

SPORTRON
GROUP



LIVE
LIFE
NATURALLY

PRODUCT GUIDE



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“We are a team of committed individuals producing high-quality nutritional products to promote global health.”

MAX ESSMANN, PRES LES GROUP CEO

OUR **PRODUCT PROMISE**

The Sportron Group is dedicated to delivering high-quality products that embody the perfect blend of scientific expertise and natural ingredients. Our commitment is to provide effective solutions that cater to the diverse needs of our customers, while prioritising their well-being and that of their families. We strive to empower individuals with the knowledge to make informed decisions regarding their health, grounded in evidence-based nutrition.

As a responsible organisation, we recognise the importance of environmental sustainability and integrate eco-friendly practices throughout our operations, from sourcing raw materials to manufacturing and distribution. Our goal is to minimise our ecological footprint and continually improve our environmental governance.

This product guide showcases our range of innovative solutions, carefully crafted to enhance the quality of life and health of our consumers. We utilise natural ingredients, adhere to ethical management principles, and avoid the use of Genetically Modified Organics (GMOs) and chemical preservatives, ensuring that our products meet the highest standards of quality and efficacy.

Our products adhere to the following criteria:

1. **Safety:** We exceed regulatory requirements to guarantee the safety of our products, encompassing content, packaging, and stability.
2. **Efficacy:** Our products are developed by renowned experts in their fields, leveraging evidence-based research and innovative approaches to deliver effective solutions. We prioritise responsible practices, balancing human well-being with environmental stewardship.
3. **Product Quality:** We collaborate with GMP (Good Manufacturing Practice) and SAHPRA (South African Health Products Regulatory Authority) partners to ensure optimal quality throughout our value chain. Our products undergo a minimum of 25+ quality checkpoints, reflecting our dedication to excellence. With a legacy spanning over three decades, our brands have established a reputation for efficacy and reliability.



South African
Pharmacy Council

NUTRITION FROM NATURE



FOODSTATE MATRIX™

THE SPORTRON DIFFERENCE



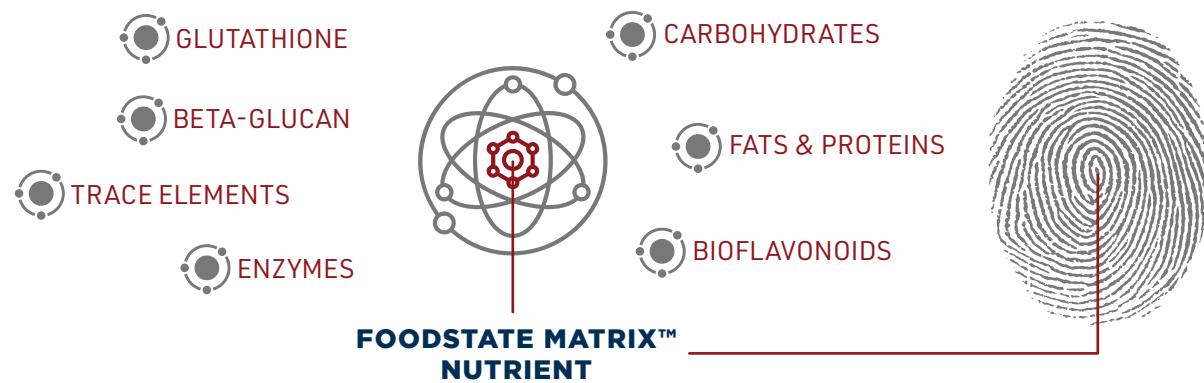
FOODSTATE MATRIX™

The Sportron® FOODSTATE MATRIX™ technology is a unique proprietary blend internationally developed for Sportron, with extensive scientific support.



FOODSTATE MATRIX™

Every natural vitamin and mineral has a unique shell, called a matrix, that is made up of various substances and acts like a fingerprint for your body to recognise the nutrients, such as Vit C from lemons.



Sportron uses patented nanotechnology, originally developed by NASA in the 1990s, to create matrix-enhanced formulas. NASA developed this technology to help astronauts deal with the excessive use of food additives and isolated supplements needed for long space missions.

When you take Sportron products, they dissolve in your stomach within minutes. During this process, natural matrices form around the chelated nutrients. These matrices trigger hundreds of nano-reactions, transforming the nutrients into a natural form that your body can absorb and process as if they came directly from food.



It is recommended that individuals incorporate Overall Wellness products into their daily routine to achieve optimal wellbeing, and consider adding targeted supplements as needed to address specific health requirements.

OVERALL WELLNESS

MULTI VITAMIN & MINERALS

OMEGA-3

IMMUNE BOOSTERS



PRODUCT

BENEFIT

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GENERAL WELLNESS



The FOODSTATE MATRIX™ technology ensures maximum absorption of 30 nutrients in this all-inclusive multivitamin and mineral supplement. Nine-strain probiotics have been added to this wellness-enabling formula to support gut health and strengthen the body's natural defenses.

With 30 Vitamins and Minerals and 9-Strain Probiotics.

60 VEGGIE CAPSULES

PRODUCT CODE HW23

FOODSTATE MATRIX™

ULTRAGARDE

BENEFITS:

A comprehensive scientific formulation of vitamins, minerals and probiotics to boost overall health, vitality and energy.

DIRECTIONS FOR USE:

Take 2 capsules daily with a meal or as directed by your Health Practitioner.

PRECAUTIONS:

Do not use this supplement if you are hypersensitive (allergic) to any of the ingredients in the formulation.

ACTIVE INGREDIENTS	PER CAPSULE
VITAMIN C (ASCORBIC ACID)	100 mg
VITAMIN A (RETINYL PALMITATE)	1750 IU
VITAMIN D (CHOLECALCIFEROL)	2000 IU
VITAMIN E (DL- α -TOCOPHEROL ACETATE)	5 IU
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	3 mg
VITAMIN B2 (RIBOFLAVIN)	3 mg
VITAMIN B3 (NIACIN)	10 mg
VITAMIN B5 CALCIUM D PANTOTHENIC ACID)	10 mg
VITAMIN B6 (OYRIDOXINE HYDROCHLORIDE)	5 mg
VITAMIN B7 (D-BIOTIN)	15 mcg
VITAMIN B9 (FOLIC ACID)	250 mcg
VITAMIN B12 (COBALAMIN)	3 mcg
MAGNESIUM (AS MAGNESIUM OXIDE)	30 mg
CALCIUM (AS CALCIUM PHOSPHATE)	37 mg
POTASSIUM (AS POTASSIUM CHLORIDE)	42 mg
CHLORIDE (AS POTASSIUM CHLORIDE)	38 mg
PHOSPHORUS (AS PHOSPHORUS AMINO ACID CHELATE)	5.15 mg
ZINC (AS ZINC OXIDE)	4.4 mg
IRON (AS FERROUS SULPHATE)	7.5 mg
MANGANESE (AS MANGANESE OXIDE)	1.15 mg
COPPER (AS COPPER AMINO ACID CHELATE)	450 mcg
BORON (AS BORON AMINO ACID CHELATE)	150 mcg
IODINE (AS IODINE AMINO ACID CHELATE)	75 mcg
MOLYBDENUM (AS MOLYBDENUM AMINO ACID CHELATE)	45 mcg
CHROMIUM (AS CHROMIUM PICOLINATE)	35 mcg
SELENIUM (AS SELENIUM AMINO ACID CHELATE)	27.5 mcg
CHOLINE BITARTRATE	72 mg
ALOE VERA CONCENTRATE	20 mg
LUTEIN 5%	5 mg
LYCOPENE	300 mcg

Food's nutritional value may be impacted by a number of events that occur during the growing, harvesting, storing, and cooking processes. The biggest loss of nutrients occurs during processes that expose food to high temperatures, light levels, or oxygen. Many of us are unable to consistently eat healthy, due to our hectic and stressful lifestyles.

As a result, taking a multivitamin daily can have a significant impact on your overall wellbeing.

Ultragarde provides the equivalent nutritional value of vitamins and minerals that we tend to consume daily, such as:

- Calcium & Magnesium, equivalent to 6 glasses of milk a day.
- B-Complex vitamins, equivalent to 5 portions of fruit or vegetables a day.
- Iron, equivalent to 6 eggs a day.

