

# Supplement Place

*For the very best, without compromise*



## Product Catalogue

Summer 2024

# Welcome

## to our catalogue

Supplement Place is a small, family business on the Jurassic Coast of East Devon. We are dedicated to finding the highest quality and most ethically sourced products for you and your family.

Your excellent health and wellbeing is our mission and with your ongoing support, we aim to continuously expand our product range to provide new and exciting supplements for everyone.

We are also proud to support two charity organisations close to our heart. World Wide Fund for Nature (WWF) and Heads Up Mental Health charity who tirelessly carry out great work in local communities to support many.

We hope you find our catalogue useful and wish you and your family the very best of health.

*The Supplement Place Team*

# Supplement Place

*For the very best, without compromise*

## Our Reason for Being is to...

- Offer products and resources for a healthy lifestyle
- Support health-conscious adults
- Provide sustainable, natural products of the highest quality
- Give outstanding customer service
- Educate and challenge misinformation about natural health
- Be vegan-friendly where possible

**VG** Vegan friendly

**VT** Vegetarian friendly



WWF-UK. Registered charity no.1081247 (England and Wales) and SCO39593 (Scotland)

**Free Delivery when you spend £39 or more!**

## How to Order and Contact Us

**Order online at:**  
[www.supplementplace.co.uk](http://www.supplementplace.co.uk)

**Call: 01297 553932**

Monday - Friday 9am - 4pm. (Answer machine after 4pm)

## Post the enclosed letter-order form:

Place the order form in an envelope and post to:

1 Golden Lion House, 23 Fore Street, Seaton, Devon. EX12 2LE

**Contact email:** [sales@supplementplace.co.uk](mailto:sales@supplementplace.co.uk)



@supplementplace



## Agnus Castus Tincture

### Chaste Tree Berry

- 1:1 extract
- Hormone regulator
- Menstrual regulator
- Improves mood



A high-strength, tincture of organic, dried Vitex Agnus-Castus berries, also known as Chaste Tree berries. The 1:1 ratio means 1ml of liquid is the equivalent of 1000mg of herb. Used by many to help with hormone balance.

50ml.....	<b>£13.95</b>	<b>VG</b>
100m.....	<b>£22.95</b>	

## Ashwagandha Root Extract

### 500mg

- Reduce stress
- Improve memory
- Improve sleep
- Muscle strength
- Athletic performance



Ashwagandha is an adaptogenic herb with a variety of benefits. We use KSM-66, a full spectrum extract of the highest concentration on the market today, containing a minimum of 5% withanolides.

60 capsules.....	<b>£17.95</b>	<b>VG</b>
120 capsules.....	<b>£33.95</b>	
240 capsules.....	<b>£57.95</b>	



Great quality. A very good adaptogen that has a wide range of beneficial effects. I use it to combat stress and improve energy levels.

*(Reviewed by Ray on our website)*



## Baobab Powder Organic

- Rich in essential nutrients
- A prebiotic to maintain gut health
- High in antioxidants
- High fibre content



Baobab is a fantastic fruit powder, partly because it requires so little processing. The fruit dries naturally on the branches and no preservatives or additives are required. A quality prebiotic to maintain a healthy gut.

250g .....	<b>£13.95</b>	
500g .....	<b>£21.95</b>	
1kg .....	<b>£35.95</b>	<b>VG</b>

## Calcium AKG 500mg

- Delays age-related disease
- Restores vitality
- Reduces protein breakdown
- Provides energy for cells



AKG is a chemical produced naturally in the body up until the age of about 40, but then drastically reduces. Taking a high quality Calcium Alpha-Ketoglutarate (Ca-AKG) supplement can help keep you healthier as you age.

60 capsules .....	<b>£29.95</b>	
120 capsules .....	<b>£56.95</b>	
240 capsules .....	<b>£99.95</b>	<b>VG</b>

## Beta Ecdysterone 250mg

- Muscle-building
- Protein synthesis
- Boosts energy levels
- Blood sugar control
- Cholesterol balance
- Immune function



Beta Ecdysterone has massive popularity as a muscle-building, strength-gaining supplement. It enhances protein synthesis, improves athletic performance and recovery and boosts energy levels.

30 capsules .....	<b>£17.95</b>	
60 capsules .....	<b>£34.95</b>	
120 capsules .....	<b>£66.95</b>	
240 capsules .....	<b>£119.95</b>	<b>VG</b>

## Chamomile Tincture Fresh Organic Flower Extract

- 1:2 extract
- Relaxes muscles
- Promotes quality sleep
- Reduces anxiety
- Mood enhancing



Chamomile is a calming herb and commonly used to combat anxiety, insomnia and other sleep problems. It can help relax muscles, relieving tension and irritability while promoting calm and sleep. It is highly beneficial for the digestive system

50ml .....	<b>£11.95</b>	
100ml .....	<b>£17.95</b>	<b>VG</b>

## ClearVision

Nutrition for eye health

- Aids fluid drainage
- Powerful antioxidants
- Supports healthy blood flow
- Helps reduce eye pressure



A blend of Maritime Pine Bark, Lutein, Zeaxanthin and European bilberry extract can support healthy blood flow to eye capillaries, reduce the pressure within the eye and could help prevent serious eye problems.

60 capsules .....	<b>£22.95</b>	
120 capsules .....	<b>£43.95</b>	
240 capsules .....	<b>£76.95</b>	<b>VG</b>

## Collagen Beauty Blend

- Marine collagen
- Reduce wrinkles
- Increase hydration
- Plump your skin
- Increase hair strength



A combination of hydrolysed marine collagen peptides with hyaluronic acid and TetraSOD\*, a micro-algae containing antioxidants, vitamins, minerals and amino acids.

385g (one month supply) .....	<b>£44.95</b>
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## Co Enzyme Q10

200mg

- Low COQ10 levels are linked with cardiovascular disease, high blood pressure and cognitive disorders



We need CoQ10 to trigger energy release in addition to many other health functions. As we age, CoQ10 must be replenished on a regular basis especially if you are someone who takes statins.

60 capsules .....	<b>£23.95</b>	
120 capsules .....	<b>£42.95</b>	
240 capsules .....	<b>£74.95</b>	<b>VG</b>

## Combo Powder

L-Citrulline and Maritime Pine Bark

- Improves blood flow
- Reinvigorates cells
- Naturally boosts nitric oxide production



A high quality powder to naturally stimulate your body to produce nitric oxide (NO), it can reinvigorate cell performance to improve blood flow, and protect blood vessels from the damage that can occur from ageing.

250g .....	<b>£29.95</b>	
500g .....	<b>£48.95</b>	
1kg .....	<b>£79.95</b>	<b>VG</b>



## Cramp Bark Tincture

Fresh Organic  
Bark Fluid Extract

- 1:1 extract
- Relieves cramps
- Loosens muscle tension
- Antispasmodic
- Helps relieve IBS  
(Irritable Bowel Syndrome)



Widely used to help relieve the discomfort associated with all forms of cramps and muscle tension. Antispasmodic with delightful relaxant properties, this formula is very high performing due to its high strength and fresh organic bark fluid extract.

50ml .....	<b>£15.95</b>	<b>VG</b>
100ml .....	<b>£26.95</b>	

## Curcumin & Black Pepper Extract

750mg (equiv.  
to 7,500mg)

- Standardised to 95% curcuminoids
- Combats joint pain
- Rich antioxidant
- Anti-inflammatory



Our bodies find it difficult to absorb curcumin extract alone. Up to 80% of curcumin can't be used by the body without the addition of black pepper extract. Curcumin is an excellent natural anti-inflammatory for pain relief.

