



# BOOST YOUR OVERALL WELL-BEING WITH OUR PREMIUM GLOBAL APPROVED

Completely  
GMO Free

Third Party  
Lab tested



Heavy Metals  
tested



Produced in a food  
safety certified facility



Certification of  
Sustainable Products  
and Services



IFOS™ (International  
Fish Oil Standards)






Global Organization  
for EPA and  
DHA Omega-3's

- ✔ Supports heart & cardiovascular health
- ✔ Helps maintain healthy cholesterol & triglyceride levels
- ✔ Supports normal cognitive & brain function
- ✔ Contributes to eye health & vision
- ✔ Supports joint comfort & mobility
- ✔ Provides EPA & DHA, which contribute to normal immune function

# IMMUNEBOOSTING/ANTI-VIRAL

	<p><b>Colloidal Silver Liquid</b></p> <p>Each 10ml of Colloidal Silver Immune Boost contains Colloidal Silver 18 ppm D5 (X5) in 10ml deionised purified water.</p> <p><i>Not for breastfeeding or pregnant woman. Please refer to website for more information. Only short-term use is recommended in the case of infants, toddlers and children and should not exceed 14 days, unless otherwise prescribed by a doctor.</i></p>	<p><b>Colloidal Silver Liquid Immune Booster &amp; Antimicrobial</b> may be taken daily to support immune health and help protect against colds, flu, tummy upsets, and food poisoning. It contains billions of positively charged silver particles that help combat harmful bacteria, viruses, and fungi.</p>	<p><b>R70</b> <b>200ml</b></p> <hr/> <p><b>R100</b> <b>500ml</b></p>
	<p><b>Herbal Plus</b></p> <p>A Unique Herbal Blend: Myrrh 162mg, Boswellia Serrata 100mg, Amla 15mg, Moringa 15mg, Licorice Root 8mg, Manjitha 30mg, Gaducchi 50mg, Gokshura 16mg, Ashwagandha 10mg, Fennel 10mg, Ginger 25mg, Olive Leaf Extract 20% 16mg, Cinnamon 5mg, Turmeric &amp; Black Pepper 20mg, Shatavari 5mg, Thulsi 15mg, Shank Basma 30mg.</p> <p><i>Note for breastfeeding or pregnant woman. Please refer to website for more information</i></p>	<p>Immune Defence, Promotes Healing, Prevents infections, <b>Upper &amp; Lower Respiratory Tract Infections;</b> Ear, Nose &amp; Throat Infections, Soft Tissue &amp; Urinary Tract Infections, Resistance to Antibiotic Therapy; <b>Cough, Colds, Flu &amp; Fever Relief;</b> Anti-inflammatory, Anti-Viral / Bacterial.</p>	<p><b>R170</b> <b>60 Veggie Caps</b> (500mg) (1-2 months supply)</p>
	<p><b>All Natural Immune Booster</b></p> <p>Support your body's natural defences with Anchor Health Immune Boost. This powerful blend of concentrated Garlic 4:1 Extract, Ginger 4:1 Extract, and Peppermint Leaf.</p> <p><i>Consult a healthcare practitioner before use if you are pregnant, breastfeeding, taking chronic medication, taking blood-thinning medication, have a bleeding disorder, or before and after surgery.</i></p>	<p>Helps support normal immune <b>unction, digestive comfort, healthy circulation, and overall wellbeing. Ideal for daily wellness and seasonal immune support.</b></p>	<p><b>R130</b> <b>60 Veggie Caps</b> (500mg) (1-2 months supply)</p>
	<p><b>Moringa Superfood (Moringa Oleifera Leaf Powder)</b></p> <p>Rich in vitamins, minerals, antioxidants, protein, amino acids, and Omega 3, 6 &amp; 9.</p> <p><i>Caution: May lower blood sugar and blood pressure. Consult your healthcare provider if taking medication or if you have a thyroid condition. Not recommended during pregnancy or breastfeeding.</i></p>	<p>Packed with <b>essential vitamins, minerals, chlorophyll, and powerful antioxidants, t his superfood supports immunity, energy, bone health, &amp; healthy liver, kidney, muscle, &amp; brain function. Good for overall wellbeing.</b></p>	<p><b>R130</b> <b>90 Veggie Caps</b> (500mg) (1-3 months supply)</p>
	<p><b>Sea Kelp Minerals</b> (Ascophyllum nodosum) non-irritated from Canada</p> <p><i>Consult a health practitioner if taking chronic medication. Having a thyroid condition. Not for breastfeeding or pregnant woman. Keep out of reach of children. People on blood-thinning drugs ought to avoid extra vitamin K.</i></p>	<p>Kelp is a 'Complete Mineral Supplement' &amp; consists of <b>46 minerals, 16 amino acids</b> (the building blocks of protein) &amp; <b>11 different vitamins.</b> Aiding digestion &amp; bowel movement, soothing irritation &amp; providing a host of protective antioxidants that support your immune system. Rich in zinc, iron &amp; potassium. <b>Source of vitamin K.</b> Helps prevent age-related bone loss.</p>	<p><b>R110</b> <b>60 Veggie Caps</b> (500mg) (1-2 months supply)</p>
	<p><b>Mighty Mushroom 7-in-1 Complex</b> (Reishi 10:1, Shiitake 10:1, Maitake 10:1, Cordyceps 10:1, Chaga 10:1, Turkey Tail 10:1, Lion's Mane 10:1 mushrooms - Equal Ratios of 75mg (From Fruiting Bodies)</p> <p><i>Well-tolerated &amp; safe but avoid with blood-thinning medications, having bleeding disorders or if allergic to mushrooms)Not for children under 13 years.</i></p>	<p>Immune Support, <b>Viral Guard</b> &amp; Anti-bacterial, Anti-inflammatory, <b>Vitality, Energy,</b> Hormonal, Memory, Anti-Oxidant &amp; Cellular Health, Stress Reduction &amp; Mood Support, Cognitive Function &amp; Brain Ageing, <b>Powerful Restorative Adaptogen.</b></p>	<p><b>R200</b> <b>60 Veggie Caps</b> (525mg) (1-2 months supply)</p>