PROBIOTICS 9STR BIOMIX	PER CAPSULE
STREPTOCOCCUS THERMOPOLUS	
LACTOBACILLUS ACIDOPHOLUS	
LACTOBACILLUS CASEI	
LACTOBACILLUS PLANTARUM	112 Million CFU
LACTOBACILLUS RHAMNOSUS	
LACTOBACILLUS SALVIRARIUS	
BIFIDOBACTERIUM BIFIDUM	
BIFIDOBACTERIUM BREVE	
BIFIDOBACTERIUM LACTIS	

SPORTRON FOODSTATE MATRIX™ BLEND	PER CAPSULE
	25mg

BIOPERINE, SOYA PROTEIN ISOLATE, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, FIBREGUM), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA, SPIRULINA, CHLORELLA, FIBRE GUM), CARROT POWDER, TOMATO POWDER, SPIRULINA, PAWPAW EXTRACT 10:1



OMEGATONE® MATRIX



CARDIOVASCULAR HEALTH GENERAL WELLNESS BONE & JOINT HEALTH

Omega-3 fatty acids are “healthy fats”, that include DHA and EPA (found in seafood) and ALA (found in plants). Some foods, that can help you add Omega-3s to your diet, include fatty fish (like Salmon and Mackerel), Flaxseed and Chia seeds. If you do not consume these weekly, then you may become deficient in Omega-3, as your body cannot produce these oils. Omega-3 is therefore referred to as an essential oil. The heart, lungs, blood vessels and immune system all depend on Omega-3 fatty acids for healthy cell structure, energy and proper operation. Omega-3 is a polyunsaturated fatty acid that is beneficial to general health & vitality.

With Vitamin D and Omega-3 oils.



FOODSTATE MATRIX™

450ml +50 ml FREE

PRODUCT CODE HS70

OMEGATONE

BENEFITS:

Omega-3 is an essential fatty acid that we can only gain from our diet. Omega-3 supports heart health and promotes brain health, especially during pregnancy. It improves eye health, bone - and joint health and helps fight inflammation.

DIRECTIONS FOR USE:

Shake well before use, at least 10 shakes.
5ml per day for children 6 - 12 years;
10ml per day for teenagers 13 - 17 years;
15ml per day for 18+ years.
5ml = 1 teaspoon.
Keep refrigerated after opening.
Preferably take after a meal.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Product contains Iodine.

ACTIVE INGREDIENTS	PER 10 ml
OF WHICH IS OMEGA-3 FISH OIL CONTAINING:	
EICOSAPENTAENOIC ACID (EPA)	36 mg
DOCOSAHEXAENOIC ACID (DHA)	24 mg
FLAXSEED OIL COLD PRESSED EXTRA CONTAINING:	
OLEIC ACID (C18:1)	72 mg
LINOLEIC ACID (C18:2)	72 mg
LINOLEIC ACID (C18:3 N-3)	300 mg
LINOLEIC ACID (C18:3 N-6)	6 mg
VITAMIN D3 (AS CHOLECALCIFEROL)	200 IU
SPORTRON FOODSTATE MATRIX™ BLEND	25 mg
SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.	



BOOSTS THE IMMUNE SYSTEM
Omega-3 fatty acids not only help the heart, brain, and eyes, but they also improve the activity of immunological cells, which helps maintain a healthy immune system and have anti-cancer properties.



BOOSTS HEART HEALTH
Omega-3 fatty acids, especially EPA and DHA, lower blood triglycerides, a form of fat linked to a higher risk of heart disease. By lowering blood vessel inflammation and enhancing arterial function, they assist in lowering blood pressure. They also contribute to the prevention of blood clots, which reduces the risk of heart disease overall.



BOOSTS BRAIN ACTIVITY
Omega-3 is a vital part of the brain's cell membrane structures. DHA is especially in charge of memory and cognitive processes. Omega-3 dietary intake may help boost cognitive performance and reduce the risk of neurodegenerative diseases and cognitive decline.



STRONG ANTI-INFLAMMATORY PROPERTIES & BOOST JOINT HEALTH
Numerous illnesses, such as arthritis and heart disease, are associated with chronic inflammation. The anti-inflammatory qualities of Omega-3 fatty acids, particularly EPA, make them helpful in the treatment of autoimmune diseases and joint inflammation. DHA and EPA aid serotonin, a nerve messenger which can help balance your mood. The anti-inflammatory effects of these Omega-3 fats on nerve cells may reduce the risk of depression.



BOOSTS EYE HEALTH
Omega-3 fatty acids will assist your eye health by preventing dry and inflamed eyes. It can prevent or slow down the rate of age-related macular degeneration (AMD) and glaucoma.



ENHANCES SLEEP QUALITY
Numerous illnesses, such as melancholy, diabetes, and obesity, are associated with sleep deprivation. Omega-3 fatty acids may help improve the length and quality of sleep. It has been discovered that Omega-3 contributes to the synthesis of melatonin, a hormone that is essential for controlling sleep.



BOOSTS SKIN HEALTH
For healthy skin, Omega-3 fatty acids are vital nutrients. They aid in preventing dehydration and controlling the skin's oil production. These functions regulate inflammatory skin disorders like eczema and reduce the risk of breakouts and premature aging.





IMMUNE SUPPORT GENERAL WELLNESS



A compressive supplement for upper respiratory health for young and old. The formula can assist with managing allergies, such as hay fever and sinus irritation.

It can also be used as a daily immune booster, due to its high anti-oxidant contents and its strong anti-inflammatory properties.

With Echinacea, Ivy Leaf, Licorice Root and Quercetin.

250ml

PRODUCT CODE HS39

FOODSTATE MATRIX™

RESPITRON

BENEFITS:

A scientifically developed supplement with vitamins, minerals and herbal extracts promoting a healthy respiratory system and providing relief from allergies.

DIRECTIONS FOR USE:

Shake well before use, at least 10 shakes.
5ml per day for children 2 - 4 years;
10ml per day for children 5 - 7 years;
20ml per day for 18+years, or as recommended by your Health Practitioner.
5ml = 1 teaspoon.
Keep refrigerated after opening.
Preferably take after a meal.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult your Health Practitioner if your condition becomes chronic.

ACTIVE INGREDIENTS	PER 5 ml
Vitamin C (Ascorbic Acid BP)	50 mg
Vitamin B1 (Thiamine Hydrochloride)	5 mg
Vitamin B2 (Riboflavin BP)	2 mg
Vitamin B5 (Pantothenic Acid)	5 mg
Vitamin B6 (Pyridoxine Hydrochloride)	5 mg
Vitamin B 12 (Cobalmine)	5 mg
Zinc Citrate	10 mg
L-Tyrosine	10 mg
Echinacea Extract (4:1)	10 mg
Quercetin Extract (95%)	10.5 mg
Liquorice Root Powder	10 mg
Ivy Leaf Extract (11%)	5 mg
Beta Carotene 1%	1.1 mg

SPORTRON FOODSTATE MATRIX™ BLEND

25 mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.



ECHINACEA

Echinacea has been scientifically proven to prevent colds and flu by up to 58%. It helps relieve cold, flu, sinusitis and allergy symptoms due to its anti-inflammatory properties, and may even help reduce anxiety.



IVY LEAF

Ivy Leaf acts as an expectorant (a medicine that helps to loosen phlegm) and its anti-inflammatory properties have shown to help relieve upper respiratory infection symptoms such as sore throat, post nasal drip and coughing.



LICORICE ROOT

Licorice Root has anti-inflammatory and anti-microbial properties and may aid upper respiratory conditions. It also raises your body's level of naturally produced steroids, which helps to block allergic reactions and symptoms.



QUERCETIN

Quercetin is an anti-inflammatory, anti-oxidant, compound. It prevents immune cells from releasing histamines, which are chemicals that cause allergic reactions. It helps to reduce symptoms of allergies, including a runny nose, watery eyes, hives, and swelling of the face and lips.



ZINC

Zinc can help relieve allergy symptoms including asthma, hay fever, sinus congestion, runny nose, sneezing, itchy throat and eyes, etc.



B-VITAMINS

B-Vitamins play an essential role in 50+ processes in the body, especially those related to energy & vitality. B-Vitamins are not stored in the body and it is essential that sufficient B-Vitamins are consumed daily.





Sportron PhytoGARDE is a scientifically formulated anti-oxidant rich and phyto-nutrient rich formulation to boost the immune system. Anti-oxidants form part of the body's natural immune system to neutralise free radicals that can cause cellular damage and illness. Anti-oxidant activity of a supplement is measured by the ORAC value (Oxygen Radical Absorbance Capacity). Health authorities recommend a goal intake of 3000 ORAC units per day. A PhytoGARDE dose offers 1800 ORAC units, fulfilling 60% of your daily recommended goal.

With Goji Berry, Cranberry, Grape Seed Extract & Kelp Fucoxanthin.

