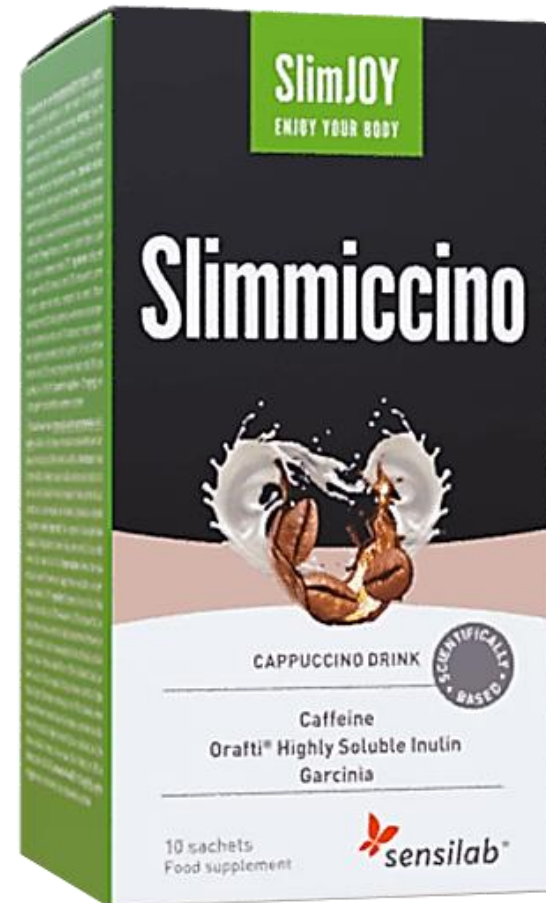
Weight Wellness

SlimJoy Slimmiccino

The superman of Slimmiccino cappuccinos with 4-in-1 action for effective weight loss and a kick of energy! Keep your normal morning coffee and turn it into a weight-loss routine and burn through fat like there is no tomorrow!

Ingredients: Instant Coffee Powder With 3-5% Caffeine, **Orafti®HSI** [**Chicory Inulin** With 88% Soluble Dietary fibre], Garcinia Fruit Extract With 60% Hydroxycitric Acid, Green Coffee Bean Extract With 50% Chlorogenic Acid And Max. 2% Caffeine 400 Mg (Chlorogenic Acid 200 Mg, Caffeine 8 Mg), Guarana Seed Extract With 10% Caffeine 400 Mg (Caffeine 40 Mg), Cappuccino Flavour, Anti-caking Agent: Rice Concentrate, Sweetener: **Sucralose**.

Orafti® is a trademark of **BENEO-ORAFTI SA**



Weight Wellness

DrainEffect Green

The power of 6 vegetable components stimulates fluid circulation and drains liquids from body

- Enables effective weight loss process
- Drains all unnecessary liquid from the body and reduces swellings
- Lowers weight
- Removes toxins

Ingredients: Maltodextrin, **Palatinose**, Plant Extracts Mixture (White Tea Extract, Lemongrass Extract (Contains Maltodextrin), Pepper Mint Extract (Contains Glucose Syrup, Essential Oil)), Nature-identical Flavouring, Aloe Vera Concentrate (Contains Citric Acid), Rhubarb Extract (Contains Lactose Monohydrate), Prickly Pear Extract (Contains Collagen Hydrolysate), **Citric Acid** (Acidity Regulator), Sweetener (Sodium Cyclamate, Sodium Saccharin).



Weight Wellness

VitaCup Slim Blend Skinny Coffee

An infusion of Garcinia cambogia extract, which is naturally derived from the rind of this exotic fruit, complements a healthy diet, as it keeps you fuller and longer

With a powerhouse blended vitamin infusion of B1, B5, B6, B9, B12 to make it easy getting nutrients to power your body

Ingredients: Cold Brew Coffee Powder, **Organic Inulin**, Garcinia Cambogia Extract as (std. to 60% Hydroxycitric Acid), Pantothenic Acid, **Pyridoxine**, **Thiamin**, Methylcobalamin, Methylfolate.



Weight Wellness

Slimming Coffee Nescafé Protect Proslim

Nescafé Protect ProSlim is instant diet coffee

This unique weight-control blend of Nescafé Protect Proslim contains white kidney bean extract blocks carbohydrate absorption derived from coffee's mate such as bread

Ingredients: Low Fat Coffee Enhancer* 67%, **Inulin** 18%, Coffee 11%, White Kidney Bean Extract 3%. (*) Contain **Sodium Caseinate** (Protein Milk).



Weight Wellness

Lennox Inner Detox

INNER D'TOX is the convenient "on the go" detox formula, which contains more than 23 types of multivitamins, fruits and vegetables to work perfectly with your body

The nutritious detox formula combines the wholesome goodness of natural mixed fruits (high in antioxidant), fibre, probiotics, inulin and cleansing herbs

Ingredients: Mix Fruit Powder, Psyllium Husk, Apple fibre, Oat fibre, Milk Thistle, Dandelion, Grape Seed Extract, **Inulin**, **Oligofructose**, Lacidophilus, Lactobacillus.



Snackification

MusclePharm, Combat Crunch, Chocolate Chip Cookie

Combat Crunch baked protein bars are made using a proprietary baking process for superior taste and a softer texture

The bars are high protein, with low active carbs and tons of fibre, unlike hard-paste, "taffy-like" sports bars, Combat Crunch is like eating a soft-batch cookie

Ingredients: Protein Blend (**Whey Protein Isolate**, **Milk Protein Isolate**), **Isomalto-oligosaccharide (Prebiotic fibre)**, Chocolate Chunks (Chocolate Liquor [Processed With Alkali], Sugar, Cocoa Butter And Vanilla), Glycerin, Vegetable Oils (Palm, Palm Kernel Oil), Sugar, Almonds, Water, **Soy Protein Isolate**, **Maltitol**, And Cocoa (Processed With Alkali). **Contains Less Than 2% OF:** Resistant Maltodextrin, Salt, **Soy Lecithin**, Natural Flavour, **Sucralose**, Vanilla, And Tapioca Starch. Contains Milk, Soy, Tree Nut, And Peanut.



