



# HEALTH GARDE

WESTERN AFRICA



PRODUCT GUIDE 2022



**HEALTH GARDE**  
INTERNATIONAL



*Earthy Goodness*

OUR PRODUCT RANGE IS FULLY ENDORSED BY NAFDAC

## OUR PRODUCT PROMISE

It's not just what we put in our products that makes them superior, it's what we choose to formulate without. We integrate the most beneficial botanical ingredients from nature with the principles of green chemistry – we craft products with integrity, expertise and innovation. And we do it responsibly, taking care of our earth at the same time.

Prior to distribution, many products undergo hundreds of tests. Extensive testing ensures the utmost quality throughout a product's lifecycle. Manufacturing of our products have received International Good Manufacturing Practices (GMP) registration which verifies that proper methods, equipment, and controls is in place to produce the highest quality dietary supplement products.

Our values have always been deeply rooted in the four essential deliverables we demand of every product we sell.

### EACH PRODUCT MUST BE:

- |                       |  |
|-----------------------|--|
| <b>1 SAFE</b>         | It cannot risk damaging our health in any way.   |
| <b>2 EFFECTIVE</b>    | It's got to do the job extremely well.   |
| <b>3 ECO-FRIENDLY</b> | It's concentrated to reduce waste, safe for the environment, and uses biodegradable ingredients. |
| <b>4 AFFORDABLE</b>   | It has to offer good value for money.  |





# THE HEALTHGARDE *Difference*

**Healthgarde acknowledges the wealth of wellness that is in nature and brings that in environmentally safe ways to boost natural wellness sourced by nature.**

**Herbal medicine aims to return the body to a state of natural balance so that it can heal itself.**

Different herbs act on different systems of the body and can sometimes be more effective than pharmaceuticals

**Herbal medicines tend to be safer than pharmaceuticals.**

In the process of separating out plant compounds from the essential nutrients and other beneficial substances found naturally alongside the original compound in plants and then attempting to recreate these naturally occurring compounds in the laboratory—the list of side effects tends to grow. When used correctly in the correct form, most herbal medicines have an extensive history of safety.

**Most herbs contain dozens and sometimes hundreds of healing compounds.**

These compounds tend to work best and cause the fewest side effects when used in synergy. As a result it is almost always better to take herbal medicines that use the whole, medicinal parts of the plant, such as teas or tinctures (alcohol extracts) rather than a single compound isolated in a laboratory.

**Many of our popular extracts include:**



ALOE



BUCHU



TURMERIC



DANDELION



MARIGOLD



GREEN TEA



PELARGONIUM



GINGER



ECHINACEA



MORINGA

## WHICH PRODUCT TO USE?

The overall wellness products shown below should be the basics of daily supplementation to ensure your health and vitality. Specific conditions require specific nutritional supplements that have been scientifically developed to meet the your daily needs. These can be added to your daily overall wellness supplementation.

### OVERALL WELLNESS

MULTI VITAMIN & MINERALS	OMEGA-3	IMMUNE BOOSTERS
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### ADULT OVERALL WELLNESS - TO BE USED DAILY

Multivite for Men & Women with Moringa	Wellness Booster	8-9
Omega Plus with Omega 3,6 & 9	Body Booster & Inflammation Nurse	10-11
Aloe Vite with Green Tea, Ginseng & Sutherlandia	Immunity Protector	12-13
Pro B: 9-strain Probiotic	Gut & Immune Protector	14-15

### ADULT SPECIALITY WELLNESS - TO BE USED FOR SPECIAL CONDITIONS

40+ for Men with Saw Palmetto	Prostate Vitality	24-25
40+ for Women with Soya	Menopause Buster	26-27
A&R Garde with MSM & Glucosamine	Joint & Bone Nurse	36-37
African P + Moringa with Cayenne Pepper	Heart Protector & Inflammation Nurse	32-33
Buch Detox with Tumeric, Ginger, Dandelion & Black Walnut	Detox Booster	22-23
CalMag Plus with Vitamin D & Zinc	Bones & Joint Booster	28-29
Calmeeze with Valerian	Calm Booster	48-49
Defender with Grape Seed & Echinacea	Immunity Booster	20-21
Dia Garde with Red Leaf Vine & Cinnamon	Blood Glucose Nurse	46-47
Eyegarde with Marigold Extract & Beta Carotene	Eyesight Booster	44-45
Flat Tummy Tea with Green Rooibos, Honey Bush, Ginger & Senna	Tummy Nurse	52-53
Hair, Skin & Nails with Collagen	Beauty Booster	50-51
Kardio Garde with Vitamin K2 & D3	Heart Assist	34-35
Marina Spa Wonder Liquid with Bio Seaweed & Licorice Root	Immunity Warrior	18-19
Memory Garde with L-Tyrosine & Choline	Brain Booster	38-39
Refresh Tea with Green Rooibos, Ginger & Chilli	Immunity Nurse	54-55
Revive Tea with Green Rooibos, Fennel, Turmeric & Aniseed	Vitality Nurse	56-57
Rockgarde with Kola Nut & Horny Goat Weed	Libido Booster for Men & Women	42-43
Seavital with Kelp and BitterLeaf Extract	Digestive Nurse	40-41
Stress Garde with B-Vitamins & Vitamin C	Stress Buster	30-31

### WEIGHT WELLNESS WITH SLIMGARDE

Slimgarde Kickstart	Fat Detox Nurse	64-65
Slimgarde CLA	Fat Buster	66-67
Super Cider Plus	Fat Flusher	68-69
Slimgarde Protein Shake	Weightloss Accelerator	70-71
Slimgarde Flat Tummy Pack: Kickstart, Super Ciderx2, CLA, leaflet	Loose 4 kgs in 4 weeks with a scientific flat tummy Slimgarde plan	64-71

### CHILDREN OVERALL WELLNESS

Kidgarde Gummies	Growth Booster	60-61
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### BEAUTY GARDE - BEAUTY FROM NATURE

Hand Cream with Hibiscus & Lemongrass	Hand Protector	76-77
Body Cream with Hibiscus, Lemongrass & Grapefruit	Skin Protector	78-79
Liquid Gold with Royal Jelly, Turmeric & Gold Glycerine	Even-tone Skin Rejuvenator	74-75



OVERALL WELLNESS



Wellness Booster  
**MULTI VITE**

**MEN & WOMEN**

with 25 Vitamins & Minerals  
& Moringa

The Healthgarde Multivite has been scientifically formulated to provide you with 25 vitamins and minerals that are essential for overall wellbeing. We all struggle with busy life styles and struggle to eat healthy, which results in us not consuming sufficient Vit C, B-vitamins and minerals.

B-vitamins are key for energy and vitality. Multivite is essential for women as we lose iron with monthly periods and many minerals when having children.

Moringa is super rich in anti-oxidants to boost your immune system daily

**PRODUCT CODE** HW04



**BENEFITS**

This complex multi-vitamin and mineral supplement provides essential minerals and vitamins to help cellular health, which boost overall vitality and health. The formula contains B-vitamins and iron to boost energy, anti-oxidant rich Vitamin C, E and Zinc to help your immune system; and various nutrients to promote a healthy metabolism and muscle function.

**DIRECTIONS FOR USE:**

Take 1 tablet daily with food or as directed by your Healthcare Provider. Take with a meal.

**PRECAUTIONS:**

Do not use this product if you are hypersensitive to any of the ingredients. Not recommended for children below 12 years.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER TABLET	%**NRV
VITAMIN A	4000 IU	133.3%
VITAMIN E	15 IU	73.5%
VITAMIN D3	200 IU	33.3%
VITAMIN K2	30 mcg	25.0%
VITAMIN B1	1.4 mg	116.7%
VITAMIN B2	1.6 mg	123.1%
VITAMIN B3	18 mg	112.5%
VITAMIN B5	6 mg	120.0%
VITAMIN B6	2 mg	117.6%
VITAMIN B9	195 mcg	48.8%
VITAMIN B12	1 mcg	41.7%
VITAMIN C	60 mg	60.0%
IRON	10 mg	55.6%
D-BIOTIN	100 mcg	333.3%
CALCIUM	139 mg	10.7%
MAGNESIUM	50 mg	11.9%
SELENIUM	30 mcg	54.5%
PHOSPHORUS	85.5 mg	6.8%
MANGANESE	1 mg	43.5%
IODINE	0.1 mg	66.7%
ZINC	5 mg	45.5%
COPPER	0.5 mg	55.6%
POTASSIUM	40 mg	***
MOLYBDENUM	50 mcg	111%
CHROMIUM	40 mcg	114%
LUTEIN EXTRACT (1:20)	*250 mcg	***
MORINGA OLEIFERA	20 mg	***

**30 TABLETS**



**INCREASED ENERGY**

When you don't get enough vitamins, your body has to work harder to perform simple tasks, which can lead to fatigue and other health problems. Taking multivitamins and keeping a healthy lifestyle can keep you energetic and fit.



**IMPROVED MOOD**

Certain studies have shown that daily multivitamins have a positive effect on a person's mood and emotional well-being. Getting enough vitamins and minerals improves brain functions responsible for concentration and learning ability.



**REDUCE STRESS**

The body uses B-vitamins to convert food into energy, keeping the nervous system functioning properly, and reduce stress hormones. Taking multivitamins daily can replenish your body's supply.



**MAINTAIN STRENGTH**

Free radicals are mainly responsible for muscle aging-related problems. Taking multivitamins daily can help prevent certain conditions such as osteoporosis and arthritis.



OVERALL WELLNESS



*Body Booster & Inflammation Nurse*  
**OMEGA PLUS**

with Omega 3, 6 & 9

Omega 3, 6 and 9 fatty acids are important dietary fats. It is vital that all three are in balance to optimize their health benefits. Omega 3 and 6 fatty acids are called essential fatty acids as we can only obtain them from our diets by eating fatty fish at least 2-3 times per week.

**NATURAL SOURCES**

Fatty fish such as anchovies, salmon, sardines, mackerel and tuna.

**PRODUCT CODE** HW02



**BENEFITS**  
A special blend of clinically proven Omega 3, 6 and 9 essential oils combined with anti-oxidant rich garlic oil to support cell health and therefore overall body wellbeing. Combined, these fatty acids promote the health of the heart, brain, vascular system, skeleton and eyes. Ideal for pregnant women to support fetal eye and brain development. It can also assist with managing healthy cholesterol levels.

**DIRECTIONS FOR USE:**  
Take 2 softgel capsules daily with food or as directed. Take with a meal.

**PRECAUTIONS:**  
Not suitable for children below 4 years.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER SOFTGEL CAPSULE
FLAXSEED OIL	1200mg
PROVIDING:	
ALPHA LINOLENIC ACID	647mg
OLEIC ACID	263mg
LINOLEIC ACID	204mg
VITAMIN E	1.6mg

**30 SOFTGEL CAPSULES**



**OMEGA 3**  
**Silent Inflammation:**  
Omega-3 oils act as a natural anti-inflammatory agent to address inflammation that you cannot see, such as aching joints damage in arteries, etc.



**Healthy Hearts:**  
Reduce blood pressure levels and can raise good HDL cholesterol levels. Prevent blood platelets from clumping together causing blood clots which can lead to a stroke. Prevents plaque buildup that harden the arteries.