# IMMUNE BOOSTING / ANTI-VIRAL

	<p><b>Sea Moss</b> Gracilaria (non-irridated) from Tanzania (Zanzibar)</p> <p><i>Consult a health practitioner if taking chronic medication. Having a thyroid condition. Not for breastfeeding or pregnant woman. Keep out of reach of children.</i></p>	<p>Premium quality dried sea moss – Consists of <b>92 minerals, iodine, omega-3 fatty acids, &amp; antioxidants like carotenoids &amp; flavonoids boosting the immune system, Vitamins including A, C, D, E, K, B-Complex.</b> Complete in all Minerals + <b>10 times more</b> than plants from soil including <b>Calcium, iron, magnesium, zinc, potassium &amp; copper</b> Expel mucus, thyroid function, Boosts Energy Levels (<b>Oxygen</b>), Anti-Inflammatory &amp; Weight control, Improves metabolism, Strengthens joints &amp; bones, <b>Alkalinizing effect.</b></p>	<p><b>R150</b> <b>60 Veggie Caps</b> (500mg) (1-2 months supply)</p>
	<p><b>Curcumin C3 Complex®</b> Curcuma Longa Extract 65:1 with 95% Curcuminoids, Ginger Extract Extract 9:1 (5% Gingerols) (Zingiber officinale), BioPerine® (Black Pepper Extract 50:1)</p> <p><i>Consult a health practitioner if taking chronic medication. Having a thyroid condition. Not for breastfeeding or pregnant woman. Keep out of reach of children. People on blood-thinning drugs ought to avoid extra vitamin K.</i></p>	<p>Supports <b>healthy inflammation</b> response, Promotes <b>joint comfort &amp; mobility. Digestive</b> function &amp; reduces bloating. <b>Boosts antioxidant defence</b> at the <b>cellular level.</b> Enhanced absorption with <b>BioPerine®.</b> Assists with <b>neurodegenerative disorders.</b> Boosts <b>Immunity, Detoxes, Weight Control</b> Cardiovascular Health, <b>Cognitive</b> Health.</p>	<p><b>R250</b> <b>60 Veggie Caps</b> (500mg) (1-2 months supply)</p>
	<p><b>Baobab</b> Vitamin-C Powder (Organic Baobab Fruit Powder)</p>	<p>Boosts Immune System, Energy release, Iron absorption, <b>Pregnancy Superfood,</b> Breast milk Production, Digestion, Blood Sugar. Natural Collagen Production, Healthy glowing Skin, Weight Maintenance, High in Fibres, <b>7x more Vitamin-C than oranges, Highest Antioxidant</b> of tree hanging fruits.</p>	<p><b>R170</b> <b>300g</b> (1-2 months supply)</p>
	<p><b>Turkey Tail Mushroom</b> Extract 10:1 (Super Antioxidant/Adaptogen)</p>	<p>Modulate the <b>immune system,</b> helping fight infections, illness &amp; diseases. May help combat cancer, used for various types of cancer, including lung cancer, breast cancer, gastric cancer &amp; colorectal cancer. perfect prebiotics that <b>assists the microbiome.</b> anti bacterial &amp; <b>powerful antioxidant properties.</b></p>	<p><b>R420</b> <b>200g</b> (2-3 months supply)</p>
	<p><b>Omega-3 Marine Fish Oil</b> (Peruvian Anchovy – Engraulis ringens) High Strength Omega-3 providing EPA &amp; DHA in natural triglyceride (TG) form for superior absorption and bioavailability.</p> <p><i>Caution: Contains fish. Consult a healthcare practitioner before use if pregnant, nursing, or taking chronic medication.</i></p>	<p><b>Supports Heart &amp; Cardiovascular Health,</b> Helps Maintain Healthy <b>Cholesterol &amp; Triglyceride Levels,</b> Supports <b>Brain Function &amp; Cognitive Performance,</b> Contributes to <b>Eye Health &amp; Vision,</b> Promotes <b>Joint Comfort &amp; Mobility,</b> Supports <b>Immune Function and Overall Well-Being.</b></p>	<p><b>R220</b> <b>60 Softgel Capsules</b> (1250mg Marine Oil) 750mg EPA + DHA   High Potency Formula (1-3 months supply)</p>

## DETOX & ENERGY

	<p style="text-align: center;"><b>Fulvic Acid Drops Super Concentrate 4%</b> (Soil Based Organism Support)</p> <p style="text-align: center;"><i>Caution: If you take anti-coagulants like Warfarin or aspirin, fulvic acid may cause these meds to work more slowly.</i></p>	<p><b>Detox of: Heavy Metals &amp; Radiation, Sustained Energy, Electrolyte, Gut, Skin &amp; Brain Health, Weight Loss, Fatigue, Memory, Oxygen etc.</b></p>	<p style="text-align: center;"><b>R120</b> <b>50ml</b> (1-3 months supply)</p>
	<p style="text-align: center;"><b>Super Shilajit Capsules 10:1 Shilajit Extract</b> (Himalayan Origin) Equivalent to <b>5,000 mg</b> raw shilajit per 500 mg extract Contains 20% Fulvic Acid</p> <p style="text-align: center;"><i>Caution: Shilajit should not be consumed by women who are pregnant or nursing or children under 18 years of age. If you have hemochromatosis. Use for no longer than 8-12 weeks at this dose unless under professional guidance. Always cycle: 4-8 weeks on, then 2-4 weeks off.</i></p>	<p style="text-align: center;"><b>Promotes absorption, Detox &amp; Cell Vitality</b>Antioxidant, Immunity, Memory, Anti-inflammatory, <b>Energy booster, Longevity, Fights Alzheimer's. Stamina &amp; Testosterone booster</b> etc. Stress &amp; Hormonal balance</p> <p style="text-align: center;">Lab-Tested for Heavy Metals – Guaranteed safe, pure, and clean Non-GMO   Non-Irradiated   Vegan   Gluten-Free</p>	<p style="text-align: center;"><b>R240</b> <b>60 Caps</b> (500mg) (2 months supply)</p>
	<p style="text-align: center;"><b>Shilajit Capsules</b> (Himalayan Origin)</p> <p style="text-align: center;"><i>Caution: Shilajit should not be consumed by women who are pregnant or nursing. If you have hemochromatosis.</i></p>	<p style="text-align: center;">Antioxidant, Immunity, Memory, Anti-inflammatory, Energy booster, Longevity, Fights Alzheimer's. <b>Stamina &amp; Testosterone booster</b> etc.</p>	<p style="text-align: center;"><b>R200</b> <b>60 Caps</b> (500mg) (2 months supply)</p>
	<p style="text-align: center;"><b>D.E. (Diatomaceous Earth)</b> (Organic Biogenic Silica)</p> <p style="text-align: center;"><i>Caution: Do not inhale</i> <i>Best Use: Use on &amp; off (days or weeks)</i></p>	<p>Detox Heavy Metals, <b>Silica Rich Joints, Calcium absorption</b>, Kills Parasites/ worms, E.Coli Lowers Cholesterol/High Blood Pressure <b>Bones, Skin, Hair, Energy, Brain Clarity, Colon, Diabetes, Tinnitus, Lymphatic, Lung Tissue, Sleep, Alzheimer's etc.</b></p>	<p style="text-align: center;"><b>R140</b> <b>90 Caps</b> (500mg) (1-2 months supply)</p> <p style="text-align: center;"><b>R140</b> <b>Powder 200g</b> (3 months supply)</p>
	<p style="text-align: center;"><b>Zeolite Powder</b> (A Volcanic Mineral Compound)</p> <p style="text-align: center;"><i>Best Use: Use on &amp; off (days or weeks)</i></p>	<p><b>60 Trace Minerals &amp; 12 Amino Acids.</b> Energy, Detox, Skin, Liver &amp; Bone Health, Digestion, Immune System, Alkalizes, Diarrhoea, face masking.</p>	<p style="text-align: center;"><b>R140</b> <b>Powder 200g</b> (3 months supply)</p>

# ARE YOU OVER THE AGE OF 25?

Each passing year your body produces less Collagen.