60 capsules .....	<b>£22.95</b>	<b>VG</b>
120 capsules .....	<b>£41.95</b>	
240 capsules .....	<b>£72.95</b>	

## Creatine Monohydrate Powder

Micronised  
200 Mesh

- Enhances exercise performance
- Improves endurance
- Increases energy



This powder is extremely effective for those who engage in high intensity and/or repetitive exercise. Increasing recovery rates, reducing muscle fatigue and preventing muscle damage are additional and big advantages for users.

250 grams .....	<b>£23.95</b>	<b>VG</b>
500 grams .....	<b>£36.95</b>	
1kg .....	<b>£49.95</b>	

## Echinacea Tincture

Organic Fresh  
Whole Herb

- 1:1 extract
- Helps with post-illness fatigue
- Helps fight infections
- Supports the immune system



A high-strength extract of the go-to herb for immune system support. From infections, to inflammation, from congestion to convalescence, it's even good for pain relief.

50ml .....	<b>£11.95</b>	<b>VG</b>
100ml .....	<b>£17.95</b>	

## Elecampane Tincture

Fresh Organic  
Fruit Extract

- 1:2 extract
- Fights chest infections
- Clears mucus
- Supports digestion
- Aids asthma sufferers
- Promotes a healthy respiratory system



Did you know that Elecampane was the first ever discovered source of inulin? Our Elecampane Tincture has a mildly bitter taste, which helps digestion and absorption of nutrients and stimulates a healthy appetite.

50ml ..... **£14.95**  
100ml ..... **£25.95** **VG**

## Fruit & Veg Powder

250g

- Gluten-free
- 16 pure ingredients
- Add to yoghurt, smoothies and cold drinks



Whole fruits and vegetables, freeze dried when ripe, to provide the same benefits as fresh, raw fruit and veg in an easy to consume concentrated form. Packed with antioxidants, vitamins, minerals and enzymes, we don't add cheaper powders such as alfalfa, wheat grass or barley grass.

250g ..... **£29.95** **VG**

## Feverfew Tincture

Fresh, Organic  
Flowering Herb  
Extract

- 1:1 extract
- Organic
- Relieves migraines
- Combats arthritic and rheumatic pain



Feverfew is most commonly taken to relieve migraines and headaches, particularly for migraines associated with menstruation. It is advised to take feverfew as soon as the beginning of a migraine is felt.

50ml ..... **£15.95**  
100ml ..... **£26.95** **VG**

## Ginkgo Biloba Leaf Extract

120mg (equiv.  
to 6000mg)

- Helps with memory and brain function
- Improves blood circulation
- Combats PMS



Ginkgo biloba is a natural adaptogen which means it helps the brain adapt and adjust to stress and fatigue. This triggers both a mental and physical response to low energy levels with an all-over body increase in blood flow.

60 capsules ..... **£9.95**  
120 capsules ..... **£17.95**  
240 capsules ..... **£26.95** **VG**



## Ginseng Extract (Panax Korean) 500mg

- Improves mood and reduces stress
- Balances hormones
- Improves mental capacity
- Boosts energy levels



The important active compounds in Panax ginseng are the 'ginsenosides', powerful antioxidant and anti-inflammatory saponins. This high quality formula is used by many to help boost energy and brain function.

60 capsules .....	£21.95	
120 capsules .....	£40.95	
240 capsules .....	£69.95	VG

## GT6 Powder

- Stimulates blood flow naturally
- On-demand intimacy response
- Increases your recovery rates



A highly potent and 100% natural powder formula created to give a boost to male virility, control and staying power. Stimulates production of nitric oxide which increases blood flow, pumping nutrients through veins.

250g .....	£29.95	
500g .....	£48.95	
1 kg .....	£79.75	VG

## Glucosamine HCL (Vegan) 750mg

- Helps to form the fluid that surrounds the joints
- Helps relieve pain and discomfort
- Reduces inflammation



Glucosamine is produced naturally within the cartilage of the joints but reduces with age, causing joint pain and discomfort. Glucosamine is one of the most popular supplements to help ease joint pain.

60 capsules .....	£19.95	
120 capsules .....	£35.95	
240 capsules .....	£59.95	VG

## GT6 Plus Powder

- Nitric oxide boost
- Increases blood flow and circulation
- On-demand intimacy response
- Increases your recovery rates



All the benefits of GT6 with added ingredients for extra oomph! A unique blend of natural ingredients specifically designed to support men's health by increasing blood flow, circulation and nitric oxide production.

250g .....	£39.95	
500g .....	£69.95	
1 kg .....	£111.95	VG



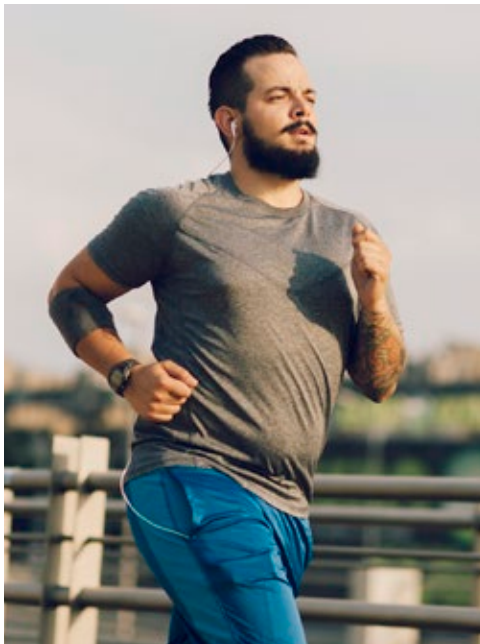
## Inulin Powder - Pure Powder

- Reduces visceral fat
- Creates a healthy gut environment
- Increases health and function of the digestive system



Research shows a high percentage of fat is stored as damaging visceral fat surrounding our internal organs. This dangerous fat can impact on even those who appear fit and healthy. This can literally destroy visceral fat for you.

250g .....	<b>£12.95</b>	
500g .....	<b>£19.95</b>	
1 kg .....	<b>£35.95</b>	<b>VG</b>



## Iron 10 Daily Oral Spray 25ml

- Contributes to the normal function of the immune system
- Supports brain function
- Combats fatigue



Many people supplement with iron in capsule or tablet form, but they often suffer nasty side effects e.g. heartburn, bloating, constipation and sickness. Iron oral spray does not cause any digestive discomfort and is quickly absorbed for fast nutrient uptake.

25ml spray .....	<b>£14.95</b>	<b>VG</b>
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## L-Citrulline Powder

- Increases blood flow
- Controls lactic acid process and avoids muscle tiredness
- Lowers blood pressure
- Increases nitric oxide production



L-Citrulline is the amino acid that maximises the opening of blood vessels and turns into arginine and nitric oxide. Our high quality L-Citrulline powder produces a reliable and long-lasting effect.

250g .....	<b>£22.95</b>	
500g .....	<b>£39.95</b>	
1kg .....	<b>£69.95</b>	<b>VG</b>

## Lemon Balm Tincture

Fresh Organic  
Whole Herb Extract

- 1:2 extract
- Antiviral properties
- Mood enhancer
- Supports digestion
- Nervous system support
- Supports focus and concentration



Lemon balm is a calming, relaxing herb that also has antiviral properties, particularly against the cold sore virus. It can be beneficial for low mood and anxiety, particularly when nerves or panic are causing digestive issues.

50ml .....	£9.95	VG
100ml .....	£14.95	

## Lights Out Daily Oral Spray

25ml

- Encourages deep and quality sleep
- Combats fatigue
- Promotes calm



This raspberry-flavoured oral spray combines 5-HTP, lemon balm extract and passionflower extract and has been designed to be taken before bed to relax the body before sleep. This spray delivers the nutrients directly into the bloodstream via tiny droplets.