Snackification

Muscletech, Nitro Tech Crunch Bars, Birthday Cake

The Superior Protein Bar - More Protein, Fewer Carbs, Better Taste

22 grams Protein, 5 grams Fibre, 240 Calories, Gluten Free and no Added Sugar Protein Bars

Protein bars made with high quality whey protein and milk protein isolates

Ingredients for Birthday Cake: Premium Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate), Isomalto-oligosaccharides, Vegetable Glycerin, Vegetable Oils (Palm, Palm Kernel And Soybean Oil), Soy Protein Isolate, Maltitol, Sugar, Birthday Cake Flavour (Sugar, Corn Syrup, Corn Cereal, Corn Starch, Hydrogenated Palm Oil, Natural Flavour, Artificial Flavour, Fd&c Red No.40, Fd&c Yellow No. 6 Fd&c Yellow No.5), Water, Mono Diglycerides, Natural Flavours, Salt, Soy Lecithin, Potassium Sorbate, Citric Acid, Whey, Beta-carotene (colour), Pink Drizzle colour [Palm Kernel Oil, Beet (colour), Rice Bran Extract, Annatto (colour), Turmeric (colour), Vitamin A Palmitate, Almonds, Peanuts And Sucralose.



Varieties: Birthday Cake, Strawberry Cheesecake, Cookies and Cream, Chocolate Chip Cookie Dough, Chocolate Peanut Butter & Cinnamon Bun

Snackification

Sante Protein bar 20% GO ON

GO ON! protein bars or the “Treasures of the Earth” series with superfoods

The high quality of the products, with no artificial additives, is the pride of Sante for healthy snack!

Ingredients: Chocolate 25% (Cocoa Mass, Sugar, Cocoa Butter, Emulsifiers: **Lecithins (Soy)**, E492; Natural Vanilla Flavouring), **Whey Protein Concentrate WPC 80 (Milk)** 23,2%, Glucose Syrup, **Inulin**, Firming Agent: **Maltitol**; Non-hydrogenated Palm Fat, Humectant: Sorbitols; Fat-reduced Cocoa Powder 2%, Enriching Substances: Magnesium Citrate, **Vitamin C**, **Niacin**, **Vitamin E**, Pantothenic Acid (B5), Vitamin B6, **Thiamin (B1)**, **Vitamin B12**; Flavouring, Emulsifier: Lecithins (Soy).



Varieties: Lemon, Cookie, Chocolate Peanut Butter, Chocolate Mint, Birthday, Blueberry

Snackification

NEOH Raspberry Low Carb Protein & Candy Bar - Low Sugar Keto Snack

This convenient, 90 calorie snack bar makes it easy to fuel your body with:

- 33% protein from 5 sources
- 1 gram of sugar
- 3g of net carbs
- 7g of protein

Ingredients for Raspberry: Milk Chocolate with Sweetener (34%) (Sweetener: **Maltitol**, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier: **Soy Lecithins**; Natural Vanilla Flavour), Protein Crisps (20%) (**Soy Protein Isolate**, Starch, Stabiliser: Calcium Carbonate; Salt), Sweeteners: **Erythritol** (16%); Humectant: Glycerol; Freeze Dried Raspberries (5%), Sweetener: **Xylitol** (4,8%); Fat-Reduced Cocoa Powder, **Oligofructose**, Gelatine (1,4%), **Whey Powder** (Milk), **Pea Protein** (0,6%), Natural and Artificial Vanilla Flavouring, Salt.



Varieties: Chocolate, Raspberry, Coconut

Snackification

Power Crunch High Protein Energy Bar Snack

Power Crunch High Protein Energy Bar Snack is a high Whey Protein Bar that have light and delicious taste, the original wafer crème protein and energy bar with the irresistible crunch

Ingredients for Red Velvet: Proto Whey(r) Protein Blend (Proto Whey [Micro Peptides From Extreme Hydrolyzed Whey Protein [55% Di & Tri Peptides], Maltodextrin], **Whey Protein Isolate**, **Milk Protein Isolate**), Peanut Butter (Peanuts, Palm Oil, Sugar, Salt), Palm Oil, Enriched Flour (Wheat Flour, Malted Barley Flour, **Niacin**, Reduced Iron, **Thiamine Mononitrate**, **Riboflavin**, **Folic Acid**), Sugar, Palm Kernel Oil, Cocoa Processed With Alkali, **Fructose**, **Soy Lecithin**, Caramel colour, Natural Flavours, Salt, Baking Soda, Stevia Leaf Extract.



Varieties: Original, French Vanilla Crème, Chocolate Mint, Peanut Butter Crème, Wild Berry Creme

Snackification

ALLMAX Nutrition, High Protein Energy Snack, Protein Bar

Sink your teeth into crispy, creamy layers of Allmax Protein Snackbars, every delicious bite is made with real food: chocolate, peanut butter, graham crackers and whey protein isolate

An easy, mouthwatering way to get high-protein fuel after a workout or to fight hunger between meals

Ingredients for White Chocolate Peanut Butter: Peanut Butter [Dry Roasted Peanuts, Palm Oil, Salt], Graham Cracker [Wheat Flour, Sugar, Palm Shortening (Palm Oil, Soybean Oil, Canola Oil, **Vitamin E** (As Antioxidant)), High-fructose Corn Syrup, Whole Wheat Flour, Corn Starch, Natural Vanilla Flavour, **Soy Lecithin**, Baking Soda, Salt, Molasses], Coating [Sugar, Palm Kernel Oil, Nonfat Dry Milk, **Whole Milk Powder**, Cocoa Butter, Soy Lecithin (As Emulsifier), Natural Vanilla Flavour, Salt], **Whey Protein Isolate**, Salt.



Varieties: White Chocolate Peanut Butter,
Chocolate Peanut Butter

Fewer Carbs, Better Carbs, Comfort Carbs

Low Carb Brown Sugar Sweetener – Inulin

Enjoy sweetening how nature intended, pure and natural. Low Carb Brown Sugar Sweetener – Inulin is made from a fibre base with natural organic stevia Rebaudiana leaf herbal extracts and natural Luo Han Guo monk fruit extracts

There's no bitter aftertaste, can use this low carb sugar as a sugar substitute 1 to 1 in any favorite recipes!