450ml +50 ml FREE

PRODUCT CODE HS72

FOODSTATE MATRIX™

PHYTOGARDE

BENEFITS:

A scientifically formulated blend to help boost the body's immune system and promote optimal health. Cranberry, Grape Seed and Goji Berry extracts are rich in anti-oxidants and Vitamin C for extra immune protection. PhytoGARDE contains Fucoxanthin, an active ingredient in Sea Kelp, which protects the body against disease by fighting free radical damage at cellular level.

DIRECTIONS FOR USE:

Take 15ml mixed with 250ml water per day.
5ml = 1 teaspoon.
Keep refrigerated after opening.
Preferably take after a meal.

PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have.

NUTRITIONAL VALUE	PER 15 ml
ENERGY	2.5 kJ
PROTEIN	0 g
CARBOHYDRATES	0.15 g
FAT	0 g

ACTIVE INGREDIENTS	PER 15 ml
MORINGA OLEIFERA POWDER	5 mg
CRANBERRY EXTRACT 4:1	100 mg
AFRICAN POTATO EXTRACT 10:1	50 mg
GRAPE SEED EXTRACT	50 mg
GOJI BERRY EXTRACT 4:1	100 mg
KELP FUCOXANTHIN	5 mg

SPORTRON FOODSTATE MATRIX™ BLEND	25 mg
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SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.



GOJI BERRIES

Goji Berries are super-rich in anti-oxidants, boosting the body's natural immune system with proven benefits for eye, skin, heart and liver health.



CRANBERRIES

Cranberries are super-rich in anti-oxidants, assisting the body with heart, urinary tract, gut and liver health.



MORINGA

Moringa is a superfood containing 92 nutrients, 46 anti-oxidants and 36 anti-inflammatory extracts.



GRAPE SEED EXTRACT

Grape Seed Extract is a super anti-oxidant dense extract that contains 20 X more anti-oxidants than Vitamin C.



AFRICAN POTATO

African Potato contains bioactive compounds that boost the body's natural immune system through its strong anti-inflammatory properties.



FUCOXANTHIN (KELP EXTRACT)

Fucoxanthin is a bioactive Kelp Extract that is super-rich in anti-oxidants to the extent that research indicates that it can help fight cancer.



PRO B-9[®] DROPS MATRIX



DIGESTIVE HEALTH IMMUNE SUPPORT



Probiotics are “friendly bacteria” that are similar to the trillions of organisms that occur naturally in the digestive tract. Certain strains or types of probiotics have been proven to promote gut and immune health, as 70% of immune cells in the body reside in the gut. Probiotics are normally taken together with antibiotics, which kill both good and bad organisms. Probiotics help to replace the good ones. Be proactive and take probiotics daily, when you have a chronic condition or struggling with a gut condition.

With Omega-3 Oil.

1. PROMOTES **GUT HEALTH**
2. BULLETPROOF **IMMUNE SYSTEM** FUNCTION
3. SOOTHE SYMPTOMS OF **IRRITABLE BOWEL SYNDROME**
4. PREVENT & TREAT ANTIBIOTIC-ASSOCIATED **DIARRHEA**
5. BANISH **DEPRESSION & ANXIETY**
6. PROMOTE **HEALTHY CHOLESTEROL**

30 ml DROPS

PRODUCT CODE HS83

FOODSTATE MATRIX™

PRO B-9 DROPS

BENEFITS:

A healthy gut ensures optimal absorption of all nutrients, including supplementation. This daily health probiotic formula contains 9-strains of probiotic flora that promotes gut health. Seventy percent of the body’s immune cells reside in the gut and gut health is key for these cells to operate optimally.

DIRECTIONS FOR USE:

Take 1ml per day or as recommended by your Health Practitioner. Add to a smoothie, yoghurt, salad, porridge, etc. or consume by placing on top of the tongue and swallowing. Keep refrigerated after opening. Preferably take after a meal.

PRECAUTIONS:

Can be used from the age of 1 year old.

ACTIVE INGREDIENTS	BILLION PER 1 ML
BIFIDO BIFIDUM BB-06	2B CFU
BIFIDO BREVE BB-03	1B CFU
BIFIDO LACTIS HN019	0.5B CFU
LACTOBACILLUS ACIDOPHILUS	1B CFU
LACTOBACILLUS CASEI	1B CFU
LACTOBACILLUS PLANTARUM	1B CFU
LACTOBACILLUS RHAMNOSUS	1B CFU
LACTOBACILLUS SALIVARIUS	1B CFU
STREPTOCOCCUS THERMOPHILUS	1B CFU
FLAXSEED AND GRAPSEED OIL	0.5 ml
CONTAINING 400 OMEGA-3 OILS	

CFU= COLONY FORMING UNITS

SPORTRON FOODSTATE MATRIX™ BLEND 25 mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.



PROMOTES IMMUNE HEALTH

More than 70% of our immune cells reside in our gut and if our gut health is compromised then these cells do not work as well as they should. Probiotics helps to restore gut health and thereby helps your natural immune system to function better.



PROMOTES GUT HEALTH

Probiotics help balance the friendly bacteria in your digestive system and promote healthy digestion of food, absorption of nutrients and helps support cells that line your gut to prevent bad bacteria that you may have consumed (through food or drinks) from entering your blood. It provides relief of unbalanced bacteria in your gut that are associated with symptoms such as gas, cramping, diarrhea or constipation. Probiotics research has confirmed that probiotics can help relieve symptoms of ulcers, Crohn’s disease and Irritable Bowel Syndrome (IBS).



DEPRESSION & ANXIETY

Research has confirmed a gut health link to mood and anxiety disorders and has shown that it can aid in relieving such symptoms.



ALLERGIES

Probiotics may reduce the severity of various allergies such as eczema.



OMEGA-3

Omega-3 oils are important overall wellness boosters that also have anti-inflammatory properties to aid gut conditions.



SPECIALITY WELLNESS

Supplements designed to meet the body's needs due to a specific condition, based on scientific evidence.



FOODSTATE MATRIX™



BONE & JOINT HEALTH



A-Tron provides cartilage-building cells called chondrocytes which are the nutrients necessary for construction of new cartilage. It is a comprehensive formula to nutritionally support healthy joint function. It contains MSM, and ingredients that support the re-synthesis of flexible disulfide bonds in connective tissue, including tendons and ligaments of the joint. The goal is to support overall flexibility and ease of movement, preferably without discomfort.

With Cannabidiol Extract.

60 CAPSULES

PRODUCT CODE HS80



A-TRON

BENEFITS:

A scientific formula designed to promote joint and muscle health by providing natural compounds that are necessary for the healthy functioning of bones, joints, ligaments and muscles.

DIRECTIONS FOR USE:

Take 2 capsules daily with a meal, preferably in the evening.

PRECAUTIONS:

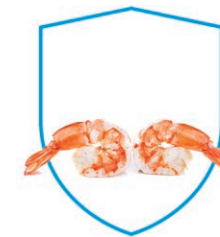
Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Not to be used by individuals younger than 18 years.

ACTIVE INGREDIENTS	PER SOFTGEL CAPSULE
GLUCOSAMINE SULPHATE	300 mg
METHYLSULFATEMETHANE (MSM)	160 mg
CHONDROITIN SULPHATE	30 mg
VITAMIN C (ASCORBIC ACID)	30 mg
BROMELAIN/ PAPAINE BLEND	10 mg
CANNABIDOIL (CBD)	5 mg
MANGANESE (AS MANGANESE SULPHATE)	4,92 mg

SPORTRON FOODSTATE MATRIX™ BLEND

25 mg

BIOPERINE, SOYA PROTEIN ISOLATE, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, FIBREGUM), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA, SPIRULINA, CHLORELLA, FIBRE GUM), CARROT POWDER, TOMATO POWDER, SPIRULINA, PAWPAW EXTRACT 10:1.



GLUCOSAMINE SULPHATE

Glucosamine Sulphate is a natural ingredient found in and around the fluid and tissues that cushion your joints, called cartilage. It helps to repair cartilage damage and ease painful joints.



CHONDROITIN SULPHATE

Chondroitin Sulphate may be useful for people with Osteo Arthritis (OA), where there has been a breakdown of cartilage. It has been shown that Glucosamine and/ or Chondroitin supplements may relieve pain and prevent or slow the breakdown of cartilage.



MSM

MSM is an anti-inflammatory and natural analgesic (pain reliever). It also increases cellular permeability and dilates blood vessels, increasing circulation and the removal of waste products from the cells, decreasing time needed to heal from injury and wounds. MSM is also a muscle relaxant.



CANNABIDIOL EXTRACT

Cannabidiol (CBD) oil has been extracted from the Cannabis plant and has become a popular alternative therapy for pain relief.





BONE & JOINT HEALTH



Feel the soothing effects of this wonderful formula for inflammation in sore joints and injured muscles. For best results use with A-tron Capsules.