As we age, collagen levels drop – leading to wrinkles, thinning hair, brittle nails, and joint discomfort. Collagen is essential for **strong muscles, healthy skin, and overall vitality**. Our range is made with Hydrolysed Peptides for **superior absorption** (*Bovine Type 1 & 3*).

**SUPPORTS HEALTHY BONES, JOINTS & CARTILAGE**

**MAINTAINS HEALTHY WEIGHT**

**HELPS MUSCLE RECOVERY**

**SUPPORTS CARDIOVASCULAR HEALTH**

**NOURISHES SKIN, HAIR AND NAILS**

**SUPPORTS DIGESTIVE HEALTH**

**WITH VITAMIN C, A, B3, D & K**

**GRASS FED**   **NON GMO**   **100% ORGANIC**



## ROSEHIP + OPTI-MSM

Rich in **Vitamin C** to boost collagen. Opti-MSM supports joints, muscles, skin, and reduces inflammation.



## UNFLAVOURED

Easy to mix into hot or cold drinks, smoothies or cereal. No fillers or flavours  
100% Natural






## DARK COCOA




Packed with **Magnesium, Iron, Zinc & Polyphenols**.  
100% Pure Collagen +  
100% Pure Cocoa only.

**NATIONWIDE DELIVERY**








## HYDROLYZED COLLAGEN PEPTIDE POWDER (BOVINE Type 1&3)

	<p><b>Collagen</b> (Unflavoured/Original)</p> <p><b>No sweeteners or fillers</b> mainly grass fed, free range &amp; Non-GMO) Type 1 &amp; 3 Bovine Hydrolysed Peptides</p>	<p><b>Skin, Hair, Nails, Gut, Bones Muscles, Joints, Cartilage etc.</b> <b>Restores Gut-lining</b> for better Digestion &amp; Immune Function. Naturally Anti-inflammatory. <b>- 90%+ Protein -</b></p>	<p><b>R350</b> <b>310g</b> (1 Month supply)</p> <p><b>R650</b> <b>1Kg</b> (3 Months supply)</p>
	<p><b>Dark Cocoa Collagen</b> (Unsweetened, Collagen: 75% - <b>Pure Alkalisied Alkalisied Dark Cocoa:</b> 25%)</p> <p><b>No sweeteners or fillers</b> mainly grass fed, free range &amp; Non-GMO) Type 1 &amp; 3 Bovine Hydrolysed Peptides</p>	<p>Same as 1. + <b>Magnesium &amp; Iron, Antioxidant Rich,</b> Prebiotic Fibre etc. Potentially Increases <b>Stem Cells</b> if taken long term. <b>- 90%+ Protein -</b></p>	<p><b>R350</b> <b>310g</b> (1 Month supply)</p> <p><b>R650</b> <b>1Kg</b> (3 Months supply)</p>
	<p><b>Joint Health Collagen</b> (with Opti-MSM® - 10% &amp; <b>Organic Rosehip powder - 10%</b>) <b>No sweeteners or fillers</b> mainly grass fed, free range &amp; Non-GMO) Type 1 &amp; 3 Bovine Hydrolysed Peptides</p> <p><i>Caution: Please consult a health care provider if pregnant &amp; nursing. May cause insomnia if taken before bed.</i></p>	<p>Same as 1. + <b>Rosehip High in Vitamin-C + Opti-MSM®</b> for: <b>Anti-aging &amp; Anti-Inflammatory,</b> Assists in Arthritis, Osteoarthritis, Joint, Muscle &amp; Bone health &amp; Sports. <b>Pain relieving &amp; Energy boosting etc.</b> <b>- 90%+ Protein -</b> <b>- Synergistic Powerhouse -</b></p>	<p><b>R370</b> <b>310g</b> (1 Month supply)</p> <p><b>R650</b> <b>1Kg</b> (3 Months supply)</p>

## INCREASED STRENGTH, POWER OUTPUT & MUSCLE PERFORMANCE

	<p><b>Pure Unflavoured Micronised Creatine Monohydrate</b></p> <p><i>Well-tolerated but consult a health care practitioner if you have kidney issues, are taking medication, or are pregnant or breastfeeding. Not intended for use by individuals under 18.</i></p>	<p>Benefits may include <b>increased strength, power output &amp; muscle performance, enhanced high-intensity training capacity, improved recovery &amp; energy production</b> through ATP support. <b>Valuable cognitive support.</b> <b>Bone density, Post menopausal woman's mood stabiliser, depression &amp; wrinkles.</b></p>	<p><b>R180</b> <b>200g</b> (3 Months supply)</p>
	<p><b>Pure Unflavoured L-Glutamine Powder</b></p> <p>A high-purity L-Glutamine formula designed to support recovery, gut health, immune function, and daily wellness. This unflavoured powder mixes easily into shakes or water for effortless daily use.</p> <p><i>Not intended for individuals under 18.</i></p>	<p>Supports <b>muscle recovery &amp; post-exercise repair.</b> Helps maintain <b>gut lining integrity &amp; digestive health.</b> Supports <b>immune system</b> function. Assists <b>muscle preservation</b> during training or stress. Promotes <b>hydration &amp; cellular recovery.</b> Supports <b>overall wellness &amp; resilience.</b></p>	<p><b>R170</b> <b>200g</b> (3 Months supply)</p>
	<p><b>Pure Unflavoured L-Glutamine Powder</b></p> <p>A high-purity L-Glutamine formula designed to support recovery, gut health, immune function, and daily wellness. This unflavoured powder mixes easily into shakes or water for effortless daily use.</p> <p><i>Not intended for individuals under 18.</i></p>	<p>Supports <b>muscle recovery &amp; post-exercise repair.</b> Helps maintain <b>gut lining integrity &amp; digestive health.</b> Supports <b>immune system</b> function. Assists <b>muscle preservation</b> during training or stress. Promotes <b>hydration &amp; cellular recovery.</b> Supports <b>overall wellness &amp; resilience.</b></p>	<p><b>R140</b> <b>60 Caps (700mg)</b> (1-2 months supply)</p>

