



Healthy2U

Feel Healthy.
Look Healthy.

**FREE POSTAGE
ON ORDERS OVER £30!**
Plus! Free Mystery Gift
(worth at least £9.95) on orders over £30*
*Orders must be placed on the telephone or by order form.



2021 Catalogue



Healthy2u prides itself in sourcing the best natural health food products from around the world to help improve and maintain your healthy lifestyle and well-being.

With a sole focus on natural alternatives, we offer products that are backed with extensive research and a long history of use.

With Healthy2u, your health and well-being comes first.

Get in Touch!



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twitter.com/Healthy_2u



facebook.com/FBhealthy2u

DISCLAIMER

No product or advice is intended to replace current medication or diagnose, treat or cure any condition. Consult a Doctor if you are concerned about your health or if you are on medication. Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are taking any medication please consult your doctor or healthcare professional before use. Discontinue use and consult a doctor, if adverse reactions occur. Keep out of reach of children. Do not exceed recommended dose.

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Order Form

NEW!
**COLDNER
THROAT
SPRAY**

Helps prevent viral & bacterial infections

The common cold is a viral infectious disease that infects the upper respiratory system. It is the most common infectious disease in humans and is mainly caused by corona viruses or rhino viruses.

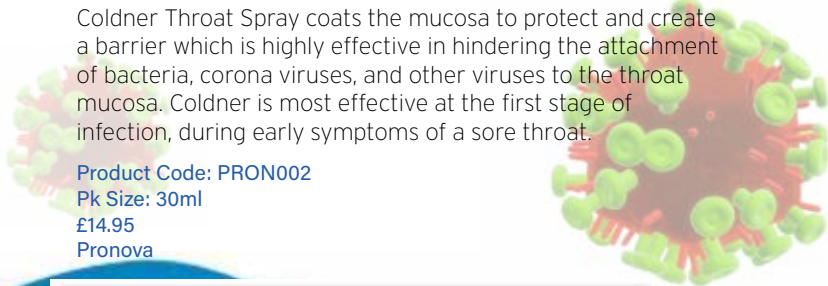
When a virus manages to overpower the body's immune system, infection occurs. The first line of defence is mucus, this mucus traps anything inhaled, such as dust, viruses, and bacteria.

Coldner Throat Spray® contains a film-forming anti-viral agent, which forms a protective layer over the mucosa preventing viral replication before or during viral absorption.

If the virus manages to penetrate the mucus the virus then enters a cell, the virus takes control and uses the cell's machinery to manufacture more viruses, and these viruses then attack surrounding cells.

Coldner Throat Spray coats the mucosa to protect and create a barrier which is highly effective in hindering the attachment of bacteria, corona viruses, and other viruses to the throat mucosa. Coldner is most effective at the first stage of infection, during early symptoms of a sore throat.

Product Code: PRON002
Pk Size: 30ml
£14.95
Pronova



SALITAIR SALT PIPE

Clinically Proven Drug-Free Natural Salt Therapy
The Salitair Salt Pipe is a lightweight and portable device which uses salt therapy to cleanse the respiratory system and calm the irritated cells for optimum respiratory health.

If you suffer from asthma, allergies or breathing problems you know the difficulties these conditions cause in daily life. Whether you have hay fever that stops you enjoying the warm summer months, asthma which prevents you from playing in the park with your children, or snoring that means you have to sleep separately from your partner, breathing conditions can place life-changing limitations on your happiness.

Typical treatment for asthma and many allergies is often medication which can cause a number of side effects and even dependency.

But there is no need to resort to such measures when you can treat your condition with a clinically proven and drug-free therapy in the comfort of your own home!

The Salitair salt pipe and the salt used are both classified as Class I Medical Devices and used by many satisfied users.

Salt inhalation therapy naturally aids breathing and is:

- Easy and effective
- Class I Medical Device
- 100% drug free and safe
- Quick, easy to use
- Re-fillable, use the device over and over again.



Product Code: TH003
Pk Size: 1 unit: no salt included
£17.79

SALT INHALER REFILL
Product Code: TH002
Pk Size: 220gm
£4.25
Salitair

INHALO DSI DRY SALT INHALER

Better breathing with the natural power of salt.

- Deep penetrating salt therapy to help alleviate chest congestion and allergy discomfort
- 100% Natural
- May help with the prevention of respiratory infections
- May promote the cleansing of the bronchial tract
- Perfectly gentle treatment
- No side effects

Product Code: IH001 Inhalo Bronchial
Pk Size: 1 unit £19.99

Product Code: IH002 Inhalo Nasal
Pk Size: 1 unit £19.99
Inhalo



NEW!

VIRILLIN® has been formulated by Dr John Briffa, a medical doctor and health expert with 30 years experience in natural medicine.

- ✓ **Doctor-formulated**
- ✓ **A synergistic blend of botanicals and nutrients**
- ✓ **Contains Andrographis (98% andrographolide)**
- ✓ **Contains equivalent of 1200 mg Black Elderberry (Sambucus Nigra)**
- ✓ **Vegan friendly**
- ✓ **Up to 2 months supply**



Product Code: NM002
Pk Size: 60 capsules
£24.95
Neuromed

✓ **Virus busting**



NEW!
IMMUNPRO CISTUS

The active ingredient in Hübner's ImmunPRO Cistus, has been shown to create a physical barrier in the mouth and throat against viruses. Cistus villosus is naturally rich in tannins (polyphenols), which, due to their large molecular structure, are not reabsorbed, but instead form a protective film that prevents viruses from penetrating the mucous membrane of the mouth, preventing a virus docking with host cells.

ImmunPRO Cistus tablets when dissolved in the mouth create a physical barrier in the mouth and start to work immediately as a preventative or at the very onset of illness, such as the first scratching signs of a sore throat. A particular benefit of the product is that because it works on a physical level there is no possibility of a virus mutation creating resistance which is typical with antibiotics overuse.

They are ideal for use during the colder seasons of the year, before and during typical flu periods and of course when travelling by plane, train or underground, where close contact with other people is unavoidable.

New immune pro cistus benefits from additional vitamin C in each lozenge.



Product Code: AH022
Pk Size: 15 Tablets
£9.39
Product Code: AH023
Pk Size: 30 Tablets
£18.49
Anton Hübner

NEW! BIETHICA PURE VITAMIN C POWDER

Vitamin C, aka ascorbic acid, helps to keep us feeling mentally and physically well by supporting the body in multiple processes. Vitamin C needs to be consumed every day as it is water soluble, and any excess will leave the body instead of being stored.

Vitamin C can help the body in many ways including:

- Reducing tiredness and fatigue: vitamin C supports metabolic function - helping our bodies convert food and drinks into energy
- Supporting psychological function: vitamin C supports healthy psychological performance
- Help iron absorption: our bodies need vitamin C to absorb iron - one of the most important minerals for good health
- Aids collagen production: vitamin C is essential for making collagen - the main component of our hair, bones, skin, ligaments, nails, joints and blood vessels
- Supports the immune system: vitamin C can help increase our immunity
- High quality, effective and easy to take, this Vitamin C Powder is a great alternative to tablets

Product Code: BE015
Pk Size: 250gm
£11.95
Product Code: BE016
Pk Size: 500gm
£20.95
Biethica





OREGANO OIL

Wild oregano oil available in 100% oil (10ml) & 10% (30ml) is suitable for supporting the body's defences against viruses, bacteria and fungi.

Product Code: HC001
Pk Size: 100% Oregano 10ml
£19.95

Product Code: HC002
Pk Size: 10% Oregano 30ml
Oregano4life
£19.95

NEW! OREGANO OIL CAPSULES

Enteric coated, easy on the stomach. Highest potency available. A great way to take Oregano Oil and experience the benefits without the taste.

Product Code: HC003
Pk Size: 30 capsules
£15.95
Oregano4life



OREGANO CAN HELP WITH:

- smooth functioning of the gastrointestinal tract
- support of the intestinal flora
- strengthening the body in times of intense stress
- maintaining normal cholesterol and sugar levels
- desensitisation of the body to allergens
- relief from rheumatic symptoms
- relief from local skin irritations
- ear care
- improving mood
- improving bad breath
- maintaining gum health
- period discomfort
- relief from insect bites
- improvement of the appearance of "orange peel" (cellulite)
- balancing menopausal disorders

ORTHOMOL IMMUN & ORTHOMOL IMMUN PRO

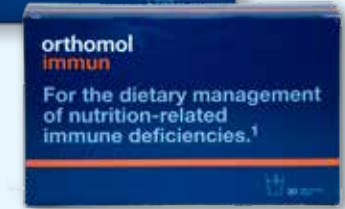
For the dietary management of nutrition-related immune deficiencies, for example after chemotherapy or radiation therapy.

In the course of our life, our immune system has to meet many demands. It is a network of organs and cells weighing some two kilograms and is the basis, the "guardian", of our health and thus the body's most important barrier against external and internal influences.

The immune system is active from birth. It is not yet completely developed at this point, however, but acquires its full capability in the course of life.

Hardly anybody is aware of the fact that our immune system is constantly in action. It is prepared at any time to respond to undesirable harmful intruders, such as bacteria or viruses, and ensures that we can safely eat salad and shake hands with other people.

There are situations in which our immune system has to be particularly alert, e.g. in the presence of acute or chronic infections, such as diseases of the respiratory tract, asthma, allergies, inflammation of the middle ear in children, irritable bowel syndrome, but also drug intake or chemotherapy/ radiation therapy.



Orthomol Immun
Product Code: O002
Pk Size: 1 x 30 Days
Orthomol
£49.99

Orthomol Immun pro
powder
Product Code: O007
Pk Size: 1 x 30 Days
Orthomol
£58.99

Orthomol Immu 30
Vials
Product Code: O025
Pk Size: 1 x 30 Days
Orthomol
£59.99

OLIOSEPTIL PURIFYING + 77 ESSENTIAL OILS

Olioseptil Air Purifying breathing spray is specially designed to sanitise and purify ambient air. The combination of essential oils is proven to be effective against bacteria and house dust mites.

Its formula combines essential oils carefully selected for their antiseptic, antiviral and disinfectant properties, while creating a fresh atmosphere.

Product Code: INE046
Pk Size: 125ml
£11.95
Ineldea



Strath®

Clinically trialled formula to help with tiredness, immune system, recovery from illness as well as much, much more. *Strath Herbal Elixir* is one the Industry's best-selling natural products, primarily for boosting immune health and can be taken as a general all-round tonic.

The balanced formula is derived from the active principles of live herbal yeast which has been treated by a unique biological process producing a herbal yeast complex rich in vital nutrients.