25ml spray .....	£19.95	VG
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Free delivery when any order totals £39 or more

## Maca Extract - Peruvian 250mg (equiv. 1250mg)

- Nutritional powerhouse
- Contains omega fatty acids 6 and 9
- Increases mood and energy
- Helps balance hormones



## Magnesium Bisglycinate 500mg

- Relaxes muscles and eases stress
- Reduces anxiety and depression
- Reduces PMS symptoms
- High bioavailability



Taken by many to stabilise mood, it is also widely used for enhancing cognition and improving collagen and elastin formation. Combined with glycine to create a supremely loaded-with-power magnesium option for all.

60 capsules .....	<b>£12.95</b>	
120 capsules .....	<b>£22.95</b>	
240 capsules .....	<b>£34.95</b>	<b>VG</b>

60 capsules .....	<b>£12.95</b>	
120 capsules .....	<b>£23.95</b>	
240 capsules .....	<b>£36.95</b>	<b>VG</b>

## Magnesium Malate 560mg

- Promotes energy production
- Reduces muscle fatigue
- Helps relieve pain
- High bioavailability



## Magnesium Oil Body spray - Joints 100ml

- Supports joint health and flexibility
- Relieves muscle stiffness
- Added glucosamine
- Promotes strength and movement



A rich mineral supplement for wide-ranging benefits. Taken by many to reduce pain, increase cardiovascular health and regulate their cholesterol levels. Combined with malic acid for a premium magnesium option for all.

A magnesium and glucosamine body spray formulated to help you stay supple and flexible. Designed to be applied directly to joints and muscles with the cooling effect of menthol and eucalyptus oil.

60 capsules .....	<b>£12.95</b>	
120 capsules .....	<b>£23.95</b>	
240 capsules .....	<b>£36.95</b>	<b>VG</b>

100ml spray .....	<b>£11.95</b>	<b>VG</b>
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## Magnesium Oil

Body spray - Muscle  
100ml

- Helps muscle recovery
- Supports exercise performance
- Helps maintain healthy blood sugar levels
- Aids calcium absorption



A magnesium spray, formulated for application to the skin, blended with lemon oil, arnica and capsicum to provide soothing and welcome relief for tired, aching muscles.

100ml spray ..... **£11.95** **VG**

## Magnesium Oil

Body spray - Sensitive  
100ml

- Relieves muscle tension
- Helps to maintain healthy bones, teeth and skin
- Helps to maintain a healthy pregnancy
- Aids calcium absorption



Dermatologically tested for sensitive skin or those who experience the 'Magnesium Tingle' with higher concentrated magnesium oils, but will still replenish magnesium oils by delivering 100mg (28% NRV) magnesium for every 10 sprays.

100ml spray ..... **£11.95** **VG**

## Magnesium Oil

Body spray - Original  
100ml

- Relieves muscle tension
- Helps to maintain healthy bones, teeth and skin
- Helps maintain healthy blood sugar levels
- Aids calcium absorption



A high-concentration, pure and strong magnesium oil delivering 200mg (57% RDA) in just 10 sprays. Suitable for use during pregnancy. Please Note: You may experience a tingling sensation during initial application. This is due to fast absorption through the pores.

100ml spray ..... **£11.95** **VG**

## Magnesium Oil

Body spray - Sleep  
100ml

- Applied directly to the skin and avoids the digestive system for a much faster rate of absorption
- A natural sleep aid
- Soothes muscle tension



Contains essential oils, calms and soothes for relaxation and deep sleep. *Please Note:* Your body begins to absorb the magnesium immediately, however it takes about 7 days of continued use to feel the benefits of a better night's sleep.

100ml spray ..... **£11.95** **VG**

## Meadowsweet Tincture

### Organic Fresh Flowering Herb

- 1:1 extract
- Digestive aid
- Soothes indigestion and heartburn
- Relieves muscle and joint pain



A high-strength, 1:1 tincture of organic, fresh herb. An aid to digestion whilst soothing and protecting mucous membranes of the digestive tract. Found in flower meadows all over the Europe, its concentrated strengths have been harnessed here.

50ml .....	<b>£11.95</b>	<b>VG</b>
100ml .....	<b>£17.95</b>	

## Menopause Support DAY

- 7 natural ingredients:  
Fenugreek, Shatavari, Muira Puama, Soy, Peruvian Maca, Siberian Ginseng  
Vitamin B6



A unique, natural blend of ingredients to help support you through the menopause. Targets issues such as hot flushes, mood swings and fatigue whilst balancing hormones.

**\*Allergens: Contains soya.**

60 capsules .....	<b>£19.95</b>	<b>VG</b>
120 capsules .....	<b>£33.95</b>	
240 capsules .....	<b>£55.95</b>	

## Mendurance® and Mendurance Max®

### For men

- Packed with herbal ingredients such as: Korean Ginseng, Fenugreek and L-arginine
- Take 40 minutes before needed



A blend of herbal ingredients designed to boost performance and elevate mood when needed. Mendurance Max is suitable for vegetarians and provides more of the active ingredients to supercharge performance.

Mendurance® - 10 pack.....	<b>£15.00</b>	<b>VT</b>
Mendurance® Max - 10 pack...	<b>£20.00</b>	

## Menopause Support NIGHT

- 8 natural ingredients:  
Flaxseed, L-Theanine, Red Clover, Dong Quai, Valerian Root, Avena Sativa, Agnus Castus, Zinc



Targets issues such as night sweats, mood swings and fatigue whilst balancing hormones. A unique, natural blend of ingredients to help support you through the menopause.

**\*Allergens: May contain gluten.**

60 capsules .....	<b>£19.95</b>	<b>VG</b>
120 capsules .....	<b>£33.95</b>	
240 capsules .....	<b>£55.95</b>	



## Menopause Support

### DAY & NIGHT COMBO

Buying the day and night capsules together saves you over 20% when compared with buying the two individually.

**\*Allergens:**  
**Contains soya.**

**May contain gluten.**



**60 DAY/60 NIGHT capsules..... £31.95**

**120 DAY/120 NIGHT capsules. £53.95**

**240 DAY/240 NIGHT capsules. £89.95**



## Moringa Leaf Extract

500mg

- Anti-inflammatory
- Lowers cholesterol
- Balances hormones
- Rich in antioxidants
- Controls blood pressure



Moringa is a complete protein containing 18 amino acids, including all 9 essential ones. It is also high in vitamins, minerals and antioxidants - one of the most nutrient-dense plants on this beautiful planet of ours.

**60 capsules..... £12.95**

**120 capsules..... £22.95**

**240 capsules..... £37.95**



## Milk Thistle Tincture

### Dried Seed Extract

- 1:1 extract
- Supports liver health and detox
- Maintains cholesterol levels
- Anti-inflammatory



A high strength, 1:1 tincture of dried milk thistle seed. It is most commonly used to support liver health and function, but may also help to maintain healthy cholesterol levels and support bone health.

**50ml..... £13.95**

**100ml..... £22.95**



## MultiVit Junior Daily Oral Spray

25ml

- Vitamin A
- Vitamin D
- Vitamin C
- Vitamin K
- Vitamin B Complex
- Selenium
- Iodine



A raspberry-flavoured oral spray, a convenient alternative to tablets and capsules and specially formulated for children. This spray contains 14 much needed and essential vitamins and minerals to support your child's health and wellbeing.

**25ml spray..... £8.95**



## Multivitamins & Minerals Wholefood

- 23 vitamins and minerals
- Rich in antioxidants
- Highly bioavailable



Made with concentrated carrot, alfalfa, spirulina, artichoke leaf, beetroot, acai berry and acerola cherry. Non GM and free from: yeast, wheat, gluten, dairy, soy, added sugars, colourings, flavourings and preservatives.