With Arnica, Clove, Rosemary & Cannabidiol Extract.

50 g OINTMENT

PRODUCT CODE HS19



A-TRON GEL

BENEFITS:

A scientifically formulated ointment to soothe joint pain, swelling and stiffness. Arnica, Clove, Rosemary and Cannabidiol oils are known for their anti-inflammatory properties that help to relieve joint inflammation and pain.

DIRECTIONS FOR USE:

Apply a thin layer to the affected area no more than 3 to 4 times per day.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have.

ACTIVE INGREDIENTS	PER 1 g
CBD (CANNABIDIOL)	0.1 mg
METHYL SULFONYL METHANE (MSM)	25 mg
ARNICA OIL	20 mg
MENTHOL CRYSTALS	15 mg
ROSEMARY ESSENTIAL OIL	2 mg
CLOVE BUD ESSENTIAL OIL	1.5 mg
WINTERGREEN OIL	0.25 mg



ARNICA

Arnica assists with bruises, sprains, muscle aches, wound healing, superficial phlebitis, joint pain, inflammation from insect bites, and swelling from broken bones. More recent studies suggest it may also be helpful in the treatment of burns.



CLOVE

Clove oil is capable of reducing pain (analgesic) and decreasing the perception of pain (anti-nociceptive) by acting on various pathways and systems and it is anti-inflammatory in nature.



ROSEMARY OIL

Rosemary oil is an excellent aromatherapy for pain and inflammation reduction.



CANNABIDIOL

Cannabidiol (CBD) oil has been extracted from the Cannabis plant and has become a popular alternative therapy for pain relief.



CAL-C-MAG[®] MATRIX



BONE & JOINT HEALTH



Calcium and Magnesium promote healthy bone, teeth, joint and muscle functions. Collagen is a major component of various cells in our bodies and may boost muscle mass, prevent bone loss, help with joint pain and boost plump healthy skin.

With Elemental Calcium, Magnesium and Collagen.

60 TABLETS

PRODUCT CODE HS74

FOODSTATE MATRIX[™]

CAL-C-MAG

BENEFITS:

This mineral-rich formulation combines the bone health power of Calcium, Magnesium with Vitamin C, Vitamin D3 and Zinc. It helps to promote healthy nerve and muscle function and can assist in the prevention and treatment of osteoporosis (fragile bones), which occurs frequently in middle aged women.

DIRECTIONS FOR USE:

Take 2 tablets daily with a meal or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Not to be used by those younger than 18 years.

ACTIVE INGREDIENTS	PER TABLET
CALCIUM ELEMENTAL (AS CALCIUM CARBONATE AND DI CALCIUM PHOSPHATE)	313.20 mg
MAGNESIUM ELEMENTAL (AS MAGNESIUM SULPHATE HEPTA-HYDRATE AND MAGNESIUM OXIDE)	151 mg
PEPTAN B (COLLAGEN)	50.00 mg
VITAMIN C	145.50 mg
VITAMIN D	500.00 IU
VITAMIN K2	0.12 mg
ZINC ELEMENTAL (AS ZINC AAC 10%)	5.00 mg
COPPER ELEMENTAL (AS COPPER AAC 10%)	0.45 mg
BORON ELEMENTAL (AS BORON AAC 10%)	0.75 mg
SELENIUM ELEMENTAL (AS SELENIUM AAC 0,2%)	5,50 mcg
SPORTRON FOODSTATE MATRIX[™] BLEND	25 mg
SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.	



CALCIUM

Calcium supplementation strengthens bones and can reduce the risk of developing Osteoporosis ('brittle bones'). It promotes dental health and is important for heart muscle health, arteries, blood pressure, and boosting our immune health. Calcium helps maintain a healthy PH in your gut and can prevent kidney stones.



MAGNESIUM

Magnesium helps to maintain normal bone and teeth structure and muscle function. It helps to maintain our electrolyte balance and can help to reduce tiredness and fatigue. It is important to maintain normal functioning of the nervous system and energy release. Magnesium helps with relieving muscle cramping and tightness.



COLLAGEN

Collagen is a protein responsible for healthy joints and skin elasticity, or stretchiness. It's in your bones, muscles, and blood, comprising three quarters of your skin and a third of the protein in your body. It is the substance that holds the body together. Collagen forms a scaffold to provide strength and structure. Collagen supports the above functions.



VITAMIN C & D

Assist in skeletal strengthening by promoting the absorption of Magnesium and Calcium.





BLOOD SUGAR SUPPORT



A scientific herbal blend of ingredients to help regulate blood sugar levels naturally. Only effective when used in combination with a healthy eating habit and lifestyle.

With Red Vine Leaf Extract and Organic Cinnamon Extract.

30 CAPSULES

PRODUCT CODE HS12

FOODSTATE MATRIX™

DIAGARDE

BENEFITS:

DiaGarde is a specially formulated nutritional supplement to benefit people who struggle with raised blood sugar levels, as in the case of Diabetes. Cinnamon with Red Leaf Vine Extracts help to stabilise blood sugar levels, thereby lowering the risk of cell damage that can be caused by consistent high blood sugar levels.

DIRECTIONS FOR USE:

Take 1 capsule daily with meals or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult your Health Practitioner when taking Diabetes medication. The product needs to be taken in combination with a healthy eating plan and exercise routine to be effective.

ACTIVE INGREDIENTS	PER CAPSULE
RED LEAF VINE EXTRACT	400 mg
CINNAMON EXTRACT	112 mg
SPORTRON FOODSTATE MATRIX™ BLEND	25 mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.



RED VINE LEAF

Red Vine Leaves are harvested when they achieve a rich red colour and have the highest content of anti-oxidant polyphenols. Their extracts are used medicinally to help reduce inflammation, especially within the circulatory system. Those struggling with Diabetes have increased sugar in their blood and this causes inflammation in veins and cells. Red Vine Leaf Extract can help mitigate such inflammation.



CINNAMON

Cinnamon can help manage Diabetes Type 2 by reducing blood pressure and improving insulin sensitivity. Certain compounds in Cinnamon can imitate the effects of insulin and help regulate blood sugar, a function which is crucial for those living with Diabetes.

Cinnamon extract has anti-inflammatory properties that help to reduce inflammation caused by high blood sugar. Cinnamon has anti-bacterial properties and can help fight infection, especially in Diabetes patients who have compromised immune systems.



ENERGISER® MATRIX



Sportron Energiser provides slow-release vitality, without the crash. The active ingredients improve alertness, mood, reaction time, concentration ability, physical endurance and better physical performance

With Kola Nut, Guarana, Caffeine and Ginseng.

250 ml

PRODUCT CODE HS75

FOODSTATE MATRIX™

ENERGISER

BENEFITS:

Energiser syrup has been scientifically formulated to help energise the mind and body. It may assist with physical energy and improve concentration, alertness and mental vitality.

DIRECTIONS FOR USE:

Take 50ml mixed with 250ml water as needed. Do not take more than 4 times per day or after 12:00pm as you might have trouble falling asleep.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if you have high blood pressure or suffer from cardio-vascular disease.

NUTRITIONAL VALUE	PER 50ml	PER 250ml
ENERGY	83.5 kJ	417.5 kJ
PROTEIN	0 g	0 g
CARBOHYDRATES	5 g	25 g
FAT	0 g	0 g

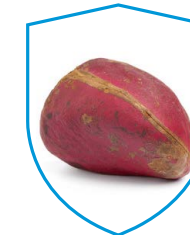
ACTIVE INGREDIENTS	PER 50ml	PER 250ml
VITAMIN B1	30 mg	150 mg
VITAMIN B2	25 mg	125 mg
VITAMIN B3	75 mg	375 mg
VITAMIN B5	35 mcg	175 mcg
VITAMIN B6	62.5 mg	312.5 mg
COBALAMIN (VIT B12)	0.1 mg	0.8 mg
TAURINE	66.6 mcg	333.3 mcg
KOLA NUT EXTRACT 4:1	100 mg	500 mg
HIBISCUS EXTRACT 4:1	5 mg	25 mg
SIBERIAN GINSENG	200 mcg	1000 mcg
FRUCTOSE	5000 mcg	25000 mcg
CAFFEINE	100 mg	500 mg
GUARANA DRY EXTRACT	100 mg	500 mg
HERB BLEND:		
CELERY	45 mg	225 mg
ALFALFA	45 mg	225 mg
GARLIC	10 mg	50 mg

SPORTRON FOODSTATE MATRIX™ BLEND 25 mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

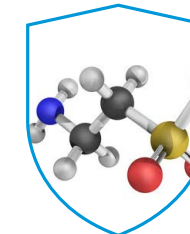
KOLA NUT, GUARANA, CAFFEINE & GINSENG

Kola Nut, Guarana, Ginseng and Caffeine work by stimulating the central nervous system (CNS), heart, and muscles. It can boost the body's energy supply for short-term relief of fatigue, depression, chronic fatigue syndrome, melancholy, lack of normal muscle tone and exhaustion. It reduces fatigue, improves focus and learning ability, as well as endurance when exercising.