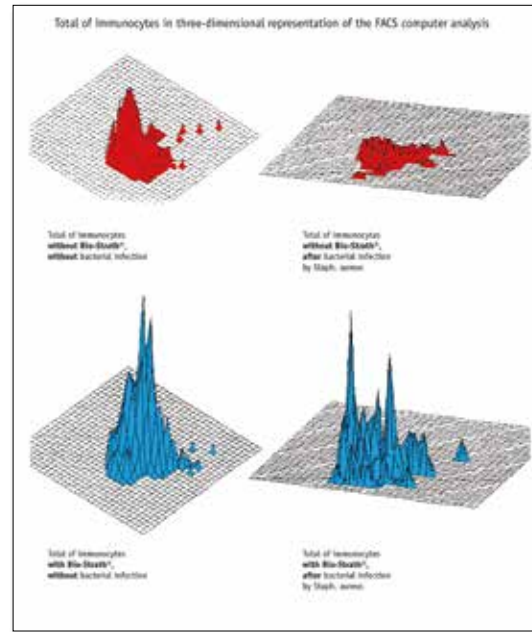
For many days, live active *Saccharomyces Cerevisiae* yeast is cultivated on the following wild herbs: angelica, balm, basil, caraway, chamomile, cinnamon, elder, fennel, horseradish, hyssop, lavender, liquorice, parsley, peppermint, sage and thyme.

By the special process of plasmolysis by fermentation, without the use of heat or chemicals, the herbal yeast cells are burst open releasing their valuable nutritionally vital substances.

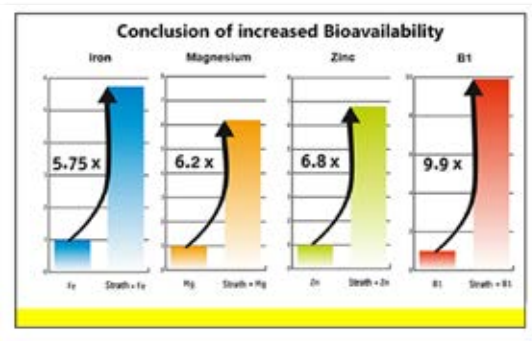
Strath specifically strengthens resistance, accelerates health, speeding up the recovery time from colds, flu and other similar illnesses and strengthening your immune system.



Strath® increases the mobilisation of immunocytes which fight infection



Strath® increases absorption of nutrients in the digestive system.



Strath® ORIGINAL

Fatigue and tiredness can affect our daily lives and symptoms may include poor concentration, lack of physical or mental performance and feeling weary.

Strath® specifically strengthens resistance, accelerates health, speeding up the recovery time from colds, flu and other similar illnesses and strengthening your immune system.

Strath® food supplement contains over 60 entirely natural vital substances and is suitable for people of any age. If the diet is low in vital substances, Strath Original supplements the diet with valuable ingredients. In addition, Strath Original improves the overall uptake of vital substances derived from the diet or other products.

Strath® Herbal Yeast has been proven to increase nutrient and mineral absorption by almost 10x!

Product Code: BS001
Pk Size: 100ml: £10.49

Product Code: BS002
Pk Size: 250ml: £17.29

Product Code: BS014
Pk Size: 500ml: £29.00

Product Code: BS004
Pk Size: 100 Tablets: £17.29

Product Code: BS011
Pk Size: 100 ml drops: £20.99
Strath



NEW! Strath® with VITAMIN D -

Vitamin D supports our immune system and has a positive influence on bone and teeth preservation. It also controls many important processes in our body such as muscle function. Strath +Vitamin D uses a unique process which creates vitamin D naturally from ultra violet light which the yeast absorbs.

During the colder season, when there is less solar radiation, our bodies are often unable to produce enough vitamin D.

All benefits at a glance

- 100% natural & highly tolerable
- No artificial additives
- Suitable for vegetarians
- Lactose-free
- Suitable for children over the age of 1 year

Product Code: BS017
Pk Size: 250ml: £19.95
Strath



Strath® VITALITY

Greater amounts of vital substances, and of magnesium in particular, are required when levels of mental or physical stress are high, for instance at work or during sports activities.

Strath® Vitality provides natural support for working people under particular strain, athletes, parents, students, schoolchildren and individuals under pressure.

Product Code: BS015
Pk Size: 100 Tablets
£19.99
Strath



Strath® IMMUN

For stresses and environmental influences that compromise and weaken the immune defences (e.g. bacteria and viruses, stress, emotional strain). Strath Immun provides natural support for immune system function. It is therefore particularly useful in situations where there is an increased risk of illness, for example in cold and wet weather, where there is a risk of infection in public places or in the case of excessive stress.

Product Code: BS016
Pk Size: 100 Tablets
£19.99
Strath

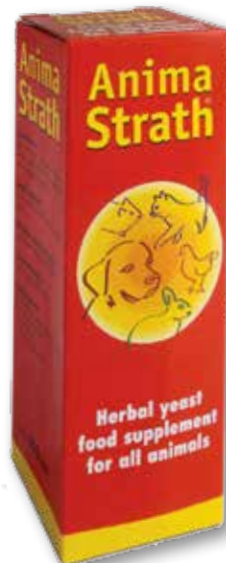


Strath® ANIMA

Anima Strath® is a natural and highly effective food supplement suitable for all animals. Yeast and herbs are combined together to form a supplement which contains plant protein, fat and carbohydrates, as well as 11 vitamins, 19 minerals, 20 amino acids and 11 general building substances.

Product Code: BS005
Pk Size: 100ml
£11.99

Product Code: BS006
Pk Size: 250ml
£19.99
Strath



Strath® ANIMA GRANULES

Anima-Strath® is a natural tonic and an effective supplement suitable for animals. It is a unique combination of yeast and herbs, which are free from artificially produced substances. It can be given over long periods and has been highly accredited.

Product Code: BS007
Pk Size: 100gm
£19.99
Strath



Otosan

OTOSAN THROAT SPRAY

Otosan® Spray Forte is a throat spray specifically designed to soothe the mucosa with a mucoadhesive, hydrating and immuno-stimulating action. This also promotes macrophage phagocytosis and bacteria killing. Containing Hedge Mustard extract, the throat spray also possesses an anti-inflammatory action specific for the upper-airways.

- Contains Immune strengthening Beta Glucans
- Disinfectant action
- Calming action
- Anaesthetic action.

Product Code: M015
Pk Size: 50ml
£8.99



OTOSAN THROAT SACHETS

Otosan Throat Gel Forte is a product for relieving symptoms associated with throat irritation.

Thanks to its special gel formula, it forms a mucoadhesive film active in the pharyngeal and laryngeal tract, which protects the mucosa from the irritating action of external agents, providing long-lasting relief.

Product Code: M016
Pk Size: 14 sachet
£8.99



OTOSAN EAR SPRAY

Otosan Spray® with organic plant extracts is an innovative product for removing earwax and for daily ear hygiene. It provides a gentle but effective action for cleaner and healthier ears because it eliminates excess wax from the ear canal and, if used regularly, prevents wax formation.

Free from artificial colourings and preservatives, it guarantees high levels of tolerance.

Product Code: M017
Pk Size: 50ml
£8.99



OTOSAN EAR CONES

Otosan Ear Cone® arose from the rediscovery of a traditional ear hygiene method, called auricular thermotherapy, a gentle technique with ancient origins.

Enhanced with innovative safety and comfort devices, the Otosan Ear Cone is a natural, practical, safe and effective device, which, through beneficial heat and a chimney effect, helps to eliminate impurities and excess earwax from the ear.

1 Pair	XL Cones 1 Pair	Family Pack 3 Pairs
Product Code: M001	Product Code: M003	Product Code: M004
Pk Size: 2pk	Pk Size: 2pk	Pk Size: 6pk
£8.99	£8.99	£19.99



OTOSAN EAR OIL

Prepared on the basis of an ancient herbalist's recipe and enriched with Propolis, Otosan ear drops are the perfect solution to all ear care troubles. Contains almond and maize oils, known for their emollient power, they soften the earwax and improve its removal from the ear canal.

- Soothe skin redness and irritation
- Cleanse the ear canal
- Remove excess earwax.

Product Code: M002
Pk Size: 12 x 10ml
£8.99



OTOSAN NASAL SPRAY FORTE

Otosan® Nasal Spray deeply cleanses nasal cavities and assists in reducing congestion. It provides relief for blocked noses, seasonal colds or allergies. It contains sea water from Brittany (2,2% hyper-tonic solution), plant extracts and organic essential oils and is free from vasoconstrictors.

It is an essential remedy for symptoms of seasonal colds or allergies; sinusitis and nasal congestion; dry and irritated mucosa.

Product Code: M013
Pk Size: 30ml
£8.99



NASAL WASH

Since it is constantly in contact with a large number of allergens, impurities and polluting dusts, keeping the nose clean and clear is the first step to prevent alterations of the mucous membrane of the nose (blocked nose, itching and dryness) and to allow correct airflow in the respiratory tract.

Product Code: M019
Pk Size: 30 Sachets
£8.99



Immunix3 NEW!

1 It protects against oxidative stress

2 It strengthens the immune system

3 It balances bacterial flora

A complete formula to promote physiological immune defence: three actions combined in a new immunostimulant.



Product Code: M022
Pk Size: 20 chewable tablets
£6.95

FORTUSS COUGH SYRUP

ForTuss Otosan Cough Syrup has been developed as an adjuvant for treating dry and productive coughs. Also providing hydration of mucus and its natural discharge, thanks to its functional ingredients: Manuka Honey, Organic Wildflower Honey and plant molecular complexes.

ForTuss is suitable for adults and children (from one year of age). It creates a protective layer that adheres to the irritated mucosa, creating fast relief.

Product Code: M018
Pk Size: 180g
£8.99



OTOSAN NASAL SPRAY BABY

The result of our ongoing research in the field of otolaryngology, Otosan® Nasal Spray Baby is a nasal decongestant made with ingredients of plant origin, with a gentle formula that makes this product suitable for children and babies.

Free from vasoconstrictors and propellant gases.

Product Code: M014
Pk Size: 30ml
£8.99

NEW!

✓ Washable

✓ Wear with glasses



CLASS 1 MEDICAL DEVICE WASHABLE MASK

CE Washable masks made of mixed fabric; antimicrobial, water-repellent, elasticated, intended to be used for covering the nose and mouth.

5 designs/colours available: White, Black, Grey, Denim, Camouflage. For adults and children over 6 years old.

Product Code: APR001 White APR002 Black APR003 Denim APR004 Grey APR005 Camouflage

Pk Size: 1
£3.99



FULL FACE SHIELD VISOR WITH GLASSES

Transparent face visor (glasses style). Ideal for shop staff, hairdressers, beauticians, etc. Suitable for people who have problems wearing face masks and/or who are hard of hearing.

- Light and comfortable to wear
- Fluid Resistant
- Anti-fog
- Clear vision
- Washable
- Can be worn with glasses
- Can be worn by adults and children.

Product Code: SFM006
Pk Size: 1
£1.99



££ Value Pack

NON SURGICAL FACE MASKS 50 PACK

- 50 pack masks
- 3 ply with ear-loops
- Value Pack

Product Code: SFM001
Pk Size: 50 masks
£7.95



POPULAR

PROTECTIVE FACE MASKS 10 PACK

- 10 pack masks
- 3 ply with ear-loops
- High Quality Shelf Ready masks
- BFE > 98%
- CE Registered

Product Code: SFM002
Pk Size: 10 masks
£3.99



10 SINGLE USE NITRILE GLOVES

- Convenient travel 10 pack
- Retail friendly
- Packed in the UK

Product Code: SFM004
Pk Size: 10 gloves
£3.49





GREEN IDEA HAND SANITISER WITH MOISTURISING SQUALANE

We've all been regularly applying hand sanitiser for sometime now but this can play havoc with our hands from the drying effect of the alcohol.