**Healthy Brain & Eye Development:**  
Omega 3 fatty acids account for 40% of polyunsaturated fats in your brain and 60% in the retina of your eye. Getting enough Omega 3's during pregnancy have proven to assist with higher intelligence, better communication and social skills, fewer behavioural problems, decreased risk of developmental delays, ADHD, autism and cerebral palsy.



**Supporting Mental Health:**  
Omega 3's can reduce the symptoms of depression, schizophrenia and bipolar disorder and reduce the risk of mental disorders.

**OMEGA 6**  
**Energy & Anti-Inflammatory:**  
Omega 6 is important in producing energy in your body and assisting your immune system to function properly.

**OMEGA 9**  
**Diabetes Friendly:**  
Omega 9 can be produced by your body and has been linked to improving insulin sensitivity and reducing inflammation.



OVERALL WELLNESS



Immunity Protector  
**ALOE VITE**

with Green Tea, Ginseng,  
Sutherlandia

A daily refreshing blend of anti-oxidants that  
boost the body's immune system to protect itself,  
combined with Ginseng for energy.



PRODUCT CODE HW01



**BENEFITS**  
This potent nutrient-rich supplement containing Aloe Ferrox, Vitamin C, Ginseng, Green Tea and Sutherlandia (a traditional African herb called the Cancer Bush), is a powerful wellness booster. It helps to improve the general health of the body, supports the digestive system, promotes a healthy immune system, thereby protecting against illness. Moringa Oleifera has been used for centuries in traditional remedies to boost the immune system.

**DIRECTIONS FOR USE:**  
Take 60ml daily or as directed by your Health Practitioner. 60 ml=4 tablespoons. Take with a meal.

**PRECAUTIONS:**  
Not recommended for children younger than 12 years. Pregnant and lactating mothers to consult with their Health Practitioner before use.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER 100 ml	PER 60 ml SERVING
ALOE FERROX 200:1	9 mg	5.4 mg
ALOE BITTERS	3 mg	1.8 mg
ASCORBIC ACID	45 mg	27 mg
GINSENG PANAX EXTRACT	27 mg	16.2 mg
SUTHERLANDIA EXTRACT	15 mg	9 mg
GREEN TEA POWDER	15 mg	9 mg
MORINGA OLEIFERA POWDER	1mg	0.6 mg

1 LITRE



**ALOE FERROX**  
Aloe Ferrox has been used in traditional medicine for many centuries to boost the immune system as it has strong anti-oxidant and anti-microbial properties.



**GREEN TEA**  
Green tea has strong antimicrobial properties from compounds called Catechins which have been proven to boost the body's natural immune system.



**SUTHERLANDIA  
(CANCER BUSH)**  
A traditional African herbal adaptogen which helps maintain health by increasing the body's ability to adapt to environmental and internal stress by strengthening the immune and nervous systems.



**GINSENG**  
Potent Anti-oxidant that helps to reduce inflammation and boost the immune system, as well as help fight tiredness and increase energy levels.



OVERALL WELLNESS



*Gut & Immune Protector*  
**PRO B**  
A 9-Strain Probiotic

Probiotics are “friendly bacteria” that are similar to the trillions of organisms that occur naturally in the digestive tract. Certain strains or types of probiotics have been proven to promote gut and immune health, as 70% of immune cells in the body reside in the gut. Probiotics are normally taken together with antibiotics , which kills both good and bad organisms and probiotics helps to replace the good ones.

- 1. PROMOTE GUT HEALTH
- 2. BULLETPROOF IMMUNE SYSTEM FUNCTION
- 3. SOOTHE SYMPTOMS OF IRRITABLE BOWEL SYNDROME
- 4. PREVENT & TREAT ANTIBIOTIC-ASSOCIATED DIARRHEA
- 5. BANISH DEPRESSION & ANXIETY
- 6. PROMOTE HEALTHY CHOLESTEROL

PRODUCT CODE HW03



**BENEFITS**  
A healthy gut ensures optimal absorption of all nutrients, including supplementation. This daily health probiotic formula contains 9- strains of probiotic flora that promotes gut health. 70% of the body's immune cells reside in the gut and gut health is key for these cells to operate optimally.

**DIRECTIONS FOR USE:**  
Take 1 capsule daily with food or as directed.  
Take with a meal.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER CAPSULE
STREPTOCOCCUS THERMOPHILUS	2 BN CFU
LACTOBACILLUS CASEI	2 BN CFU
LACTOBACILLUS ACIDOPHILUS	2 BN CFU
LACTOBACILLUS RHAMNOSUS	2 BN CFU
LACTOBACILLUS SALIVARIUS	2 BN CFU
LACTOBACILLUS PLANTARUM	2 BN CFU
BIFIDUS BIFIDUM	2 BN CFU
BIFIDUS BREVE	2 BN CFU
BIFIDUS LONGUM	2 BN CFU

CFU = Colony Forming Units    BN = Billion

30 CAPSULES



**IMMUNE SYSTEM FUNCTION**  
Probiotics regulate our natural and adaptive immune responses. 70% of our immune cells reside in our gut and gut health promotes these cells to optimally function and protect us against disease.



**GUT HEALTH**  
Probiotics are living organisms that help restore balance to the bacteria in the digestive tract, ensuring optimal gut health. They also help with with treating ulcers and improve absorption of nutrients, as well as preventing gas and cramps.



**DEPRESSION & ANXIETY**  
There's a strong connection between your gut, which refers to your gastrointestinal tract, and your brain. This connection is called the Gut-Brain Axis (GBA) . Gut health promotes a healthy positive mood.



**HEALTHY CHOLESTEROL**  
There is good evidence that certain probiotics, particularly Lactobacilli, can help reduce cholesterol. They do this by preventing formation and absorbtion of cholesterol as well as breaking it down.





## SPECIALITY WELLNESS



Special conditions require special nutrients to address and help those conditions.  
To be taken over-and-above Overall Wellness supplements



IMMUNE  
WARRIOR

# MARINA SPA® WONDER LIQUID

with Bio Seaweed  
& Licorice Root



PRODUCT CODE HW24



**Bio seaweed** that contains more than 50 nutrient provided by Mother nature Seaweed is rich in minerals, iodine for our energy metabolism and protective elements for improved immunity.



**Licorice root** assits to boost immunity, vitality, gut health and can even helps with pain relief.

Marina Spa Wonder liquid contains 7 herbal oils that helps to moisturize, renew and revitalize the body.



CASTOR OIL



CALENDULA OIL



LAVENDAR OIL



PEPPERMINT OIL



ROSEMARY &  
EUCALYPTUS OIL



AVOCADO OIL

## BENEFITS

Ascientifically formulated blend of Bio Seaweed extract, Licorice Root and various herbal oils to boost overall vitality.

## DIRECTIONS FOR USE:

Take 15ml per day with food for improved vitality and wellness. Can be applied to irritated skin for a soothing effect. Preferably keep in a refrigerator after opening. Take with a meal.

## PRECAUTIONS:

Not for children younger than 12 years old and consult your Health Practitioner if you are pregnant or lactating before use. Note: 15ml = 3 teaspoons. Contains Iodine.

## INGREDIENTS

AQUA, CASTOR OIL, MENTHOL (MENTHA ARVENSIS), AVOCADO OIL, PEPPERMINT OIL, SEAWEED EXTRACT, XANTHAN GUM, ROSEMARY OIL, LAVENDER OIL, CALENDULA EXTRACT, FOOD COLORANT, LICORICE ROOT (GLYCYRRHIZA GLABRA), EUCALYPTUS OIL, POTASSIUM SORBATE, SODIUM BENZOATE, EDTA

250 ML

## 7 LICORICE ROOT BENEFITS

### 1. HEARTBURN

An extract of Glycyrrhiza glabra was found to be effective against functional dyspesia, which includes not only heartburn but indigestion, nausea and stomach pain.

### 2. LEAKY GUT

As an anti-inflammatory and demulcent (soothing) herb, licorice root protects against ulcerative disorders and can be a beneficial weapon in the battle for gut health.

### 3. ADRENAL FATIGUE

Licorice can help the body to more effeciently regulate cortisol - the stress hormone - giving your adrenals a break.

### 4. IMMUNITY

Licorice is emerging as a prominent player in the search for treatment and prevention for diseases like Hepatitis C, HIV, and influenza. The triterpenoid content has been confirmed as an anti-viral, making licorice extract a potentially strong partner for the immune system.

### 5. COUGH/SORE THROAT

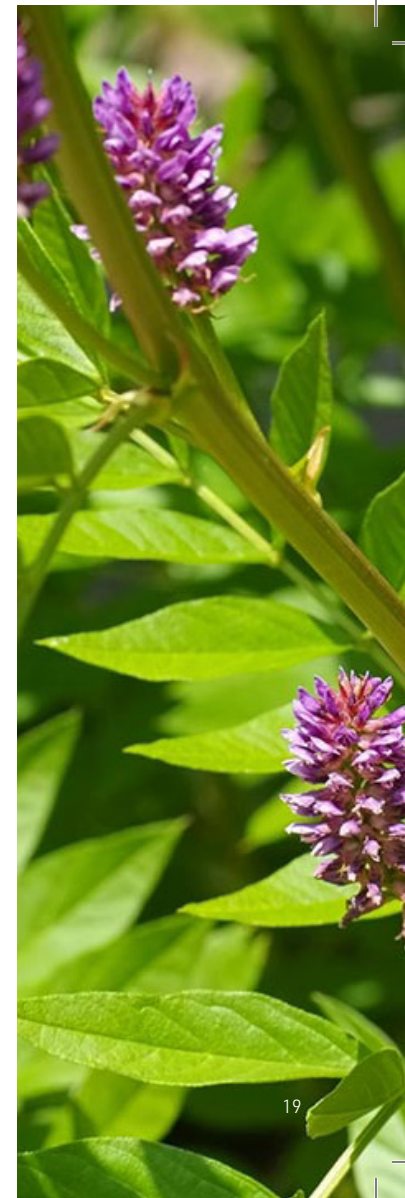
Licorice root is an effective expectorant helping to loosen and expel mucous that the cough is trying to eliminate, its soothing demulcent, anti-inflammatory properties can bring relief to an irritated sore throat.

### 6. PMS/MENOPAUSE

Licorice root also appears to have an Estrogen-like effect in wome, lending itself as an option for menstrual and fertility related concerns. For menopausal hot flashes, licorice was shown to be better thantn hormone replacement therapy and reducing the duration of hot flashes.

### 7. PAIN RELIEF

As an antispasmodic, licorice can have an effect on cramps both abdominally and potentially in the muscles, as well. Topically, licorice can sooth pain associated with excema and other dermal conditions as it acts as a hydrocortisone.





# Immune Booster DEFENDER

with Grape Seed & Echinacea

A herbal formula that strengthen the body's immune system to protect against disease.

PRODUCT CODE HS03



## BENEFITS

This anti-oxidant rich formulation of selected Vitamins, Minerals, Bioflavonoids, Grape Seed extract and Selenium helps to boost the body's natural immune system, especially in time of chronic stress. The formula helps the body's ability to detoxify and neutralize the damaging effects of free radicals and harmful agents that can lead to disease.

## DIRECTIONS FOR USE:

Take 2 capsules daily with food or as directed. Take with a meal.