## MAGNESIUMS, MINERALS & ALKALIZERS

	<p><b>Magnesium L-Threonate</b> (Superior Brain Magnesium)</p> <p><i>Caution: Not for use during pregnancy, breastfeeding or having kidney problems.</i></p>	<p><b>Crosses Blood Brain Barrier.</b> Memory, Stress, Cognitive Health, <b>Brain Health</b>, ADHD, Brain Aging, <b>Concentration &amp; Focus.</b> Daily Mental Energy, Healthy levels of Magnesium in the brain.</p>	<p><b>R170</b> <b>30 Caps</b> (500mg) (1 month supply)</p>
	<p><b>Magnesium Glycinate</b> (Muscle Recovery)</p> <p><i>Caution: Please consult a health care provider if you have kidney problems. Reported safe during pregnancy &amp; nursing.</i></p>	<p><b>Blood pressure regulation</b>, Protein synthesis, Energy production, Blood sugar control, Digestive processes, Regulation of heartbeat rhythms. Neurotransmitter functions, <b>Sleep &amp; mood stabilization.</b> Growth &amp; development in babies &amp; children. <b>Functions of nerves, muscles &amp; tissue.</b> Production of stomach acid. Best alternative for people with low blood pressure.</p>	<p><b>R170</b> <b>30 Caps</b> (500mg) (1 month supply)</p>
	<p><b>Magnesium Taurate</b> (Deep Sleep)</p> <p><i>Caution: Please consult a health care provider if you have kidney problems. Reported safe during pregnancy &amp; nursing.</i></p>	<p><b>Stress &amp; Anxiety</b>, ADHD, <b>Improves 'Deep Sleep Cycle'</b>. Bones, Muscle &amp; <b>Heart Health</b>, <b>High Blood Pressure</b>, Eye health, Nervous System, maintain normal levels of calcium, Increases GABA, Anti-Depressant, Digestion, Exercise.</p>	<p><b>R170</b> <b>60 Caps</b> (500mg) (1-2 months supply)</p>
	<p><b>Magnesium Malate</b> (Energy Producing Magnesium)</p> <p><i>Caution: Please consult a health care provider if you have kidney problems. Reported safe during pregnancy &amp; nursing.</i></p>	<p><b>Energy Production</b>, Muscle Pain &amp; Fibromyalgia Relief, <b>Exercise Performance &amp; Recovery</b>, Mental Clarity &amp; Cognitive Support, Digestive Health, Heart Health. Regulate blood pressure &amp; supports a healthy heart rhythm.</p>	<p><b>R170</b> <b>60 Caps</b> (500mg) (1-2 months supply)</p>
	<p><b>Magnesium Citrate</b> (Digestion &amp; Replenishment)</p> <p><i>Caution: Please consult a health care provider if you have kidney problems. Reported safe during pregnancy &amp; nursing.</i></p>	<p>Highly absorbable Magnesium Citrate capsules designed to support <b>digestion</b>, <b>promote regularity</b>, and <b>replenish essential magnesium levels for energy</b>, muscle function, and overall wellness.</p>	<p><b>R170</b> <b>60 Caps</b> (500mg) (1-2 months supply)</p>
	<p><b>Green Alkalizer Superfood</b> (Barley Grass, Wheatgrass &amp; Sea Kelp)</p> <p><i>Caution(Kelp): Thyroid conditions, taking thyroid medications. Not for pregnant or nursing woman.</i></p>	<p>Complete Mineral Supplement, Vitamin Rich, Calcium, Bowel Movements, <b>Vit-A, B, C &amp; K - Omega 3</b>, Up body's PH, bone health, blood sugar control.</p>	<p><b>R140</b> <b>30 Caps</b> (500mg) (1 month supply)</p>
	<p><b>Structured 'Living Water'</b> Mineral Concentrate</p> <p><i>Distilled Structured Water infused with 'Natural Mineral Crystals' containing 84 minerals &amp; trace elements. Ideal for treatment of 'stripped' Reverse Osmosis water, adding minerals back before the R.O. water can draw it from your body.</i></p>	<p>Hydrates all cells in your body. Assists with: <b>Bio-electrical impulses</b>, Digestive function, Elimination of toxins, Energy booster. Regulates body temperature &amp; Blood pressure. Your cells can now readily accept this <b>micro-structured water &amp; your body will utilise over 90% of water consumed.</b> 'Living Water' is the ultimate hydrating solution.</p>	<p><b>R110</b> <b>50 ml</b> (50-100L Water)</p> <p><b>R290</b> <b>200 ml</b> (200-400L Water)</p>

# ARE YOU FEELING STRESSED OUT AND TIRED?

This is a crucial sign that your body needs Magnesium.



## DEEP SLEEP MAGNESIUM

Magnesium Taurate supports relaxation, energy, and restful sleep—ideal for active lifestyles.

### BENEFITS:

- Eases **anxiety**
- Enhances **sleep**
- Supports **heart & bones**
- Aids **exercise & recovery**
- Balances **mood & blood sugar**

## ENERGY MAGNESIUM

Magnesium Malate combines magnesium with malic acid for better absorption - supporting energy, muscles, and overall well-being.

### BENEFITS:

- Boosts **energy & mood**
- Eases muscle **pain & fatigue**
- Supports **heart & nerve function**
- Aids **sleep & mental clarity**
- Helps **regulate blood sugar**

## BRAIN HEALTH MAGNESIUM

Magnesium L- Threonate crosses the blood-brain barrier to boost brain function and plasticity.

### BENEFITS:

- Improves **memory**
- Reduces **stress & anxiety**
- Supports **cognition & mood**
- May help prevent **dementia**

## MUSCLE RECOVERY MAGNESIUM

Magnesium Glycinate is a gentle, highly absorbable form—ideal for relieving stress, improving sleep, and restoring magnesium levels.

### BENEFITS:

- Supports **sleep & mood**
- Eases **anxiety & headaches**
- Regulates **blood pressure**
- Aids **digestion & muscle function**
- Helps with **PMS & energy**

NATIONWIDE DELIVERY

# UNLOCK THE POWER OF CASTOR OIL WITH A PACK

Using a pack when applying organic cold-pressed, hexane free castor oil enhances its absorption and effectiveness.

The warmth and pressure of the pack help drive the oil deeper into the tissues, supporting detoxification, reducing inflammation, and promoting better circulation. Whether for digestive support, hormone balance, or lymphatic drainage, castor oil packs offer a natural, gentle way to boost your wellness from the inside out.