TAURINE

Some studies suggest that Taurine supplementation might improve athletic performance.



B-VITAMINS

B-vitamins play an important role in nearly 50+ processes in the body, especially in the energy metabolism. Almost every cell in the body uses B12. Besides helping form red blood cells, B12 converts fat and protein to energy. A Vitamin B12 deficiency causes tiredness and anemia.



HIBISCUS EXTRACT

Hibiscus Extract is super rich in anti-oxidants to boost your immune system.





EYE HEALTH



A formula that helps boost eye health on a cellular level by promoting blood supply to eye membranes, cellular repair of retina cells and helps heal eye inflammation.

With Marigold Extract & Beta Carotene.

60 CAPSULES

PRODUCT CODE HS82

FOODSTATE MATRIX™

EYEGARDE

BENEFITS:

Support your eye health with anti-oxidant rich ingredients combined with Lutein and Zeaxanthin, as well as Beta-Carotene. This soothing formula contains nutrients that help to protect, maintain and improve blood circulation to the eyes. It can be especially beneficial for ageing eyes, continuous eye strain and dry eyes.

DIRECTIONS FOR USE:

Take 2 capsules with a meal or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. The supplement offers nutritional assistance and cannot cure eye disease. Please consult your Health Practitioner if eye problems become chronic.

ACTIVE INGREDIENTS	PER CAPSULE
BILBERRY EXTRACT 4:1	30 mg
BETA-CAROTENE 10%	1.8 mg
LUTEIN 5%	90 mg
ZEAXANTHIN 5%	30 mg
ASCORBIC ACID	100 mg
COPPER SULPHATE	1 mg
ZINC OXIDE	31 mg
SELENIUM AAC 0,2%	25 mg

SPORTRON FOODSTATE MATRIX™ BLEND 25 mg

BIOPERINE, SOYA PROTEIN ISOLATE, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, FIBREGUM), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA, SPIRULINA, CHLORELLA, FIBRE GUM), CARROT POWDER, TOMATO POWDER, SPIRULINA, PAWPAW EXTRACT 10:1.



BILBERRY

Bilberry has strong anti-oxidant properties that improves blood circulation to the eye cells thereby boosting eye health. Some studies indicate that it might help to prevent retinal inflammation and cataracts.



BETA CAROTENE

Beta Carotene is a precursor of vitamin A, which we need for healthy skin and mucus membranes, our immune system, and good eye health and vision.



ZINC

Zinc prevents cellular damage in the eye retina, which helps in delaying the progression of age-related vision loss.

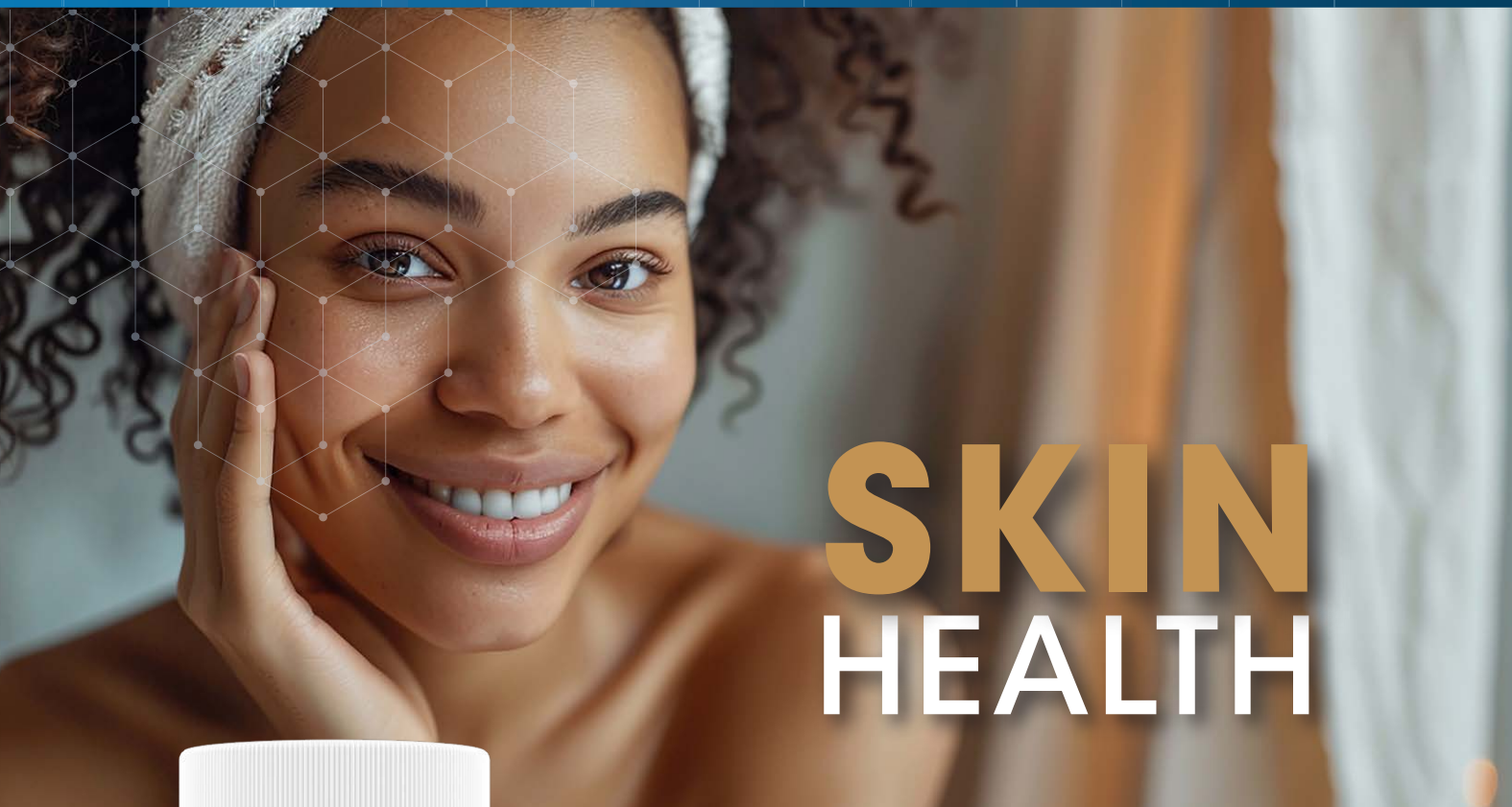


MARIGOLD EXTRACT (LUTEIN AND ZEAXANTHIN)

Due to its powerful antioxidant properties, Lutein and Zeaxanthin may help reduce inflammation in your eyes, fight off free radicals, reduce oxidative stress and boost the sharpness of your vision.



HAIR, SKIN & NAILS[®] MATRIX



SKIN HEALTH



Sportron HAIR, SKIN & NAIL supplement promotes beauty 3 ways:

Hair: Due to the B- Vitamins, Collagen and Rosemary Extract you can expect a 20% improvement in hair strength and hair growth over 3 months.

Skin: You can expect a 20%+ improvement in skin texture and plumpness after 3 months of use

Nails: Due to the special formula, you can expect 2 - 3mm growth per week of stronger, healthier nails.

With Collagen.

30 CAPSULES

PRODUCT CODE HS76

FOODSTATE MATRIX[™]

HAIR, SKIN & NAILS

BENEFITS:

An anti-oxidant rich formula providing nutrients that benefit skin, hair and nail health. The ingredients help to firm and increase skin elasticity, fight dullness and uneven texture. Collagen and Vitamin A and E help to fight signs of ageing.

DIRECTIONS FOR USE:

Take 1 capsule with a meal daily or as directed by your Health Practitioner.

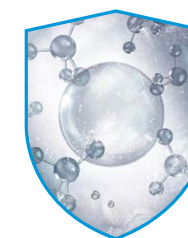
PRECAUTIONS:

Consult with Your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have.