60 capsules .....	£23.95	
120 capsules .....	£45.95	
240 capsules .....	£78.95	VG

## Nootropic Complex Brain Health

- Increases brain function and memory
- Protects against cognitive decline
- Reduces symptoms of depression



14 high strength extracts, including Lion's Mane and L-theanine, in a balanced blend for the ultimate brain food feast. Known to reduce stress, improve mood and increase concentration.

60 capsules .....	£23.95	
120 capsules .....	£43.95	
240 capsules .....	£76.95	VG

## NutraForm 300mg

- Reduce the show of 'orange peel' skin (cellulite)
- Induces fat burning and body shaping
- Anti-edemigenic



A blended complex of polyphenols, anthocyanins, proteolytic enzymes and natural fibres designed to increase collagen synthesis, satiety and reduce cravings as part of a balanced diet.

30 capsules .....	£14.95	
60 capsules .....	£28.95	
120 capsules .....	£53.95	
240 capsules .....	£95.95	VG

## Olive Leaf Tincture Organic Dried Herb

- 1:2 extract
- Maintains heart health
- Reduce blood pressure
- Manage cholesterol



A high quality 1:2 tincture of organic dried olive leaf containing an active ingredient called oleuropein. This is hugely popular and used by many for heart health, blood pressure and boosting the immune system and managing hypertension.

50ml .....	£11.95	
100ml .....	£17.95	VG

## Omega 3 (Vegan) 625mg

- Controls cholesterol
- Lowers blood pressure
- Slows cognitive decline
- Supports bones and joint health



Omega 3 benefits for vegans and vegetarians are hard to get as the main source of omega 3 is fish oil. Vegan Omega 3 has its active ingredient taken from the algae fish eat in the first place. Contains EPA, DHA and DPA.

60 capsules .....	<b>£24.95</b>	
120 capsules .....	<b>£46.95</b>	
240 capsules .....	<b>£82.95</b>	<b>VG</b>

## Pre-Collagen Vollagen®

- Plant-based
- Reduces wrinkles
- Increases skin firmness and hydration
- Improves skin health and condition



Provides the building blocks for your own production of collagen. Vollagen® is a complex of the same 18 amino acids found in human collagen, with the same levels and ratios to stimulate the your own creation of collagen.

60 capsules .....	<b>£19.95</b>	
120 capsules .....	<b>£35.95</b>	
240 capsules .....	<b>£59.95</b>	<b>VG</b>

## Pine Bark Extract (Maritime Pine Bark) 150mg

- Strengthens blood vessels
- Increases blood flow
- Supports healthy blood pressure
- Reduces leg swelling



Our Maritime Pine Bark Extract includes a minimum of 95% of compounds known as Oligomeric Proanthocyanidins (OPCs), very powerful antioxidants that could help a wide range of conditions.

60 capsules .....	<b>£19.95</b>	
120 capsules .....	<b>£37.95</b>	
240 capsules .....	<b>£71.95</b>	<b>VG</b>

## Probiotic Gold 20 billion CFU

- Ideal if you have been ill
- If you have been taking antibiotics
- If you have issues with indigestion
- If you have a restricted diet



Using a good probiotic, you can keep the beneficial bacteria in your body at optimum levels, which then prevent harmful bacteria from taking hold and creating major illnesses.

60 capsules .....	<b>£25.95</b>	
120 capsules .....	<b>£49.95</b>	
240 capsules .....	<b>£87.95</b>	<b>VG</b>

## Reduchol Cholesterol Complex

Promotes healthy:

- Cholesterol
- Blood pressure
- Blood glucose
- Cardiovascular health



Reduchol, our own unique formula, contains Red Yeast Rice extract (providing 3% monacolin K), Coenzyme Q10 (a powerful antioxidant) and Policosanol (providing 60% octacosanol).

60 capsules .....	£17.95	
120 capsules .....	£32.95	
240 capsules .....	£59.95	<b>VG</b>

## Reducose® Mulberry Leaf Extract 250mg

- Increased satiety
- Aids weight loss
- Healthy microbiome
- Cholesterol control
- Improves sports performance



Reducose® has been clinically proven in multiple studies to promote a healthier blood glucose and blood insulin response following a meal containing carbohydrates.

30 capsules .....	£18.95	
60 capsules .....	£36.95	
120 capsules .....	£69.95	
240 capsules .....	£127.95	<b>VG</b>

## Reishi Tincture Mushroom fruiting body

- 1:3 extract
- Supports the immune system
- Helps with stress
- Improves mood



Used for thousands of years and traditionally used to support the immune system, but may also be beneficial for stress and fatigue. This is an ideal option for those who struggle with tablets or capsules for their nutrients.

50ml .....	£11.95	
100ml .....	£17.95	<b>VG</b>

## Rhodiola Rosea Extract 200mg (equiv. 1000mg)

- Fights low mood, anxiety and stress
- Improves focus and memory
- Increases physical and mental energy and stamina



Extracts of the herb have been shown to improve the movement of *tryptophan* and *5-hydroxytryptophan* – both precursors of serotonin, a brain chemical neurotransmitter crucial for blood pressure, mood and behaviour.

60 capsules .....	£9.95	
120 capsules .....	£17.95	
240 capsules .....	£32.75	<b>VG</b>

## Rose Gold For Female Pleasure

- Designed specifically for female libido
- 8 powerful herbal extracts
- Balances hormones



A unique blend of herbal extracts known to stimulate desire, enhance passion, drive excitement and enhance the intensity of female sexual pleasure. Boosts female libido with a complex blend of natural ingredients.

60 capsules .....	£14.95	
120 capsules .....	£28.95	
240 capsules .....	£49.95	VG

## Sleep Blend Tincture

Valerian, hops, chamomile and lemon balm

- Promotes sleep and relaxation
- May reduce anxiety
- Can help calm an over-active mind



A high strength blend of valerian, hops, lemon balm and chamomile. These four natural herbal extracts have been expertly and naturally blended to work harmoniously to promote relaxation and quality sleep.

50ml .....	£16.95	
100ml .....	£29.95	VG

## Saffron Extract 5% Crocins 30mg

- Improves male performance
- Supports women's sexual health
- Supports joint health
- Supports eye health



This formula uses Saffron EX 5c and is used for many health benefits including improved sexual health for men and women. Used by many to support age related macula degeneration (AMD) and glaucoma.

60 capsules .....	£23.95	
120 capsules .....	£43.95	
240 capsules .....	£74.95	VG

## Saw Palmetto Plus 600mg

A combination of Saw Palmetto, Lycopene and Stinging Nettle

- Prostate support
- Encourages weight loss
- Balances testosterone levels



Testosterone levels can be balanced by stopping the conversion of testosterone into the hormone DHT. Good for prostate health and libido and intimate performance.

60 capsules .....	£16.95	
120 capsules .....	£31.95	
240 capsules .....	£52.95	VG



## Spirulina (Hawaiian) 500mg

- Nutrition powerhouse
- Supports immune system strength
- Reduces cholesterol
- Boosts energy
- Anti-inflammatory



This blue/green micro algae is known as a 'superfood' as it is rich in many vitamins, minerals and trace elements. Our 500mg easy-to-swallow tablets offer high protein and vitamin B content, making it ideal for all looking for a health boost.

60 tablets .....	<b>£9.95</b>	<b>VG</b>
120 tablets .....	<b>£16.95</b>	
240 tablets .....	<b>£25.95</b>	

## T-Boost Complex

- Includes:  
Tribulus Terrestris,  
Horny Goat Weed,  
Indonesian Tongkat  
Ali, Damiana,  
Ashwagandha, Zinc  
from citrate, Vitamin  
D3 and Fenugreek



A highly charged blend of 8 potent extracts known to enhance male health and stimulate physical performance. A natural formula created to increase production of your own testosterone for many health benefits.