Our range offers the following packs:



BREAST PACK



EYE PACK



NECK PACK



ANKLE PACK



BACK PACK



WAIST PACK



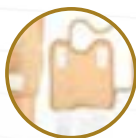
THIGH PACK



SHOULDER PACK



HAND/WRIST



KNEE PACK



FOOT PACK



DISPOSABLE PATCHES



Our Premium Certified Organic Castor Oil is organic, cold pressed and hexane free, refined to pharmaceutical-grade purity. Naturally anti-inflammatory, antimicrobial, and a powerful lymphatic stimulant, it supports immune health and overall wellness. Low in moisture and acidity, this clear, slightly yellow oil is pure, stable, and safe for topical use or castor oil packs. Anchor Health **guarantees uncompromising quality you can trust.**

*For more information visit our website.*

**NATIONWIDE DELIVERY**

# RESTORE / NERVOUS SYSTEM / CHOLESTEROL / LIVER



**Lecithin**  
(From Soy bean)  
Rich source of Choline & Inositol.

*Caution: If having egg or soy allergy.*

**Healthy Cholesterol Levels**, Beneficial for those on **Weight Management** Programs or wanting to lose weight, supports **Cardiovascular health, Brain, Liver & Nervous System** Functions, Protects against Heart disease. **Hormonal Balance in woman.** Memory and overall **cognitive performance.**

**R150**  
**90 Softgel Caps**  
(1200mg)  
(1-3 months supply)



**Liver Complex**  
An unique blend of Milk Thistle seed, Dandelion herb, Artichoke extract & Turmeric+Black Pepper & Fulvic Acid.

*Caution: May interact with anticoagulants, statins & certain antidepressants. Diuretics and diabetes medications. Avoid when having Gallbladder Issues, pregnant or nursing. May lower blood sugar levels.*

Cleansing, Restoration, **Protection of the Liver**, Support Liver Function, Relieve Digestive Disturbances. Antioxidant support.  
**Rich in Silymarin**, Bile production.

**R170**  
**60 Caps**  
(500mg)  
(1-3 months supply)



**Frankincense & Myrrh**  
(Fr. Serrata)

*Note: Diabetic caution & possible blood sugar lowering, warfarin interaction, avoid if pregnant or breastfeeding.*

Anti-inflammatory, **Synergistic, Anti-cancer Effect**, Anti-ulcer, Improving memory, Antioxidant, Antibacterial, Analgesic, Potential Antitumor Activity, Anti-Arthritis, Blood-Activating, **DNA Healing**. Immune Boosting **White Blood Cell Regulating**. **Joint pain. Upper Respiratory** Infections, Allergies, **Asthma**. Stress & Anxiety, **Neuroprotector**.

**R220**  
**90 Veggie Caps**  
(500mg)  
(1-3 months supply)



**Parasite Cleanse Drops**  
(Parasite & Candida Cleanse Drops to your seasonal rescue)

*Caution: NOT FOR PREGNANT WOMAN.*

Improves Immune System & Response. Restores natural seasonal health balance. Supports **micro- & macro-nutrient deficiencies** leading to chronic ill health. **Removes Parasites**, Overall Detox. Treats Herpes. Anti-septic & Anti-fungal, Candida Cleanse.

**R220**  
**20ML**  
*Do not repeat the PARASITE CLEANSE course more than once every ninety days!*





**Pre & Probiotic Liquid**  
(12 strains of Nature's most natural form of **Pre- & Pro-biotics**, multiple classes of **live bacteria**, including **Synbiotics & Postbiotics**)

*Caution: During pregnancy & lactation please consult your health specialist.*

Contains a **full range of digestive enzymes/** Relieve digestive problems & improve gut health. Can restore health from the mouth **to the end of the colon for digestive balance.** Promotes gastrointestinal health functions. May improve your skin's appearance. Supports the body's liver functioning & **cholesterol** control.

**R240**  
**500ml**

## RESTORE / NERVOUS SYSTEM / HORMONE

	<p><b>Shatavari</b> (Asparagus racemosus - Overall Hormonal Balance)</p>	<p>Hormone &amp; mood support, Hot Flashes, Menopause, Menstrual discomfort, <b>Enhancing fertility</b>, Digestive wellness, Antioxidant, <b>Libido, Production of breast milk</b>, <b>Calms Brain &amp; Nervous System</b>, Anti-inflammatory of organs, Alleviates Constipation, Ulcers &amp; Chronic diarrhoea.</p>	<p><b>R130</b> <b>60 Veggie Caps</b> (500mg) (1-2 months supply)</p>
	<p><b>Tongkat Ali</b> (Eurycoma longifolia - Testosterone Booster) 100:1 Extract</p>	<p>A powerful herbal remedy native to Southeast Asia, commonly used to support <b>male hormone balance</b>, energy, and <b>sexual health</b>. Studies show improved <b>testosterone</b> <b>and libido in men</b>, especially those with low testosterone or <b>stress-related</b> <b>fatigue</b>. Some evidence supports increased lean body mass and <b>sperm parameters</b>.</p>	<p><b>R200</b> <b>60 Veggie Caps</b> (500mg) (1-2 months supply)</p>

## WEIGHT LOSS & BLOOD SUGAR

	<p><b>Xtreme Fat Burner</b> Patented plant-based metabolic support extract from Cyperus Rotundus Rhizomes (Nutmeg)</p>	<p>Supports <b>metabolism &amp; fat utilisation</b>, <b>Thermogenesis activation &amp; calorie</b> <b>burning</b>, <b>Clinically studied abdominal</b> <b>fat reduction &amp; body-composition</b> <b>support</b>, <b>Healthy lipid balance &amp;</b> <b>metabolic flexibility</b>, Botanical extract for metabolic wellness, Antioxidant &amp; <b>anti-inflammatory</b> plant compounds, <b>Natural weight-management support</b>.</p>	<p><b>R280</b> <b>60 Veggie Caps</b> (550mg) (1 month supply)</p>
	<p><b>MCT Powder</b> (Primarily C8 (Caprylic Acid) and C10 (Capric Acid) 75% Coconut Oil (MCTs) 25% Carrier (Corn Fiber)</p>	<p>Boosts <b>metabolism</b>, Suppresses appetite, Supports <b>ketosis</b>, Fast <b>energy</b> source (pre-workout fuel, no blood sugar spikes) Prevents <b>muscle</b> <b>breakdown</b>, Enhances <b>recovery</b>, <b>muscle</b> <b>repair</b> post-workout. Improves <b>mental</b> <b>clarity &amp; focus</b>. Reduces brain fog, Supports <b>gut microbiome</b>, Easy on digestion. <b>MCT Powder is ideal for those</b> <b>looking for quick energy, muscle gain,</b> <b>weight loss, or cognitive support</b>.</p>	<p><b>R250</b> <b>300g</b> (1-2 months supply)</p>
	<p><b>Berberine</b> Berberis Vulgaris Powder (Barberry Powder)</p>	<p>Improves insulin sensitivity &amp; <b>reduces glucose spikes</b>, Supports gut health &amp; relieves bloating, Helps <b>cleanse the liver &amp; improves bile</b> <b>flow</b>, Antioxidant &amp; Anti-inflammatory Supports <b>Weight Loss</b> - Helps <b>regulate</b> <b>metabolism &amp; fat-burning</b></p>	<p><b>R170</b> <b>60 Veggie Caps</b> (500mg) (1-2 months supply)</p>

# ELITE TRIO FOR STRENGTH, HORMONES & HEALTH

Whether you're looking to **boost energy, balance hormones, support reproductive health, or enhance overall vitality**, these natural supplements is your daily foundation for **strength, and stamina for both men and women.**



## SUPER SHILAJIT

### For Vitality, Clarity and Resilience

Unlock ancient energy with our high-potency 10:1 Shilajit Extract, delivering the power of 5,000mg raw shilajit per capsule, standardized to 20% fulvic acid for maximum absorption.