ACTIVE INGREDIENTS	PER CAPSULE
VITAMIN C (ASCORBIC ACID)	150 mg
HYDROLYZED COLLAGEN (PEPTAN B)	50 mg
ELEMENTAL ZINC AAC	50 mg
ELEMENTAL MAGNESIUM (MAGNESIUM OXIDE HEAVY, MAGNESIUM SULPHATE)	44.16 mg
VITAMIN E	10 mg
VITAMIN D3	5 mg
ELEMENTAL COPPER AAC	4.5 mg
BORON AAC	4.5 mg
SELENIUM AAC	2.75 mg
VITAMIN A	0.43 mg
BIOTIN	0.25 mg
VITAMIN K2	0.06 mg

SPORTRON FOODSTATE MATRIX[™] BLEND

BIOPERINE, SOYA PROTEIN ISOLATE, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, FIBREGUM), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA, SPIRULINA, CHLORELLA, FIBRE GUM), CARROT POWDER, TOMATO POWDER, SPIRULINA, PAWPAW EXTRACT 10:1



COLLAGEN (PEPTAN B)

Collagen is a protein in the body that forms the building blocks for many cells, especially skin cells. It improves skin elasticity and plumpness and aids skin regeneration.



ZINC

Zinc is known to support wound healing. With its anti-oxidant and anti-inflammatory properties, it enhances skin repair function and reduces redness and inflammation. It helps to relieve eczema, acne rosacea, irritation, dermatitis, itchy and dry skin.



VITAMIN A

Vitamin A helps to speed up healing, prevents breakouts and supports the skin's immune system. It helps to retain hydration, providing radiant and glowing skin.



VITAMIN E

Vitamin E is found in our sebum (skin oil), which creates a natural barrier to retain skin moisture and provides a soft, plump skin appearance.

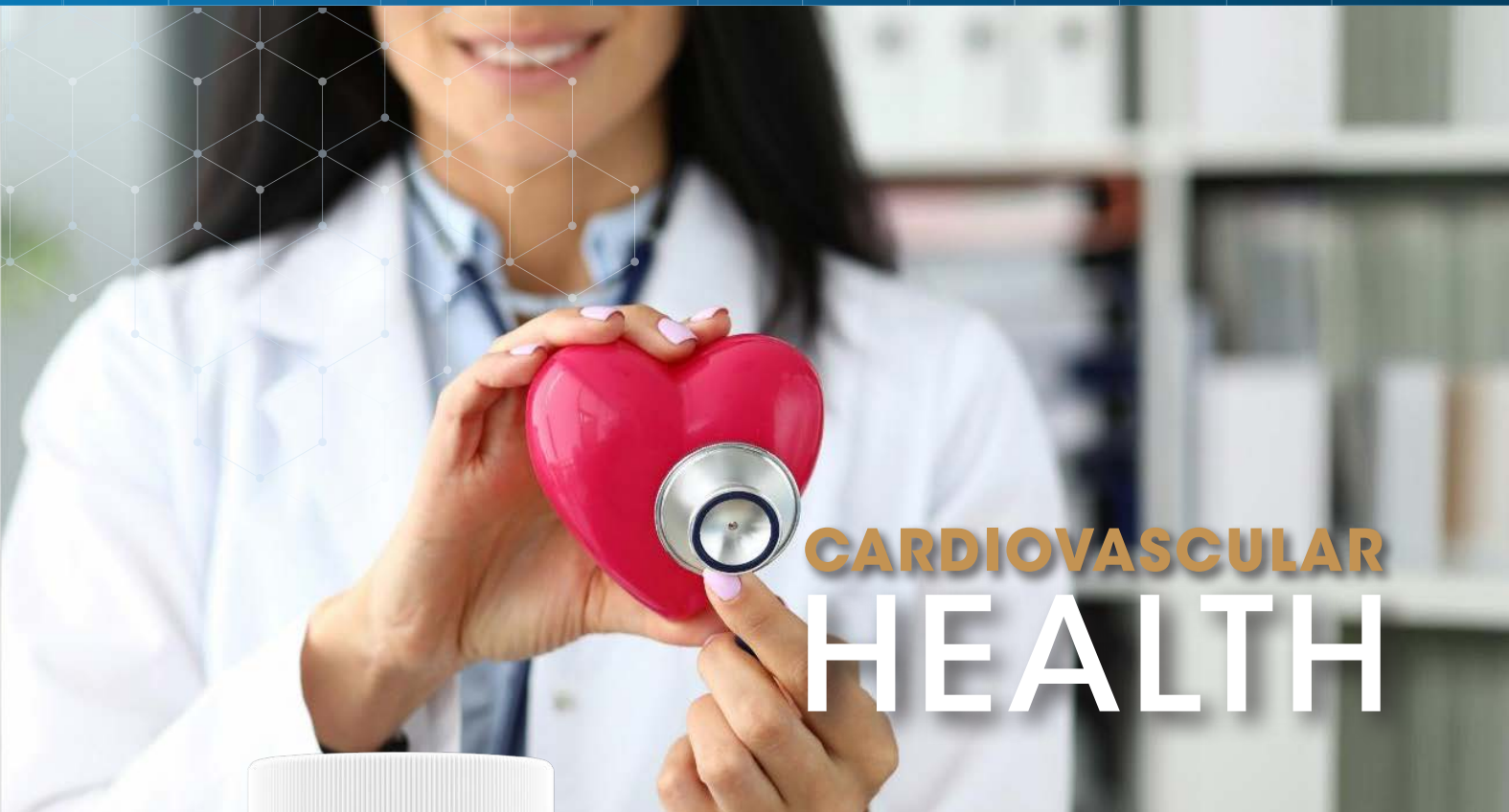


BIOTIN

Biotin is important for beautiful hair and strong nails.



KARDIOGARDE[®] MATRIX



CARDIOVASCULAR HEALTH



A nutritional blend to help prevent the onset of heart disease, especially when a family history of heart disease.

With Vitamin K2, D3 & Turmeric.

60 CAPSULES

PRODUCT CODE HS16

FOODSTATE MATRIX[™]

KARDIOGARDE

BENEFITS:

Optimises and supports the health of your heart with this specially formulated product packed with an array of heart health nutrients. In addition to regular exercise, a healthy diet and stress management, this product may help maintain normal cholesterol and blood pressure levels. It may also support healthy blood circulation thereby assisting with heart health.

DIRECTIONS FOR USE:

Take 1 capsule daily with a meal or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have; or if you are already taking cardio-vascular medication.

ACTIVE INGREDIENTS	PER CAPSULE
VITAMIN K2	7.5 mg
VITAMIN D3	6 mg
TURMERIC	5mg

SPORTRON FOODSTATE MATRIX[™] BLEND 5mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

OTHER INGREDIENTS: GELATIN (CAPSULE SHELL), MICROCRYSTALLINE CELLULOSE, AEROSIL, CALCIUM CARBONATE HEAVY PROPYL PARABEN, METHYL PARABEN, MAGNESIUM STEARATE, POTASSIUM SORBATE.



VITAMIN K2

Vitamin K2 activates proteins that play a role in blood clotting, calcium metabolism and heart health. In a Rotterdam scientific study spanning 7-10 years, people with the highest intake of vitamin K2 were 52% less likely to develop artery calcification and had a 57% lower risk of dying from heart disease.



VITAMIN D3

A growing number of studies point to Vitamin D deficiency as a risk factor for heart attacks, congestive heart failure, strokes, and the conditions associated with cardiovascular disease, such as high blood pressure and diabetes.



TURMERIC

Turmeric is rich in anti-oxidants that boost cellular health and protects heart cells by shielding them from free radical damage. They help reduce vascular system inflammation and thereby heart disease risk.



MENTAL FITNESS CALM[®] MATRIX



A natural blend of herbal ingredients that will help reduce anxiety symptoms, without feeling drowsy.

With Passiflora, Valerian and Chamomile.

30 TABLETS

PRODUCT CODE HS40

FOODSTATE MATRIX[™]

MENTAL FITNESS CALM

BENEFITS:

A scientific blend of traditional herbs known for their calming benefits. L-Theanine assists the feeling of well-being by helping the body produce feel good chemicals.

DIRECTIONS FOR USE:

Take 1 tablet daily or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult your Health Practitioner if anxiety becomes chronic.

ACTIVE INGREDIENTS	PER TABLET
L-THEANINE	100 mg
PASSIFLORA	50 mg
VALERIAN ROOT EXTRACT (4:1)	45 mg
CHAMOMILE	25 mg
SPORTRON FOODSTATE MATRIX[™] BLEND	25 mg
SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.	
*DRIED HERB EQUIVALENT	



L-THEANINE

Theanine is an amino acid found in green tea and is a precursor for many feel good brain chemicals, such as Serotonin, Dopamine and GABA. It has been proven to assist with anxiety and promotes calmness and feelings of well-being. If your body is in short supply, supplementation can assist.



PASSIFLORA

Passiflora is commonly used as a herb to treat anxiety and insomnia.