60 capsules .....	<b>£36.95</b>	<b>VG</b>
120 capsules .....	<b>£70.95</b>	
240 capsules .....	<b>£129.95</b>	

## Super B Complex B vitamins and minerals

- 21 active nutrients  
including: iron,  
magnesium,  
selenium, zinc  
and bioflavonoids



Our food state formula contains high quantities of Vitamin B1, B2, B3, B5, B6, B7 and B12 plus many minerals vital for good health. Also suitable for those with yeast sensitivities. Free from dairy, wheat, gluten and all additives.

60 tablets .....	<b>£20.95</b>	<b>VG</b>
120 tablets .....	<b>£40.95</b>	
240 tablets .....	<b>£74.95</b>	



## Tongkat Ali - Indonesian Root Extract 600mg 200:1 (equiv. 120,000mg)

- Boosts libido
- Increases testosterone production



This pure root extract can significantly increase long-term production of your own testosterone. It blocks the chemical actions that cause a reduced rate of testosterone development.

30 capsules	£22.95
60 capsules	£40.95
120 capsules	£76.95
240 capsules	£141.95



## Tongkat Ali - Indonesian 3% Eurycomanone Root Extract 400mg

- Boosts libido
- Increases testosterone production



Our strongest pure root extract formula for boosting production of your own testosterone. Used by men and women for widespread health benefits, it's used long term primarily for libido.

30 capsules	£29.95
60 capsules	£52.95
120 capsules	£95.95
240 capsules	£175.95



## Tongkat Ali - Indonesian Root Extract 400mg 200:1 (equiv. 120,000mg)

- Boosts libido
- Increases testosterone production



Indonesian mature (guaranteed to be at least 10 years old) root extract at a ratio of 200:1. Sourced from the roots of Eurycoma Longifolia, our 400mg is not quite as strong as our 600mg option.

30 capsules	£15.95
60 capsules	£26.95
120 capsules	£51.95
240 capsules	£93.95



## Trans Resveratrol & Quercetin 405mg

- Powerful antioxidants
- Anti-ageing
- Protect your heart
- Protect against cardiovascular disease



For fighting inflammation and free-radicals. When sourced from Japanese Knotweed it is superior to those from grapes or berries. Quercetin increases the bioavailability of Trans-Resveratrol.

60 capsules	£22.95
120 capsules	£44.95
240 capsules	£78.95



## Tribulus Terrestris Tincture

### Dried Fruit Extract

- 1:2 extract
- Promotes wellbeing
- Increases energy
- Boosts libido for all
- Enhances fertility
- Reduces stress



Tribulus Terrestris contains protodioscin, which has been shown to increase libido via the conversion of protodioscine to DHEA (dehydroepiandrosterone). Studies show extract of this plant can also help alleviate menstrual problems.

50ml .....	<b>£17.95</b>	<b>VG</b>
100ml .....	<b>£29.95</b>	

## Tribulus Terrestris Extract (Bulgarian)

### 500mg

- Increases mood
- Increases sexual performance
- Increases libido



Known to be beneficial for those with low testosterone by improving sperm production and muscle mass. Other benefits include reducing high blood pressure and cholesterol.

30 capsules .....	<b>£12.95</b>	<b>VG</b>
60 capsules .....	<b>£24.95</b>	
120 capsules .....	<b>£46.95</b>	
240 capsules .....	<b>£84.95</b>	

## Valerian Root

### 60mg (equiv. to 600mg)

- Reliable sleep
- Regenerative rest
- Reduced anxiety
- 100% natural
- Combats insomnia



Many who suffer with anxiety also experience racing thoughts or an overactive mind when trying to sleep. Valerian has been shown to promote peaceful sleep and relaxation, encouraging many other benefits.

60 capsules .....	<b>£7.95</b>	<b>VG</b>
120 capsules .....	<b>£14.95</b>	
240 capsules .....	<b>£26.95</b>	

## Valerian Root Tincture

### Fresh Organic Root Extract

- 1:1 extract
- Gentle on the stomach
- Natural relaxant
- Sedative properties
- Lowers blood pressure
- Reduces stress



Valerian has been used since the time of Ancient Greece and is still the go-to herb for sleep issues. Due to its muscle relaxant and anxiety-relieving actions, it is perfect for those who struggle to sleep due to worry, stress or tension.

50ml .....	<b>£13.95</b>	<b>VG</b>
100ml .....	<b>£22.95</b>	



## Vitamin B12 Daily Oral Spray 25ml

- Reduces tiredness
- Reduces fatigue
- Supports the immune system
- Increases energy



This apricot-flavoured spray delivers 1,200µg of Vitamin B12 as well as green tea extract and chromium for an energy boost! This spray is particularly beneficial for those following a vegetarian or vegan lifestyle and Pernicious Anaemia sufferers.

25ml spray..... **£12.45** **VG**

## Vitamin D3 Wholefood Cholecalciferol 2500iu

- Vital for absorbing calcium
- Helps fight osteoporosis
- Supports the immune system



It's hard to absorb all the vitamin D we need through our skin for strong bones and immunity. High Potency capsules with 1250% NRV\* per tablet!

\* Nutrient Reference Value

60 capsules..... **£12.95**  
120 capsules..... **£22.95**  
240 capsules..... **£32.95** **VG**

## Vitamin C Wholefood 272mg

- Immune system support
- Collagen production
- Tissue repair
- Antioxidant



The acerola cherry fruit is one of the richest natural sources of vitamin C. Wholefood vitamin C is more bioavailable than its synthetic counterparts.

60 capsules..... **£20.95**  
120 capsules..... **£40.95**  
240 capsules..... **£69.95** **VG**

## Vitamin D+K2 Daily Oral Spray 12ml

- Supports bone and tooth health.
- Helps to prevent arterial calcification.
- Supports the immune system



Vitamin D3 and vitamin K2 work together to ensure that calcium is kept out of the arteries and moved into the bones, where it's needed. The form of K2 has been derived from flowers and we can guarantee a 98% purity of the active form of K2.

12ml spray..... **£9.95** **VT**

## Vitamin K2 MK-7 200mcg

- Prevents the build-up of calcium in arteries
- Purest form of vitamin K
- For bone strength and health



Our Vitamin K2 capsules are made using menaquinone 7 or MK-7, the purest, most natural and most active form of Vitamin K. The benefits of Vitamin K2 may be improved by taking alongside Vitamin D3.

60 capsules .....	£17.95
120 capsules .....	£33.95
240 capsules .....	£54.95



## Wholefood Zinc 20mg

- Normal function of the immune system
- Digestive health
- Sleep quality
- Macular degeneration



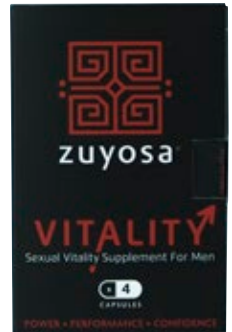
Our wholefood Zinc capsules are made from whole guava leaf, providing 20mg elemental zinc plus other antioxidants. Zinc is a trace mineral, vital for countless processes in the body including support for mental health.

60 capsules .....	£22.95
120 capsules .....	£44.95
240 capsules .....	£75.95



## Zuyosa® Vitality For men 380mg

- Includes: L-Arginine, Siberian Ginseng, Maca, Saw Palmetto, Avena Sativa, Resveratrol, Zinc, Magnesium, Vitamin B6.



An all-natural blend of plant extracts and minerals to boost male sexual desire, improve performance and build confidence. Taking alongside our **GT6** powder will gradually increase circulation and blood flow naturally for more of a long-term solution.

