



# Total Wellness



JUST  
GOOD  
STUFF.



Information on each ingredient:

#### Organic Baobab

It has been found that organic baobab has six times more antioxidants than blueberries, ten times more Vitamin C than oranges and six times more potassium than bananas. It offers twice the calcium of milk and more magnesium than coconut water. This nutritional density can rarely be found all at once in just a single fruit.

#### Organic Flaxseed

The nutritional profile of organic flax seed is pretty impressive. An ounce of flax seeds will give you a big hit of omega-3, fibre, protein, manganese, Vitamin-B1, phosphorous, iron, zinc, copper and more. Flax seed also helps with the Protection of Cells from Oxidative Stress.

#### Organic Carrot

Carrot powder has potent antioxidant properties with high content of beta-carotene, Vitamins ( Vitamin A, Vitamin C, Vitamin K and Vitamin B6 ) & Minerals (Zinc, Manganese, Magnesium, Potassium and Calcium), helps Protect Cells, Proteins & Enzymes from Environmental Stress.

#### Organic Acerola

Acerola is most well-known for being extremely rich in vitamin C. Because of this, it's often used to help with or prevent colds or flu. It's also used as an antioxidant nutrient. Together with vitamin C, acerola may be taken to boost immunity.

#### Organic Vita-algae D™

Vita-algae D™ is a sustainable vegan suitable form of cholecalciferol (Vitamin D3), derived 100 % from algae. Vitamin D3 contributes to the maintenance of strong bones and teeth and in the absorption of calcium and phosphorous. It maintains the normal function of the immune system.

#### Organic Date Sugar

Date sugar does not cause blood sugar spikes unlike refined sweeteners. Another date sugar health benefit has to do with its nutrients. Date products are loaded with antioxidants beta-carotene, lutein, and zeaxanthin. These protect the body cells against oxygen radicals.

#### Organic Barley grass

Organic barley grass powder is rich in vitamins, over 50 different minerals, antioxidants, and chlorophyll. It supports detoxification, boosts energy, promotes healthy digestion, and strengthens the immune system. A natural alkalizer, it helps maintain pH balance.

#### Organic Wheatgrass

Wheatgrass powder, derived from organically grown wheatgrass, is rich in vitamins, minerals, and antioxidants. It supports detoxification, boosts immunity, and promotes overall health. Consuming it can also improve digestion and increase energy levels. Organic cultivation ensures it's free from synthetic chemicals and pesticides.



### Organic Spirulina

Spirulina has been utilized by NASA as a dietary supplement for astronauts in outer space, this is due to containing an astounding amount of nutrients. Spirulina has the most concentrated amounts of protein among all foods—at 67 to 71%. It contains all eight essential amino acids, vitamins A, B, E, K, calcium, iron, magnesium, chlorophyll, phytonutrients, enzymes and more. But aside from being a food source, raw spirulina can be used to help health improvement with wide range of ailments such as allergies, high cholesterol, high-blood pressure, anaemia and fatigue. Named by some as a “miracle plant” it also promotes healthy teeth, metabolism rates, immune system, normal muscle and cognitive functions.

### Organic Kale

Organic kale powder is a concentrated source of vitamins A, C, and K, antioxidants, and iron. It supports immune function, bone health, and detoxification while offering anti-inflammatory benefits.

### Organic Spinach

Spinach fine powder is a good source of protein, fibre, antioxidant, and minerals, making it a suitable ingredient to be used in the formulation of foods with high nutritional or biological values. Spinach is rich in vitamins A, C, and K, folate, manganese, and iron. It boosts eye health, reduces oxidative stress, and promotes heart health. High in fibre and antioxidants, it aids digestion and combats inflammation.

### Organic Chlorella

Organic chlorella powder is a nutrient-dense superfood, rich in chlorophyll, protein, vitamins, and minerals. It supports detoxification, boosts the immune system, enhances energy, and promotes overall health.

### Organic Alfalfa

Organic alfalfa powder is rich in vitamins (A, C, E, K4), minerals (calcium, potassium, phosphorous, iron), protein, chlorophyll, and amino acids. It supports digestion, boosts immunity, and promotes cardiovascular health. A natural detoxifier, it also aids in alkalizing the body.

### Organic Inulin- blue weber agave

Organic Inulin from Blue Weber Agave powder supports gut health as a prebiotic fibre, promoting beneficial gut bacteria. It can enhance calcium absorption, potentially supporting bone health. Additionally, it offers a low-glycaemic alternative to traditional sweeteners, aiding blood sugar management.

### Organic Sunflower seed, ground powder

Organic sunflower seed powder is rich in protein, fibre, and healthy fats. It provides essential vitamins like E and B-complex and minerals like magnesium, selenium, and phosphorus. This powder supports heart health, immunity, and energy production.

### Organic pumpkin seed, ground powders

Organic pumpkin seed powder is rich in protein, fibre, magnesium, zinc, and healthy omega-3 and -6 fats. It supports heart health, prostate health, and offers anti-inflammatory benefits. Perfect for enhancing smoothies, yogurt, and baked goods.

### Organic Matcha

Organic matcha seed powder is rich in antioxidants, promotes energy without jitters, supports metabolism, and enhances focus. It provides essential vitamins, minerals, and fibre, benefiting overall health.

### Organic Maqui

Organic maqui powder is rich in antioxidants, especially anthocyanins, which combat free radicals. It supports immune health, reduces inflammation, and aids in maintaining healthy skin. Additionally, it offers vitamin C, calcium, iron, and potassium.

### Organic Blueberry

Organic blueberry powder is rich in antioxidants, vitamins, and minerals. It supports heart health, improves skin elasticity, and boosts cognitive function. A convenient way to reap blueberry benefits without added preservatives.

### Organic Aronia

Organic aronia powder is rich in antioxidants, especially anthocyanins, which combat free radicals. It supports cardiovascular health, strengthens the immune system, and may reduce inflammation. An excellent source of vitamin C and fibre.

### Nutrients

Nutrition Values	Per 100g	Per 10g Serving
Energy	1134kJ/291kcal	113.4kJ/29.1kcal
Fat	3.2g	0.32g
of which saturates	0.5g	0g
Carbohydrate	56g	5.6g
of which sugars	28g	2.8g
Protein	11g	1.1g
Salt	0.23g	0.023g