Our new premium hand sanitiser contains the new wonder cosmetic ingredient "Squalane" derived from a plant source.

Squalane is particularly beneficial for soothing dry and inflamed skin conditions such as eczema and is natural, safe, and effective for all skin types.

- Hand protecting moisturiser
- Made in the EU
- EU registered cosmetic
- Dermatologically tested
- Up to 70% alcohol

The handwash gel with the antimicrobial component is suitable for cleaning and protecting your hands when it is not possible to use soap and water (travel, public transport, shopping and more). Hands are clean after use and nicely fragrant. The preparation contains 62% alcohol, which guarantees high antimicrobial effectiveness.

Green Idea
 Product Code: GI001
 Pk Size: 100ml
 £3.99
 Product Code: GI002
 Pk Size: 400ml
 £7.99

Product Code: GI003
 Pk Size: 500ml
 £7.99
 Product Code: GI004
 Pk Size: 5 Litre
 £24.99

NON CONTACT INFRARED THERMOMETER

Imagine the reassurance of being able to check your temperature in just 1 second whenever you want, wherever you are. This amazing sensor infrared thermometer is not only fast, it's touch-free and super-hygienic too.

Check as many people as you want without worrying about contagion or spreading infection. Simply hold 5-8cm away from the forehead and the intelligent thermometer instantly reads your temperature (Normal 34.0 - 37.4°C), (Light fever 37.5 - 37.9°C), (Fever 38.0 - 43.0°C).

2x AAA batteries (not included). H14.3 x L9.9 x W4.7cm.

Check your temperature in just 1 second
 Fast, touch-free and super-hygienic
 Simply hold 5-8cm away from the forehead

Product Code: SFM005
 Pk Size: 1
 £19.99



*Exact model may differ, functionality will remain the same or be enhanced

Vivatinell Hand Rub Sanitiser

- Great Value
- Made in the UK
- 70% Alcohol
- Registered Cosmetic (CPNP)

Vivatinell
 Product Code: VIVA001
 Pk Size: 200ml
 £2.99

NEW!

A joint liquid for you and for your best friend

ECOFLEX



ULTRA JOINT

As we age our joints and connective tissue start degenerating leading to stiffness and the tell tail aches and pains, especially after exertion.

Ecoflex Ultra Joint combines joint friendly Glucosamine, Chondroitin and MSM with Hyaluronic acid, Turmeric (curcumin) and botanicals to maintain healthy joints and connective tissue.

Swallowing large amounts of tablets is often difficult as we age so Ecoflex makes it easy with a pleasant tasting 15ml dose each day to keep you on top form.

Benefits can be seen in 4-6 weeks and increase over the following months allowing you to keep active for longer.

The 100% recyclable aluminium bottle reduces waste and makes an ideal water bottle after use.



- Easy to take
- High strength joint friendly nutrients
- Botanical complex of known joint beneficial herbs
- 100% recyclable bottle

Product Code: EF001
Pk Size: 500ml
£24.95
Ecoflex

ECOFLEX



ULTRA K9

As our dogs age their joints and connective tissue start degenerating leading to stiffness and the tell tail aches and pains, especially after exertion.

Ecoflex Ultra K9 combines joint friendly Glucosamine, Chondroitin with Vitamin C and botanicals to maintain healthy joints and connective tissue.

- Botanical complex of known joint beneficial herbs
- 100% recyclable bottle

Product Code: EF002
Pk Size: 500ml
£15.95
Ecoflex



ORTHOMOL ARTHRO PLUS

Joints, bones, muscles and tendons are part of our locomotor system. During our lifetime, our joints are subjected to great wear, which can cause joint degeneration, otherwise known as osteoarthritis -symptoms include pain, stiffness and limited mobility. Orthomol Arthro can be used for the dietary management of osteoarthritic joint changes. Each pack contains both powder and capsules to be taken daily.

Product Code: O003
Pk Size: 1 x 30 Days
£59.99
Orthomol



MEDOSAN BOSWELLIA BALM

Boswellia is a natural remedy which relieves pain for people who suffer from arthritis, back pain and morning stiffness.

Medosan's Boswellia Incense Balm is inspired by an ancient recipe from Buddhist monks and contains valuable extracts of Indian incense that have been clinically proven to reduce joint swelling and pain, as well as increasing suppleness.

Simply smooth the wonderfully fragrant Boswellia Pain Relief Balm over painful areas to gain the beneficial effects which include:

- Pain Relief
- Improved supply of blood to inflamed joints
- Increased mobility
- Decrease in swelling of joints

Product Code: SB013
Pk Size: 100ml
£12.95
Medosan



MEDOSAN NOPANOL FORTE SPRAY

Medosan Nopanol Spray contains a concentrated blend of plant extracts which creates a fast warming action that drives away pain and gives you the pain free life you deserve!

After years of research, Swiss scientists selected the finest natural painkillers and put them together in a scientifically-blended formulation that works fast and effectively.

Simply spray on, and the pain will rapidly fade away, leaving you pain-free and refreshed.

Product Code: SB039
Pk Size: 100ml
£12.95
Medosan



THERACRAMPES SPRAY

Theracrampes contains several natural plant extracts, including Harpagophytum Procumbens, Tephrosia Purpurea, Arnica, Eugenia Carophyllus and Menthol.

It comes in a handy, easy-to-use, push-button spray. Just spray the affected area. The liquid dries quickly into a light film. The skin pores below that will open up and absorb the solution, to relieve the pain.

Theracrampes is regularly used by many people who experience night cramps.

Product Code: INE004
Pk Size: 50ml
£14.95
Ineldea



MEDOSAN MEDOPATCH PAIN RELIEF

Medopatch is a unique and natural product which uses a compound of many herbs and plants including 5 different natural pain killers within a hypo-allergenic adhesive patch which is placed on pain, on limbs or the body.

Product Code: SB017
Pk Size: 5 Patches **£11.95**
Medosan



HELIX ARTRIX SNAIL SYRUP

Helix Artrix contains Snail mucus which is packed full of beneficial nutrients such as Iproteoglycans, hyaluronic acid, copper peptides, allantoin, vitamin C and glycoprotein. The syrup has a pleasant taste, and combines all the unique properties of snail mucus.

- Contributes to normal collagen formation
- Gives cartilage the necessary energy needed for quick repair
- Helps to maintain healthy joints

Product Code: SB043
Pk Size: 125ml
£24.95 Medosan



MEDOFLEX GEL

The unrestricted mobility of your joints is an essential requirement for quality of life of all ages. The regular use of MedoFlex guarantees mobility, agility and will soothe and ease morning joint stiffness.

Highly concentrated glucosamine in cartilage, naturally occurring in Chondroitin, and nourishing plant extracts, make it a balanced composition.

Product Code: SB028
Pk Size: 150ml
£12.95
Medosan



MEDOSAN LIGHT LEGS GEL

Relieves aching legs. Strengthens the circulation and relaxes the calves. Soothes swollen, heavy legs. Cooling properties providing instant pain relief. Suitable for varicose veins. Contains 9 natural ingredients.

Product Code: SB020
Pk Size: 100ml
£11.95
Medosan



MEDOSAN CURCUMA PLUS

Free radicals are responsible for much of our ageing and Turmeric is believed to contain powerful anti-oxidants which help neutralise this process. Curcuma also helps stimulate bile production which may help digestion. Curcuma Plus tablets contain much more turmeric than you could eat daily, even if you constantly ate curries, as they contain a highly concentrated extract.

Product Code: SB001
Pk Size: 90 Tablets
£12.95
Medosan



NEW!

NATURAL PAIN RELIEF

Cherry Stone Pillows

- 100% Bio Cotton
- Perfect as a cool pack
- Can be heated in the oven or microwave
- 10 Year Guarantee



The contemporary version of a centuries-old Swiss tradition. The pillow is filled with cherry stones and can be easily and quickly heated, for example, in the microwave. It then radiates heavenly warmth for hours.

The pillow shapes itself to the body and spreads its heat evenly. It never gets colder than body temperature. Place the pillow by your feet in bed, on your stomach to relieve stomach cramps, or around your neck if you are feeling stressed.

CLASSIC

The classic is ideal to simply relax and enjoy, also for back aches, muscular aches, period pain, stomach cramps and migraines.

Product Code: CH001
Cherry Stone Pillow Classic
 27cm x 27cm
 Pk Size: 1 pillow
 £22.95
 Inatura

NECK & SHOULDER

For Neck & Shoulder complaints.

Product Code: CH002
Cherry Stone Pillow: Neck & Shoulder
 13cm x 55cm
 Pk Size: 1 pillow
 £22.95
 Inatura



MEDOSAN CBD LOZENGES

So, what is CBD? Hemp can contain two primary molecules - THC and CBD. But while THC (cannabis) is psychoactive and addictive, CBD (cannabidiol) is not.

Non-addictive and non-intoxicating, developed by cannabis specialists in Switzerland to provide a highly potent and consistently pure product.

Available in 5mg lozenge (30 x 5mg lozenges).

Product Code: SB023
 Pk Size: 30 pastilles
 £19.95
 Medosan



Recurrent bladder infections or Cystitis?



Bladapure

Bladapure is a unique food supplement which combines the effectiveness of D-mannose, prebiotics, organic cranberry and key nutrients to create an inhospitable environment for bacteria, which can cause cystitis and bladder discomfort.

90% of urinary tract infections are caused by E coli bacteria which attaches to the urinary tract where it colonises and can make life miserable for sufferers.

Available in either convenient clean fill capsules or a delicious natural powder, Bladapure provides a pure and natural solution to maintain a healthy urinary tract.

Capsules
 Product Code: BP002
 Pk Size: 60 Capsules
 £19.95

Powder
 Product Code: BP001
 Pk Size: 90g
 Bladapure
 £24.95

NEW VALUE PACK! Capsules
 Product Code: BP003
 Pk Size: 120 Capsules
 £29.99

NEW!
VALUE PACK
120 CAPSULES



MEDOSAN ANASAN FORTE

Anasan-Forte instantly eliminates embarrassing stinging and painful itching in the anal region.

Anasan-Forte combines the gentle yet extremely effective properties of plant-based active agents such as chamomile, witch hazel and marigold to calm, soothe and strengthen delicate, irritated tissue, while healing the root cause of pain and soreness.

Simply place a small amount of Anasan on the last sheet of toilet tissue you use and you'll be amazed and delighted at how quickly that annoying, itching and stinging sensation is relieved and healed.

Product Code: SB014
Pk Size: 50ml
£9.95
Medosan



CANNABIS CREAM

This soothing combination of CBD crystals, organic hemp seed oil, shea butter, sunflower oil and vitamin E not only supports the natural protective function of your skin, but also moisturises and leaves your skin looking smooth and well cared for.

Product Code: SB050
Pk Size: 100ml
£19.95
Medosan



MEDOSAN VENEN-EX LEG SPRAY

The Medosan Venen-Ex Spray helps with the appearance, itching and inflammation that come with Varicose Veins.