## PRECAUTIONS:

Not recommended for pregnant women, breastfeeding mothers and children below 12 years.

## NUTRITIONAL VALUE (ACTIVE INGREDIENTS)

GRAPE SEED EXTRACT  
ASCORBIC ACID (VITAMIN C)  
BIOFLAVONOIDS (CITRUS) 35%  
VITAMIN E  
ZINC GLUCONATE  
SELENIUM AAC 0.2%  
ECHINACEA 4:1

## PER CAPSULE

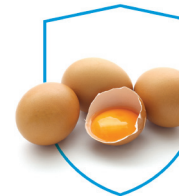
250mg  
30mg  
30mg  
15mg  
17.5mg  
0.5mg  
40mg

30 TABLETS



## GRAPESEED

Grapeseed is super rich in anti-oxidants called flavanols that have been proven to help heart, bone and skin health and promote quicker healing.



## CALCIUM

Calcium helps maintain heart, bone and teeth health. It also helps to maintain healthy alkaline ph levels in the body.



## ZINC

Zinc is important for heart and bone health and boosts immunity and energy.



## SELENIUM

Selenium is one of the strongest free radical scavengers which boosts the immune system to protect the body against disease.



## SPECIALITY WELLNESS



# Detox Booster BUCHU DETOX

with Turmeric, Ginger, Dandelion,  
Black Walnut

A herbal blend to help the body's natural detox  
system function better, thereby helping your  
immune system.



**PRODUCT CODE** HS11



### BENEFITS

This cleansing formula combines the health  
benefits of Buchu (an African herb) with strong  
anti-oxidant Turmeric, Ginger, Dandelion and  
Black Walnut to help with detoxification of the  
body. It helps to improve gut health and nutrient  
absorption in the gut.

### DIRECTIONS FOR USE:

Take 60ml daily or as directed by your Health  
Practitioner. 60 ml = 4 Tablespoons. Take with  
a meal.

### PRECAUTIONS:

Not suitable for pregnant women,  
breastfeeding mothers, or children below  
12 years of age.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER 100 ml	PER 60 ml SERVING
BUCHU EXTRACT	1000 mg	600 mg
TURMERIC POWDER	400 mg	240 mg
ASCORBIC ACID (VITAMIN C)	300 mg	180 mg
GINGER ROOT EXTRACT	300 mg	180 mg
DANDELION POWDER	200 mg	120 mg
BLACK WALNUT	100 mg	60 mg

**1 LITRE**



### BUCHU

Buchu is a traditional herbal plant  
from South Africa and has been  
used for centuries as a remedy for  
indigestion, urinary tract infections  
and acute inflammation.



### DANDELION

Dandelion promotes urinary health  
and has strong anti-viral properties.



### GINGER

Ginger contains anti-oxidant-like  
compounds called phytonutrients  
that protects and fights  
inflammation in the body.



### TURMERIC

Turmeric contains an active anti-  
oxidant called curcumin that has  
strong anti-inflammatory properties  
that protect the body.



*Menopause Buster*  
**40 PLUS**  
FOR WOMAN  
with Soya

Many symptoms of menopause occur as a result of falling Estrogen levels in the body, resulting in symptoms such as hot flushes, night sweats and failing bones.

**SOYA ISOFLAVONES**  
Are a group of naturally occurring materials that mimic the overall shape of Estrogen in the body. In many ways they can be thought of as plant-based Estrogen alternatives.

PRODUCT CODE HS02



**BENEFITS:**  
Isoflavones from soya beans have been used in traditional Eastern medicine for 500+ years and has been reported to provide a number of health benefits. These include the promotion of heart health and the maintenance of bone health in post-menopausal women, as well as help to alleviate menopause symptoms.

**DIRECTIONS FOR USE:**  
Take 1 tablet daily with meals or as directed. Take with a meal.

**PRECAUTIONS:**  
Not recommended for pregnant women, breastfeeding mothers and children below 18 years.

NUTRITIONAL INFORMATION (INGREDIENTS)	PER CAPSULE
VITAMIN C (ASCORBIC ACID)	67mg
MAGNESIUM OXIDE HEAVY	63,7mg
SOYA ISOFLAVONES	50mg
VITAMIN B6 (PYRIDOXINE)	39,5mg
VITAMIN B2 (RIBOFLAVINE)	32,5mg
VITAMIN E	13mg
VITAMIN B3 (NICOTINAMIDE)	6,5mg
VITAMIN B12 (COBALAMINE)	6,5mg
ZINC OXIDE	5,040mg
VITAMIN D3	5mg
THIAMINE (VITAMIN B1)	1,2mg
CALCIUM-D-PANTOTHENIC ACID	4,2mg
VITAMIN A	0,585mg
VITAMIN B9 (FOLIC ACID)	0,065mg
VITAMIN B6 (BIOTIN)	0,035mg

30 TABLETS



**MENOPAUSE**  
Soya Isoflavins help to raise estrogen levels naturally in menopausal women, which can experience a drastic estrogen reduction.



**OSTEOPOROSIS**  
Soya Isoflavins help increase bone mineral density, especially in menopausal women and thereby helps to reduce the risk of osteoporosis.



**HEART HEALTH**  
Soy contains omega-3 fats and essential polyunsaturated fats. Omega-3 fats are linked to a lower risk of cardiovascular diseases.



**BLOOD PRESSURE**  
Soya contains amino acids that can help to promote heart health in women.



SPECIALITY WELLNESS

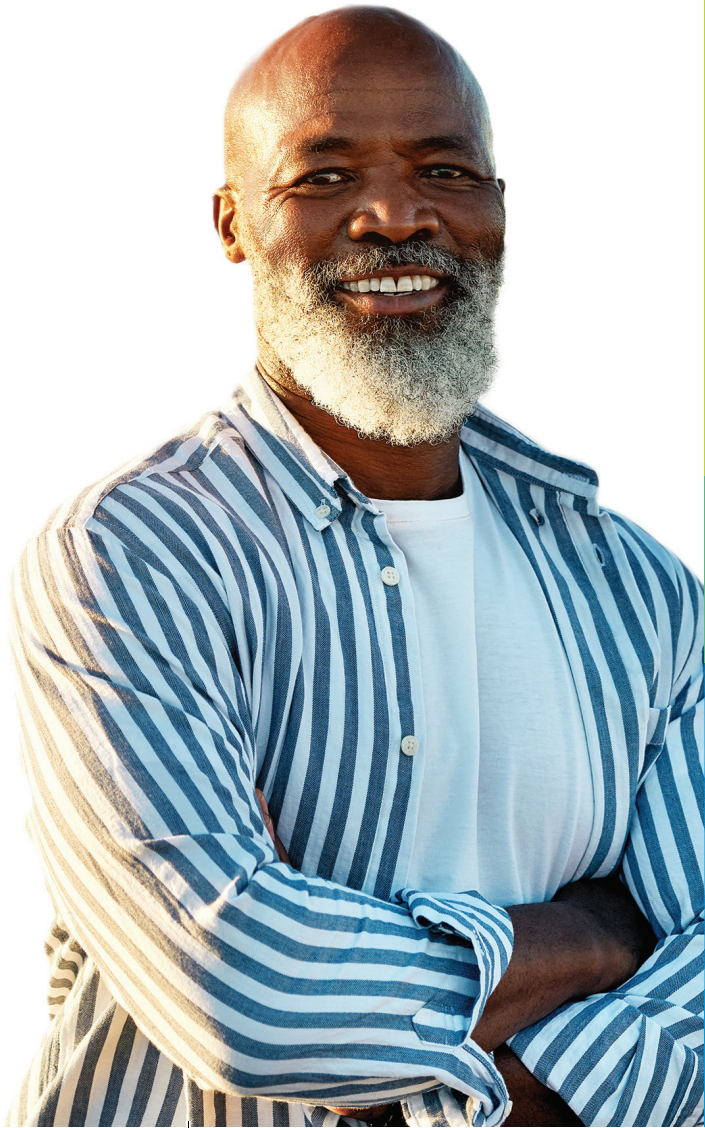


Prostate Vitality  
**40 PLUS**  
FOR MEN  
with Saw Palmetto

Saw Palmetto has been used as a traditional medicine for many centuries to improve prostate health, balance hormone levels and promote libido.



PRODUCT CODE HS01



**BENEFITS:**  
This supplement provides essential minerals and vitamins to help cellular health, which boost overall vitality and health, especially for men over the age of 40. It contains a combination of botanical ingredients such as Saw Palmetto to promote male vitality. It may support prostate and urinary tract health and could be beneficial for men who suffer from prostate problems.

**DIRECTIONS FOR USE:**  
Take 1 capsule daily with meals or as directed. Take with a meal.

**PRECAUTIONS:**  
Not recommended for people below 40 years. Not intended to treat or cure prostate disease, but offer nutritional support.

NUTRITIONAL INFORMATION (INGREDIENTS)	PER CAPSULE	NUTRITIONAL INFORMATION (INGREDIENTS)	PER CAPSULE
CALCIUM CARBONATE	200.0mg	VITAMIN B2 (RIBOFLAVIN )	1.7mg
PHOSPHORUS	109.0mg	VITAMIN E	1.5mg
MAGNESIUM OXIDE	100.0mg	VITAMIN B1 (THIAMINE)	1.5mg
VITAMIN C	90.0mg	COPPER	0.9mg
CHLORIDE	72.0mg	VITAMIN B9 (FOLIC ACID)	0.5mg
SAW PALMETTO	50.0mg	LUTEIN	0.3mg
ALOE FERROX	30.0mg	LYCOPENE	0.3mg
ZINC OXIDE	25.0mg	BORON	0.2mg
VITAMIN B3 (NIACIN)	20.0mg	IODINE	0.2mg
IRON SULPHATE	18.0mg	SELENIUM	0.1mg
VITAMIN B5 (PANTOTHENIC ACID)	10.0mg		
VITAMIN A	7.0mg		
VITAMIN D3	4.0mg		
MANGANESE	2.3mg		
VITAMIN B6 (PYRDOXINE)	2.0mg		

30 TABLETS



**PROSTATE**  
Saw Palmetto has been scientifically proven to aid in prevention and treatment of prostate health and even cancer.



**HAIR LOSS**  
Saw Palmetto has the power to stop the conversion of testosterone into DHT, which causes hair loss.



**TESTOSTERONE**  
Saw Palmetto helps maintain normal Testosterone levels and improves sex drive and libido.



**UROLOGY**  
Supports the urological system in men by promoting urinary health.





Bones & Joint Booster  
**CALMAG PLUS**

with Vitamin D & Zinc

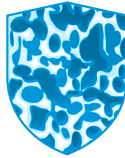
A scientific formula of Calcium, Magnesium and Vitamin D to boost bone, joint and teeth health and help fight osteoporosis in women. About 99% of Calcium in our bodies is found in our bones and teeth.



HEALTHY BONE



OSTEOPOROSIS



SEVERE  
OSTEOPOROSIS

PRODUCT CODE HS07



**BENEFITS**

This mineral-rich formulation combines the bone health power of Calcium, Magnesium with Vitamin C, Vitamin D3 and Zinc. It helps to promote healthy nerve and muscle function and can assist in the prevention and treatment of osteoporosis (fragile bones), which occurs frequently in middle age women.