VALERIAN

Valerian has been found to inhibit the breakdown of a chemical messenger, (GABA), in the brain, that helps regulate nerve impulses resulting in feelings of calmness and tranquility.

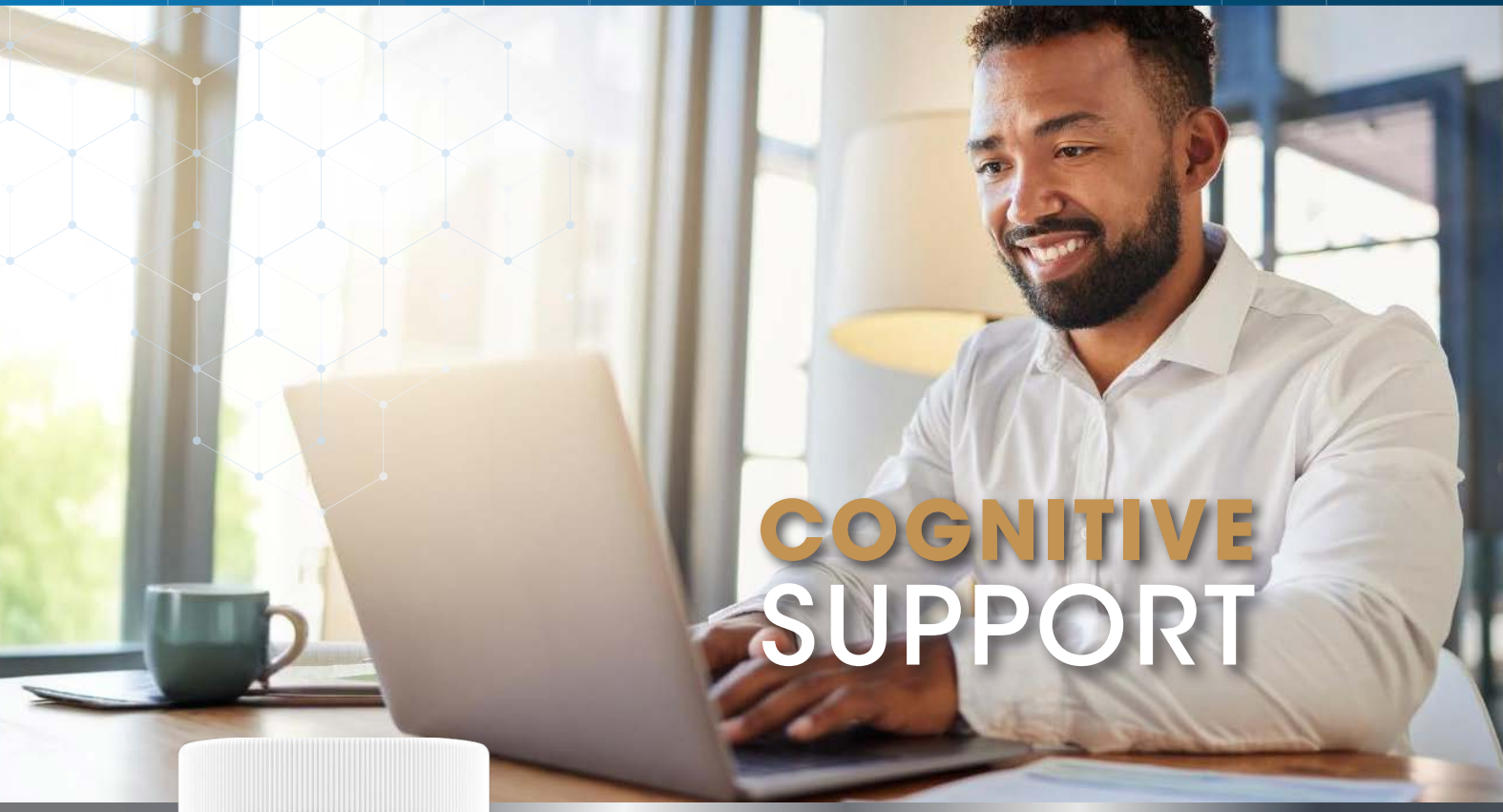


CHAMOMILE

Chamomile extract may significantly reduce moderate to severe symptoms of generalised anxiety disorders.



MENTAL FITNESS[®] MATRIX



Mental Fitness is a scientific blend of Neurotransmitters and Saffron, enabling healthy cognitive function. Neurotransmitters are chemical messengers that carry signals between nerve cells, muscles and glands, enabling the brain to perform a variety of functions, such as information processing, emotions, thoughts and memories. Saffron has been proven to heal nerve connections to normalise neurotransmission.

With Saffron, Ginseng and Neurotransmitters.

30 CAPSULES

PRODUCT CODE HS30

FOODSTATE MATRIX™

MENTAL FITNESS

BENEFITS:

A scientific blend of compounds that has been proven by research to aid brain health and cognitive function.

DIRECTIONS FOR USE:

Take 1 capsule daily or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult your Health Practitioner if you are being treated for a mental disorder.

ACTIVE INGREDIENTS

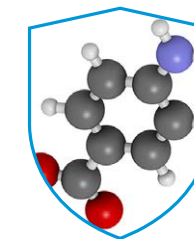
PER CAPSULE

N-ACETYL -L -CARNITINE	250 mg
L-THEANINE	100 mg
L-ARGININE	50 mg
SAFFRON EXTRACT	50 mg
GINGKO BILOBA LEAF POWDER	30 mg
GINSENG EXTRACT 5:1	25 mg
L-GLUTAMINE	25 mg
L-TYROSINE	25 mg
L-TAURINE	25 mg
CHOLINE BITRATE	10 mg
ALA (ALPHA LIPOIC ACID)	10 mg
VITAMIN B3 (NIACIN)	5 mg
VITAMIN B5 (PANTOTHENIC ACID)	4.85 mg
VITAMIN B2 (RIBOFLAVIN)	2.5 mg
VITAMIN B6 (PYRIDOXINE)	2.05 mg
VITAMIN B1 (THIAMINE)	2.22 mg
FOLIC ACID	0.2 mg
VITAMIN B12	2.5 mcg

SPORTRON FOODSTATE MATRIX™ BLEND

25 mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.



N-ACETYL-L-CARNITINE

It is made in the human brain, liver, and kidneys. It helps the body turn fat into energy. It is important for heart and brain function, muscle movement and many other body processes.

L-THEANINE

L-Theanine protects brain cells and promotes cognitive function. There's a link between anxiety, reaction to stress, and the brain's cognition function.



SAFFRON

Research proves that Saffron exerts its neuro-protective effects mostly via anti-oxidative stress, anti-neuro-inflammation, anti-apoptosis and certain other related pathways. Clinical trials also confirmed that Saffron could alleviate depressive and anxiety-like symptoms in both depression and anxiety patients.



GINGKO BILOBA

It is a supplement for memory support or brain health. Ginkgo Biloba extract can slow or prevent age-related memory problems, or memory loss associated with mild cognitive impairment or Alzheimer's disease.



GINSENG

Ginseng is effective in memory improvement, and in the direct prevention of degenerative brain diseases such as Alzheimer's disease. The neuro-protective effect of Ginseng may be useful in the prevention of depression. Indirectly, enhanced memory can ameliorate anxiety.



ALA

Research suggests that ALA scavenges free radicals, reduces inflammation and may protect brain cells from conditions such as stroke, multiple sclerosis and Alzheimer's disease.



40 PLUS FOR MEN[®] MATRIX



Sportron's 40+ for Men is a comprehensive supplement to assist older men with improved vitality, wellness and energy.

With Saw Palmetto Extract.

30 CAPSULES

PRODUCT CODE HS79

FOODSTATE MATRIX™

40 PLUS FOR MEN

BENEFITS:

This complex multi-vitamin and mineral supplement provides essential minerals and vitamins to help cellular health, which boosts overall vitality and health, especially for men over the age of 40. It contains a combination of botanical ingredients such as Saw Palmetto to promote male vitality. It may support prostate and urinary tract health and could be beneficial for men who suffer from prostate problems.

DIRECTIONS FOR USE:

Take 1 capsule daily with a meal or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult the Health Practitioner who is treating you for your prostate disorder. Not to be used by individuals younger than 18 years.