It contains a unique formula of natural Menthol, valuable extracts from Ginkgo, Vine Leaves, Marigolds and Horse Chestnut. Super easy to use; still effective if sprayed over socks or tights, leaves no stains, and has an immediate cooling action. You can spray calves and legs several times daily, and allow to penetrate without massage.

Product Code: SB005
Pk Size: 75ml
£12.95
Medosan



MEDOSAN VENONIGHT

Do you have varicose veins? Weak and tired legs? Unpleasant and ugly redness? Blue and protruding veins?

Featuring a high concentration of natural horse chestnut extract, this high-quality product also contains many other valuable herbal ingredients. It is a gift for hard-working tired feet and is especially suited to people who stay on their feet for long periods. The active ingredients effect tightens enlarged veins, increasing blood circulation and toning them.

The natural herbal ointment helps with the cosmetic aspect by soothing redness and improving blood circulation.

Product Code: SB040
Pk Size: 100ml
£11.95
Medosan



Ricepure™

RED YEAST RICE



- Convenient one-a-day dosage
- Organic red yeast rice
- Free from synthetic statins
- Guaranteed to reduce cholesterol by > 15%
- Pure-fill capsule better value

NEW IMPROVED FORMULA



Product Code: RRP003
Pk Size: 30 Capsules
£15.95
Ricepure

Product Code: RRP004
Pk Size: 90 Capsules
£29.95
Ricepure

SOLUSNORE LOZENGES

Snoring is a very real problem. As part of the Great British Snoring Survey (yes, there really was one), it was reckoned that 48% of partners are obliged to sleep in separate rooms - just to get some peace and quiet. No wonder snoring can put relationships under pressure as well as resulting in an almost constant feeling of tiredness. All of which suggests that Solusnore has arrived in the nick of time. These sugar-free lozenges are specially formulated to gradually impregnate the flexible tissue of the throat and help prevent snoring. Will Solusnore work its 'silence is golden' magic on you? Just suck it and see!

Product Code: INE002
Pk Size: 15 Lozenges
£10.49
Nutri Derma



ORGANIC PILLOW SPRAY

This organic spray is very easy to use, just spray 5 times on either side of your pillow and sheets (optional) before going to bed. The fragrances of your pillow spray will create a fresh atmosphere helping you to drift into a deep and peaceful sleep.

Product Code: INE006
Pk Size: 100ml
£13.59
Nutri Derma

ORGANIC AIRWAYS PILLOW SPRAY

The new Nutri Derma organic airways pillow spray is exclusively made up of organic essential oils helping you to naturally regain deep, peaceful sleep, vital for the immune system. Not only that! The association of essential oils such as eucalyptus, lavender, rosemary and bay makes this a product specially designed for the airways. Special oils with de-congesting and purifying virtues.

Product Code: INE005
Pk Size: 100ml
£13.59
Nutri Derma



NEW!



Moisturising Foot Mask with Hyaluronic Acid

Intensive repairing socks, with Coconut Oil Milk Extracts and Hyaluronic Acid.

Slip on the intensive foot repairing socks for a calming moment of relaxation while treating yourself with deep moisturising therapy to nourish dry and rough feet.

Drench from heel to toe in a luscious cream, formulated with coconut oil milk extracts and hyaluronic acid, to leave your feet, soft, smooth and silky.

Fusswohl! Moisturising Foot Mask helps heal and repair dry and cracked skin with intensive hydration for soft, smooth and healthy-looking feet from heel to toe.

Enriched with essential oils and fruit extracts. One size fits most up to 10.5 inches, with a secure tab that prevents them from slipping off.

Product Code: SB061
Pk Size: 1 pair
Medosan
£4.99

Hand-crafted Himalayan salt lamps made from beautiful Himalayan salt.

Perfect for adding a beautiful natural warm glow to your home, office, bedroom or anywhere else you want to create an attractive soothing light.

The natural colour salt lamps create an orange/pinkish or that adds beauty to any decor while creating a calming ambience. The natural health benefits of salt have long been recognised. These lamps have hygroscopic properties and readily absorb moisture out of the air.

Extracting moisture from the air provides several health benefits; improving air quality and reducing humidity. The lamps gently detoxify, hydrate and energise, helpful for asthma sufferers and people with allergies.

HIMALAYAN SALT LAMP NATURAL

Product Code: RV001 1-2 Kg £12.95	Product Code: RV003 4-6 Kg £19.99
Product Code: RV002 2-4 Kg £14.95	Product Code: RV004 15-18 Kg £39.99



HIMALAYAN SALT LAMP DARK RED

Product Code: RV001
2-4Kg £15.99



HIMALAYAN SALT LAMP 3D TREE OF LIFE

Product Code: RV009
£39.99
Revolution



HIMALAYAN SALT LAMP AROMA BURNER

Product Code: RV007
2-4 Kg
£19.99
Revolution

HIMALAYAN CRAFTED FIRE BOWL

Product Code: RV008
3.5-4.5 Kg
£29.99
Revolution



More Designs Available
See website for details
healthy2u.co.uk

HIMALAYAN SALT PLUG IN NIGHT LAMP

A soothing night light ideal for a child's bedroom.

Product Code: RV010
£12.95
Revolution



HIMALAYAN NATURAL SALT TEA LIGHT CANDLE HOLDER

Product Code: RV011
0.7 - 1kg
£3.99
Revolution



HIMALAYAN SALT WHITE TEA LIGHT CANDLE HOLDER

Product Code: RV012
0.7 - 1kg
£3.99
Revolution



SALT LAMP DIMMER CORD (REPLACEMENT)

Product Code: RV013
£6.99
Revolution



Stressed....? Try Orthomol

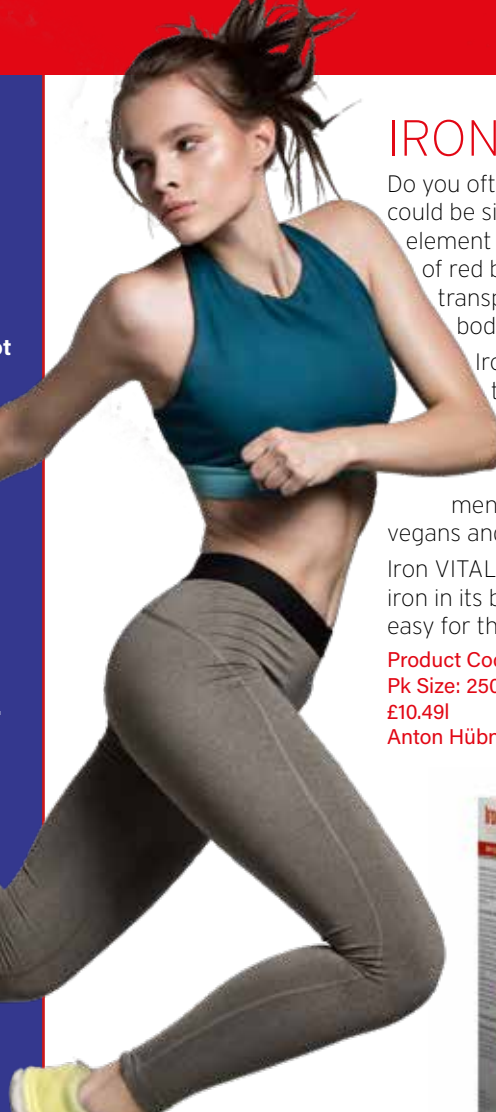
Everyday life is demanding. You need productivity, energy and focus. Take a look here to find the Orthomol product that provides you with targeted support for your specific circumstances. Micro-nutrients for the nervous system, brain and energy-yielding metabolism. A balanced diet is sometimes not our highest priority when things get hectic or during exams, for example. However, at times like these it is especially important to give your body extra micro-nutrients. Orthomol products can help you to provide your body with what it needs.

Orthomol Vital M and Orthomol Vital F are food supplements, they contain important micro-nutrients such as B vitamins and magnesium that contribute to normal energy-yielding metabolism and normal functioning of the nervous system. With omega-3 fatty acids.

- Vitamin C, vitamin B2 (riboflavin), vitamin B6, vitamin B12, folic acid, niacin, pantothenic acid and magnesium contribute to the reduction of tiredness and fatigue.
- Vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B6, vitamin B12, pantothenic acid, niacin, vitamin C, biotin, magnesium, iodine, manganese and copper contribute to normal energy-yielding metabolism.
- Vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B6, vitamin B12, vitamin C, niacin, biotin, magnesium, copper and iodine contribute to normal functioning of the nervous system.

ORTHOMOL VITAL M
Product Code: O005
Pk Size: 1 x 30 Days
£49.99
30 Vials
Product Code: O027
Pk Size: 1 x 30 Days
£49.99

ORTHOMOL VITAL F
Product Code: O004
Pk Size: 1 x 30 Days
£49.99
30 Vials
Product Code: O026
Pk Size: 1 x 30 Days
£49.99



IRON VITAL F

Do you often feel tired or worn out? These could be signs of an iron deficiency. This trace element plays a key role in the production of red blood cells and thus in the vital transportation of oxygen around the body by the blood.

Iron VITAL F Liquid provides a fruity tasting supply of iron to individuals at special times of life, for example for pregnant women and nursing mothers, for women with heavy menstruation, for vegetarians and vegans and for athletes and active people.

Iron VITAL F Liquid contains the trace element iron in its bivalent form, which is extremely easy for the body to absorb.

Product Code: AH001
Pk Size: 250ml
£10.49!
Anton Hübner



**FREE POSTAGE
ON ORDERS OVER £30!**
Plus! Free Mystery Gift
(worth at least £9.95) on orders over £30*
*Orders must be placed on the telephone or by order form.



**Shine some light on
your mood**

LED DAYLIGHT SAD LAMP

Improve your mood at the flick of a switch!

Shorter days, long dark nights not to mention lockdown has made everyone less happy - it's no wonder lots of us suffer from the winter blues or SAD (Seasonal Affective Disorder). Happily, the Save the Day SAD lamp could provide some help.

It glows bright with up to 10,000 Lux full-spectrum UV-free light at 10cms and according to studies may help relieve fatigue and sleep disorders - at the same time improving concentration, boosting energy, and improving mood. Simple to use, it features multiple colour temperatures (daylight, natural and warm light), 5 brightness levels, 4 timer settings and is small and slim enough to take anywhere and will even operate with a USB power pack.

Dimensions 24x15x2cm

Product Code: STD001
Pk Size: 1 unit
£39.99
Save the Day



Appli®



If you like to benefit from Apple cider vinegar but don't like the distinctive taste then Appli adult gummies are the perfect choice! Produced with the important "mother" Appli also includes a selection of B vitamins to enhance energy and physiological function.

Product Code: APLI001
Pk Size: 60 Capsules
£16.95

PURE MAGNESIUM CITRATE POWDER

- 100 Servings
- No need to swallow large tablets
- Additive free
- Suitable for Vegans

Magnesium contributes to the reduction of tiredness and fatigue, and helps in the maintenance of normal bones and muscle function.

Magnesium is required for the proper growth and maintenance of bones. Magnesium is also required for the proper function of nerves, muscles, and many other parts of the body. In the stomach, magnesium helps neutralise stomach acid and moves stools through the intestine.