- ✔ Boosts energy & stamina
- ✔ Sharpens focus, brain function & memory
- ✔ Supports immunity & inflammation
- ✔ Aids mineral absorption & detox
- ✔ Reduces stress, balances hormones in men (testosterone) & woman



## TONGKAT ALI

### A powerful supplement for Energy, Testosterone and Vitality

A powerful herbal supplement used to naturally support hormone balance, energy, and libido especially in men over 40 or anyone dealing with fatigue or low testosterone.

- ✔ Boosts energy & endurance
- ✔ Increases free testosterone
- ✔ Enhances libido & performance
- ✔ Reduces stress & anxiety
- ✔ Supports weight management
- ✔ Balances hormones in men & women

NB: NOT FOR PREGNANT WOMAN



## SHATAVARI

### Natural support for health, hormones & digestion

Shatavari is a Ayurvedic herb known for its powerful support of the female reproductive system, digestive health, and emotional wellbeing.

- ✔ Boosts milk production in lactating moms
- ✔ Balances hormones & eases PMS
- ✔ Supports fertility & menopause relief
- ✔ Soothes digestive inflammation & acidity
- ✔ Helps with PCOS, hormonal acne & mood

NATIONWIDE DELIVERY

## NUTRITIONAL SHAKE OR MEAL REPLACEMENT



### Plant-Based Superfood Nutritional Shake or Meal – Variety Pack

Includes six delicious flavours: **Chocolate Ganache Cake, Creamy Caramel, Strawberry Marshmallow, Creamy Vanilla, Banana Toffee, and Green Apple**

Enjoy all your favourite flavours in one convenient Variety Pack. Our Plant-Based Superfood Nutritional Shake **blends moringa, baobab, and fulvic acid to support energy, immunity, digestion, and overall wellness.**

Perfect as a quick breakfast, healthy snack, or convenient meal replacement. Each serving also provides **vitamins, minerals, antioxidants, amino acids, and prebiotic fibre to support daily nutrition.**

**Powder 300g  
(6X60g servings)**

**R125**



### Chocolate Ganache Cake – Plant-Based Superfood Nutritional Shake or Meal

Support your health naturally with the Anchor Health Plant-Based Superfood Nutritional Shake. A delicious Chocolate Ganache Cake nutritional shake packed with **moringa, baobab, fulvic acid, vitamins, minerals, antioxidants, amino acids, and prebiotic fibre**

Perfect as a quick breakfast, healthy snack, or convenient meal replacement. Each serving also provides **vitamins, minerals, antioxidants, amino acids, and prebiotic fibre to support daily nutrition.**

**Powder 1.5 KG  
(1-3 months supply)**

**R290**



### Creamy Vanilla – Plant-Based Superfood Nutritional Shake or Meal

Support your health naturally with the Anchor Health Plant-Based Superfood Nutritional Shake. A delicious Chocolate Ganache Cake nutritional shake packed with **moringa, baobab, fulvic acid, vitamins, minerals, antioxidants, amino acids, and prebiotic fibre**

Perfect as a quick breakfast, healthy snack, or convenient meal replacement. Each serving also provides **vitamins, minerals, antioxidants, amino acids, and prebiotic fibre to support daily nutrition.**

**Powder 1.5 KG  
(1-3 months supply)**

**R290**



### Strawberry Marshmallow – Plant-Based Superfood Nutritional Shake or Meal

Support your health naturally with the Anchor Health Plant-Based Superfood Nutritional Shake. A delicious Chocolate Ganache Cake nutritional shake packed with **moringa, baobab, fulvic acid, vitamins, minerals, antioxidants, amino acids, and prebiotic fibre**

Perfect as a quick breakfast, healthy snack, or convenient meal replacement. Each serving also provides **vitamins, minerals, antioxidants, amino acids, and prebiotic fibre to support daily nutrition.**

**Powder 1.5 KG  
(1-3 months supply)**

**R290**

## TINCTURES



### Lion's Mane Mushroom Liquid Extract

(Nootropic)  
Double Extract  
(Fruiting Bodies Only)

*Well-tolerated & safe but avoid with blood-thinning medications, having bleeding disorders or if allergic to mushrooms or being pregnant. Two weeks prior or post surgery. Not for children under 18 years of age, unless advised by a health care professional. Strictly not for ages under 12 years.*

**Neuroprotector**, Nootropic, Brain Health, **Memory & Focus**, Cognitive Function, Mental Clarity, **New Nerve Growth (NGF)**, Nervous System Support. Anxiety, Stress & Depression Support, Emotional Balance, **Calm Mood**. Alzheimer's, Dementia & **Age-Related Cognitive Decline Protection**. Nervous System Repair, **Nerve Regeneration, Brain Fog Relief**. **Antioxidant, Anti-Inflammatory, Digestive & Gut Lining Support, Ulcers. Blood Sugar Balance, Heart Health, Immune System Support.** Long-Term Neural Nourishment.

**R180**  
**50ml**

## BREATHING / DIGESTIVE ENZYMES



### Bromelain

(Made from Pineapples)

*Well-tolerated but avoid with blood-thinning medications, having bleeding disorders or if allergic to pineapples & when pregnant).*

**Protein Digestive & Breathing Enzyme**, Inflammation & Swelling, **Wound Healing**, Digestion, Muscular & Joint Pain, Heart Health, **Reducing cause of Allergies**, Asthma & Sinus, Immune Booster.

**R210**  
**90 Caps**  
(500mg)  
(1-2 months supply)



### Full Spectrum Digestive Enzyme Complex

*Consult your healthcare professional before use if pregnant, breastfeeding, taking medication, or managing a medical condition. Avoid use if allergic to pineapple (Bromelain). If taking blood thinners, seek medical advice before use. Discontinue use 1-2 weeks before surgery. Keep out of reach of children.*

Support healthy digestion and everyday gut comfort with our Full Spectrum Digestive Enzyme Complex. Featuring Amylase, Protease, Lipase, Lactase, Bromelain, Cellulase, Xylanase, and Mannase to help **break down proteins, fats, carbohydrates, dairy, and fibre**. Supports **nutrient absorption** and helps **reduce bloating, heaviness, and digestive discomfort after meals**.