Ingredients: **Inulin (Chicory Root)** fibre, Soluble Dietary fibre, Digestion Resistant Polydextrose fibre, Cocoa, Natural Organic Stevia Rebaudiana Leaf Herbal Extracts, **Natural Luo Han Guo Monk Fruit**, And Natural Flavouring



Fewer Carbs, Better Carbs, Comfort Carbs

Huel Powder v3.0

Huel Powder v3.0 is a nutritionally complete meal in powdered form, it contains an ideal balance of protein, carbs, essential fats, fibre, all 26 essential vitamins and minerals, phytonutrients, kombucha, pre- and probiotics

- 100% natural sources
- Plant-based – Sustainable vegan ingredients
- Low-sugar – Less than 1% sugar, from natural ingredients
- High-protein – 29g high-quality protein from plant-based ingredients



Ingredients for Vanilla: Oats, **Pea Protein**, Ground Flaxseed, **Rice Protein**, Tapioca Flour, Natural Vanilla Flavouring, Sunflower Oil Powder, Micronutrient Blend*, **Medium-Chain Triglyceride Powder** (from Coconut), Stabiliser: Xanthan Gum, Acerola Cherry Powder, Emulsifier: **Sunflower Lecithin**, Kombucha Powder, Sweetener: **Sucralose**, Bacillus Coagulans.

***Potassium Citrate, Potassium Chloride, Corn Starch, Calcium Carbonate, Niacin (as Nicotinamide), Vitamin E (as D-Alpha Tocopheryl Acetate), Lutein, Lycopene, Pantothenic Acid (as Calcium-D-Pantothenate), Vitamin B6 (as Pyridoxine Hydrochloride), Riboflavin, Vitamin A (as Retinyl Acetate), Zeaxanthin, Vitamin K2 (as Menaquinone-7), L-Methylfolate, Thiamin Mononitrate, Potassium Iodide, Vitamin D2, Plant-Derived Vitamin D3 (as Cholecalciferol), Vitamin B12 (as Cyanocobalamin).**

Fewer Carbs, Better Carbs, Comfort Carbs

GNC TOTAL LEAN™ Lean Shake

A hunger satisfying, high protein meal replacement packed with:

- Low carb
- Low calories, only 200 calories per serving
- 25g of high quality protein
- 8g oat bran fibre (rich in beta-glucan)
- 23 types of vitamins & minerals

Ingredients: Carb Blend (**Maltodextrin**, Oat Bran, Cellulose Gum, Resistant Starch, **Fructooligosaccharides**, Xanthan Gum, **Carrageenan**), Milk Protein Concentrate, Nonfat Dry Milk Creamer (Partially Hydrogenated Soybean Oil, **Maltodextrin**, **Sodium Caseinate**, Dipotassium Phosphate, Polysorbate 60, Monoglycerides), Vitamin and Mineral Blend (**Dimagnesium Phosphate**, **Calcium Carbonate**, **Tricalcium Phosphate**, Sodium Ascorbate, **Maltodextrin**, Ferric Orthophosphate, DI-Alpha Tocopheryl Acetate, **Niacinamide**, **Zinc Oxide**, **D-Calcium Pantothenate**, **Manganese Sulfate**, Pyridoxine Hydrochloride, Cupric Oxide, **Thiamin Hydrochloride**, **Vitamin A Acetate**, **Riboflavin**, **Chromium Chloride**, **Folic Acid**, **Biotin**, Sodium Molybdate, Potassium Iodide, Sodium Selenite, Cyanocobalamin), **Sucralose**, Acesulfame Potassium



Fewer Carbs, Better Carbs, Comfort Carbs

SUSTAGEN® Diabetic

SUSTAGEN® Diabetic is a great tasting, nutritious drink that provides essential nutrition without negatively impacting blood glucose levels

SUSTAGEN® Diabetic has been designed specifically for people with pre-diabetes or diabetes (type 1 or type 2), provides essential nutrition and is low GI

Ingredients: Tapioca Dextrin, Vegetable Oil (High Oleic Sunflower, Low Erucic Acid Rapeseed, Sunflower), Milk Proteins (**Whey, Potassium Caseinate**), Guar Gum, Fibres (**Fructo-Oligosaccharides, Inulin**), Stabilizer (Acacia Gum), **Isomaltulose**, Minerals (**Sodium Phosphate, Sodium Citrate, Potassium Chloride**, Calcium Carbonate, Calcium Chloride, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Chromium Chloride, Potassium Iodide, Sodium Molybdate, Sodium Selenite), **Maltodextrin**, Emulsifier (**Soy Lecithin**), Choline Bitartrate, Inositol, Acidity Regulator (330), **Vitamins (C, Nicotinamide, B5, E, B6, B1, B2, A, Folic Acid, K1, Biotin, D3, B12)**, Artificial and Natural Flavourings, Sweetener (**Potassium Acesulfame**), L-Carnitine, Taurine.



Animal Protein Powers On

RSP Nutrition, AvoCollagen, Collagen Peptides & Avocado Oil Powder, Chocolate

RSP was born to help people achieve their health and fitness goals, it is a nutritional products that make your journey both healthy and enjoyable, without ever asking to choose between quality and convenience

Hydrolyzed Collagen Peptides From Grass-Fed Cows

- 10 g of bovine collagen peptides to support the health of your skin, hair, nails, tendons, cartilage, ligaments, bones and joints

Ingredients: Hydrolyzed Bovine Collagen Peptides, Avocado Oil Powder, Cocoa Powder (Processed With Alkali), **Inulin**, Natural Flavour, Organic Acacia Gum, Rebaudioside A (**Stevia**).



Varieties: Chocolate, Unflavoured, Vanilla Bean

Animal Protein Powers On

Garden of Life, Grass Fed Collagen, Super Beauty, Blueberry Acai

Garden of Life, Grass Fed Collagen aiming for Skin Elasticity & Resistance to Aging using clinically studied ingredients such as Collagen, Melon Extract and Astaxanthin

Grass Fed Collagen Peptides was added to create Collagen Super Beauty!

Ingredients: Silica (from Organic Bamboo Extract, standardized to 75% Silica), Organic Flavours (Lemon And Strawberry), Non-gmo Citric Acid, Organic Beet Juice Concentrate (For colour), Organic Stevia Extract (Leaf). **Collagen** Peptides, Organic Sesbania Grandiflora Extract (Leaf), Organic Emblic (Amla, Phyllanthus Emblica) (Fruit) Extract, Organic Bamboo Extract (Shoot), Lactobacillus Plantarum.