Product Code: BE017
Pk Size: 250g
£12.95
Biethica



SILICEA GASTRO INTESTINAL & DIRECT

Silica contained in silicea gastrointestinal gel is present in high concentration. As a result, it forms large molecular complexes. The great advantage of these complexes is their ability to unfold a tremendous binding potential.

This works much in the same way as a sponge: the pathogens and the associated toxins are absorbed and subsequently excreted by natural means. The gastrointestinal tract is thus allowed to recuperate and not subjected to additional strain, for the composition of the gel is of a purely mineral nature and does not contain any chemical preservatives.

Product Code: AH003
Pk Size: 200ml
£9.99
Product Code: AH013
Pk Size: 15 x 10 ml Sachets
£15.29
Anton Hübner



MEDOSAN MEDOBALANCE

Our body is made up of 60% water. To be healthy, this water must be in a slightly alkaline state. This condition is constantly triggered by what you eat and drink. When the body is in acidic state it often leads to slower metabolism and weight gain.

Medobalance, clinically formulated with 100% natural ingredients, defeats acidity in the body. It helps to balance the pH level of your body by correcting the extremely acidic conditions associated with gout, diabetes and arthritis.

It is gentle to the body, effectively boosts your body's immune response level, supplies you with new energy and restores balance to your body.

Product Code: SB038
Pk Size: 225gm
£13.95
Medosan



TRANSIPURE DIGESTIVE SUPPORT

Transipure is a unique high fibre powder containing prebiotics, live cultures, digestive enzymes and plant extracts to provide a 5 in 1 symptom defence for digestive well being.

Our digestive system is one of our most crucial systems for maintaining good health. What we eat and how our body processes food can determine many health factors including diabetes, weight gain, heart health, colon & bowel health and a healthy functioning immune system.

Product Code: TP001
Pk Size: 180g
£14.95
Transipure



GOLDEN GREENS BIOFIBRE® ORGANIC INULIN POWDER

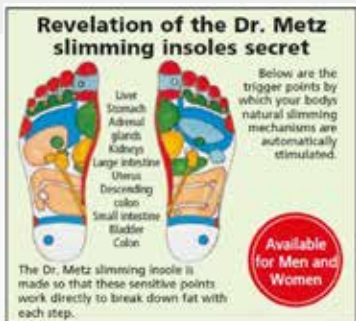
Pre-biotic Fibre was featured in 'The Truth About Sleep', where Dr Michael Mosley examined it's effectiveness to promote better sleep and 'good' bacteria in the gut.

Angela Rippon's doctor in 'How To Stay Young', recommended Inulin to reduce high levels of visceral fat.

Product Code: GR023
Pk Size: 250gm
£13.95
Product Code: GR024
Pk Size: 500gm
£23.95
Golden Greens



Happy Feet

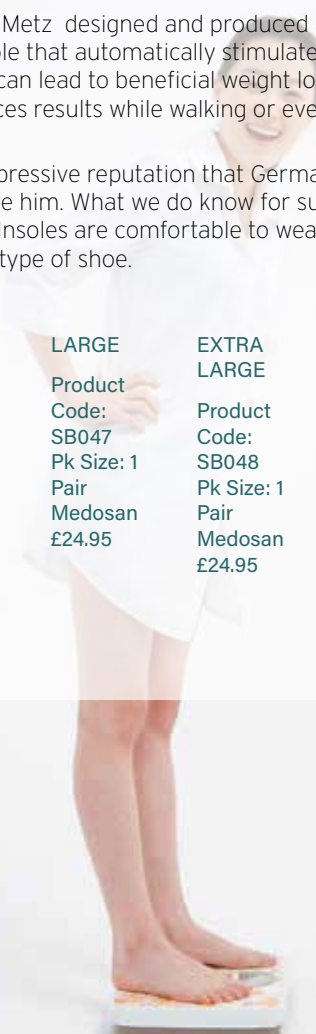


DR METZ MASSAGE INSOLE

German doctor Robert Metz designed and produced an innovative medical insole that automatically stimulates the trigger points that can lead to beneficial weight loss. And he claims it produces results while walking or even just standing still.

Bearing in mind the impressive reputation that German medics enjoy, we believe him. What we do know for sure is that these Slimming Insoles are comfortable to wear and slip easily into any type of shoe.

SMALL	MEDIUM	LARGE	EXTRA LARGE
Product Code: SB037	Product Code: SB046	Product Code: SB047	Product Code: SB048
Pk Size: 1 Pair	Pk Size: 1 Pair	Pk Size: 1 Pair	Pk Size: 1 Pair
Medosan £24.95	Medosan £24.95	Medosan £24.95	Medosan £24.95



Pronail Plus

Cure finger and toenail fungus quickly, easily and painlessly.

Fungal nail infection isn't unusual - but it is unsightly and can eventually become painful and infected.

Formulated with the patented, natural complex, ISK1230®. Pronail Plus is a proven CE registered Medical Device that provides the solution.

Simple to use, you brush it on (like nail varnish) two or three times a day and let it work its magic. In just a few weeks the fungus has gone, and daily applications will prevent it returning.

Supplied with full, easy-to-follow instructions and an application brush.

Product Code: PRON001
Pk Size: 10ml
Norupharma
£14.95



Forwards Wart Remover

Forwards is an innovative solution for the removal of warts and verruca's. Forwards removes warts effectively, easily and in a matter of seconds.

Forwards uses direct spray technology (direct freezing). This technology uses a device that can spray a very precise dosage of cooling agent directly and continuously onto the wart.

- Easy and ready to use
- Fast
- Freezes in 10-15 seconds
- Effective, due to direct continuous spraying system
- Freezes to -80°C (wind chill temp.)
- From 4 years of age

Product Code: PRON003
Pk Size: 1 pack
Pronova
£16.95

IDEAL WHEN DOCTORS APPOINTMENTS ARE LIMITED • PROFESSIONAL CARE AT HOME

enna



The only menstrual cup with applicator

The healthier and convenient alternative to tampons and pads which saves you money too! Made to last for years, the Enna Cycle cup is an easy way to dramatically reduce the waste you produce.

Enna Cup is a sustainable, soft, medical-grade silicone menstrual cup designed as a convenient, safe and eco-friendly alternative to tampons and pads.



- Includes 2 cups & sterilising/storage container
- Reduce landfill & save money
- Made from medical-grade silicon
- Includes optional applicator
- Available in 3 sizes to suit your body

Enna Cycle small + Applicator
Product Code: PF007
Pk Size: 2 cups
£22.99

Enna Cycle medium + Applicator
Product Code: PF008
Pk Size: 2 cups
£22.99

Enna Cycle small
Product Code: PF009
Pk Size: 2 cups
£19.99

Enna Cycle medium
Product Code: PF010
Pk Size: 2 cups
£19.99

Enna Cycle Large
Product Code: PF011
Pk Size: 2 cups
£19.99



LET'S GO BALMY!

BELLA BRIGHTON 🌿 SOOTHE AND SNOOZE LAVENDER BALM

Soothe & Snooze Lavender Balm is intended for the regeneration and soothing of the skin. Can help with insomnia, nervousness and various sleep disorders.

Product Code: BB004
Pk Size: 50ml
Bella Brighton
£9.95

BELLA BRIGHTON 🌿 JOINT AND MUSCLE COMFREY BALM

Comfrey root is rich in allantoin and has regenerative and healing effects on irritated skin. Comfrey root is known to help sprained muscles and soothe joints.

Product Code: BB005
Pk Size: 50ml
Bella Brighton
£9.95

BELLA BRIGHTON 🌿 SATIVA SOOTHE HEMP BALM

Hemp Oil keeps the skin supple, smooth and elastic. With a high concentrate of unsaturated gamma linoleic acid (up to 73%), it protects the skin from drying, significantly reducing wrinkle production.

Product Code: SAT001
Pk Size: 50ml
Bella Brighton
£9.95

BELLA BRIGHTON 🌿 BUMP AND BRUISE ARNICA BALM

Arnica is traditionally used for soothing bruises & sprains and is ideal for use after exercise. Arnica reduces sebum production, ideal for problematic teenage skin.

Product Code: BB006
Pk Size: 50ml
Bella Brighton
£9.95



BELLA BRIGHTON

TOP 3 NATURAL SKIN TREATS



So Squalane.

Ultra-moisturising formula from sugar beet.

Moisturising Facial Oil with Squalane

Squalane facial oil for all skin types. 100% natural, Squalane has exceptional moisturising properties and has been shown to reduce water loss from skin by 19%, and increase cell turnover by 34%.

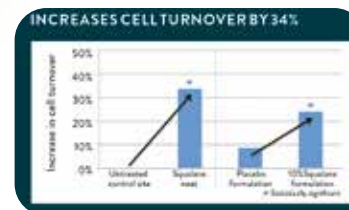
Can also be used on dry hair for a hydration boost.

NOURISH YOUR HAIR

- Prevents moisture loss
- Provides heat protection
- Strengthens hair
- Improves shine
- Enhances elasticity
- Prevents breakage

& FEED YOUR SKIN!

- Increases cell turnover
- Provides moisture
- Improves skin elasticity
- Reduces the appearance of wrinkles and fine lines



100% Pure Squalane Oil SUSTAINABLE* BEAUTY



LUXURY ROSE DAMASK OIL

Luxury skin oil for all skin types. The oil contains a large amount of essential fatty acids, vitamin E and other antioxidants. Use daily to nourish, hydrate and restore your skins radiance. Made from a blend of organic cold pressed oils, containing the highly prized Rose Damask. Contains no preservatives.

Product Code: BB003
Pk Size: 25ml
Bella Brighton
£14.95



HYALURONIC ACID SERUM

The 'must have' beauty ingredient Hyaluronic acid has been hailed the wonder ingredient to reduce wrinkles and fine lines. Don't worry, it's not an acid in the sense of burning you, this youth enhancing ingredient, is found naturally in the skin and joint tissue and works by retaining moisture to prevent skin ageing. It also improves skin elasticity.

Found in smaller quantities in some of the biggest cosmetic brands often costing twice as much, Bella Brighton contains high levels of the skin plumping ingredient along with Provitamin B5 and herb extracts to increase its 'wrinkle busting' effects.

Product Code: BB002
Pk Size: 25ml
Bella Brighton
£12.99

Product Code: BB010
Pk Size: 50ml
£16.95

Code: BB008
Pk Size: 25ml
Bella Brighton
£9.95

Code: BB009
Pk Size: 50ml
Bella Brighton
£14.95



NEW!

*Produced from Sugar beet

MEDOFIX HEEL & FINGER CARE

Cracked heels and rough fingers? MedoFix heel and finger care - the effective emergency aid!

Cracked skin not only causes pain, burning and looks ugly, but also opens the door to viruses, fungi and bacteria! Because feet and hands are exposed in everyday life to many impurities and germs, the skin is our most important protective organ.

If it is cracked, pathogens can invade unhindered and often lead to severe infections. Simply applied to the dry and chapped skin on the feet and hands, MedoFix nourishes and soothes the damaged areas and fills in bumps. The skin becomes smooth, supple and soft again. The moisture retention capacity is improved and the barrier function of the skin against harmful external attacks is restored.