4 capsules .....	£19.95
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## Brain Bundle 1 month



- Nootropic Complex 60 capsules
- Vegan Omega 3 60 capsules
- Magnesium Bisglycinate 60 capsules

**Bundle Price** ..... **£49.50** **VG**  
**List price: £61.85 YOU SAVE..... £12.35**

## Energy Bundle 1 month



- L-Citrulline Powder 180g
- Ginseng Extract 30 capsules
- Super B Complex 60 tablets

**Bundle Price** ..... **£38.75** **VG**  
**List price: £48.45 YOU SAVE..... £9.70**

## Focus Bundle 1x month



- Ginkgo Biloba 30 capsules
- Ginseng Extract 30 capsules
- Concentration Pulse Point Oil 10ml bottle

**Bundle Price** ..... **£17.50** **VG**  
**List price: £21.91. YOU SAVE..... £4.41**

## Healthy Heart Bundle 1x month



- L-Citrulline Maritime Pine Bark Combo 300mg
- Vegan Omega 3 60 capsules
- Co Enzyme Q10 30 capsules

**Bundle Price** ..... **£54.45** **VG**  
**List price: £67.08. YOU SAVE... £12.63**

## His & Hers Bundle 1x month



- Rose Gold 60 capsules
- GT6 Powder 300mg

**Bundle Price** ..... **£36.88**

**List price: £46.09. YOU SAVE..... £9.21**



## Immune Bundle 1x month



- Breathe loose tisane 20 cups
- Soothe loose tisane 20 cups
- Wholefood Vitamin C 60 capsules
- Echinacea tincture 50ml
- Plus a FREE infuser!\*

\* Infuser may vary from the one shown.

**Bundle Price** ..... **£32.60**

**List price: £40.80. YOU SAVE..... £8.20**



## Sleep Well Bundle (A) 1x month



- Valerian Root 30 capsules
- Unwind Tisane 20 cups
- Sleep Pulse Point Oil 10ml
- Plus a FREE infuser!\*

\* Infuser may vary from the one pictured.

**Bundle Price** ..... **£11.10**

**List price: £13.88. YOU SAVE..... £2.78**



## Sleep Well Bundle (B) 1x month



- Valerian Tincture 50ml
- Unwind Tisane 20 cups
- Sleep Pulse Point Oil 10ml
- Plus a FREE infuser!\*

\* Infuser may vary from the one pictured.

**Bundle Price** ..... **£19.08**

**List price: £23.85. YOU SAVE..... £4.77**



# Bundles

## Digest Bundle



- **Probiotic Gold** 60 capsules - two month's supply. Contains 20 billion CFUs (colony forming units) per capsule of the most beneficial bacteria.
- **Digest Tisane** 20 cups loose herbs including peppermint and chamomile.
- **An infuser for FREE!\***

\* Infuser may vary from the one above.

**Bundle Price** ..... **£23.90**

**List price: £29.90. YOU SAVE..... £6.00**



## Joints Bundle 1x month



- **Curcumin & Black Pepper Extract**  
A powerful anti-inflammatory.  
Contains the equivalent of 7,500mg (60 capsules).
- **Vegan Omega 3** - 60 capsules.  
Sourced from algae.  
Contains EPA, DHA and DPA
- **Vegan Glucosamine HCL** - 60 capsules.  
Increase fluid for joint health

**Bundle Price** ..... **£54.40**

**List price: £67.85. YOU SAVE... £13.45**



## Oil Burner & Oil Blend Bundle



Choose one of 6 different 5ml Holly Botanic essential oils blends and one of 4 different coloured oil burners.

**Bundle Price** ..... **£10.95**

**List price: £12.90. YOU SAVE..... £1.95**



## Stress Less Bundle 1x month



- **Ashwagandha Root Extract**  
60 capsules
- **Balance Tisane** 20 cups
- **Calming Essential Blend** 5ml
- **Ceramic Oil Burner**
- **An infuser for FREE!\***

\* Infuser may vary from the one above.

**Bundle Price** ..... **£27.80**

**List price: £34.80. YOU SAVE..... £7.00**



## Bamboo Cutlery Sets

100% natural, non-toxic, super lightweight, reusable bamboo cutlery sets are ideal for anyone on the go. The handy drawstring, hemp pouch is easily transported in a pocket, handbag or backpack. All cutlery sets are sustainable, BPA-free, biodegradable and compostable!

### Bamboo Compact Cutlery Set

The cutlery is 100% bamboo whilst the pouch is hemp and organic cotton. Available in five colourways:

- Aquamarine
- Sunglow
- Charcoal
- Rainbow
- Pistachio



**Compact Cutlery Set ..... £8.99**

### Bamboo Cutlery Set

The cutlery is 100% bamboo whilst the roll-up pouch is hemp and organic cotton. Available in four colourways:

- Turquoise
- Peach
- Midnight
- Rainbow



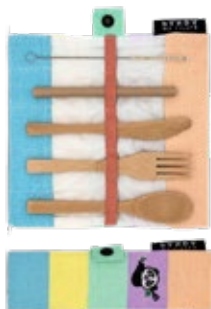
**Lunch Cutlery Set ..... £10.99**



## Bamboo Kids Cutlery Set

100% bamboo cutlery. The naturally sturdy and durable material can withstand being slung in a backpack and comes complete with a hemp roll-up pouch. Available in four colourways:

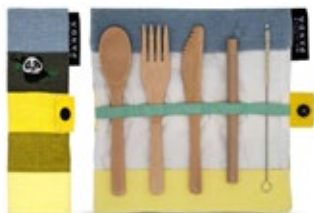
- Candy
- Kazuma
- Banana Split
- Unicorn



Candy



Unicorn



Banana Split



Kazuma

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**Kids Cutlery Set..... £7.99**

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## Bamboo 12 pack Family Cutlery Set

100% natural, non-toxic, lightweight, reusable bamboo cutlery lunch sets are ideal for lunch on the go. The handy, recycled cotton carry bag contains 4 sets of cutlery for the whole family. Each cutlery set contains a fork, a knife and a spoon.



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**12 Pack Family Cutlery Set ..... £13.99**

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## Huskups®

Rice husk cups contain no plastic, are reusable and biodegradable! A selection of available designs, more options on our website:

- Mother Nature • Sunflowers • Waves
- Midnight Mandala • Swallows • Mandala



Huskup® .....£10.95



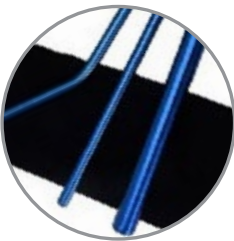
**Bamboo Toothbrush**

With a bamboo handle and case and bristles derived from castor beans, this bamboo toothbrush is made using 100% plant-based ingredients making it a fantastic alternative to plastic toothbrushes.

**Bamboo Toothbrush..... £7.99**

**Stainless Steel Straws**

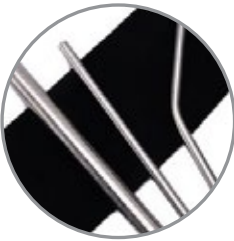
A set of gorgeous reusable steel straws in a handy travel bag, available in a variety of colours. They are resistant to corrosion and oxidation and are durable and dishwasher safe.



*Blue*



*Black*



*Silver*



*Bronze*

**Steel Straw Sets..... £7.95**

## Natural Deodorants

Organic and free from plastic, aluminium, parabens or carcinogens. Recyclable and biodegradable.