Varieties: Strawberry Lemonade, Cranberry Pomegranate

Animal Protein Powers On

Garden of Life, Grass Fed Collagen Beauty, Strawberry Lemonade

Grass Fed Collagen Beauty brings together the best plant-derived building blocks for beauty & our unique grass fed Bovine Type I & III Collagen Peptides

- Radiant Skin
- Gorgeous Hair
- Beautiful Nails
- Botanical Biotin, Silica & Vitamin C

Ingredients: **Collagen**, Organic Acai Fruit, Organic Holimel® French Cantaloupe Melon (Cucumis melo L.) Fruit Juice Concentrate (280 IU SOD), Organic AstaPure® Arava, Whole Algae, **Astaxanthin** Powder (Haematococcus pluvialis), Bacillus subtilis, Coconut Cream (Coconut Milk, Coconut Oil, **Tapioca Maltodextrin**, Gum Acacia, **Sunflower Lecithin**), Natural Berry Flavours, Non-gmo **Citric Acid**, Organic **Monk Fruit**, Organic **Stevia** (Rebaudioside A From Stevia Rebaudiana Leaf).



Animal Protein Powers On

Miracle Noodle, Bone Broth Noodle Soup

Beef Bone Broth with Shirataki Miracle Noodle®'s is Blood Sugar Friendly, Keto/Paleo Friendly and a good source of collagen-rich protein and fibre

Crafted from the bones of grass-fed, pasture-raised cows, vegetable and a family-secret blend of herbs

- 60 Calories Per Serving
- Plant Based Noodles
- 5g Collagen-Rich Protein Per Serving

Ingredients for Noodle: Purified Water, **Konjac** Flour, Limewater.

Ingredients for Broth: Beef Collagen, **Chicory Root**, Beef, Salt, Yeast Extract, Natural Flavours, Spices.



Animal Protein Powers On

Isopure, Collagen, Unflavoured

Isopure Collagen is sourced from highly digestible Undenatured Type II chicken collagen and types I & III bovine collagen

Vitamin C is added to aid in the synthesis of collagen

- With Other Natural flavours
- With 10 Grams of Hydrolyzed Collagen Peptides (Types I & III)
- Supports Healthy Joints, Cartilage, Skin, and Nails
- No Fat/No Added Sugars
- No Artificial colours or Sweeteners

Ingredients: Natural flavour, **Citric Acid**, Tartaric Acid, Stevia Leaf Extract, **Vitamin C** (as Ascorbic Acid), Sodium, UC-II Chicken Cartilage, Hydrolyzed Collagen Peptides (Bovine).



Varieties: Raspberry Lemonade, Unflavoured, Mango Lime

Alternative Protein

Bob's Red Mill, Chocolate Protein Powder, Nutritional Booster with Chia & Probiotics

At Bob's Red Mill, we like to keep things simple

That's why we make our protein boosters with just a handful of wholesome ingredients-so you can get a quick and easy dose of plant-base protein, fibre and probiotics, without a bunch of extra junk

Ingredients: Pea Protein Powder, Inulin (Chicory Root fibre), Chia Seed, Natural Vanilla flavour Powder (Sugar, Cornstarch, Vanilla Oleoresin), Natural Vanilla flavour With Other Natural flavours, Monk Fruit Extract, Probiotic (Organic Inulin, Bacillus Coagulans GBI-30 6086).



Varieties: Chocolate, Vanilla

Alternative Protein

Sprout Living Epic Protein – Organic Plant Protein

Epic Protein is a thoughtful blend of carefully sourced, organic plant proteins and the world's most nutrient-dense, exotic superfoods

With bursts of sweet greens flavour and hints of citrus, it's a smooth and delicious protein powder fit for your healthy lifestyle!

Ingredients: Epic Protein Base (Yellow Pea*, Sunflower Seed*, Pumpkin Seed*, Sacha Inchi*, Cranberry Seed*), Green Kingdom Blend (Heirloom Red Banana*, Lucuma Fruit*, Oat Grass*, **Spirulina***, Kale*, Chlorella*, Indian Moringa*, Spinach*), **Inulin***, Baobab Fruit*, Ginger Root*, Himalayan Pink Salt, Stevia Leaf*.

*Organic



Varieties: Chocolate Maca, Green Kingdom, Original, Vanilla Lucuma

Alternative Protein

Almond Protein Powder with Madagascar Vanilla

Almond Protein Powder with Madagascar Vanilla is a health vegan food that high in protein & prebiotic fibre, it also improves workout performance

- 20 g Complete Protein Per Serving

Ingredients: Almonds, Brown Rice Protein, **Inulin**, Natural flavours, Salt, **Monk Fruit Extract**.



Alternative Protein

Nature's Bounty® Optimal Solutions Protein Shake Vanilla

Nature's Bounty Complete Protein & Vitamin Shake Mix is an exciting way to get the nutrients you need most

Each serving provides important Protein, fibre, B vitamins, antioxidants, electrolytes, probiotics and more!

Ingredients: Proprietary Protein Blend (**Soy Protein Isolate**, **Whey Protein Concentrate**), Cocoa (processed with alkali), **Inulin**, Oat fibre, **Fructose**, Natural flavours, **Maltodextrin**, **Soy Lecithin**, **Tricalcium Phosphate**, **Xanthan Gum**, ProbioGuard™ Probiotic Blend which contains 1 billion active Lactobacillus acidophilus, B. bifidum, L. bulgaricus, Digestive Enzyme Blend Bromelain (from Pineapple), Papain (from Papaya fruit), **Flaxseed**, **Alpha-Linolenic Acid (Omega-3)**, Stevia Extract (Stevia rebaudiana) (leaf), **Collagen**.