Product Code: SB027
Pk Size: 30ml
Medosan
£12.95



MEDOSAN EX-HAIR REMOVAL ROLL ON & CREAM

Often bought together but can also be used exclusively.

Ex-Hair Removal Roll On, removes unwanted body hair for the last time, it is painless, and results in no cuts, pulling, rashes or burns. No pain, no effort, no preparation required - just quick easy and gentle hair removal. It is 100% Natural and slows down future hair growth.

- Painless Hair Removal- right from the roots
- In just 5 minutes Ex-Hair Roll-on removes hair from: underarms, legs, face, bikini-line and chest.
- Hair growth is prevented for 6-8 weeks
- Ex-hair Roll-on works right down to the roots by dissolving the hair root inside the follicle.
- For Men and Women

Ex-Hair Stop is a hair inhibitor. The Gel soothes and protects the skin after shaving or hair removal and slows down regrowth.

The swiss made gel inhibits the prominence and density of body hair, it stunts future hair growth by targeting it with natural inhibiting ingredients. Made with a high concentration of hair growth prevention ingredients, the formula uses natural mechanisms to stunt growth of unwanted hair.

Product Code: SB012
Pk Size: 75ml Roll on
£10.95
Product Code: SB021
Pk Size: 100ml Gel
Medosan
£11.95



PEDOSAN NAIL REVITALISING CREAM

Discoloured, thickened and deformed toenails caused by nail fungus and infections can get ugly. This new nail revitalising cream reduces discoloration and smooths uneven, rough spots

Product Code: SB026
Pk Size: 30ml
Medosan
£12.95

MEDOSAN NAIL FIX

A "first aid" remedy for use at the signs of painful ingrowing toenails. Helps soften the nail bed for easier treatment, and protects against future infections. Simply paint on with nail brush. 10ml bottle.

Code: SB008
Pk Size: 10ml
Medosan
£7.95

SILICEA COLD SORE GEL

Silicic acid is the active ingredient in Silicea Cold Sore Gel. Silicic acid is the mineral silicon (Si) combined with oxygen and water. What makes silicic acid gel so special, is its exceptional ability to bind water and secretions. The gel binds the fluid secreted by the cold sore blisters (herpes) naturally, drying them out and limiting the spread of the virus.

Product Code: AH009
Pk Size: 2g
Anton Hübner
£8.39





MEDOSAN SKIN DOC IMMORTELLE

Skin Doc Immortelle is gaining a reputation as the go-to product for a whole range of skin problems and anti-ageing protection. This is down to the high concentration of italdones which the immortelle flower extract cream contains. It speeds up the healing process and accelerates skin cell renewal, which - along with its anti-inflammatory properties - make it particularly good at treating skin injuries as well as scar regeneration.

Product Code: SB018

Pk Size: 100ml

**Medosan
£12.95**

MEDOSAN ACTIVE LIFT IMMORTELLE CREAM

Here's an anti-ageing cream that helps your skin look dewy-fresh and youthfully radiant, yet uses completely natural ingredients. Chief amongst these is an extract from a species of strawflower that the French call 'immortelle'. It works by activating cell renewal, stimulating micro-circulation, reducing the appearance of wrinkles and preserving the skin's elasticity.

With sunflower-derived vitamin E, Shea butter, Pentavin and COLLA-GAIN, it protects the skin against free radicals, combats UV-related ageing and acts as a moisturiser. Suitable for all skin types (including sensitive and irritated skin), it may not quite be the 'fountain of eternal youth' - but it is a lot easier to find!

Product Code: SB019

Pk Size: 50ml

**Medosan
£12.95**



MEDOSAN ARNICA MASSAGE CREAM

Medosan's lightly fragranced arnica and ginseng cream has a warming effect on the skin and contains a blend of natural arnica, Siberian ginseng, and 24 essential oils. Use in combination with joint massage before activity, which will help relax and warm up muscles before activity to help prevent soreness and stiffness later on.

Product Code: SB007

Pk Size: 100ml

**Medosan
£9.95**



MEDOSAN THUJA SKINCARE FLUID

Remove skin tags the natural way, thanks to Thuja Skincare Fluid. . Simply apply a couple of drops to the affected area to leave skin feeling nourished, clear and smooth.

Product Code: SB015

Pk Size: 10ml

**Medosan
£11.95**



MEDOSAN APRICOT OIL GEL

Apricot Gold is a unique, anti-wrinkle gel made with apricot oil. It's rich in Vitamin A and E, helping to protect your skin from dryness whilst creating a natural smooth skin tone. Suitable for women of all ages it can be used as part of your day and night beauty regime, helping to reduce the appearance of wrinkles in a matter of weeks.

Product Code: SB011

Pk Size: 50ml

**Medosan
£12.95**



Silicea Kollagen plus

for firm and radiant skin**

Silica gel, hyaluronic acid, Vitamin C, copper, collagen peptides

Perfect for:

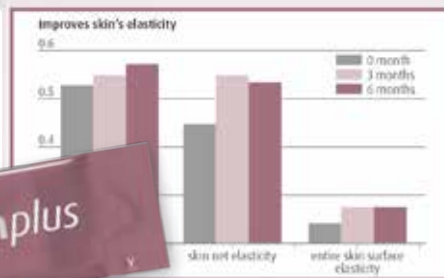
- Skin lacking in elasticity and vitality
- Skin with fine creases, wrinkles and signs of aging
- Skin lacking in moisture
- Skin that is exposed to additional stress, e.g. due to the environment or medication

Contains:

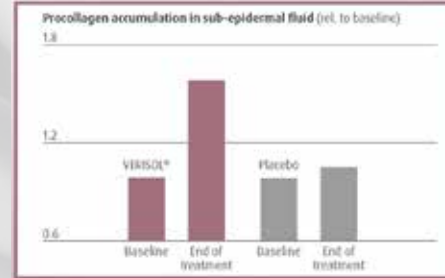
- 2500mg VERISOL® Collagen
- 150mg of HAPLEX® plus hyaluronic acid
- Silicea Silica
- Copper and Vitamin C
- Lotus flower extract



Product Code: AH025 Pk Size: 30 sachets £24.95 Anton Hübner
 Product Code: AH026 Pk Size: 60 sachets £39.95 Anton Hübner



Increased elasticity & moisture Oral HAPLEX® Plus effectively increases the skin's moisture balance and elasticity in depth**



Visible reduction of wrinkles VERISOL® significantly reduces wrinkles and improves skin elasticity. Collagen in the skin increases by 60%*

Silicea Kollagen plus contains nutrients that provide a radiant, smoother, more vital complexion:

Bioactive collagen peptides reduce the depth of wrinkles and increase the elasticity and density of the skin. Hyaluronic acid and silica gel ensure intensive moisturising and cushioning.

Copper and Vitamin C protect against free radicals (protection against oxidation).

According to Ayurvedic tradition, lotus flowers have a nurturing effect.

With mango pulp and lotus flower, giving it a deliciously fruity flavour.

*Oral Intake of Specific Bioactive Collagen Peptides Reduces Skin Wrinkles and Increases Dermal Matrix Synthesis Proksch E., Schunck M., Zague V., Segger D., Degwert J., Oesser S. Skin Pharmacol Physiology, December 2013

**Clinical study on the anti-wrinkle efficacy of HAPLEX® Plus, A&G laboratories, Spain. HAPLEX® Plus (Bloomage Biotechnology Corp., Ltd.) 150mg/day. Volunteers: N=29

MEDOSAN COLOSTRUM CREAM

Colostrum Dermacell Cream is a cortisone and antibiotic free way to treat itchy or scaly skin. Made with bovine colostrum, the exceptionally nutritious and highly prized first milk of cows.

Suitable for a variety of conditions including psoriasis and eczema. Works deep down to soothe irritation and help regeneration.

- Cortisone and antibiotic free
- Soothes irritation and helps regeneration
- Natural ingredients

Product Code: SB009
 Pk Size: 100ml
 £15.95
 Medosan



MEDOSAN AGE BLEMISH CREAM

A naturally simple way help fight the appearance of age spots and blemishes.

Can be used on any part of the body. Contains active ingredient Asafoetida, long known and well regarded in Chinese herbology.

Code: SB006
 Pk Size: 100ml
 £11.95
 Medosan



GOLDEN GREENS EXPERT COLLAGEN COMPLEX

Expertly formulated for women, Golden Greens Collagen Complex contains skin firming Collagen that helps support elasticity and shields your skin against visible signs of ageing.

Golden Greens Collagen Complex is made with Naticol hydrolysed marine collagen powder and high strength hyaluronic acid.

A clinical study was conducted using Naticol Collagen and concluded that a regular intake of collagen improves skin firmness and reduces wrinkles.

- 100mg Hyaluronic Acid per serving
- 5000mg Naticol hydrolysed sustainably sourced marine collagen per serving
- Organic Vitamin C contributes to normal collagen formation
- Free from artificial additives, sweeteners and preservatives

Product Code: GR064
Pk Size: 100g
£18.49
Golden Greens

Product Code: GR065
Pk Size: 300g
£35.95



GOLDEN GREENS ORGANIC AMLA FRUIT POWDER

Amla is one of the essential ingredients of Triphala. Amla is known as a rasayana, having restorative and balancing effects on the three constitutional elements that govern human life: Vat, Pit and Kaph. Amla is a potent rejuvenating herb that nourishes the tissues and gently removes toxins. Amla possesses sour, sweet and astringent tastes, predominantly sour. Amla is highly nutritious and is an important dietary source of vitamin C, minerals and amino acids. Amla is often used as a laxative to relieve constipation, maintain regularity and assist in natural internal cleansing.

Product Code: GR041
Pk Size: 200gm
£10.49
Golden Greens



ORTHOMOL NATAL

Orthomol Natal is a food supplement for women before, during and after pregnancy. It contains vitamins, minerals, trace elements and antioxidants such as folic acid, iodine, iron, magnesium and calcium as well as special omega-3-fatty acids, especially particularly DHA, plus pro-biotics.

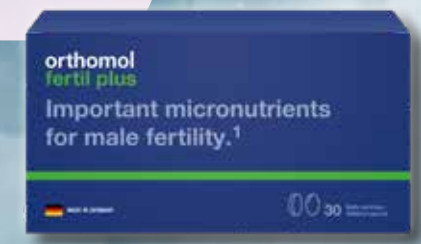
Product Code: O009
Pk Size: 1 x 30 Days
£65.99
Orthomol



ORTHOMOL FERTIL PLUS

Orthomol Fertil plus is a food supplement. It contains important micro-nutrients for male fertility. With zinc for normal fertility and reproduction, and also selenium for normal spermatogenesis. Orthomol Fertil plus also contains L-carnitine, coenzyme Q10 and omega-3 fatty acids.

Product Code: O006
Pk Size: 1 x 30 Days
£65.99
Orthomol



VIGORINE

According to American scientists, citrulline (a natural substance extracted from Watermelon and found in Vigorine) acts as a powerful vasodilator which boosts blood circulation and dilation of the arteries.

