

- 9.** Turmeric is widely recognised for its many health-promoting properties, including boosting metabolism. Now you can enjoy this dynamic infusion every day with **Planet Organic Turmeric herbal tea**, made with 100 per cent certified organic turmeric root. It's available from leading health food stores nationally

RRP \$5.95, planetorganic.com.au

- 10.** This certified organic, bio-fermented, sprouted brown rice protein isolate, that we call **BioPro**, is a very, special protein. Carefully crafted from sprouted, raw, organic wholegrain brown rice that has passed through a natural, bio-fermentation process, this (90 per cent) protein isolate is one of the most highly digestible forms of protein on the market. It is a complete source of all essential amino acids and has very little carbohydrate and no fat. It is also gluten and soy-free, vegan-friendly and hypoallergenic.

RRP: \$55.95/1kg, proteinsuppliesaustralia.com.au

- 11.** Of all the known Chlorella facts, perhaps the most well known is its ability to detoxify the body. In particular, **Yaeyama Chlorella** is used all over the world by professionals to help remove heavy metals such as mercury and cadmium from the bodies of patients showing signs of heavy metal toxicity. Yaeyama Chlorella has been recognised for more than 40 years as the World's #1 Chlorella with its unique Jet-Spray Cell Wall Technology to gently 'open' the cell wall for a high 82% digestibility, greater nutritional potency, purity and mild taste.

RRP from \$18.95, greennutritionals.com.au

- 12.** **Hab Shifa Black Seed Oil** is packed full of antioxidants, vitamins and naturally occurring constituents that make it a unique supplement to support a healthy immune system. Hab Shifa Black Seed Oil is made from 100 per cent pure nigella sativa oil that is carefully harvested, and extracted with a cold-press method in order to ensure our oil is of the highest standards. It can be taken orally as well applied topically to the skin and scalp.

RRP \$34.95/250ml, habshifa.com.au

- 13.** **Herbatint** is the first organically-based permanent hair colour gel. It is free from harsh chemicals and ammonia. It incorporates proteins, botanicals and natural vegetal extracts such as cinchona, rhubarb and walnut - nutrients that give hair its deep, natural shine and vibrant, healthy colour. It provides nourishment, protection and conditioning to both the hair and scalp. It offers a safe, gentle and effective way for covering normal grey hair with just one application.

RRP \$20.45, herbatint.com.au

- 14.** Did you know the **Kuvings Whole Slow Juicer** can make cold press juice as well as smoothies? You can choose to use the whole fruit and vegetable with all the fibre and make a smoothie or make a cold press juice and get 65 per cent more nutrients.

RRP \$599 for the Whole Slow Juicer and **\$69** for the smoothie and ice cream set. kuvings.net.au

- 15.** **Manuka honey** is a 100 per cent natural food shown to have anti-bacterial activity. MGO™ 550+ Manuka Honey is certified to contain at least 550 mg/kg of methylglyoxal, the naturally occurring compound responsible for the unique bioactive properties of genuine manuka honey.

RRP \$66.30, manukahealth.co.nz

- 16.** **Lifestream Essential Greens+** contains a great selection of wholefoods and herbs to support key body systems. It is made from all-natural ingredients and contains no artificial colours, flavours or preservatives. Taken regularly, this wholesome and nutritious formula provides essential nutrients to help support everyday energy and vitality for a more healthful you.

RRP \$44.95/150g, planethalth.com.au



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