**R230**  
**60 Veggie Caps**  
(500mg)  
(1-2 months supply)



### Nasal Spray Alkaline Herbal Tonic

(Himalayan Salts)  
(Alkaline Nasal Hydration  
& Sinus Support)

*Well-tolerated but avoid if allergic to any ingredients, if you have severe nasal irritation or recent nasal surgery, and discontinue if unusual irritation occurs. Use as directed. (Essential oils: Chrysanthemum, Frankincense, Peppermint, Myrrh, Geranium, Cedarwood, Cinnamon, Citronella, Neem, Coconut, Oregano, Garlic extract, Corn)*

Alkaline Nasal Hygiene & Sinus Health, **Nasal Congestion & Blocked Nose Relief**, **Sinus Pressure** & Irritation, Clear Breathing & Airflow. Moisturises & Soothes Dry, Inflamed Nasal Passages, Mucus Liquefaction & Nasal Cleansing, **Upper Respiratory Support**, **Allergy & Cold Relief, Natural Immune Defence, Anti-inflammatory & Anti-Microbial Support.** Gentle Daily Nasal Care, Respiratory Comfort & Enhanced Airway Function.

**R80**  
**30ml**

## ANTI-INFLAMMATORY & PAIN



### Rapid Relief Roll-on

(‘Cinnamon Stick’, Pure Cinnamon  
Bark Oil+MCT Oil)

(Fights Pain & works in seconds)

**Anti-inflammatory**, Muscle / Joint pain, Gout, Arthritis, Injuries, **Swelling**, Antibacterial & Antifungal, Improves **Blood Circulation**, Immune System.

**R100**  
**10 ml**



### Organic Castor Oil - Cold Pressed

(Hexane-free, Vegan friendly Pure  
Cold Pressed Oil, Certified Organic)

*Caution: May induce labour*

Immune System, **Anti-inflammatory**, Antimicrobial, **Lymphatic Stimulant**, Arthritis Treatment, Cysts & Tumours, Acne, Fine Lines & Wrinkles, Increases Circulation, Menstrual Cramps, Wounds & Abrasions, Constipation, Skin Tags, Mouth Pulling.

**R140**  
**200 ml**

**R230**  
**500ml**

# HIGHLY ABSORBABLE CURCUMIN EXTRACT

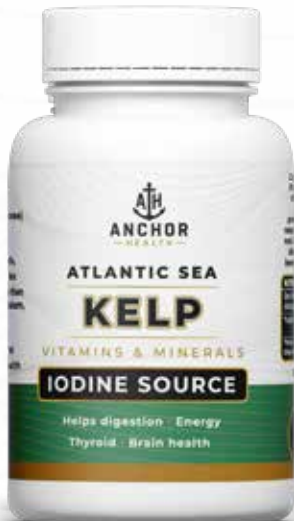


**Promote joint comfort mobility, and overall wellness naturally.**

Curcumin C3 Complex® is a premium, non-irradiated and patented form of curcumin. It has the highest absorption of any curcumin on the market (95% absorption of curcuminoids). Increased absorption with Bioperine® (a patented form of Piperine).

- ✓ **Advanced Anti-Inflammatory Support**
- ✓ **Supports Joint Comfort & Mobility**
- ✓ **Powerful Antioxidant Protection**
- ✓ **Supports Brain & Cognitive Health**
- ✓ **Promotes Heart & Cellular Wellness**
- ✓ **Supports Healthy Digestion**

# POWERFUL OCEAN MINERALS FOR FULL-BODY WELLNESS



**A powerful mineral-rich supplement**

Packed with iodine, antioxidants, 46 Minerals, 16 Amino Acids & 11 Vitamins to support:

- ✓ **Thyroid & immune function**
- ✓ **Energy & metabolism**
- ✓ **Hair, skin & nail health**
- ✓ **Bone strength & digestion**
- ✓ **Natural weight support**
- ✓ **Boosts Energy**

*100% Natural & Additive Free*

**NATIONWIDE DELIVERY**

## FOODS & OILS

	<p style="text-align: center;"><b>Macadamia Nut Oil</b>          Made from 100%          Roasted Macadamia nuts          (Extra Virgin – Cold Pressed)          Gluten &amp; Sugar Free</p> <p style="text-align: center;"><i>Caution: Allergens to Tree Nuts</i></p>	<p><b>High in monounsaturated</b> fats low in saturated fats. Good source of dietary protein. Free of dietary cholesterol. High in dietary fibre.</p> <p><b>Rich in phytochemical that as antioxidants.</b> Rich in vitamins <b>A, E, B6, niacin &amp; folate.</b> Provide minerals such as magnesium, zinc, plant iron, calcium, copper, selenium, phosphorus, potassium, thiamin, riboflavin, niacin, &amp; folates.</p> <p><b>Contains Omega 3, 6 &amp; 7</b></p>	<p style="text-align: center;"><b>R140</b>  <b>500ml</b></p>
	<p style="text-align: center;"><b>Walnut Oil</b>          Made from 100% Walnuts          (Extra Virgin – Cold Pressed)          Gluten &amp; Sugar Free</p> <p style="text-align: center;"><i>Caution: Allergens to Tree Nuts</i></p>	<p><b>Extra Virgin Walnut Oil – Cold Pressed, Premium South African Quality.</b> Delicately nutty and rich in <b>antioxidants and plant-based Omega-3s, this cold-pressed oil supports heart, brain, skin, and overall wellness.</b> Locally made using a gentle, heat-free process, it's pure, vegan, and additive-free – perfect for salads, dressings, gentle cooking, or as a daily supplement.</p>	<p style="text-align: center;"><b>R180</b>  <b>500ml</b></p>
	<p style="text-align: center;"><b>Pecan Nut Oil</b>          Made from 100% Raw Pecan Nuts          (Extra Virgin – Cold Pressed)          Gluten &amp; Sugar Free</p> <p style="text-align: center;"><i>Caution: Allergens to Tree Nuts</i></p>	<p><b>Extra Virgin Pecan Nut Oil – Cold Pressed, Premium South African Quality.</b> Golden, smooth, and naturally nutty, this cold-pressed oil is rich in monounsaturated fats, antioxidants, and <b>Vitamin E to support heart, brain, skin, and overall wellness.</b> Locally made using a gentle, heat-free process, it's pure, vegan, and additive-free – perfect for salads, dressings, baking, light sautéing, or as a daily health supplement.</p>	<p style="text-align: center;"><b>R140</b>  <b>500ml</b></p>
	<p style="text-align: center;"><b>Avocado Oil</b>          Made from 100% Ripe Avocados from perfectly ripe, South African Haas avocados – not the seed, but the rich green pulp where the good fats live. That's what gives our oil its vibrant green hue, smooth and nutty, buttery flavour.          Gluten &amp; Sugar Free</p> <p style="text-align: center;"><i>Caution: Allergens to Tree Nuts</i></p>	<p><b>Extra Virgin Avocado Oil – Cold Pressed, Premium South African Quality.</b> Smooth, buttery, and nutrient-rich, this cold-pressed oil is high in monounsaturated fats, antioxidants, and <b>Vitamin E to support heart, skin, eye, and overall wellness.</b> Locally made with a gentle, heat-free process, it's pure, vegan, and additive-free – perfect for salads, dressings, baking, and high-heat cooking like frying, sautéing, and roasting, or as a daily health supplement.</p>	<p style="text-align: center;"><b>R180</b>  <b>500ml</b></p>
	<p style="text-align: center;"><b>Olive Oil</b>          Made from 100% Olives          (Extra Virgin – Cold Pressed)  <b>Karoo Gold 2025 Harvest</b></p> <p style="text-align: center;">Gluten &amp; Sugar Free</p> <p style="text-align: center;"><i>Caution: Allergens to Tree Nuts</i></p>	<p><b>Extra Virgin Olive Oil – Cold Pressed, Premium Quality from South Africa.</b> Perfect for gourmet cooking and everyday wellness.</p> <p><b>A Nutrient-Dense Superfood Oil Supports Heart Health – Rich in monounsaturated fats to promote healthy cholesterol levels</b></p> <p><b>Bone &amp; Brain Health – A natural source of Vitamin K for strong bones and cognitive support</b></p> <p><b>Anti-Inflammatory Properties</b></p>	<p style="text-align: center;"><b>R180</b>  <b>500ml</b></p>