Varieties: Chocolate and Vanilla

Digestive Wellness Diversifies

Sustagen® Optimum™

SUSTAGEN® OPTIMUM™ is a nutritionally complete supplement containing a combination of probiotics, dietary fibre (prebiotics), essential vitamins, minerals and nutrients

- Dietary fibre - to help support digestive health
- Antioxidants vitamins C & E - to support immune function
- High-quality protein - to help support muscle mass

Ingredients: Maltodextrin, Milk Proteins (Whey, Potassium Caseinate), Vegetable Oil (High Oleic Sunflower Oil, Sunflower Oil, Rapeseed Oil), Sucrose, Fibres (Fructo-Oligosaccharides, Inulin), Minerals (Calcium Carbonate, Magnesium Chloride, Potassium Hydroxide, Potassium Phosphate, Sodium Hydroxide, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Chromium Chloride, Sodium Selenate, Sodium Molybdate), Food Acid (330, 338), Emulsifier (Soy Lecithin), Choline, Vitamins (E, C, Niacin, Pantothenic Acid, B6, B1, B2, A, Folic Acid, D, K, B12, Biotin), Probiotic Culture (Lactobacillus Paracasei), Flavour, L-Carnitine, Taurine, Sweetener (Acesulfame Potassium). Contains Milk and Soy.



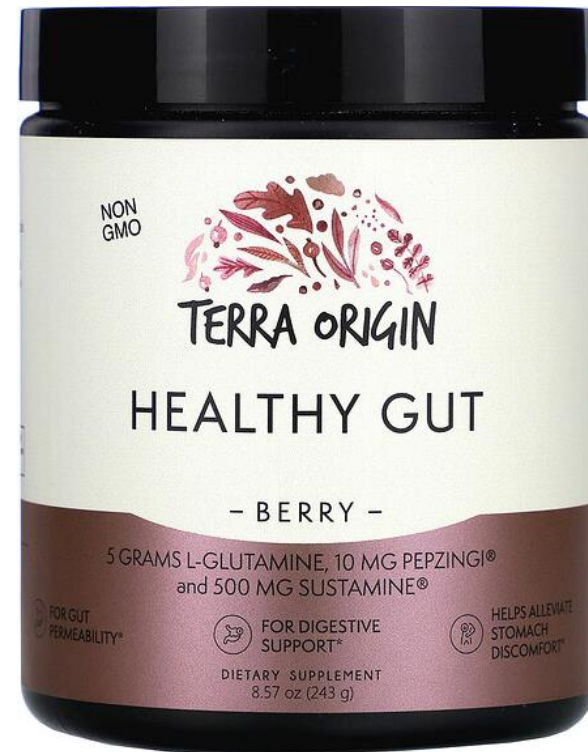
Digestive Wellness Diversifies

Terra Origin, Healthy Gut

Specially formulated with scientifically tested nutraceuticals for improved gastrointestinal support to help tighten junctions in the intestines

When intestinal tract junctions loosen, substances leak into the bloodstream which may result in bloating, gas, cramps and food sensitivities

Ingredients: **L-Glutamine**, Sustamine® L-Alanyl-L-Glutamine, N-Acetyl-D-Glucosamine, Slippery Elm Bark Powder, Marshmallow Root Powder, MSM (Methylsulfonylmethane), Deglycyrrhizinated (DGL) Licorice Root Powder, Stevia Leaf Extract, Quercetin Dihydrate, PepZinGI® (Zinc Carnosine), Aloe Vera Leaf Extract, **Citric Acid**, Natural flavour, **Silicon Dioxide**, **Inulin**.



Varieties: Berry, Mint

Digestive Wellness Diversifies

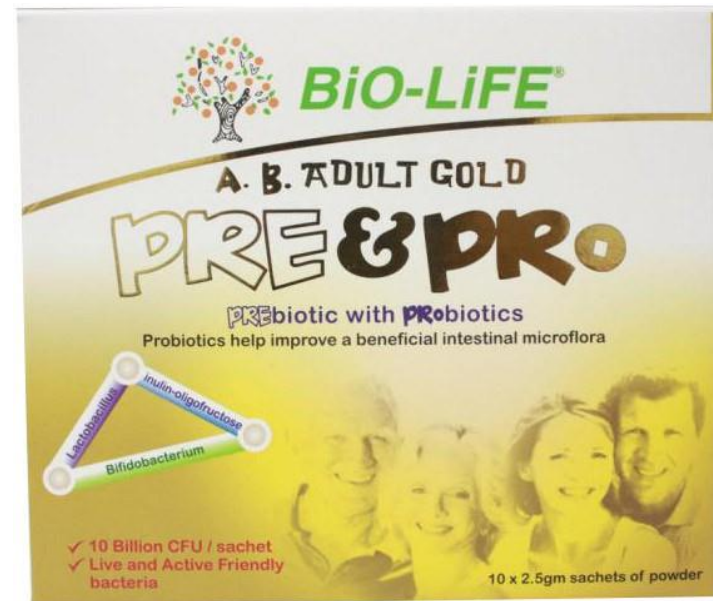
Bio-Life AB Adult Gold Prebiotic with Probiotic

A.B. Adult Gold Pre & Pro is an intestinal probiotic for senior citizens. Inulin-oligofructose is a natural source of fibre origin from **Orafti® Synergy 1 (Belgium)**

The prebiotic, oligofructose-enriched inulin powder helps to promote the growth of beneficial bacterial in the gut

- Improve bowel function
- Boost gut health
- Improve calcium & magnesium absorption

Ingredients: Lactobacillus plantarum, Bifidobacterium lactis BB12, **Inulin-Oligofructose** Powder.



Digestive Wellness Diversifies

Amazing Grass, Green Superfood, Alkalize & Detox

This thoughtfully crafted blend combines our alkalizing farm fresh greens and wholesome fruits and veggies with over 12 cleansing ingredients for the healthy elimination of toxins so you can feel amazingly everyday

- Improve Digestive Health
- No Sugar Added
- Plant Based
- Promotes Detox & Helps Alkalize
- Aids Digestion & Support Immunity

Ingredients: Organic Wheat Grass, Organic Barley Grass, Organic Alfalfa, Organic Spinach, Organic Kale, Organic Broccoli, Organic Coconut Water, Organic Leeks, Asparagus Stem, Parsley Leaf, Garlic, Organic Spirulina, Organic Beet Root, Organic Carrot, Organic Dandelion Root, Apple Pectin, Organic Ginger Root, Organic Lemon Peel, Organic Fennel Seed, Organic Turmeric Root, Green Tea Extract, Organic Pineapple, Peppermint, Organic Acai, Organic Aloe Vera, Organic Cayenne Pepper, Organic Goji, **F.O.S. (Fructooligosaccharide from Chicory Root)** and Probiotic Enzyme Blend (Lactobacillus Acidophilus, Protease (Aspergillus oryzae) Amylase (Aspergillus oryzae), Lipase (Aspergillus niger), Lactase (Aspergillus oryzae), Cellulase (Trichoderma reesei)).