**DIRECTIONS FOR USE:**

Take 2 tablets daily with meals or as directed. Take with a meal.

**PRECAUTIONS:**

Not recommended for children below 12 years. This product is not intended to treat bone disease but offer nutritional assistance.

(ACTIVE INGREDIENTS)

CALCIUM CARBONATE  
MAGNESIUM OXIDE  
VITAMIN C (ASCORBIC ACID)  
ZINC OXIDE  
VITAMIN D3  
VITAMIN B6 (PYRIDOXINE)  
MANGANESE SULPHATE  
COPPER SULPHATE  
BORON AAC 5%

**TABLET**

1000.0mg  
133.0mg  
31.0mg  
25.0mg  
0.001mg  
6.0mg  
5.0mg  
5.0mg  
2.5mg

30 TABLETS



**CALCIUM**

In addition to building bones and keeping them healthy, Calcium enables our blood to clot, our muscles to contract, and our heart to beat.

Calcium deficiency can lead to:

- Confusion or memory loss
- Muscle spasms
- Weak and brittle nails
- Easy fracturing of the bones
- Osteoporosis



**MAGNESIUM & VITAMIN D**

Magnesium and Vitamin D enables the absorption of Calcium by the body.

Magnesium deficiency can lead to:

- Muscle twitches and cramps
- Osteoporosis
- Fatigue and muscle weakness

Vitamin D deficiency can lead to:

- Fatigue and chronic tiredness
- Bone and back pain
- Bone loss
- Muscle pain.



**ZINC**

Zinc has anti-inflammatory properties that aid with joint health and can help reduce inflammation.

## SPECIALITY WELLNESS



# Stress Buster STRESSGARDE

with Vitamin C & B-Vitamins

### REDUCE EFFECTS OF STRESS

It has been proven that supplements with B-vitamins, Vitamin C, Calcium, Magnesium and Zinc can significantly improve mood and decrease anxiety. StressGarde has a unique and comprehensive formula to help you cope better with the stresses of life.

PRODUCT CODE HS07



### BENEFITS

B-complex vitamins can help to reduce fatigue, boost your mood and promote cognitive performance. Vitamin C helps to reduce stress because it allows the body to quickly clear out cortisol, a primary stress hormone that increases sugars in the bloodstream. Vitamin C helps to regulate Cortisol and prevent blood pressure from spiking in response to stressful situations. Vitamins C and E are strong anti-oxidants that neutralize free radicals in the body that damage cells. Stress and anxiety produce more free radicals.

### DIRECTIONS FOR USE:

Take 2 tablets daily or as directed. Take with a meal.

### PRECAUTIONS:

Not suitable for children below 12 years.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER CAPSULE
VITAMIN C	150mg
CALCIUM CARBONATE	139mg
MAGNESIUM OXIDE	83mg
ZINC GLUCONATE	50mg
L-TYROSINE	50mg
VITAMIN E	10mg
CHOLINE	150mcg
INOSITOL	15mg
VITAMINE B1 (THIAMINE)	12.5mg
VITAMIN B2 (RIBOFLAVIN)	12.5mg
VITAMIN B6 (PYRIDOXINE)	12.5mg
VITAMIN B3 (NICOTINAMIDE)	12.5mg
CALCIUM PANTOTHENATE	12.5mg
POTASSIUM PHOSPHATE	12.5mg
CITRUS BIOFLAVANOIDS 35%	5mg
SELENIUM AAC 0.2%	2.5mg
VITAMIN B9 (FOLIC ACID)	0.2mg
VITAMIN B12 (COBALAMIN)	0.1mcg
BIOTIN	15mcg
CHROMIUM POLYNICOTINATE	52mcg

60 CAPSULES

B1

- Helps the body **convert food to energy**
- Essential for glucose **metabolism**
- Key for **nerve, muscle & heart** function

B2

- Key for **cell growth** & function
- Support the **nervous system**
- Aids normal energy yielding **metabolism**

B3

- Vital for **energy release** in tissue cells
- Key for normal **growth & healthy skin**
- Helps maintain **nervous & digestive systems**

B5

- Helps **release energy** from food
- **Reduction in tiredness & fatigue**

B6

- Important in the function of over **100 enzymes**
- Helps to produce **red blood cells**
- Assists the body in **protein metabolism**

BIOTIN

- Helps maintain healthy **hair, skin and nails**
- Involved in **energy production** through the **metabolism** of carbs, protein & fats

FOLIC  
ACID

- Works with B12 for healthy **red blood cells**
- Taken for health benefits during **pregnancy**

B12

- Known for its role in **energy production**
- Key for proper function of **nervous & immune systems, & red blood cell production**





*Heart Protector & Inflammation Nurse*  
**AFRICAN P**  
**+MORINGA**  
with Cayenne Pepper

A unique formula that harnesses the natural sterols (fats) in African Potato to protect against heart disease in both men and women.

PRODUCT CODE HS05



**BENEFITS**  
African P plus Moringa is a natural blend of African Potato, a medicinal plant that contains Sterols and Sterolins, combined with the nutritious Moringa Oleifera that is rich in anti-oxidants and bio-active plant compounds. This special formulation, combines the anti-inflammatory properties of African Potato and Moringa, which support the body's immune system, thereby assisting the body to heal itself and promoting overall wellness.

**DIRECTIONS FOR USE:**  
Take 1 capsule daily with meals or as directed. Take with a meal.

**PRECAUTIONS:**  
Not recommended for pregnant women, breastfeeding mothers and children below 12 years.

NUTRITIONAL VALUE (ACTIVE INGREDIENTS)	PER CAPSULE
AFRICAN POTATO (HYPOXIS) 10:1	3mg
CAYENNE POWDER	33.3mg
BETA-SITOSTEROLS POWDER	30mg
MORINGA POWDER	10mg

30 CAPSULES



**AFRICAN POTATO**  
African potato sterols and sterolins are phytochemicals in the African wild potato that have strong anti-oxidant properties that boost the immune system, decrease inflammation and may even help reduce cholesterol.



**MORINGA OLEIFERA**  
Moringa is rich in many important nutrients, including protein, Vitamin B6, Vitamin C, Riboflavin, Iron and anti-oxidants which fight inflammation. Sterols in Moringa can also help to reduce high cholesterol levels.



**CAYENNE PEPPER**  
The pepper may help to increase the production of digestive fluid, send enzymes to the stomach to aid in digestion, and provide extra protection to the stomach against infections. Initial research indicates that Capsaicin may help to reduce high blood pressure, which also reduces the risk of developing heart disease

SPECIALITY WELLNESS



Heart Assist  
**KARDIO  
GARDE**  
with Vitamin K2 & D3

A research study of nearly 25,000 people found that consuming vitamin K2 was associated with a lower risk of cancer in men, especially prostate and lung cancer.

PRODUCT CODE HS16



**BENEFITS:**  
Optimize and support the health of your heart with this specially formulated product packed with an array of heart health nutrients. In addition to regular exercise, healthy diet and stress management, this product may help maintain normal cholesterol and blood pressure levels. It may also support healthy blood circulation thereby assisting in heart health.

**DIRECTIONS FOR USE:**  
Take 1 capsule daily with meals or as directed. Take with a meal.

**PRECAUTIONS:**  
Not recommended for pregnant women, breastfeeding mothers and children below 12 years. This product is not intended to treat heart disease but offer nutritional support. Please consult your Health Practitioner if you are taking scheduled medicine for your heart condition.

NUTRITIONAL INFORMATION (INGREDIENTS)	PER CAPSULE
VITAMIN K2	7.5mg
VITAMIN D3	6mg

30 CAPSULES



**VITAMIN K2**  
Vitamin K2 activates proteins that play a role in blood clotting, calcium metabolism and heart health. In a Rotterdam scientific study spanning 7-10 years, people with the highest intake of vitamin K2 were 52% less likely to develop artery calcification and had a 57% lower risk of dying from heart disease.



**VITAMIN D3**  
A growing number of studies point to vitamin D deficiency as a risk factor for heart attacks, congestive heart failure, strokes, and the conditions associated with cardiovascular disease, such as high blood pressure and diabetes.



## SPECIALITY WELLNESS



# Joint & Bone Nurse A&R GARDE

with MSM & Glucosamine Sulphate

A scientifically formulated blend of key compounds that aid in joint and muscle health especially those suffering from arthritis.

PRODUCT CODE HS11



### BENEFITS:

This potent herbal formula contains bio-rich ingredients such as Glucosamine, Chondroitin and MSM in combination with special bone health Vitamins and Minerals. The formulation promotes healthy cartilage to improve cushioning in joints. The anti-inflammatory properties can assist with cartilage repair and pain relief in joints.

### DIRECTIONS FOR USE:

Take 2 capsules daily with meals or as directed. Take with a meal.

### PRECAUTIONS:

Not recommended for children below 12 years.

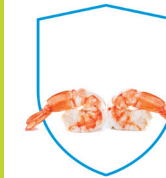
### NUTRITIONAL INFORMATION (INGREDIENTS)

GLUCOSAMINE SULPHATE  
METHYL SULPHONYL METHANE (MSM)  
CHONDROITIN SULPHATE  
VITAMIN C (ASCORBIC ACID)  
MAGNESIUM SULPHATE  
BROMELAIN / PAPAIN / PAW-PAW BLEND

### PER CAPSULE

300mg  
160mg  
30mg  
20mg  
30mg  
10mg

60 CAPSULES



### GLUCOSAMINE

Glucosamine is vital for building cartilage. Cartilage is a flexible, tough connective tissue found in several parts of the body. This firm, rubbery tissue functions as padding at the ends of long bones where they meet joints. As we age, cartilage can become less flexible and can steadily breakdown. There is some evidence that Glucosamine might slow this process down and assist with pain management.



### MSM

MSM (Methyl Sulphonyl Methane) is rich in organic Sulphur, an important 'building block' for healthy bones and joints. It is very useful for your immune system. It improves joint pain and swelling.



### CHONDROITIN

Chondroitin is known for its ability to increase lubrication in the joints and thus helps with improved mobility and pain management.



### BROMELAIN

Has anti-inflammatory properties that can assist with sore muscles and joints, as well as offer relief for osteoporosis.



### MAGNESIUM

Magnesium can help relieve inflammation and pain, caused by soreness, stiff muscles, sprains and bruises.

## SPECIALITY WELLNESS



# Brain Booster MEMORY GARDE

with L-Tyrosine & Choline

A scientific formula to enhance neurotransmitter function in the brain, which can assist with enhanced memory, concentration and learning ability.

PRODUCT CODE HS09



### BENEFITS:

This is a unique blend that combines the benefits of Choline and other minerals to support brain function and can help enhance memory and concentration.

### DIRECTIONS FOR USE:

Take 1 capsule daily with meals or as directed. Take with a meal.

### PRECAUTIONS:

Not recommended from children below 12 years. This product is not intended to treat or cure, but offer nutritional support.

### NUTRITIONAL INFORMATION (INGREDIENTS)

ACETYLE - L - CARNITINE  
L - TYROSINE  
CHOLINE BITARTRATE  
CALCIUM-D-PANTOTHENIC (VIT B5)  
PYRIDOXINE (VIT B6)  
METHYL COBALAMIN (VIT B12)  
GINGKO BILOBA

### PER CAPSULE

200.0mg  
200.0mg  
100.0mg  
12.5mg  
12.5mg  
0.001mg  
4.0mg

30 CAPSULES



### L-CARNITINE

A type of amino acid that can improve several aspects of brain cell health, protection and recovery.