- Jasmine & Rose
- Indian Bay Leaf & Orange
- Grapefruit & Lemon
- Lavender & Tea Tree
- Lemon & Rosemary
- Peppermint & Spearmint

**Natural Deodorants.....£7.95**

## Your Water Bottle and Supplements Box in One!



### Your Organised Supplements

## YOS

A water bottle and capsules dispenser in one! The YOS bottle is ideal for anyone on the go. A reusable water bottle with a magnetic click capsule dispenser attached. So great that it won the "Best European Design Award".



**YOS Bottle .....£14.99**

### Balance Tisane for Stress & Fatigue

An earthy and spicy blend packed with adaptogens.

- Ginger
- Ashwagandha
- Lemongrass
- Gotu Kola



3 cup loose/2 bags .....	£1.95
20 cup loose .....	£3.95
40 cup loose .....	£6.45
60 cup loose .....	£7.75
15 bags .....	£3.95
30 bags .....	£6.45



### Breathe Tisane for Sinuses & Catarrh

A light, floral blend to help clear airways

- Rosehip
- Elderflower
- Echinacea
- Nettle
- Marshmallow Leaf



3 cup loose/2 bags .....	£1.95
20 cup loose .....	£3.95
40 cup loose .....	£6.45
60 cup loose .....	£7.75
15 bags .....	£3.95
30 bags .....	£6.45



### Cleanse Tisane to Detox & Refresh

An aromatic, purifying blend to support the body's detox systems.

- Lemongrass
- Peppermint
- Nettle
- Cleavers
- Dandelion leaf



3 cup loose/2 bags .....	£1.95
20 cup loose .....	£3.95
40 cup loose .....	£6.45
60 cup loose .....	£7.75
15 bags .....	£3.95
30 bags .....	£6.45



### Digest Tisane for Comfortable Digestion

A minty, aromatic blend to help relieve digestive issues.

- Peppermint
- Fennel Seed
- Coriander Seed
- Chamomile



3 cup loose/2 bags .....	£1.95
20 cup loose .....	£3.95
40 cup loose .....	£6.45
60 cup loose .....	£7.75
15 bags .....	£3.95
30 bags .....	£6.45





## Energise Tisane for an Energy Boost

A rich, roasted,  
coffee-alternative  
tisane.

- Cacao Husk
- Carob Pod
- Dandelion Root
- Yerba Maté



3 cup loose/2 bags .....	£1.95
20 cup loose .....	£3.95
40 cup loose .....	£6.45
60 cup loose .....	£7.75
15 bags .....	£3.95
30 bags .....	£6.45

VG



\* Excessive, regular consumption of liquorice root can contribute to increased blood pressure.

## Unwind Tisane to Calm & Relax

A fruity blend  
to encourage  
tranquillity  
and relaxation.

- Lemon Balm
- Hibiscus
- Lime Flower
- Passionflower
- Chamomile



3 cup loose/2 bags .....	£1.95
20 cup loose .....	£3.95
40 cup loose .....	£6.45
60 cup loose .....	£7.75
15 bags .....	£3.95
30 bags .....	£6.45

VG

## Spiced Orange Autumn's Seasonal Tisane

A warming,  
invigorating  
blend perfect  
for chilly days.

- Orange Peel
- Cinnamon
- Ginger
- Green Aniseed
- Liquorice Root\*



3 cup loose/2 bags .....	£1.95
20 cup loose .....	£3.95
40 cup loose .....	£6.45
60 cup loose .....	£7.75
15 bags .....	£3.95
30 bags .....	£6.45

VG



# Holly Botanic - Tisanes

## Soothe Tisane for Warming Comfort

A warm hug of a blend for immune support and sore throats.

- Ginger • Echinacea
- Cinnamon
- Liquorice Root\*
- Marshmallow Root

\* Excessive, regular consumption of liquorice root can contribute to increased blood pressure.

3 cup loose/2 bags .....	£1.95	
20 cup loose .....	£3.95	
40 cup loose .....	£6.45	
60 cup loose .....	£7.75	
15 bags .....	£3.95	
30 bags .....	£6.45	VG



## Harmony Tisane for Hormonal Serenity

A delicate, fragrant blend to balance your body and mind.

- Raspberry
- Rose Petal
- Damiana
- Raspberry Leaf
- Lady's Mantle

3 cup loose/2 bags .....	£1.95	
20 cup loose .....	£3.95	
40 cup loose .....	£6.45	
60 cup loose .....	£7.75	
15 bags .....	£3.95	
30 bags .....	£6.45	VG



## Cocoa & Chilli Tisane for winter indulgence

A rich, spicy blend to stoke your fire.

- Cocoa Nibs
- Cacao Husk
- Chocolate Malt
- Carob Pods
- Chilli Flakes

Contains caffeine and theobromine.

3 cup loose/2 bags .....	£1.95	
20 cup loose .....	£3.95	
40 cup loose .....	£6.45	
60 cup loose .....	£7.75	
15 bags .....	£3.95	
30 bags .....	£6.45	VG



## 7 Pack Tisane Bundle

Make sure you're well prepared for whatever the day may throw at you, with 20 cup bags of 7 Holly Botanic blends with a free infuser!\*



- Digest loose tisane - 20 cups
- Balance loose tisane - 20 cups
- Breathe loose tisane - 20 cups
- Unwind loose tisane - 20 cups
- Soothe loose tisane - 20 cups
- Cleanse loose tisane - 20 cups
- Harmony loose tisane - 20 cups

\* The free infuser may be different to the one illustrated above

**7 Pack Tisane Bundle .....£23.50**

**List price: £27.65. YOU SAVE.....£4.15**



## Tisane Taster Bundle

Can't decide which one to get? Not sure if you'll like it? Try 7 blends for only £10 (normally £13.65), plus a free infuser!\*



- Digest loose tisane - 3 cups sample
- Balance loose tisane - 3 cups sample
- Breathe loose tisane - 3 cups sample
- Unwind loose tisane - 3 cups sample
- Soothe loose tisane - 3 cups sample
- Cleanse loose tisane - 3 cups sample
- Harmony loose tisane - 3 cups sample

\* The free infuser may be different to the one illustrated above

**Tisane Taster Bundle .....£10.00**

**List price: £13.65. YOU SAVE.....£3.65**



# Holly Botanic - Lip Balm/Lip Scrubs



## Lime & Grapefruit Lip Balm

This handmade moisturising lip balm with fruity, zesty lime and grapefruit essential oils is perfect for keeping to hand whenever your lips need TLC.

Lip Balm 15ml..... **£3.95** **VT**



**The best lip balm in the world. I have never been more in love with a lip balm, and it's so moisturising!**

*(Reviewed by Jodi-Lee on our website)*



## Almond & Coconut Lip Scrub

For easing dry, chapped lips. Just massage on and lick off! (or wipe off). The ground almond gently exfoliates lips, leaving them feeling smooth, plump and moisturised.

Lip Scrub 15ml..... **£3.95** **VT**



## Brown Sugar & Cinnamon Lip Scrub

The brown sugar gently exfoliates lips leaving them feeling smooth, cinnamon plumps and lips are left moisturised. A treat for dry lips.

Lip Scrub 15ml..... **£3.95** **VT**



## UV Protect Lip Balm

This lip balm contains non-nano Zinc Oxide, that provides UVA and UVB protection for your lips. All the ingredients have a natural SPF (Sun Protection Factor), but zinc oxide, raspberry seed oil and black cumin seed oil in particular are very effective.

*Contains shea butter that can cause a tree nut allergy reaction.*

UV Protect Lip Balm 15ml ..... **£4.95** **VT**



This is an absolute 'Must Have'. This wonderful lip balm with the instant calming Lemongrass, really soothes and is not greasy or sticky. A really effective lip balm with the added UV Protect. A great find in the holly botanic range and will definitely be on my next reorder list!