Digestive Wellness Diversifies

Sunfields Nm Enzyme

NM Enzyme Night Metabolism consist of 96 types of mixed fruits & vegetables extracts

It helps digestive, promote metabolism & better bowel movement

Ingredients: Mixed Fruits Extracts, Mixed Vegetable Extracts, Apple fibre, Oat fibre, Yogurt Powder, Apple Powder, **Citric Acid**, Pomegranate Extract, L-Carnitine, **Inulin**.



Plants Made Convenient

Purely Inspired® Organic Greens Plus Superfoods & Multivitamins

An incredibly clean formula that contains no artificial sweeteners, colours or dyes, to ensure you are putting only the highest quality of nutrition in your body!

Ingredients: Rebaudioside A (Organic Stevia Leaf Extract), High Purity Steviol Glycosides (Organic Stevia Leaf Extract), Organic Maltodextrin, Organic Sunflower Lecithin, Organic Corn Starch, Silicon Dioxide



Plants Made Convenient

VesPro™ LiveBerries Nector of Wild Berries – Whole Food Antioxidant

VesPro™ LiveBerries is a delicious berry fruit beverage formulated using 9 different types of whole berries

It is an excellent source of polyphenols and whole food antioxidants, which can contribute to many beneficial effects to your health

Ingredients: VesPro™ Wild Berries Complex consisting **Blackberries**, Red & Black **Raspberries**, **Blueberries**, **Strawberries**, Boysenberries, Mulberries, **Cranberries** and Cherries.



Plants Made Convenient

BetterBody Foods Superfood Blend Powder

This flavour-neutral power pack of nutrients is your new best friend

Made from whole fruit and vegetable concentrates

- Immunity Support
- Alkaline Support
- Digestive Support
- Circulatory Health

Ingredients: Organic Pea Protein, Organic Flax Seed Powder, **Organic Chia Seed Powder**, **Organic Inulin**, Organic Hemp Protein, Organic Quinoa Powder, Organic Vanilla Powder, Organic Fruit and Vegetable Blend (Carrot, Beet, Spinach, Tomato, Broccoli, Orange, Apple, Shiitake Mushroom, Cherry, Cranberry, Blueberry and Strawberry), Organic Green Tea Extract, **Niacinamide (Vitamin B3)**, Pyridoxine Hydrochloride (**Vitamin B6**), Thiamine Hydrochloride (**Vitamin B1**), Riboflavin (**Vitamin B2**), Cyanocobalamin (**Vitamin B12**), Palmitate (**Vitamin A**), d-Alpha Tocopherol (**Vitamin E**) and Ascorbic Acid (**Vitamin C**).



Plants Made Convenient

Amazing Grass, Green Superfood Antioxidant, Sweet Berry

Green Superfood Antioxidant Sweet Berry

This powerful blend thoughtfully combines our alkalizing farm fresh greens & over 1 full serving of wholesome fruits and veggies plus an antioxidant blend

Ingredients: Organic Wheat Grass, Organic Barley Grass, Organic Alfalfa, Organic Spinach, Organic Spirulina, Organic Chlorella (cracked cell-wall) and Organic Broccoli, Coffea arabica Extract, Green Tea Extract, Broccoli Sprout Concentrate, Onion Extract, Apple Extract, Tomato Concentrate, Broccoli Concentrate, Camu Camu Concentrate, Maltodextrin, Acerola Extract, Acai Concentrate, Turmeric Concentrate, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Carrot Concentrate, Elderberry Concentrate, Mangosteen Concentrate, Blackcurrant Extract, Blueberry Extract, Sweet Cherry Concentrate, Spinach Concentrate, Chokeberry Concentrate, Kale Concentrate, Blackberry Concentrate, Silicone Dioxide, Bilberry Extract, Brussels Sprout Concentrate, **Sunflower Lecithin**), Organic Peppermint, **Stevia**, **Silica**, **Citric Acid**, Organic Rose Hips, Organic Pineapple, Organic Carrot, Acerola Cherry Extract, Organic Green Tea Extract, Organic Maca, Organic Acai, Organic Beet and Raspberry, Organic Flax Seed, Organic Gum Acacia, **F.O.S. (Fructooligosaccharide** from **Chicory Root**), and Probiotic Enzyme Blend.



Plants Made Convenient

Navitas Organics, Organic Cacao Powder

- Plant-Based Superfood
- Nutrient-Dense Essentials
- 60 Calories - Plant fibre - 25% DV Magnesium - Per 15 g Serving
- Nature's Dark Chocolate
- Antioxidants (Flavonols)
- Gluten Free
- Vegan

Ingredients: Certified Organic Cacao (*Theobroma Cacao*).



Plants Made Convenient

California Gold Nutrition, Organic MCT Oil

Medium Chain Triglycerides, or MCTs, are nutritious fats that the body can quickly burn for energy

Coconut oil is a healthy choice for MCTs and contains Caprylic Acid and Capric Acid, two types of Medium Chain Triglycerides that the body can convert into ketones and use for fuel

- Plant-Based Brain & Body Fuel*
- Suitable for Vegans & Vegetarians
- No Gluten, No GMOs, No Palm , No Soy

Ingredients: Organic Medium Chain Triglycerides from Organic Coconut Oil.



Immunity Gets A Boost

Fit Solution Cell Nutrition

Fit Solution Cell Nutrition improves intestinal environment and revitalizes good bacteria activity which helps digestive system to eliminate long-term waste accumulation

It also enhances immunity and defense systems

To a healthy system, it supply natural anti-oxidants, protecting cells against free radicals

Ingredients: Fructose, Selenium, Gum Arabic, Oat Bran, Pea fibre, Guar Gum, Citric Acid, Malpighia Glabra Powder, Betula Lenta Leaf Powder, Taraxacum Officinate Leaf And Root Powder, Orange flavour, Apple fibre, Pectin, Vegetable Powder (Broccoli, Cabbage, Carrots, Parsley leaf powder, Spinach, Tomatoes), Vitamin C, Vegetable Enzyme Complex (Amylase, Bromelain, Lipase, Cellulase, Lactase, Alpha Galactosidase), Fructooligosaccharide, Inulin, Rice Bran, Green Tea Extract, Beta-Carotene (Vitamin A), Lactic Acid Cultures (Lactobacillus bifidus Bb-12, Lactobacillus acidophilus La-5), Vitamin E, Curcumin, Sodium Selenate.



