



# FLEXIBILITY MINERALS

NOURISH

Support for healthy joints, bones, hair, skin & nails





# FLEXIBILITY MINERALS

NOURISH

Poor wound healing, Acne scarring, Impaired barrier function, weak nails, stretch marks, thinning hair





# FLEXIBILITY MINERALS

RRP \$72

30 serves

NOURISH

## Support for healthy joints, bones, hair, skin & nails

### Organic sprout blend

A comprehensive nutritionally dense organic sprout blend. Vitamins, minerals, antioxidants, prebiotics, amino acids. Amaranth, Quinoa, Millet, Buckwheat, Chickpea, Lentil, Adzuki, Alfalfa, Flax, Sunflower, Pumpkin seed, Chia, Sesame seed

### Magnesium

Contributes to normal energy metabolism and necessary for normal nerve and muscle function.

### Calcium

Necessary for normal bone structure, nerve and muscle function.

### Vitamin C

Naturally sourced from the Acerola Cherry. Contributes to cell protection from free radical damage and normal collagen formation for the normal function of skin.



Organic fruit & veg

Prebiotic Nutrients

Vegan

Gluten Soy, Dairy & Sugar free

### Nutritionist developed

Nutritionally dense formula from all vegan friendly ingredients, developed in conjunction with accredited Nutritionist, Fiona Tuck.

### Organic Turmeric

The traditional Indian herb, containing curcumin a natural anti-inflammatory compound.

### Organic Masala Chai Blend

Cinnamon, Cardamom, Clove, Star anise, Liquorice, Nutmeg and Black Pepper.

### Organic Mushroom Vitamin D2

Vitamin D is necessary for normal bone structure.

### Aquamin™

Natural sea mineral complex made from special calcified red algae. Contains bio-active calcium and magnesium as well as 72 other trace minerals.

### Clean ingredients

No: GMO, eggs, nuts, gluten, dairy, synthetic vitamins, artificial ingredients, flavours, colours, preservatives or additives.





# Treatments

- CIT
- Acne scarring
- Skin tightening
- Cellulite treatments
- Fillers
- Pre and post op





# Contra indications

- Take away from tea and coffee
- Chai (cinnamon, cloves may be a trigger for rosacea patients)
- Do not take in conjunction with calcium or magnesium supplements without medical reason for doing so
- When in doubt refer to a medical practitioner





## How to take



- 2 flat teaspoons every day
- Can be mixed together, 1 heaped teaspoon (2 flat) of each. If sensitive start with a smaller dose.
- Add to smoothies, porridge or yoghurt

