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7. **Bulk Nutrients** has recently updated the formula of its natural vegan protein, which is now made from premium pea and rice proteins, dramatically improving the taste. Earth Protein is dairy and allergen free, non-GMO, and only includes natural flavourings. It's as healthy for you as it is the planet.

RRP from \$27/33 serves, bulknutrients.com.au

8. Australians are discovering the multitude of benefits offered by black seed oil, and can't get enough of it. **Hab Shifa Black Seed Oil** contains more than three times the antioxidant power of goji berries, and has been widely studied for its immense power in regulating immune function.

RRP \$12.95 (50ml), habshifa.com.au

9. **Lotus Savoury Yeast Flakes** are gluten free, high in protein and fortified with a range of B vitamins. Sometimes called nutritional yeast, it has a strong nutty, cheesy flavour, which makes it popular among vegans as a cheese substitute. Simply replace parmesan with savoury yeast flakes for a dairy-free and all-natural nutritional boost.

RRP \$10.99 (200g), lotusfoods.com.au

10. **COCO²** is a delicious and nutritious all-natural chocolate spread made from coconut oil and organic cocoa. Naturally sweetened with rice malt syrup, it is a great-tasting gluten, cane sugar, and dairy-free alternative to regular chocolate spreads. Available from leading supermarkets.

RRP from \$3.99, pureharvest.com.au

11. Detox your home from harmful chemicals with **CitroShield Certified Natural Multi-Purpose Cleaner**. Free from toxic chemicals and harmful nasties, it can be used for surface cleaning and decontamination in the home or industrial environments. Available from leading IGA supermarkets.

RRP \$5.95 (750ml), citrolife.com.au

12. The **Your Tea range** of teas is based on the principles of traditional Chinese medicine. The delicately balanced herbs are designed to nourish and cleanse the digestive system. The 14-day Tiny Tea Teatox is specifically designed to assist with bloating, indigestion, problematic skin, cellulite, weight reduction and also to boost energy.

RRP \$35, aus.yourtea.com