### L-TYROSINE

An amino acid that helps to increase neurotransmitters, which may help improve memory and learning performance.



### CHOLINE

Choline helps produce an important neurotransmitter that is involved in memory, muscle movement, regulating heartbeat and basic brain function.



### GINGKO BILOBA

Ginkgo Biloba improves blood flow to the brain and acts as an anti-oxidant. These act as an anti-oxidant. These properties may boost memory and cognitive speed.



### VITAMIN B6

Helps to create neurotransmitters, which are important messengers in the brain, as well as help regulate energy used in the brain.



SPECIALITY WELLNESS



*Digestive Nurse*  
**SEA VITAL**

with Marine Kelp  
& Bitter Leaf

A herbal blend of Marine Kelp and Bitter Leaf Extract to promote a healthy digestive system. This product can be beneficial for those suffering from chronic digestive conditions such as IBS (Irritable Bowel Syndrome), ulcers, etc.

PRODUCT CODE HS10



**BENEFITS:**  
Kelp is an excellent source of marine iodine, potassium, magnesium, iron, and calcium which help many body systems to function normally and promote overall wellbeing. Iodine helps promote normal function of the thyroid, which plays a key role in regulating body metabolism and energy production. Guarana naturally stimulates the central nervous system, which may increase alertness and boost energy levels.

**DIRECTIONS FOR USE:**  
Take 1 capsule daily with meals or as directed. Take with a meal.

**PRECAUTIONS:**  
Not recommended for pregnant women, breastfeeding mothers and children below 12 years. Contains Iodine.

NUTRITIONAL INFORMATION (ACTIVE INGREDIENTS)	PER CAPSULE
ZINC GLUCONATE	250 mg
VITAMIN C (ASCORBIC ACID)	265 mg
KELP	50 mg
VITAMIN D3	1000 IU
BITTER LEAF EXTRACT	25 mg
CALCIUM CARBONATE	100 mg

30 CAPSULES



**MAIRNE KELP (SEAWEED)**  
A rich source of Iodine essential for thyroid function and a healthy metabolism. Can slow down and improve the body's PH level which helps prevent disease. Rich in minerals needed for overall health.



**VITAMIN C**  
Vit C is an anti-oxidant that helps prevent inflammation in the digestive tract and protects against disease.



**ZINC**  
Zinc helps to treat inflammation in the digestive tract especially those suffering from ulcers, etc.



**BITTER LEAF**  
Bitter Leaf assist the digestive tract to be healthy and operate normally. It promotes gut health and its anti-inflammatory properties help with gut problems. It also helps with the absorption of nutrients.



SPECIALITY WELLNESS

Libido Booster  
**ROCKGARDE**  
MAN & WOMAN

with Kola Nut & Horny Goat Weed



A special herbal blend of 6 herbal medicines known to promote libido and sexual pleasure.

PRODUCT CODE HS08



**BENEFITS:**  
The caffeine and the roineine in the Kola Nut may speed up the heart rate, which increases circulation. Kola Nut can naturally stimulate the central nervous system, which may increase alertness and boost circulation and energy levels. Horny Goat Weed has a long history of use in traditional Eastern medicine to help improve low libido in men and women.

**DIRECTIONS FOR USE:**  
Take one capsule daily as required. Not more than two per day. Do not overdose. Take with a meal.

**PRECAUTIONS:**  
Not suitable for children under 18 years. Not to be taken by pregnant or lactating women, or those suffering from high blood pressure and heart disease.

NUTRITIONAL INFORMATION (INGREDIENTS)	PER CAPSULE
KOLA NUT POWDER	250mg
HORNY GOAT WEED	75mg
UBANGALALA BLEND	50mg
RHEMANIA POWDER	40mg
DEER ROOT	20mg
ERIOSEINS KARAUSSIANUM ROOT EXTRACT	20mg

10 CAPSULES



**KOLA NUT**  
The Kola Nut seeds are known in African traditional medicine for improving sexual performance, which initial research supports. It also promotes a feeling of energy, vitality and positive mood.



**HORNY GOAT WEED**  
Horny Goat Weed has a long history of use in traditional Eastern medicine. According to legend, its name came about because a goat herder noticed his flock became sexually stimulated after eating the plant. Horny Goat Weed improves focused blood circulation to genital areas which boosts libido.



**UBANGALA**  
This traditional African medicine has been used for centuries to promote sexual performance and pleasure.



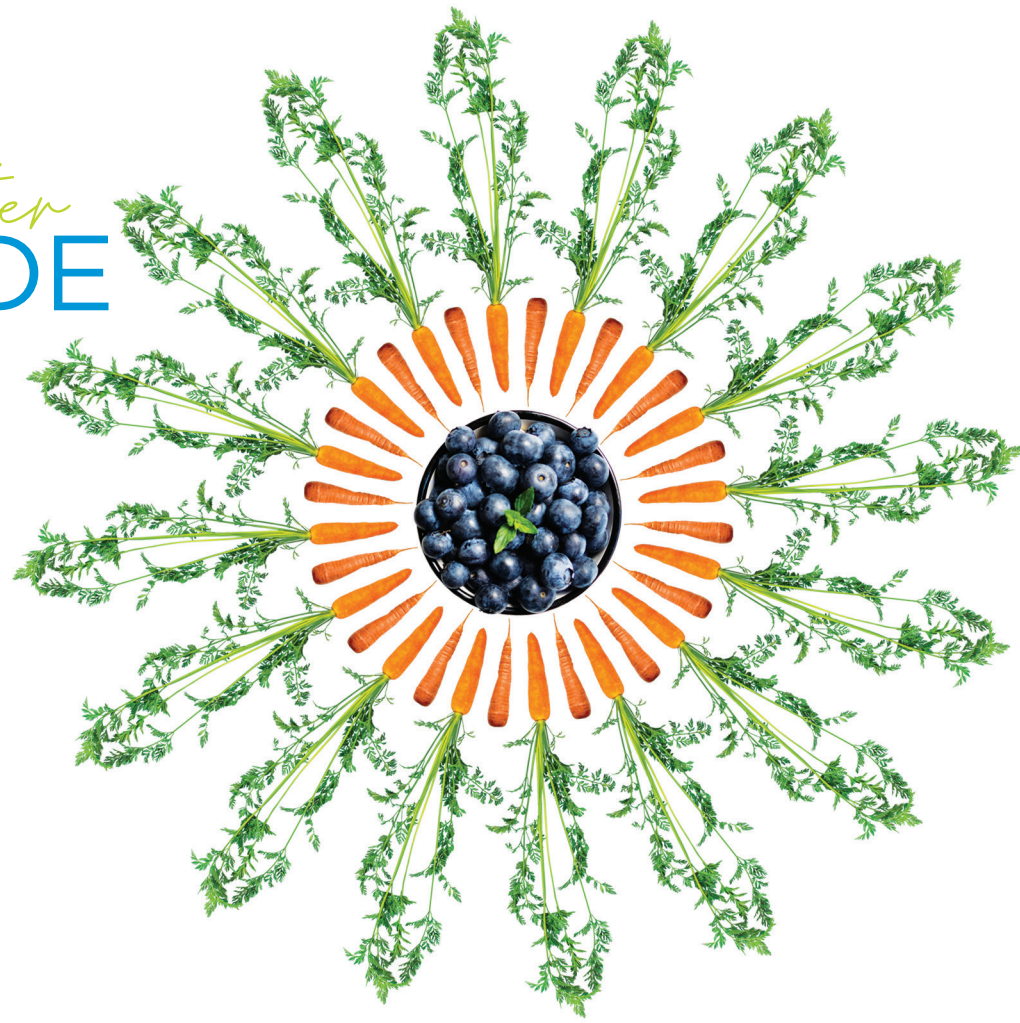


# Eyesight Booster EYE GARDE

with Marigold Extract & Beta Carotene

A formula that helps boost eye health on a cellular level by promoting blood supply to eye membranes, cellular repair of retina cells and helps heal eye inflammation.

PRODUCT CODE HS06



**BENEFITS:**  
Support your eye health with anti-oxidant rich ingredients combined with Lutein, Zeaxanthin and Beta-Carotene. This soothing formula contains nutrients that helps to protect, maintain and improve blood circulation to the eyes. It can be especially beneficial for ageing eyes, continuous eye strain and dry eyes.

**DIRECTIONS FOR USE:**  
Take 1 tablet daily or as directed. Take with a meal.

**PRECAUTIONS:**  
This product is not intended to treat or cure eye disease but offer nutritional assistance. Consult your optometrist/doctor if you experience any continuous eye problems. Not recommended for children younger than 12 years.

NUTRITIONAL INFORMATION (INGREDIENTS)	PER CAPSULE
ZINC OXIDE	187.5 mg
VITAMIN E	32 mg
SELENIUM AAC	25 mg
VITAMIN C (ASCORBIC ACID)	20 mg
LECITHIN	9.6 mg
BILBERRY EXTRACT	5 mg
LUTEIN 5% (MARIGOLD EXTRACT)	90 mg
BETA-CAROTENE	1.8 mg
ZEAXANTHIN 5% (MARIGOLD EXTRACT)	30 mg

30 TABLETS



**BILBERRY**  
Bilberry has strong anti-oxidant properties that improve blood circulation to the eye cells thereby boosting eye health. Some studies indicate that it might help to prevent retinal inflammation and cataracts.



**BETA CAROTENE**  
Beta Carotene is a precursor of vitamin A, which we need for healthy skin and mucus membranes, our immune system, and good eye health and vision.



**ZINC**  
Zinc prevents cellular damage in the eye retina, which helps in delaying the progression of age-related vision loss.



**LUTEIN & ZEAXANTHIN**  
Lutein and Zeaxanthin are strong anti-oxidants that protect your eyes from damage. They acts as a natural sunblock by absorbing extra excess light. Initial research suggests that those two compounds can help delay the onset of age-related molecular degeneration.

## SPECIALITY WELLNESS



# Blood Glucose Nurse DIA GARDE

with Red Leaf Vine & Cinnamon

A scientific herbal blend of ingredients to help regulate blood sugar levels naturally. Only effective when used in combination with healthy eating habits and lifestyle.

PRODUCT CODE HS12



### BENEFITS:

DiaGarde is a specially formulated nutritional supplement to benefit people who struggle with raised blood sugar levels, such as in the case of Diabetes. Cinnamon with Red Leaf Vine extracts help to stabilize blood sugar levels, thereby lowering the risk of cell damage that can be caused by consistent high blood sugar levels.

### DIRECTIONS FOR USE:

Take 1 tablet daily with meals or as directed. Take with a meal.

### PRECAUTIONS:

Not recommended for children below 12 years. This product is not intended to treat Diabetes but serves as nutritional support. Effective when taken with a healthy diet and lifestyle. Please consult your Health Practitioner if you are taking scheduled medicine for Diabetes.