Immunity Gets A Boost

Korean Red Ginseng Vital Tonic

Combine the wonders of prebiotic and probiotic properties to promote your overall wellness, immunity system and support digestive health

- Healthy Immune Support
- Healthy Energy Levels
- Supports Healthy Circulation
- Supports Brain Function

Ingredients: Korean Red Ginseng Root Extract, Jujube Fruit Extract, Proprietary Blend (Ginger Root Extract, Jujube Fruit Extract, Schisandra Berry Extract, Goji Berry Extract, Astragalus Root Extract, Taurine, **Niacin**, **Panthenic Acid**, **Vitamin B6**, **Thiamin**, **Folate**, **Riboflavin**, Water, **Isomaltulose**, **Isomaltooligosaccharide**, Crystalline Fructose, Cyclodextrin Syrup, Less Than 0.5% Of L-ascorbic Acid, **Citric Acid**, Natural flavour (Herb), Trisodium Citrate, Gellan Gum.



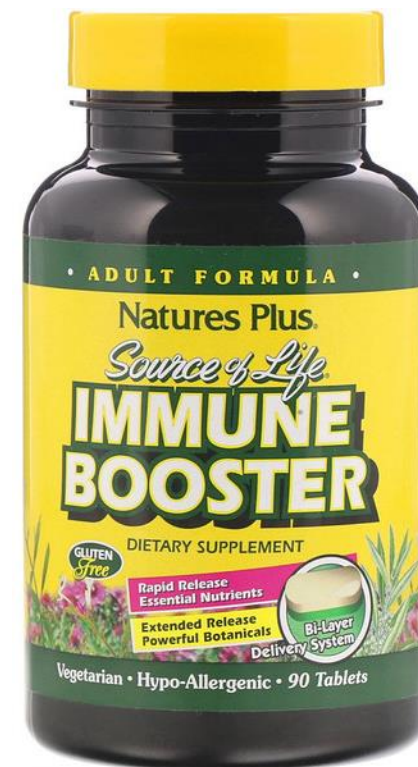
Immunity Gets A Boost

Nature's Plus, Source of Life, Immune Booster

Source of Life Adult Formula Immune Booster supplies powerful levels of the immune-fortifying vitamins A, C, and E, as well as defense-boosting zinc, in the fast-releasing side of a proprietary bi-layered tablet

The powerful standardized botanicals are released from the extended delivery layer. ARA-Larix, Olive Leaf and Fruit, Andrographis, Elderberry and Echinacea offer nutritional support for a healthy immune system, while Acidophilus helps promote a balanced digestive environment and optimal nutrient absorption

Ingredients: Ara-larix (Arabinogalactan) (Larix Occidentalis Extract), Oliceutic-20 (Olea Europa Leaf And Fruit), Oleuropein, Andrographis (Andrographis Paniculata Aerial Extract), Echinacea (Echinacea Angustifolia Root And Rhizome), Elderberry (Sambucus Nigra Fruit), Lactobacillus Acidophilus, Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid, Vegetable Cellulose, **Magnesium Stearate**, Natural colours, **Silica** And Pharmaceutical Glaze.



Immunity Gets A Boost

VitaCup Immunity Probiotic Tea

Say Aloe To The "Good Guys" - Aloe Vera

Enzymes in this prebiotic superstar lay the groundwork for "good" bacteria growth; working in tandem with probiotics to help maintain a healthy digestive tract

Trust Your Gut - Probiotics

Steady your system with 1 Billion helpful microorganisms in every cup! Our heat-stable, friendly bacteria help support digestive health and overall immunity

The Essentials - Vitamins B1, B5, B6, B9, B12

This powerhouse blend makes it easy to get a brilliant combination of nutrients to power your body, so you can focus on doing more of what makes you happy

Ingredients: Organic Sencha Green Tea, Peppermint, Probiotic (Bacillus Coagulans), Aloe Vera, **Pantothenic Acid**, **Pyridoxine**, **Methylcobalamin**, **Folic Acid**.

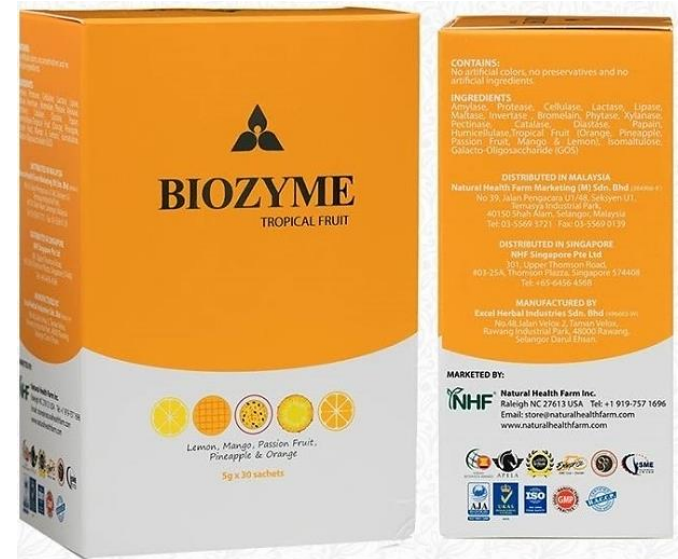


Immunity Gets A Boost

NHF Biozyme - Tropical Fruit Digestive Enzymes

- Enhance complete digestion and cells absorption
- Enhance energy production
- Slow the aging process
- Increase metabolism
- Strengthen the immune system
- Help the body's self healing ability

Ingredients: **Amylase**, **Protease**, Cellulase, Lactase, Lipase, Maltase, Invertase, Bromelain, Phytase, Xylanase, Pectinase, Catalase, Diastase, Papain, Humicellulase, Tropical Juice Powder (Orange, Pineapple, Passion Fruit, Mango & Lemon), **Isomaltulose**, **Galacto-Oligosaccharide (GOS)**.