Quite often the cause of erectile dysfunction in men is poor circulation. As a result, they claim it to have much the same effect as a certain world wide renowned 'small blue pill'. Vigorine contains 60 Capsules and the recommended daily dosage is 2 capsules.

Product Code: INE003
Pk Size: 60 capsules
£19.99
Ineldea



MEDOSAN MEDOHAIR SHAMPOO

Enjoy fuller, thicker and stronger hair thanks to this all-natural shampoo. Medosan Medohair Shampoo's blend of caffeine and plant extracts help stimulate the metabolism and encourage follicle growth. Leaves hair cleansed, conditioned and strengthened.

- For fuller, thicker and stronger hair
- All-natural blend of caffeine and plant extracts
- Boosts hair growth
- Clinically proven

Product Code:
SB003
Pk Size: 200ml
Medosan
£11.95



MEDOSAN MEDOHAIR TONIC

A blend of natural ingredients designed to make hair feel longer, stronger and fuller. Contains caffeine and plant extracts that can stimulate the metabolism and boost follicle growth. Easy to use tonic can be massaged into wet or dry hair.

- Blend of natural ingredients
- For longer, stronger & fuller hair
- Contains caffeine and plant extracts
- Can be massaged into wet or dry hair

Product Code: SB004
Pk Size: 200ml
Medosan
£11.95

PILFOOD CAPSULES

Pilfood® Complex is a food supplement with nutrients for the maintenance of normal hair and nails. Pilfood® Complex effectively prevents hair loss.

Pilfood® Complex is an innovative product against hair loss, which works from the inside, interacting on the same hair bulb, which is the living part of the hair.

Pilfood® Complex is designed for men and women with hair loss and fragile, damaged and brittle nails.

Product Code: PF012
Pk Size: 6 x 90 Capsules
Pilfood
£29.95



PH BALANCED SHAMPOO

For fragile, dull and thinning hair. Pil-Food Shampoo (pH 6) helps restore the natural balance of the scalp.

The success of the formulation lies in a balanced combination of active ingredients and millet extract incorporated in a well tolerated shampoo. Pil-Food Shampoo (pH 6) also gives the hair bounce and makes it supple and silky as it regenerates damaged hair, giving it new strength and vitality.

Pil-Food Shampoo (pH6) is so gentle that it allows for daily washing whilst protecting the hair texture and the scalp. For optimal results, the Shampoo can be used daily and in conjunction with Pil-Food capsules

Code: PF002
Pk Size: 200ml
Pilfood
£9.99



ANTI DANDRUFF SHAMPOO

Especially formulated for people suffering from dandruff, (when your scalp produces greyish white flakes of skin that are often visible on the hair and shoulders). This can leave you experiencing itchiness or soreness on your scalp, which can also feel dry and tight

Mild enough for everyday use and rich in sulphurated amino acids, it provides nutrition, hydration and relief of the tight scalp feeling caused by dandruff.

Code: PF003
Pk Size: 150ml
Pilfood
£11.49



ANTI HAIRLOSS SPRAY

PilFood Anti HairLoss Spray/Lotion for both men and women has been formulated as an effective daily hair loss treatment.

It acts directly on the scalp; increasing tone, stopping hair loss and promoting the growth of new hair.

Contains PRO-ANAGEX®, an anti hair loss and capillary revitalising molecule (exclusive to Pilfood Direct®) with Vitamins E, C,B3,B5,B6, which together effectively combine to stimulate agents essential for hair restructuring and hair health.

PRO-ANAGEX® has scientifically proven efficacy and works in 4 main ways:

- Encourages the growth of new hair.
- Increases hair density and brings volume to hair.
- Slows down hair loss
- Tones the scalp

Code: PF005
Pk Size: 125ml
Pilfood
£34.95



SILICEA HAIR, SKIN, NAILS & BONES

Keeping your nails, skin and hair, strong and healthy 24/7 can be a real challenge. Hübner's Silicea Hair, Skin and Nails is created just for you. Filled with 100% natural silica - the perfect vitamin for your skin and hair - one tablet a day keeps your body strong, healthy and glowing for longer.

Silica - derived from quartz crystal - is found in both plants and animals. It's an essential element in human connective tissues, collagen and elastin. Hübner's Silicea is chock full of Silica!

Product Code: AH005
Pk Size: 30 Capsules
Anton Hübner
£15.49

Product Code: AH006
Pk Size: 60 Capsules
Anton Hübner
£26.99



SILICEA SHAMPOO

For lively volume and healthy-looking hair.

Silicea shampoo gives your hair noticeable volume and strengthens it from the root. The exclusive formula with silica and biotin gives your hair brilliant shine and cares for stressed and sensitive scalps.

- This shampoo is pH balanced and regulates the moisture content of both your hair and scalp.
- The mineral silica supports the build-up of keratin.

Silicea Vital Shampoo with Biotin cares for your hair, gives strength for vitality and makes it tangle-free with vibrant volume and shine.

Product Code: AH020
Pk Size: 200ml
Anton Hübner
£9.95





ORGANIC BEE POLLEN

Bee Pollen's so quick and easy to take, and it's bursting with vitamins and minerals.

Rich in iron: contributes to the reduction of tiredness and fatigue.

- Delicious raw or sprinkled over smoothies
- Gluten Free, Lactose Free
- Lovingly hand packed
- 22 amino acids, 12 vitamins, 28 minerals

Product Code: GR001
Pk Size: 100gm £7.99



Product Code: GR016
Pk Size: 200gm Large £13.49
Golden Greens

ORGANIC MATCHA TEA

There's something special about how our Organic Matcha is produced. The tea leaves are covered for two weeks before they are picked, and this increases the chlorophyll within them, making the leaves a vibrant green colour. Then they're dried and very slowly stone-ground into a fine powder, before being packed, locking in all the goodness.

Product Code: GR006
Pk Size: 50gm
£9.99

Product Code: GR015
Pk Size: 100gm Large
£16.49
Golden Greens



ORGANIC MACA POWDER

Maca is a root vegetable from the Andes, grown in a pure, unspoilt organic environment. Maca has been used for thousands of years and was favoured by the ancient Inca tribes for it's properties. Zinc in Organic Maca contributes to normal fertility and reproduction, and Iron contributes to the reduction of tiredness and fatigue.

Product Code: GR012
Pk Size: 100gm
£7.99

ORGANIC SPIRULINA POWDER

Spirulina, perhaps the most popular super-food, is an ancient blue-green algae cultivated in special fresh water pools under warm golden sunlight, to maintain a pure, organic environment.

It's gently dried and powdered to ensure maximum nutrition. Vitamins B1, B12 and Iron in spirulina contribute to the reduction in tiredness and fatigue.

Product Code: GR002
Pk Size: 100gm
£6.29

Product Code: GR019
Pk Size: 200gm Large
£10.99

Product Code: GR003
Pk Size: 120 Tablets
£6.99

Product Code: GR052
Pk Size: 250 Tablets
£12.49

Product Code: GR053
Pk Size: *450's*
Ex Large
£20.49
Golden Greens

ORGANIC CHIA SEEDS

Chia Seeds are an ancient food native to South America and were used by the Aztec's, Mayans and other indigenous tribes who understood the nutritional value of these tiny seeds. Zinc in Chia contributes to the maintenance of normal skin, hair, and nails.

Product Code: GR036
Pk Size: 250gm
£4.99
Golden Greens

ORGANIC HEMP PROTEIN POWDER

Hemp is an ideal vegan protein. It's made from organic hemp seeds that have been collected and cold pressed. This removes their oil, and produces a 'hemp cake' that's high in protein and fibre which is then ground into our Organic Hemp Protein powder with a gentle nutty taste. Protein contributes to the growth in muscle mass and maintenance of normal bones.

Product Code: GR032
Pk Size: 250gm
£10.49
Golden Greens



ORGANIC BROWN RICE PROTEIN POWDER

Product Code: GR034
Pk Size: 250gm
£10.49

ORGANIC CACAO NIBS

Product Code: GR037
Pk Size: 200gm
£7.49

ORGANIC CAMU CAMU POWDER

Product Code: GR011
Pk Size: 40gm£8.99

Product Code: GR062
Pk Size: 100gm Large
£19.49

ORGANIC CHLORELLA POWDER

Product Code: GR007
Pk Size: 100gm £8.99

Product Code: GR056
Pk Size: 200gm £15.49

Product Code: GR008
Pk Size: 120 Tablets £8.99

Product Code: GR054
Pk Size: 250 Tablets £16.49

Product Code: GR055
Pk Size: 450 Tablets Ex Large £29.95

ORGANIC ENERGY POWDER

Product Code: GR014
Pk Size: 100g
£11.99

Product Code: GR057
Pk Size: 200g Large
£20.49

ORGANIC VITAMIN D COMPLEX

Product Code: GR051
Pk Size: 150gm £15.49

Product Code: GR058
Pk Size: 300gm
£20.49

ORGANIC ACEROLA POWDER

Product Code: GR044
Pk Size: 50gm
£13.49

ORGANIC ARONIA POWDER

Product Code: GR030
Pk Size: 100gm
£9.99

ORGANIC BAOBAB POWDER

Product Code: GR010
Pk Size: 100gm £8.99

Product Code: GR020
Pk Size: 200gm
£14.49

ORGANIC BEETROOT POWDER

Product Code: GR042
Pk Size: 200gm
£10.49

ORGANIC BLACKCURRANT POWDER

Product Code: GR029
Pk Size: 100gm
£13.49

ORGANIC BROCCOLI POWDER

Product Code: GR027
Pk Size: 200gm £9.49

ORGANIC GOLDEN TURMERIC

Product Code: GR040
Pk Size: 100gm £13.49

Product Code: GR059
Pk Size: 200gm Large
£20.95

ORGANIC GREEN PASSION POWDER

Product Code: GR013
Pk Size: 90gm
£11.99

Product Code: GR061
Pk Size: 200gm Large
£20.95

ORGANIC HEBRIDEAN KELP POWDER

Product Code: GR047
Pk Size: 100gm
£9.49

ORGANIC KALE POWDER

Product Code: GR025
Pk Size: 200gm
£9.49

ORGANIC MORINGA POWDER

Product Code: GR009
Pk Size: 100gm £8.99

Product Code: GR018
Pk Size: 200gm
£12.99

ORGANIC NEW ZEALAND WHEAT GRASS POWDER

Product Code: GR049
Pk Size: 100gm
£8.49

Product Code: GR050
Pk Size: 200gm
£15.49

PEA PROTEIN POWDER

Product Code: GR035
Pk Size: 250g
£10.49

ORGANIC PUMPKIN PROTEIN POWDER

Product Code: GR033
Pk Size: 1
£10.49

ORGANIC RAW CACAO POWDER

Product Code: GR021
Pk Size: 200gm
£7.49

ORGANIC ROSEHIP POWDER

Product Code: GR045
Pk Size: 200gm
£10.49

ORGANIC SPINACH POWDER

Product Code: GR026
Pk Size: 200gm
£9.49





CHEWY GINGER

Gin Gins® Chewy Ginger Candy - Now in bag form! - Winner of Fiery Food Associations Scovie Award for 'Best Candy,' our Original Ginger Chews are natural, stimulating and delicious. Given gingers queasy-quelling properties, Ginger Chews are great to help fight off nausea while flying, boating or going on a bumpy road trip. Surprisingly and satisfyingly spicy. The only candy that bites you back!