### NUTRITIONAL INFORMATION (INGREDIENTS)

RED LEAF VINE EXTRACT  
CINNAMON EXTRACT

### PER CAPSULE

400mg  
112mg

30 TABLETS



### RED LEAF VINE

Red vine leaves are harvested when they achieve a rich red colour and have the highest content of anti-oxidant polyphenols. Their extracts are used medicinally for helping to reduce inflammation, especially within the circulatory system. This struggling with Diabetes have increased sugar in their blood and this causes inflammation in veins and cells. Red leaf extract can help mitigate such inflammation.



### CINNAMON

Cinnamon can help manage Diabetes type 2 by reducing blood pressure and improving insulin sensitivity. Certain compounds in Cinnamon can imitate the effects of insulin and help regulate blood sugar, a function which is crucial for those living with Diabetes. Cinnamon extract has anti-inflammatory properties that helps to reduce inflammation caused by high blood sugar. Cinnamon has anti-bacterial properties and can help fight infection, especially in Diabetes patients which have compromised immune systems.



SPECIALITY WELLNESS



*Calm Booster*  
**CALMEEZE**

with Valerian

A natural blend of ingredients to help you deal with the stress of a busy life. It will help you to feel calmer, without causing drowsiness.

PRODUCT CODE HS14



**BENEFITS:**  
Valerian is a flowering plant native to Europe and parts of Asia and since ancient times. The root extract has been used to help the body produce a calming effect when stressed.

**DIRECTIONS FOR USE:**  
Take 1 tablet daily or when moderately stressed. Take with a meal.

**PRECAUTIONS:**  
Consult your doctor when stress symptoms become chronic. This formula is not intended to treat or cure mental disorders, but offer nutritional support.

NUTRITIONAL INFORMATION (INGREDIENTS)	PER CAPSULE
CALCIUM CARBONATE VALERIAN ROOT EXTRACT	250mg 45mg

30 TABLETS



**CALCIUM**  
Calcium In muscle cells, nerve endings release calcium ions, which bind to activator proteins. These activator proteins initiate the complex process of muscle contraction and allows your muscles to move. Without calcium, your muscles would not be able to move smoothly or relax.



**VALERIAN**  
Valerian has been found to inhibit the breakdown of a chemical messenger, (GABA), in the brain, that helps regulate nerve impulses resulting in feelings of calmness and tranquility. Valerian may help you relax and may benefit those struggling with anxiety. It has been shown to improve mood and promote feelings of happiness. Valerian does not make you sleepy but can mimize the quality of sleep.



SPECIALITY WELLNESS



# Beauty Booster HAIR, SKIN & NAILS

with Collagen

A scientific blend of various nutrients that boosts beauty from within. It strengthens cell membrane health, resulting in more youthful skin and healthy hair and nails.

PRODUCT CODE HS15



#### BENEFITS:

An anti-oxidant rich formula that benefits and improves skin, hair and nail health. The ingredients help to firm and increase skin elasticity, fight dullness and uneven texture. Collagen helps to fight signs of aging, while vitamin E helps to renew dead skin cells and also form new ones.

#### DIRECTIONS FOR USE:

Take 2 capsules daily or as directed. Take with a meal.

#### PRECAUTIONS:

Not recommended for children younger than 12 years.

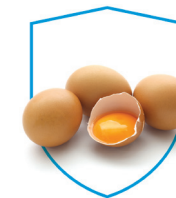
#### NUTRITIONAL INFORMATION (INGREDIENTS)

COLLAGEN (PEPTAN B) 35mg  
CHOLINE BITARTRATE 30mg  
INOSITOL 30mg  
ASCORBIC ACID (VITAMIN C) 30mg  
L-CYSTINE 12.5mg  
PARA-AMINOBENZOIC ACID (PABA) 12.5mg  
MAGNESIUM OXIDE 10mg  
THIAMINE (VITAMIN B1) 5mg  
RIBOFLAVIN (VITAMIN B2) 5mg  
NICOTINAMIDE (VITAMIN B6) 5mg  
CALCIUM PANTOTHENIC (VITAMIN B5) 5mg  
PYRIDOXINE (VITAMIN B6) 5mg  
FERROUS FUMERATE 2.5mg  
ZINC GLUCONATE 2.5mg  
COPPER SULPHATE 0.5mg  
BIOTIN 0.1mg  
FOLIC ACID 0.1mg

#### PER CAPSULE

35mg  
30mg  
30mg  
30mg  
12.5mg  
12.5mg  
10mg  
5mg  
5mg  
5mg  
5mg  
5mg  
2.5mg  
2.5mg  
0.5mg  
0.1mg  
0.1mg

60 CAPSULES



#### BIOTIN

Helps maintain healthy hair.



#### B VITAMINS

Helps with energy metabolism.



#### VITAMIN E

Antioxidants which contribute to skin health.



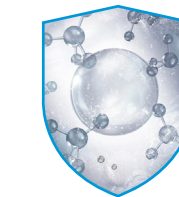
#### VITAMIN C

Antioxidants which work towards vibrant skin.



#### VITAMIN A

Assists skin maintenance and overall health.



#### COLLAGEN

Repairs skin elasticity and helps fight the signs of ageing.



## TEA GARDE



# Tummy Nurse FLAT TUMMY

Green Rooibos, Honeybush, Mint,  
Ginger, Lemongrass and Sienna

A herbal tea blend to promote tummy health and help  
lose centimeters around your abdominal area.

PRODUCT CODE SG05



### FLAT TUMMY TEA

Healthgarde Teagarde has been formulated with Rooibos, which is native to South Africa. Indigenous communities have been enjoying its herbal benefits for centuries. Rooibos, or "Red bush" refers to the reddish colour of the brewed tea, which is naturally caffeine free. Rooibos is naturally rich in antioxidants that has been scientifically proven to help fight free radicals and protect the body. Green Rooibos is extracted from green rooibos leaves and is even more rich in antioxidants.

### BENEFITS

Is a unique herbal blend of Green Rooibos, Honeybush, Mint Lemongrass and Senna for a refreshing tea that aids in detoxing and cleansing the body.

### PRECAUTIONS

Pregnant and lactating mothers are advised to consult with their doctor before consumption.

**ROOIBOS IS NATURALLY  
CAFFEINE FREE**

### INGREDIENTS LIST

Green Rooibos (40%), Honeybush (10%), Mint (10%),  
Ginger (10%), Lemongrass (20%), Senna (10%)

**30** TEABAGS



### ROOIBOS

- Strong anti-oxidant, boosting immune system
- Helps digestion.



### GINGER

- Strong anti-oxidant, boosting immune system
- Help to reduce inflammation
- Anti-bacterial properties
- Can help to lower blood pressure
- Helps to regulate blood sugar
- Stimulates digestion
- Reduces nausea.



### LEMONGRASS

- Strong anti-oxidant, boosting immune system
- Anti-bacterial properties.



### HONEYBUSH

- Strong anti-oxidant, boosting immune system
- Anti-bacterial properties.



### MINT

Helps relieve indigestion and its anti-inflammatory properties helps with inflammation in your tummy and oclon.



### SENNA

Helps to treat constipation by fastening the movement of softer stools through your digestive tract.

TEA GARDE



Immunity Nurse  
**REFRESH**

Green Rooibos, Ginger & Chilli

A herbal tea blend to boost your immune system, naturally.



PRODUCT CODE TG01



**REFRESH TEA**

Healthgarde Teagarde has been formulated with Rooibos, which is native to South Africa. Indigenous communities have been enjoying its herbal benefits for centuries. Rooibos, or “Red bush” refers to the reddish colour of the brewed tea, which is naturally caffeine free. Rooibos is naturally rich in antioxidants that has been scientifically proven to help fight free radicals and protect the body. Green Rooibos is extracted from green rooibos leaves and is even more rich in antioxidants.

**BENEFITS**

Is an invigorating tea blend of antioxidant rich Green Rooibos and Ginger with a refreshing twist of Chilli.

**PRECAUTIONS**

Pregnant and lactating mothers are advised to consult with their doctor before consumption.

**ROOIBOS IS NATURALLY  
CAFFEINE FREE**

**INGREDIENTS LIST**

Green Rooibos (50%), Ginger (30%), Chilli (20%)

**30** TEABAGS



**ROOIBOS**

- Strong anti-oxidant, boosting immune system
- Helps digestion.



**GINGER**

- Strong anti-oxidant, boosting immune system
- Help to reduce inflammation
- Anti-bacterial properties
- Can help to lower blood pressure
- Helps to regulate blood sugar
- Stimulates digestion
- Reduces nausea.



**CHILLI**

- Helps fight infections
- Can help reduce pain, naturally
- Promotes heart health
- May improve cognitive functions
- Helps with digestion.



## TEA GARDE



# *Vitality Nurse* **REVIVE**

Green Rooibos, Fennel, Turmeric & Aniseed

A herbal tea blend to give you extra vitality and wellbeing.



**PRODUCT CODE** TG02



### REVIVE TEA

Healthgarde Teagarde has been formulated with Rooibos, which is native to South Africa. Indigenous communities have been enjoying its herbal benefits for centuries. Rooibos, or "Red bush" refers to the reddish colour of the brewed tea, which is naturally caffeine free. Rooibos is naturally rich in anti-oxidants that has been scientifically proven to help fight free radicals and protect the body. Green Rooibos is extracted from green rooibos leaves and is even richer in anti-oxidants.

### BENEFITS

Provides a boost of anti-oxidants from Green Rooibos and Turmeric, combined with the reviving properties of Fennel and Aniseed.

### PRECAUTIONS

Pregnant and lactating mothers are advised to consult with their doctor before consumption.

**ROOIBOS IS NATURALLY  
CAFFEINE FREE**

### INGREDIENTS LIST

Green Rooibos (60%), Fennel (10%), Turmeric (20%), and Aniseed (10%)

**30** TEABAGS



### ROOIBOS

- Strong anti-oxidant, boosting immune system
- Helps digestion



### FENNEL

- Help digestion
- Has anti-inflammatory properties that helps with silent inflammation in the body and can help with pain relief.
- Supports a healthy heart and skin.



### TURMERIC

The active ingredient in Turmeric is called Curcumin, which helps regulate blood sugar levels, reduces pain and boosts heart and mental health.



### ANISEED

Aniseed has anti-bacterial properties that protect the body. It helps to stabilise blood sugar levels and due to its anti-inflammatory properties helps with silent inflammation and pain relief.





**KIDS RANGE**



**As parents, we want the very best for our children. However, lifestyles have changed and our eating habits with them - including those of our children. The advent of fast food and availability of pre-packed foods has given us more choice than ever before.**

Kids are bombarded with advertisements for sweets, soft drinks and snack foods. So although we try our hardest to ensure a balanced and healthy diet for them, it's often very difficult to persuade children to eat the foods you think are best for them or foods they really don't like.

That's where a supplement can help. A multivitamin supplement provides additional nutrients to complement your child's diet and provides you with the reassurance that you are helping your child get the vitamins and minerals they need.

Many children are fuzzy eaters, especially when it comes to fruit and vegetables, which are the main sources of anti-oxidants and B-vitamins. Bi-vitamins are important for nearly 50 processes in the body and are not stored by the body. It is essential to consume enough B-vitamins daily for energy, vitality and concentration.