Emerging Mood Food

B.LXR Brain Fuel with Royal Jelly

B.LXR is caffeine-free, plant-powered, and packed with brain-loving adaptogens to naturally support thinking power and brain health

Featuring royal jelly, ginkgo biloba, and bacopa monnieri, B.LXR is essential for anyone looking to hunker down and get things done

Ingredients: Royal Jelly (500mg), Bacopa Monnieri Plant Extract (300mg), Ginkgo Biloba Leaf Extract (400mg), Vegetable Glycerin, and Purified Water.



Emerging Mood Food

Quality of Life Labs, Serenelle, Stress Management

Serenelle® helps you de-stress while increasing your energy and focus

- Reduces Occasional Stress
- Produces Calming Brain Waves
- Improves Mood and Focus

Ingredients:

Lemon Balm Leaf Extract (Melissa Officinalis) As Relesse [Standardized To 6% Rosmarinic Acid], Sensoril Ashwagandha Extract (Withania Somnifera), Roots and Leaves, Withanolide Glycoside Conjugates, **Oligosaccharides**, L-theanine Pharmagaba (100 Mg Gamma Aminobutyric Acid) Vegetable Cellulose, **Tapioca Starch**, Leucine, **Silica**.



Emerging Mood Food

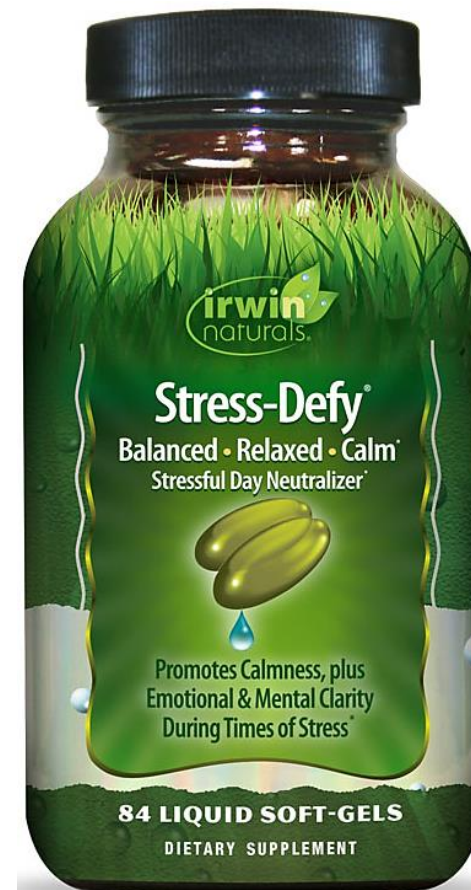
Irwin Naturals, Stress-Defy

Stress-Defy – Finding calm in a world of constant stress can seem an impossible task at times

Yet, “stress-management” is essential to your mental, emotional and physical well-being

That’s why we developed Stress-Defy – to help counter the effects of occasional stress, this formula is specially designed to create a healthy stress response by promoting relaxation of the body and mind

Ingredients: Thiamin (as **Thiamine Mononitrate**), Riboflavin, **Vitamin B6** (as Pyridoxine Hydrochloride), **Calcium** (as Calcium Citrate), **Magnesium** (as Magnesium Citrate), **Fish Oil** (30% Omega-3 fatty acids), Skullcap Extract (20% baicalein), (Holy Basil Extract (2% ursolic acid), Ginkgo Extract (24% Flavone Glycosides, 6% terpene lactones), L-Theanine, Rhodiola (Rhodiola rosea) Extract, GABA (Gamma Amino Butyric Acid), Bioperine Complex.

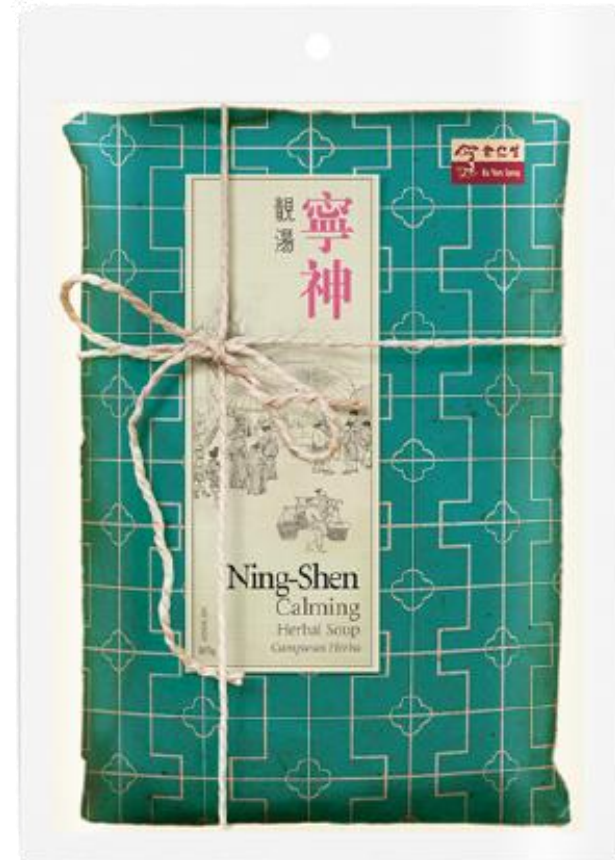


Emerging Mood Food

Ning Shen Calming Herbal Soup

Calming Herbal Soup is made from traditional recipe used for calming the mind and keeping the heart healthy

Ingredients: Radix Astragali, Rhizoma Dioscoreae, Rhizoma Polygonati Odorati, Pericarpium Citri Reticulatae, Bulbus Lillii, Arillus Longan, Fructus Lycii.



Emerging Mood Food

AMS Mood & Mind Night Mood

Night Mood contains essence of natural plants to relieve insomnia, anxiety, mild depression and mind relaxing

Also aids in achieving a good night sleep

Ingredients: Mix Berries (**Blackberry**, **Raspberry**, **Blueberry**, Elderly), **Isomalt**, Venetron (Rafuma Extract), Passion Flower Extract, Roselle, Pumpkin Seed Extract, Apocynum Venetrum Extract, Chamomile Extract, Lemon Balm Extract and Valerian Root Extract.



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THANK YOU