Product Code: 97101

Pk Size: 84gm

£2.89

Product Code: 97302

Pk Size: 150gm

£2.09

Product Code: 97412

Pk Size: 42gm

£4.69

The Ginger People

SPICED APPLE

Named "Best Candy" at the Scovie Awards, our Gin Gins® Spicy Apple Chewy Ginger Candy combine the peppery pop of ginger and cinnamon with the refreshing sweetness of delicious apples. Delightfully spicy, chewy and full flavoured, these spicy-fruity treats remind us of a warm slice of apple pie. Drop a few in a cup of boiling water, let them melt and enjoy a deliciously spiced cup of Spicy Apple Ginger Cider. Yum!

Product Code: 97106

Pk Size: 84gm

£2.89

The Ginger People

SPICY TURMERIC GINGER

Combining the earthy goodness of turmeric with the healthy warmth of ginger, this delicious new candy will delight your palate and soothe your stomach.

- Made with fresh turmeric and more fresh ginger than any other brand

Product Code: 94515

Pk Size: 150gm

£4.99

The Ginger People

HARD GINGER CANDY

Gin Gins® Hard Candy - Now in bag form! Natural, stimulating and delicious. Given Ginger's queasy-quelling properties, Gin Gins® Hard Candy are great to fight off nausea while flying, boating or going on a bumpy road trip. Take Gin Gins® Double Strength Hard Ginger Candy with you wherever you go and enjoy as a spicy-sweet pick-me-up. These double strength hard ginger candies are made with all natural ingredients and are a popular throat lozenge to both warm and soothe.

Product Code: 97103

Pk Size: 84gm

£2.99

Product Code: 97205

Pk Size: 60gm

£2.09

Product Code: 97305

Pk Size: 150gm

The Ginger People

£4.29

STRONG GINGER CARAMEL

Gin Gins® Caramel Ginger Candy is a super-delicious, super-soothing candy packed with a whopping 30% fresh ginger - our most potent candy yet!

Fondly referred to as our "little potion for the motion," you'll enjoy its softer texture and warm ginger kick. If you or someone you know suffers from motion sickness, give this tasty little candy a try. Call it a little traveller's insurance to help make your next journey the most comfortable yet.

Ginger Product Code: 97112

Pk Size: 31gm

£1.99

Product Code: 97203

Pk Size: 60gm

£2.69

The Ginger People



#GingerEveryDay    

• Great for Travel & Nausea • Sweetened with cane sugar •
• Nothing Artificial! • No GMO project verified • Gluten Free • Vegan

ORGANIC GINGER SYRUP

Golden ginger-infused syrup to drizzle over fruit salads, ice cream or cakes. Swirl the sweetness of ginger into a warm bowl of oatmeal or glaze chicken, roasted carrots or sweet potatoes. Perfect accompaniment to pancakes!

Product Code: 97270
Pk Size: 237ml
£3.89
 Ginger Party



ORGANIC GINGER JUICE

Discover the goodness of ginger in its most convenient form - Ginger Juice!

A fantastically versatile condiment that will soon become a store cupboard essential! Use for cocktails, homemade ginger beer and ale, chai and teas.

Can be used in place of fresh ginger when making juices and smoothies. An easy and delicious addition to many recipes including ginger cake, soups, stews, curry's and stir-fry.

Product Code: 97160
Pk Size: 147ml
£4.99
 Ginger Party



ORGANIC CRYSTALLISED GINGER

These succulent, tender chunks of premium organic crystallised ginger can be enjoyed as a snack or as a flavourful baking ingredient. The Ginger Party bring you the absolute best organic ginger - soft, tender baby ginger that is a perfect balance of spicy and sweet.

Product Code: 97410
Pk Size: 84gm
£2.89
 Ginger Party



ORGANIC PICKLED SUSHI GINGER

This is it! Pure pickled ginger for the most discerning sushi chefs. Left in its natural, ivory-coloured state the way Mother Nature intended.

Product Code: 97403
Pk Size: 12 x 190gm
£2.89
 Ginger Party



ORGANIC GINGER SPREAD

Now organic! This versatile spicy-sweet paste is made of sweet baby ginger and pure cane sugar (yes, that's all). A sublime swirl on toast, over baked chicken and roasted carrots or fruit. Also serve with gourmet cheese.

Product Code: 97404
Pk Size: 12 x 240gm
£2.99
 Ginger Party



ORGANIC MINCED GINGER

Add Organic Minced Ginger to marinades, salad dressings and sauces. Flavour up steamed rice. Create a ginger stir fry, season grilled scallops, Napa slaw or shrimp cocktail.

Product Code: 97401
Pk Size: 12 x 190gm
£2.89
 Ginger Party



#GingerEveryDay    



VerMints®

Our name comes from the Latin word “Ver”. It means “true”. VerMints are True Mints.

They are honest. They are clean. They are truly the very best.

VerMints are USDA Organic, Gluten-Free, non-GMO, Nut-Free, AND Kosher mints and pastilles. We ditched all the gross, health-harming, chemically-modified stuff that you usually find in mints and made super tasty (some even say super-powered) mints from nature and nature only.

Each of our six flavours is mouth-watering, breath-freshening, and taste bud-arousing. Pop one in your mouth guilt-free. It's good for you, nice to nature, and will probably help you land more kisses. Assuming, of course, that you're worthy of more kisses and that your moves aren't typically kiss-repellent.

We digress...Our mints are the best on the earth and for the earth.

Great for on the go!

Pk Size: 40g Tin
VerMints

PEPPERMINT

There's nothing standard about this fan favourite flavour. If you're a close talker, frequent flyer, or constant smoocher, VerMints Organic Peppermint is your new best friend.

Product Code: V001
£3.49

CINNAMON

Transform bland days with a healthy dose of BAM! Courtesy of VerMints Organic Cinnamon mints. They're equal parts sweet and spicy, and hands down the ziestiest way to add pep to your day.

Product Code: V006
£3.49

GINGER MINTS

Sometimes a little jolt with a touch of zing is exactly what the workday ordered! If you like to go left when the crowd goes right, VerMints Organic Gingermint will take you on a thrilling taste adventure.

Product Code: V003
£3.49

CAFÉ EXPRESS MINTS

Get a swift java kick without the paper cup and teeth stains. VerMints Organic Café Express is a sweet and delightful pastille that is sinfully candy-like and unequivocally nice to your breath.

Product Code: V005
£3.49

ORGANIC CHAI MINTS

Like a Fair Trade tea party in your pocket, VerMints Organic Chai pastilles taste just like a warm cup of Indian chai tea. Each pastille is infused with zen. Savour the “om”.

Product Code: V004
£3.49

WINTERGREEN MINTS

If you like your mint flavour mild, but your excitement level high, VerMints Wintergreen is equal parts relaxed and revved up. Like a dance party with mimes.

Product Code: V002
£3.49



SYNAPTAID®

ADVANCED BRAIN SUPPORT

SYNAPTAID® is a doctor-formulated supplement for the support of cognitive, psychological and neurological function. Based on scientific research and clinical experience, SYNAPTAID® offers holistic support for brain health, and counters the processes known to cause cognitive decline.

SYNAPTAID® is formulated by Dr John Briffa, a medical doctor, educator and author whose interest in natural medicine extends for more than 30 years. Dr Briffa developed SYNAPTAID® in response to his experience with increasing numbers of patients exhibiting problems with memory, concentration and cognitive function.

SYNAPTAID® contains key botanicals and specific nutrients that are known to offer broad-ranging support for cognitive health, at the same time targeting the processes that are known to contribute to declining brain function during ageing.

NeurMed

Nutritional Information

Ingredients:	Per 2 capsules	% NRV*
Lions Mane fruiting body 10:1 extract - equivalent to 4,000 mg	400 mg	**
Lions Mane mycelium 10:1 extract - equivalent to 2,000 mg	200 mg	**
Cinnamon verum 30:1 extract equivalent to 6,000 mg	200 mg	**
Vitamin B6 in the form of pyridoxal-5-phosphate	20 mg	1,428 %
Vitashine vitamin D3 (vegan)	1,000 IU	176 %
Vitamin B12 in the form of methylcobalamin	500 mcg	20,000 %
Methylfolate	400 mcg	200 %
Iodine in the form of potassium iodide	150 mcg	100 %

*NRV = Nutritional Reference Value **No NRV established

POPULAR



A doctor-formulated supplement to assist cognitive function

DR BRIFFA HAS DEVELOPED SYNAPTAID® FOR:

THOSE SEEKING TO ENHANCE THEIR OVERALL BRAIN FUNCTION AND REDUCE THE RISK OF COGNITIVE ISSUES IN THE FUTURE.

INDIVIDUALS SEEKING TO SUPPORT A LOVED ONE AFFECTED BY THESE ISSUES. ANYONE EXPERIENCING PROBLEMS WITH MEMORY, CONCENTRATION, 'BRAIN FOG' OR COGNITIVE IMPAIRMENT.



Just one of the secrets of Synaptaid®

The Lion's Mane mushroom is a large, white, shaggy mushroom that is renowned for its brain-boosting effects. In one double-blind placebo-controlled study in individuals diagnosed with 'cognitive impairment', supplementing with Lion's Mane steadily improved cognitive function over several weeks compared to placebo (see figure 1).⁴

OVER 50? Try this new doctor-formulated natural supplement which might just...

SAVE YOUR BRAIN!



It is predicted that 1-in-7 of us will develop Alzheimer's disease, with many more succumbing to problems such as memory loss, cognitive impairment and 'brain fog' in later life.

These issues are often thought to be down to the 'natural process of ageing' or just bad luck – things we can do nothing about. In reality, neuroscience has revealed that specific natural agents have the capacity to support brain function and counter the processes known to compromise brain function as we age. This offers considerable potential for those of us seeking to enhance our mental faculties now, as well as help preserve them in the future.

DOCTOR'S FORMULA

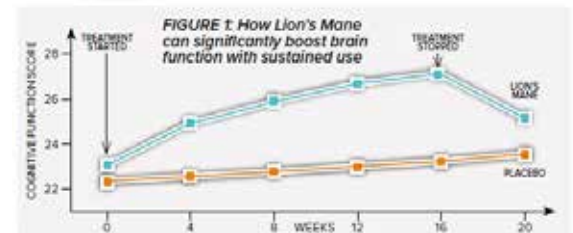
Dr John Briffa, a medical doctor, author and one of the UK's foremost natural health experts, comments: "We know a lot more about the causes of cognitive impairment and Alzheimer's disease, and what to do about them, than is widely recognised."

Dr Briffa has drawn on relevant research and his 30 years of clinical experience to develop SYNAPTAID®, a first-of-its-kind nutritional supplement to support cognitive function. SYNAPTAID's® key ingredients include:

- Lion's Mane Mushroom
- Cinnamon
- Folate
- Vitamins B6, B12
- Iodine.

PRODUCT CODE: NM001

Pk Size: 60 capsules £29.95



HOW TO ORDER: www.healthy2u.co.uk • 01782 528611 • admin@healthy2u.co.uk