OVERALL WELLNESS

Growth Booster  
**KID GARDE**

with Vitamins & Minerals

**HELP YOUR CHILD GROW**

Childhood is a critical time for growth and brain development for any child. A multi-vitamin is easy, convenient and gives you peace of mind that your child is getting all they need to boost the immune system, support normal growth and development and help cells and organs to function properly. Kidgarde gummies are rich in B-vitamins, which are key to boost energy, focus, concentration and learning ability. B-vitamins are not stored in the body and if your child does not eat vegetables and fruit everyday, may become lethargic, 'fuzzy', chronically tired and slow in learning.



**PRODUCT CODE** HW05



**BENEFITS:**

A comprehensive multi-vitamin and mineral supplement to support healthy growth in children. With Iron, Vitamin A, B-vitamins, Calcium and other micro nutrients. Moringa is recognized as a nutrient-dense source that can help ease micro nutrient deficiency and promote healthy development in children.

**DIRECTIONS FOR USE:**

For children 2 -3 years:  
Chew 1-2 gummies per (day).

For children 4+ years:  
Chew 2-3 gummies per (day).

Take with a meal.

**PRECAUTIONS:**

Maximum dose is 4 gummies per day.  
Not recommended for children younger than 2 years.

COMPOSITION			
EACH GUMMY CONTAINS	PER CAPSULE	NRV	
		2-3 YEARS	4 YEARS+
ENERGY	34kj	-	-
BETACAROTENE	120mcg	-	-
BIOTIN	2.5mcg	4	8
FOLIC ACID	150mcg	100	100
VITAMIN A	330mcg	110	37
VITAMIN B2	0.05mg	10	4
VITAMIN B3	6mg	100	38
VITAMIN B6	1.1mg	220	65
VITAMIN B12	1.25mg	139	52
VITAMIN C	15mg	30	15
VITAMIN D	6mcg	120	40
VITAMIN E	5mg	67	33
SELENIUM	10mcg	50	18
ZINC	0.5mg	17	5

**30 CHEWABLE GUMMIES**

Supplementation is recommended when your child:



**MEALS**

Struggles to eat balanced meals or skips meals.



**FUSSY**

Is a picky eater and only eats a few foods.



**FRUIT & VEG**

Refuses to eat his/her fruit and vegetables.



**PROTEIN**

Does not like meat or other protein sources.



**LACTOSE**

Is lactose intolerant and struggles with dairy products.



**MEDICAL**

Struggles with acute or chronic medical conditions.



# SLIMGARDE FLAT TUMMY PACK

BE FIT  
BE HEALTHY  
BE FABULOUS



LOOSE **4KGS** IN **4 WEEKS**

**GAIN A FLATTER TUMMY IN 4 WEEKS**



PRODUCT CODE HP12

A scientific weightloss program that will help you to lose weight and centimeters and gain a flat tummy.

- 4 STEP FORMULA
- 4 MEALS PER DAY
- 4 BFAB SUPPLEMENTS PER DAY
- 4 MIN EXERCISE INTERVALS PER DAY
- 4000 STEPS BY MONTH 4 PER DAY



**3 MONTHS**



WEIGHT WELLNESS

*Fat Detox Nurse*  
**SLIMGARDE  
KICKSTART**

14-Day Detox  
Detox your system so that your body releases fat.



PRODUCT CODE SG02



**BENEFITS:**  
The 14-Day-Kickstart phase of the Slimgarde weight loss program will assist in physically and mentally preparing you for weight loss. The capsule is packed with natural anti-oxidants to help replenish your body as it rids itself of toxins. Detox at the start of your weight loss journey to kickstart weight loss and you can detox up to once a month thereafter cleanse and rejuvenate your system and encourage continued weight loss. The Slimgarde Kickstart can only be effective when taken as part of a healthy diet and exercise programme. For more information refer to our website.

**DIRECTIONS FOR USE:**  
2 capsules the first day and 1 capsule thereafter. Complete the course.

**PRECAUTIONS:**  
Not recommended for pregnant, breastfeeding mothers and children below 18 years. Those suffering from heart or diabetic conditions, please consult your doctor.

NUTRITIONAL INFORMATION (INGREDIENTS)	PER CAPSULE
CALCIUM PYRUVATE 60%	200mg
GOTU KOLA POWDER	200mg
CAYENNE POWDER	100mg
CAFFEINE	100mg
GUARANA EXTRACT 22%	50mg
CASCARA SAGRADA	30mg
GINGER ROOT EXTRACT 4:1	12mg

15 CAPSULES



**GOTU-KOLA**  
Also known as Centella Asiatica is rich in amino acids, beta carotene, fatty acids, numerous potent phytochemicals. It helps to improve circulation and regulate blood sugar levels, while boosting energy.



**CASCARA SAGRADA**  
Rich in phytochemicals known as Anthraquinones which stimulate the bowels and boosts digestive health. It also helps to cleanse the colon of damaging toxins and waste products.



**CAYENNE PEPPER**  
Capsaicin, the active ingredient in cayenne pepper acts like a thermogenic compound that may help speed up your metabolism and decrease your appetite.

WEIGHT WELLNESS

*Fat Buster*  
**SLIMGARDE**  
**CLA**

Helps to reduce appetite and boost metabolism to help fat cells release fat that can be used for energy or excreted.



PRODUCT CODE SG03



**BENEFITS:**  
Slimgarde CLA features a blend of Conjugated Linoleic Acid (CLA) and L-Carnitine to help support weight loss. CLA has been shown in many clinical studies to support lean body composition. Slimgarde CLA is only effective when taken as part of a healthy diet and exercise programme. For more information refer to our website.

**DIRECTIONS FOR USE:**  
One softgel capsule taken in the morning before breakfast.

**PRECAUTIONS:**  
Not recommended for pregnant or breastfeeding mothers and children below 18 years. Those suffering from heart or diabetic conditions, please consult your doctor.

NUTRITIONAL INFORMATION (INGREDIENTS)	PER CAPSULE	PER 4 CAPSULE
CLA	950mg	3800mg
GREEN TEA EXTRACT	100mg	400mg
PROVIDING EGCS	45mg	180mg
L-CARNITINE	50mg	200mg

30 SOFTGEL CAPSULES



**CLA**  
CLA (Conjugated Linoleic Acid) is a natural fatty acid found in meat and dairy products. CLA helps your body build muscle rather than store fat and has anti-inflammatory properties that help inflamed fat cells release fat that can be used for energy or excreted. CLA is a weightloss accelerator.



**L-Carnitine**  
An amino acid that helps facilitate transfer of fatty acids out of cells for energy production:

- Boosts your metabolism
- Aids in muscle development
- Boosts energy and endurance
- Aids weight and cm loss.



WEIGHT WELLNESS

*Fat Flusher*  
**SUPER CIDER PLUS**

With Apple Cider Vinegar,  
Garcinia Cambogia & Green Tea

Helps to reduce appetite and to burn released fat  
quicker by the body for energy.



PRODUCT CODE SG01



**BENEFITS:**  
A special herbal blend that can help stabilize body pH, thereby promoting the immune system. This formula can help to boost the fat metabolism and aid with weight management when combined with a healthy eating plan and lifestyle. Apple Cider Vinegar and Green Tea can promote stable blood sugar levels.

**DIRECTIONS FOR USE:**  
Take 2 capsules daily or as directed.  
Can aid weight loss as part of a healthy diet and lifestyle.

**PRECAUTIONS:**  
Not recommended for pregnant women, breastfeeding mothers and children below 18 years.

NUTRITIONAL INFORMATION (INGREDIENTS)	PER CAPSULE
APPLE CIDER VINEGAR	200mg
GARCINIA CAMBOGIA EXTRACT	15mg
GOTU-KOLA POWDER	5mg
GREENTEA POWDER	5mg

60 CAPSULES



**APPLE CIDER VINEGAR**  
Can boost weight loss by increasing your metabolism and helping you feel full, promote healthy digestion and help maintain balanced blood sugar levels.



**GARCINIA CAMBOGIA**  
Helps to reduce appetite and helps block fat production by inhibiting an enzyme called Citrate Lyase.



**GOTU-KOLA**  
It helps to improve circulation and regulate blood sugar levels, while boosting energy. It helps your body utilise fat resources to boost weight and cm loss



**GREEN TEA**  
Green tea contains Caffeine and a type of flavonoid called Catechin, which is an antioxidant. Research suggests that both these compounds can speed up the metabolism, which help the body use its fat resources for energy and boost weight and cm loss.

WEIGHT WELLNESS

Weight Loss Accelerator  
**SLIMGARDE**  
**PROTEIN SHAKE**

Low GI & High Protein

“Protein is the single most important nutrient for weight loss and a better looking body. A high protein intake boosts metabolism, reduces appetite and boosts several weight-regulating hormones”

Adding the SLIMGARDE PROTEIN SHAKE to you're the SLIMGARDE Flat

- Tummy Formula
- Weight loss
- Building muscle tone
- Boosting metabolism
- Quickens flat tummy result.



PRODUCT CODE SG04



**BENEFITS:**

Slimgarde Protein Shake is convenient, delicious and nutritionally balanced to boost your vitality. Low in carbohydrates and high in protein it will keep you feeling satisfied and full of energy. Slimgarde Protein Shake is only effective when taken as part of a healthy diet and exercise programme. It is suitable for those suffering from diabetes. For more information refer to our website.

**DIRECTIONS FOR USE:**

**Meal Replacement:** 2 Scoops mixed with water or milk.  
**Snack:** 1 Scoop mixed with water, milk, porridge or smoothie.

**PRECAUTIONS:**

Not recommended for pregnant, breastfeeding mothers and children below 18 years.

NUTRITIONAL INFORMATION (INGREDIENTS)	PER 100G	PER 50G
ENERGY	1928kJ	964kJ
PROTEIN	19g	9,5g
CARBOHYDRATES	19,8g	9,9g
OF WHICH SUGAR	16g	8g
TOTAL FAT	23,5g	11,8g
OF WHICH SATURATED	14,1g	7,05g
OF WHICH MONOUNSATURATED	7,2g	3,6g
OF WHICH POLYUNSATURATED	2,2g	1,1g
DIETARY FIBRE	4,8g	2,4g
TOTAL SODIUM	290mg	145mg

2 Scoops = 50g

500 GRAMS



**LOW GI**

Low GI foods are broken down slowly, trickling glucose into your system over time, providing a stable energy level. On the other hand, high GI foods cause sudden spike in your blood glucose, which leads to peaks and troughs in energy. When your blood glucose insulin move up and down rapidly or stay high it disrupts your natural blood glucose balance. Over time, this can lead to your body having trouble responding to your blood glucose levels, which may contribute to insulin resistance.



**HIGH IN PROTEIN**

A high protein shake can help suppress hunger and appetite and helps you to feel fuller for longer. Protein can boost your metabolism which can help you burn more energy. High protein intake can help prevent against muscle loss. Each serving provides the equivalent protein of 2 eggs.



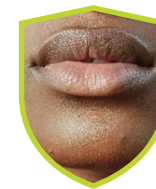
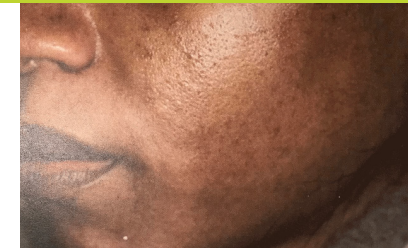


**BEAUTY FROM NATURE**

## **HEALTHGARDE SKIN CARE NATURE'S SKIN DOCTOR**

The Healthgarde skin and body care range has been scientifically developed for the Nigerian environment. See the difference for yourself after 3 months of daily use.