## FOODS & OILS

	<p><b>Macadamia Nut Butter</b> Crunchy: Made from 100% roasted Macadamia nuts. (Unsalted &amp; Unsweetened). Gluten &amp; sugar free. Contains no GMO products.</p> <p><i>Caution: Allergens to Tree Nuts</i></p>	<p>High in monounsaturated fats low in saturated fats. Good source of dietary protein. <b>Free of dietary cholesterol.</b> High in dietary fibre. Rich in phytochemical as antioxidants. <b>Rich in vitamins E, B6, niacin &amp; folate.</b> Provide minerals such as magnesium, zinc, plant iron, calcium, copper, selenium, phosphorus &amp; potassium.</p>	<p><b>R100</b> <b>500g</b></p> <hr/> <p><b>R180</b> <b>1Kg</b></p>
	<p><b>Honey Raw</b> (100% Natural Raw – Multi Flora – Local RSA)</p>	<p>Variety of nutrients, including <b>vitamins (B2, B3, B5, B6, C), minerals (calcium, iron, magnesium, phosphorus, potassium, zinc),</b> &amp; antioxidants. <b>Antibacterial &amp; anti-fungal Properties,</b> digestive health, prebiotic properties, allergy relief, Improves heart health, anti-inflammatory properties.</p>	<p><b>R130</b> <b>500g</b></p>
	<p><b>Omega 3, 6, 7 &amp; 9</b> Extra Virgin – Cold Pressed Walnut, Pecan, Macadamia, Avo &amp; Olive Oil Blend.</p> <p><i>Caution: Allergens to Tree Nuts &amp; Avo</i></p>	<p>Rich in <b>Omega-3, 6, 7 &amp; 9 fatty acids</b> for heart health, brain function, skin health &amp; healthy metabolism. <b>Super Antioxidant properties</b> containing ellagic acid &amp; <b>melatonin.</b> Rich in vitamins &amp; minerals. High in monounsaturated fats. Contains polyphenols &amp; <b>vitamin E &amp; A.</b> High in <b>oleic acid for lowering bad cholesterol</b> &amp; raising good cholesterol. Anti-inflammatory &amp; Immune boosting. <b>Eye &amp; bone</b> health. <b>RNA &amp; DNA</b> production.</p>	<p><b>R180</b> <b>500ml</b></p>
	<p><b>Pure Peruvian Cacao</b> 100% Organic Premium Grade Rich, Velvety Flavour Antioxidant &amp; Mineral Packed</p>	<p><b>Pure Peruvian Cacao – 100% organic, premium-grade cacao sourced from the fertile valleys of Peru.</b> Grown at high altitudes in mineral-rich soil, it delivers a deep, velvety chocolate flavour with fruity and earthy notes. Sustainably harvested from small farms, it's free from pesticides and additives, packed with <b>antioxidants, magnesium, iron, and flavonoids</b> for <b>heart, brain, and overall wellness.</b> Naturally <b>energizing, it enhances mood, focus, and vitality</b> without caffeine crashes.</p>	<p><b>R160</b> <b>200g</b></p>

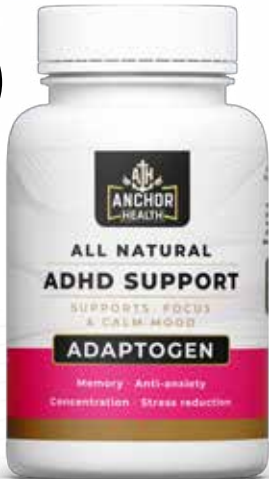
*Disclaimer: 'Note that the products in the list is a complimentary medication & is not intended to cure or treat any disease' – has not been evaluated by the SAPHRA –*

*Consult your Health Care Practitioner, especially if you are taking chronic medication, having a chronic disease or when pregnant or breastfeeding.*

*Also we do not provide official medical advice. (See website for possible interactions).*

# — NATURAL SUPPORT FOR — FOCUSED, CALMER MINDS

60  
VEGGIE  
CAPS



## Focus Better. Think Sharper. Stress Less.

A gentle, non-addictive supplement designed to support attention, calmness, and cognitive function naturally.

- ✓ Non-addictive & safe for daily use
- ✓ Boosts focus, memory & learning
- ✓ Dopamine & serotonin balance
- ✓ Eases anxiety, stress & mental fatigue
- ✓ Enhances brain communication

### Perfect for:

- Adults & children 6+ needing support with focus & attention
- Those wanting a natural alternative to conventional meds
- Anyone managing stress, burnout, or cognitive fatigue

# — EVERY BITE — A PURE DELIGHT

500g  
or  
1kg




## Creamy or Crunchy? Nutrient-Packed.

Locally sourced and naturally delicious, our Macadamia Nut Butter is loaded with healthy fats, fibre, and plant-based protein—perfect for toast, smoothies, oats, or by the spoonful!

- ✓ Heart-healthy monounsaturated fats
- ✓ Excellent source of protein & fibre
- ✓ Rich in Vitamins E, B6, niacin & folate
- ✓ Rich in antioxidants & essential minerals
- ✓ Low GI & low in net carbs
- ✓ No sugar, salt, oils, stabilisers, or additives

Vegan | Gluten-Free | GMO-Free | Preservative-Free

NATIONWIDE DELIVERY



**Immunity & Defence**  
**Detox & Energy**  
**Brain & Nervous System**  
**Restore & Organ Health**  
**Muscle, Collagen & Performance**  
**Magnesiums & Minerals**  
**Gut Health & Digestion**  
**Anti-Inflammatory & Pain Relief**  
**Herbal Tinctures & Extracts**  
**Functional Foods & Oils**

**NATIONWIDE DELIVERY**