*(Reviewed by Suzette on our website)*



## Peppermint & Pine Lip Balm

This handmade moisturising lip balm with cool, refreshing peppermint and pine essential oils. Keep to hand for some natural lip-love every day.

Lip Balm 15ml ..... **£3.95** **VT**



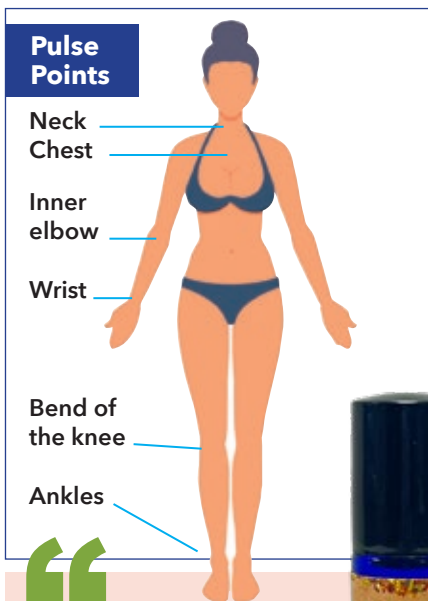
## Black Coffee Lip Scrub

Lip scrubs are a must-have for dry, chapped lips. Just massage on and lick off! The ground coffee gently exfoliates lips, leaving them feeling smooth, plump and moisturised.

Lip Scrub 15ml ..... **£3.95** **VT**



# Holly Botanic - Pulse Point Oils



I love this product.  
Boy, does this help  
when I'm in need  
of a boost...

(Reviewed by Victor  
on our website)



## Energise Oil Lemon & Ginger

Inhale the aroma to feel invigorated and refreshed. This blend is ideal for anyone needing an energy boost (particularly those suffering the mid-afternoon, post-lunch slump).

- Lemon essential oil
- Grapefruit essential oil
- Ginger essential oil
- Peppermint essential oil

Pulse Point Oil 9ml ..... £5.95



Insect Oil - very fast delivery, have only been bitten once and on a spot with no oil so it must be working. I smell of lovely herbs and hope the mozzies keep away!! Very happy, would recommend.

(Reviewed by Lin  
on our website)



## Insect Oil Thyme & Tea Tree

Hand blended, natural aromatherapy oils in handy rollerball bottles. This blend has insect repellent qualities, soothes pain and itching from bites and stings and also helps avoid infection, with its antibacterial properties.

- Tea tree essential oil
- Eucalyptus essential oil
- Thyme essential oil
- May chang essential oil

Pulse Point Oil 9ml ..... £5.95







I regularly find myself awake at stupid o'clock in the morning, so I keep a bottle of sleep oil next to my bed. I roll a little bit onto my wrists, lie back down and smell them and I am back to sleep before I know it! Amazing stuff and better than sleeping pills.

(Reviewed by Janet on our website)



## Sleep Oil

Lavender & Bergamot

Hand blended, natural aromatherapy oils in handy rollerball bottles. The soothing aromas relax and calm while encouraging a deep sleep.

- Lavender essential oil
- Bergamot essential oil.
- Sweet Marjoram essential oil
- Cedarwood essential oil

Pulse Point Oil 9ml ..... £5.95



I love it, I use it when I am at work or in training and it helps me to focus

(Reviewed by Ramona on our website)



## Concentrate Oil

Rosemary & Black Pepper

Inhale the aroma to aid concentration and memory and to support mental clarity. This blend is ideal for people who are studying or revising, those in high-pressure situations or anyone feeling mentally fatigued.

- Rosemary essential oil
- Black Pepper essential oil
- Peppermint essential oil
- Pine essential oil

Pulse Point Oil 9ml ..... £5.95



## Calming

A relaxing, mellowing blend of pure essential oils to breathe tranquillity into a busy life.

- Bergamot
- Frankincense
- Lavender
- Sweet Marjoram
- Patchouli
- North Indian Rosewood
- Ylang Ylang



5ml.....	£6.95	VG
10ml.....	£9.95	

## Comforting

A soothing, cosy blend of pure essential oils that feels like a caring hug.

- Tangerine
- Clary Sage
- Jasmine
- Petitgrain
- Patchouli
- North Indian Rosewood



5ml.....	£6.95	VG
10ml.....	£9.95	

## Defence

A refreshing blend of pure essential oils to clear airways and fight seasonal challenges. For aromatherapy on the go, use with a car diffuser, bracelet or necklace diffuser.

- Cajeput
- Cypress
- Juniper Berry
- Lemon Myrtle
- Niaouli



5ml.....	£6.95	VG
10ml.....	£9.95	

## Uplifting

A zesty, invigorating, mood-boosting blend of pure essential oils. Like sunshine in a lovely blue bottle!

- Bergamot FCF
- Black Pepper
- Coriander Seed
- Eucalyptus
- Grapefruit
- Lime
- Petitgrain
- Sweet Orange



5ml.....	£6.95	VG
10ml.....	£9.95	

## Grounding

A woody and earthy blend for natural balance and wellbeing. Like a walk in the forest!

- Bay Laurel
- Virginian Cedarwood
- Cypress
- Eucalyptus
- Frankincense
- Juniper Berry
- Siberian Fir Needle



5ml ..... £6.95  
10ml ..... £9.95 **VG**

## Festive

Orange and cinnamon are not just for Christmas! A spicy, warming blend of pure essential oils to stoke your fire and get you going in winter.

- Black Pepper
- Clove Bud
- Cinnamon Bark
- Siberian Fir Needle
- Nutmeg
- Sweet Orange
- Tangerine



5ml ..... £6.95  
10ml ..... £9.95 **VG**

## Essential Oils Diffusers and Dispensers - more on our website



Flower diffuser ..... £11.95



Lava stone necklace ..... £4.95



Inhaler ..... £5.95



Ultrasonic Diffuser ..... £21.95



## Rejuvenating Face Oil For mature skin

- Olive squalane
- Pomegranate seed oil
- Rosehip oil
- Baobab oil
- Vitamin E
- Rosemary essential oil
- Ylang ylang essential oil

A luxurious, hand-blended face oil for mature or damaged skin. This carefully selected blend of natural plant oils heals, conditions and reduces the signs of ageing while nourishing. This results in beautiful, healthy, younger-looking skin.

Apply a few drops of oil using fingers and gently massage a few drops in cleansed skin. The quick absorption makes it non-greasy and it can be used underneath make up.

Rejuvenating Face Oil - 30ml ... **£19.95** **VG**



## Shea Butter & Peppermint Natural Foot Balm

A handmade, all natural, nourishing and healing foot balm. Perfect for tired soles, cracked heels and feet that need a little TLC. The essential oils provide a refreshing, cooling aroma as well as offering antimicrobial, antibacterial and antifungal action.

Foot Balm 100ml..... **£7.95** **VT**



**Excellent! Heavenly and luxury in a Tin. I have tried many foot balms and scrubs all promising feet feeling like new BUT this gorgeous branded tin from divinely scented balm really knocked my socks off...Wow**

*(Reviewed by Suzette on our website)*



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## Charities Close to Our Hearts



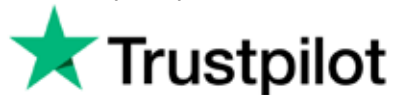
HeadsUp are a charity based in Devon who work with young people, promoting understanding, raising awareness and breaking down mental health barriers.

Full details at: [headsupmha.com](http://headsupmha.com)

WWF have the simple aim to stop the destruction of nature. "We're losing precious wildlife as their homes are destroyed. Our leaders must stop fuelling the destruction of nature and start bringing our world back to life".

Full details at: [wwf.org.uk](http://wwf.org.uk)

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