### **HELPS REPAIR PIGMENTATION AND SUN SPOTS**



**DISCOLORED  
LIPS**



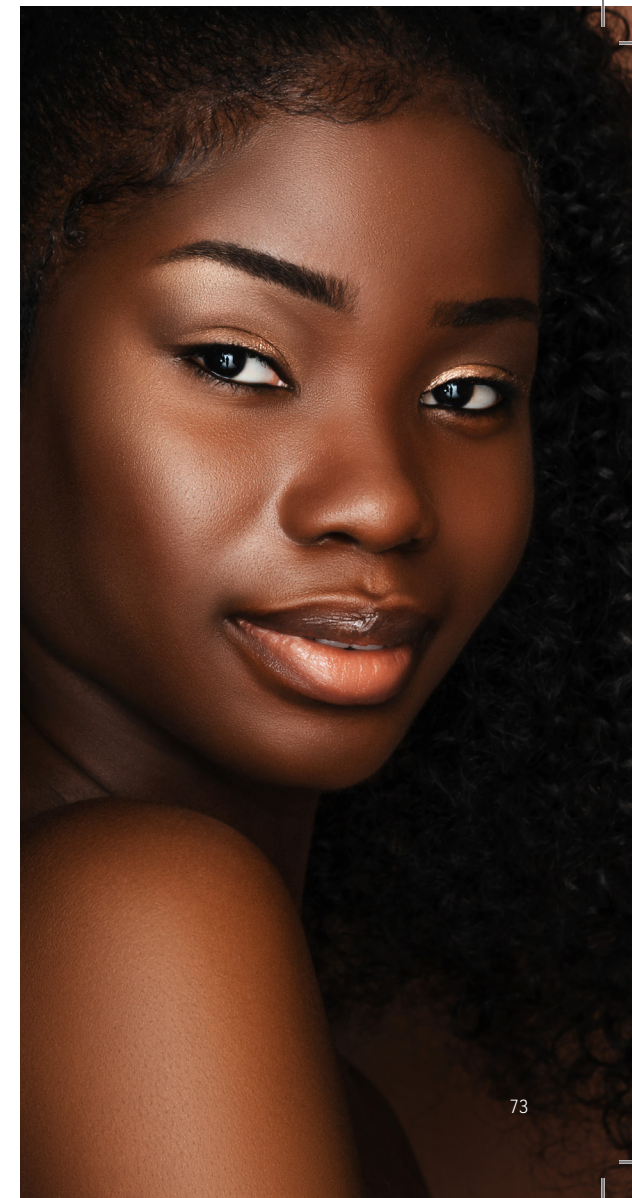
**EXCEMA**



**DRY,  
FLAKY SKIN**



**ACNE AND  
PROBLEM SKIN**







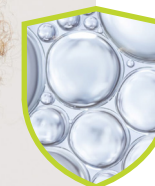
# Even Skin Tone LIQUID GOLD

with Royal Jelly, Turmeric and Gold Glycerine

A bio-rich formula to hydrate skin through multiple skin layers and keep moisture locked in. This non-greasy formula contains Royal Jelly for skin rejuvenation and Turmeric for its anti-inflammatory properties.



PRODUCT CODE HB15



## ROYAL JELLY

- Promotes skin hydration and elasticity: The high lipid content of Royal Jelly is amazing for keeping skin plump, moisturised and elastic. Encourages collagen production: Royal Jelly contains an overachieving acid which stimulates fibroblast production in collagen. By increasing skin's collagen production, Royal Jelly can help treat and prevent fine lines, wrinkles, and skin sagging.
- Fights inflammation: Royal Jelly helps relieve skin inflammatory conditions like dermatitis, eczema, skin irritations and even sun burn.
- Speeds healing of acne and other wounds: Royal Jelly not only has anti-inflammatory effect, but it also keeps bacteria at bay. When applied to skin ulcers, burns, and shingles, Royal Jelly produces "strong antimicrobial activity damaged skin.
- Brightens dark spots: The same acid in Royal Jelly that boosts collagen production also suppresses skin pigmentation, which means it can help regulate oil production: Suffer from greasy skin? Try using Royal Jelly to balance your complexion by helping to normalise sebum production.
- Have anti-oxidant skin protection properties: Research indicates that the phenolic acid in Royal Jelly may counteract skin ageing and reduce sagging and wrinkled skin.

## GLYCERINE

- Glycerine is great for the skin because it acts as a humectant, which is a substance that allows the skin to retain moisture. It can increase skin hydration, relieve dryness, and refresh the skin's surface. It's also an emollient, which means it can soften skin.
- Applying Glycerine to your skin traps moisture in your skin and gives it a youthful, healthy glow. By drawing moisture to the top layer of skin, Glycerine helps reduce the appearance of wrinkles and keeps skin looking soft and smooth. Glycerine also improves skin function to slow down aging.

## TURMERIC

Turmeric is considered to be a potent ingredient for skin lightening and revealing glow. It is a powerful antioxidant ingredient that can reduce dark spots, blemishes and hyperpigmentation. The anti-inflammatory nature of turmeric reduces skin inflammation and eventually heals the skin. The anti-inflammatory nature of turmeric reduces skin inflammation and eventually heals the skin, such as with acne and eczema.

### INGREDIENTS LIST

Glycerine, Propylene Glycol, Royal Jelly (Apis Mellifera), Turmeric (Curcuma Longa) Extract, Colorant.

200 ML



BEAUTY GARDE



# Hand Protector HAND CREAM

with Hibiscus & Lemongrass

A non-greasy moisturiser for hands to soften dry skin and lock in moisture.



PRODUCT CODE HB14



## HIBISCUS

Hibiscus is an ultra-hydrating and nourishing herb that is a rich source of protein and many other compounds that boosts your skin health.

### Fights Aging Signs

With high amounts of anti-oxidants, Hibiscus helps your skin cells recover from the damage caused by skin ailments, wounds, pollutants, sunlight and other harmful elements.

### Improves & Evens Skin Tone

Hibiscus helps with hyperpigmentation, discoloration, dark spots, age spots, or any type of uneven spots. It contains various compounds which work to nourish your skin tone while controlling the melanin production that causes discoloration.

### Cleanses Skin Pores & Improves Skin Plumpness

Hibiscus helps in cleansing your skin naturally and gently. The organic acids present in the herbs aid in the elimination of dead skin cells and keep your skin pores clear and tightens pores.

## LEMONGRASS

### Treats oily skin

One of the greatest beauty benefits of organic lemongrass essential oil is how it can help reduce oiliness and control shine. Organic lemongrass essential oil has purifying properties that help to remove impurities, detoxify the skin and leave it feeling clean and clear. The same compounds also keeps insects, such as mosquitoes, away.

### Ant-inflammatory qualities

For centuries, lemongrass has been used as a natural remedy to prevent infection and heal wounds. Scientific research has shown that lemongrass has anti-bacterial qualities which helps to control bad bacteria on your skin that can cause irritation or damage.

## HYDRATING OILS

Natural herbal oils penetrate deeply into the skin to ensure long-lasting hydration and moisturisation, resulting in plump healthy skin. These botanical oils soothes irritated skin as they have anti-inflammatory properties.

### INGREDIENTS LIST

Aqua, Glycerin, Isopropyl myristate, Glyceryl Stearate, Cetearyl Alcohol, Peg-20 Stearate, Paraffinum Liquidum, Carbomer, Stearic Acid, Hibiscus Rosa-Sinensis Extract, Cyclopentasiloxane, Cyclotetrasiloxane, Dimethiconol, Polysorbate 80, Cetyl Acetate, Acetylated Lanolin Alcohol, Triethanolamine, Cymbopogon Schoenanthus Oil, Methyl Paraben, Propyl Paraben.

75 ML



BEAUTY GARDE



# Skin Protector BODY CREAM

with Hibiscus, Lemongrass & Grapefruit

A non-greasy moisturiser for the whole body to soften dry skin and lock in moisture, whilst promoting healthy even-tone skin.



PRODUCT CODE HB13



## HIBISCUS

Hibiscus is an ultra-hydrating and nourishing herb that is a rich source of protein and many other compounds that boosts your skin health.

### Fights Aging Signs

With high amounts of anti-oxidants, Hibiscus helps your skin cells recover from the damage caused by skin ailments, wounds, pollutants, sunlight and other harmful elements.

### Improves & Evens Skin Tone

Hibiscus helps with hyperpigmentation, discoloration, dark spots, age spots, or any type of uneven spots. It contains various compounds which work to nourish your skin tone while controlling the melanin production that causes discoloration.

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Hibiscus helps in cleansing your skin naturally and gently. The organic acids present in the herbs aid in the elimination of dead skin cells and keep your skin pores clear and tightens pores.

## LEMONGRASS

### Treats oily skin

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### Ant-inflammatory qualities

For centuries, lemongrass has been used as a natural remedy to prevent infection and heal wounds. Scientific research has shown that lemongrass has anti-bacterial qualities which helps to control bad bacteria on your skin that can cause irritation or damage.

## GRAPEFRUIT

Grapefruit boosts radiant, glowing skin. Rich in the anti-oxidants and Beta Carotene, it transforms dull, dehydrated complexions and leaves your skin beautifully radiant. Vitamin A helps to reduce the appearance of fine lines and wrinkles by softening the skin and boosting collagen production. Grapefruit also contains Lycopene which is known to reduce redness and inflammation of the skin. It also possesses anti-septic and anti-bacterial properties, which work to clean and clear congested skin for a beautifully smooth complexion. It has been shown to help prevent and aid in treating cellulite.

### INGREDIENTS LIST

Aqua, Glycerin, Isopropyl myristate, Glyceryl stearate, Cetearyl Alcohol, Peg-20 Stearate, Paraffinum Liquidum, Carbomer, Stearic acid, Cyclopentasiloxane, Cyclopentasiloxane, Dimethiconol Polysorbate 80, Cetyl Acetate, Acetylated Lanolin Alcohol, Triethanolamine, Cymbopogon Schoenanthus Oil, Citrus Grandis (Grapefruit) Peel Oil, Methyl Paraben, Propyl Paraben, Hibiscus Rosa-Sinesnsis Extract.

500 ML



## SUGGESTED SUPPLEMENT PACKS



Herbal medicine requires multiple supplements to address certain issues as the active ingredients have been spread by nature across various herbs and spices.

### IMMUNE BOOSTER PACK



### FEMALE FERTILITY PACK



### SKIN PROBLEM PACK



### HIGH BLOOD PRESSURE PACK





## SUGGESTED SUPPLEMENT PACKS



Specialist advice is just a phone call away  
 +234 906 204 0040 / 0066 | +234 9811 111 8117  
 Email: [info@healthgarde.com](mailto:info@healthgarde.com) | <https://healthgarde.com>

### DIABETES PACK



### TEA RANGE



### WEIGHT LOSS RANGE



### BODY RANGE





# *Together* **WE CAN**

Find out how to become financially free with  
your Health Garde consultant today!

Consultant \_\_\_\_\_

Telephone \_\_\_\_\_

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