ACTIVE INGREDIENTS	PER CAPSULE
CALCIUM CARBONATE	200 mg
PHOSPHORUS AAC	109.0 mg
MAGNESIUM OXIDE	100.0 mg
VITAMIN C	90.0 mg
SAW PALMETTO EXTRACT	50.0 mg
ZINC OXIDE	11 mg
VITAMIN B3 (NIACIN)	20.0 mg
IRON AAC 10%	18.0 mg
VITAMIN B5 (PANTOTHENIC ACID)	10.0 mg
VITAMIN A	3500 I.U.
VITAMIN D3	400 I.U.
MANGANESE AAC 10%	2.3 mg
VITAMIN B6 (PYRIDOXINE)	2.0 mg
VITAMIN B2 (RIBOFLAVIN)	1.7 mg
VITAMIN E	0.75 mg
VITAMIN B1 (THIAMINE)	1.5 mg
COPPER AAC 10%	0.9 mg
VITAMIN B9 (FOLIC ACID)	0.5 mg
LUTEIN 5%	0.3 mg
LYCOPENE 10%	0.3 mg
BORON AAC 5%	0.2 mg
IODINE AAC 1%	0.2 mg
SELENIUM AAC 0.2%	0.1 mg

SPORTRON FOODSTATE MATRIX™ BLEND 25 mg

BIOPERINE, SOYA PROTEIN ISOLATE, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, FIBREGUM), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA, SPIRULINA, CHLORELLA, FIBRE GUM), CARROT POWDER, TOMATO POWDER, SPIRULINA, PAWPAW EXTRACT 10:1.



PROSTATE

Saw Palmetto has been scientifically proven to aid in prevention and treatment of prostate enlargement and even cancer.



HAIR LOSS

Saw Palmetto has the power to stop the conversion of Testosterone into DHT, which causes hair loss.



TESTOSTERONE

Saw Palmetto helps maintain normal Testosterone levels and improves sex drive and libido.



UROLOGY

Saw Palmetto supports the urological system in men by promoting urinary health.



40 PLUS FOR WOMEN[®] MATRIX



Sportron's 40+ for Women is a comprehensive supplement to assist older women with improved vitality, wellness and energy, especially during menopause

With Soya Isoflavones.

30 CAPSULES

PRODUCT CODE HS78

FOODSTATE MATRIX™

40 PLUS FOR WOMEN

BENEFITS:

Isoflavones from soya beans have been used in traditional Eastern medicine for over 500 years, and have been reported to provide a number of health benefits, including the promotion of heart health and the maintenance of bone health in post-menopausal women, as well as help to alleviate menopause symptoms.

DIRECTIONS FOR USE:

Take 1 capsule daily with a meal or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult the Health Practitioner who is treating you for your hormonal conditions. Not to be used by individuals younger than 18 years.

ACTIVE INGREDIENTS	PER CAPSULE
VITAMIN C (ASCORBIC ACID)	67 mg
MAGNESIUM OXIDE HEAVY	63.7 mg
SOY ISOFLAVONES	50 mg
VITAMIN B6 (PYRIDOXINE)	39.5 mg
VITAMIN B2 (RIBOFLAVIN)	32.5 mg
VITAMIN E	6.5 mg
VITAMIN B3 (NICOTINAMIDE)	6.5 mg
VITAMIN B12	6.5 mcg
ZINC OXIDE	5.040 mg
VITAMIN D3	500 I.U
CALCIUM-D-PANTOTHENIC ACID	4.2 mg
VITAMIN B1 (THIAMINE)	1.2 mg
VITAMIN A	292.5 I.U
FOLIC ACID	0.065 mg
BIOTIN	0.035 mg
SPORTRON FOODSTATE MATRIX™ BLEND	25 mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.



MENOPAUSE

Soya Isoflavones help raise estrogen levels naturally in menopausal women, who can experience a drastic estrogen reduction. Research has shown that Soya Isoflavones can result in reduction in menopausal symptoms such as hot flushes, chills, sleep problems, mood changes, weight gain, chronic tiredness and poor memory.



OSTEOPOROSIS

Soya Isoflavones help increase bone mineral density, especially in menopausal women and thereby helps to reduce the risk of osteoporosis.



HEART HEALTH

Soya Isoflavones contains Omega-3 fats and essential polyunsaturated fats. Omega-3 fats are linked to a lower risk of cardiovascular diseases.



BLOOD PRESSURE

Soya Isoflavones contains amino acids that can help to promote heart health in women.



SPORTRON



**OVERALL
WELLNESS
FOR KIDS
AND TEENAGERS**



MELOTONE® MATRIX



COGNITIVE SUPPORT



Sportron Melotone is a scientifically formulated tonic to help address poor concentration, cognitive function, memory, individuals on the spectrum and those struggling with ADHD. The natural ingredients help to address the neurotransmission of messages and helps heal defective elements, thereby addressing the origin of the health challenge. An improvement is noticeable after 3 months of consecutive use.

With Saffron.

250 ML SYRUP

PRODUCT CODE HS38

FOODSTATE MATRIX™

MELOTONE

BENEFITS:

A scientifically developed supplement with essential fatty acids, vitamins, minerals and herbal extracts promoting mental development, health and cognitive function.

DIRECTIONS FOR USE:

Shake well before use, at least 10 shakes.
5ml per day for children 1 - 4 years;
10ml per day for children 5 - 7 years;
20ml per day for adults, or as recommended by your Health Practitioner.
5ml = 1 teaspoon.
Keep refrigerated after opening.
Preferably take after a meal.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult your Health Practitioner if your child is being treated for a mental disorder. Contains Iodine.

ACTIVE INGREDIENTS	PER 5 ML
OMEGA 3 FISH OIL (PATENT H0303)	
CONTAINING:	
EICOSAPENTAENOIC ACID (EPA)	15,96 mg
DOCOSAHEXAENOIC (DHA)	23,94 mg
FLAXSEED OIL COLD PRESSED EXTRA	
CONTAINING:	
OLEIC ACID (C18:1)	15,96 mg
LINOLEIC ACID (C18:2)	15,96 mg
LINOLEIC ACID (C18:3 N-3)	66,50 mg
LINOLEIC ACID (C18:3 N-6)	1,33 mg
EVENING PRIMROSE OIL	100 mg
VITAMIN D3 (AS CHOLECALCIFEROL)	50 IU
VITAMIN C (AS ASCORBIC ACID)	200 mg
VITAMIN B1 (AS THIAMINE HYDROCHLORIDE)	3 mg
VITAMIN B2 (AS RIBOFLAVIN BP)	3 mg
VITAMIN B3 (AS NICOTINAMIDE)	10 mg
VITAMIN B6 (AS PYRIDOXINE HCL)	15 mg
VITAMIN B12 (AS CYANOCOBALAMIN)	12 mcg
CALCIUM (AS CALCIUM LACTATE)	45,93 mg
MAGNESIUM LACTATE	125 mg
ZINC (AS ZINC LACTATE)	1,75 mg
VANADIUM (AS VANADIUM AAC 0,2%)	20 mcg
METHYLSULFONYLMETHANE (MSM)	50 mg
L-GLYCINE	50 mg
SAFFRON EXTRACT	20 mg
TAURINE	25 mg

SPORTRON FOODSTATE MATRIX™ BLEND 25 mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

OMEGA-3

Omega-3 supplementation has been scientifically proven to promote nerve functionality and the brain's ability to transmit and decipher messages. This improves focus ability, memory, cognitive thinking and overall learning ability of a child. Omega oils are provided from a patented imported pure fish oil and locally sourced nut oils for improved efficacy.



B-VITAMINS

Are essential for optimal functioning of our bodies and involved in 50+ processes in the body. A deficiency of B-vitamins leads to chronic tiredness, fuzziness, poor concentration and learning ability.



SAFFRON

Research has shown that Saffron has the same efficacy with fewer side effects compared to (Methylphenidate or commercially known as "Ritalin") in children with ADHD. Saffron has an anti-depressant action, that works on altering different chemicals and receptors in the brain. In essence, it inhibits the re-uptake of Dopamine and Norepinephrine in the brain. Research confirms that it helps with depression, enhances mood and produces feelings of happiness in children. It acts as a powerful anti-oxidant and boosts the child's immune system. Saffron also has anti-inflammatory properties and can aid 'silent inflammation' in the body.



ZINC

Research has shown that Zinc boosts natural immunity in children, supports learning, focus and attention span, supports physical growth and overall wellbeing, improved digestion and gut function and supports the protein metabolism in children.





IMMUNE SUPPORT GENERAL WELLNESS



Sportron Whizz Kidz is a natural wellness and vitality tonic with super anti-oxidant properties that boost your child's natural immune system at an organ and cellular level.

With Elderberry Extract & Vitamin C.

200 ML SYRUP

PRODUCT CODE HW53



FOODSTATE MATRIX™

WHIZZ KIDZ

BENEFITS:

A scientifically formulated blend of Elderberry Extract and Vitamin C for a super anti-oxidant rich formula that boosts your child's immune system to fight disease and sustain well-being.

DIRECTIONS FOR USE:

Shake well before use, at least 10 shakes.

5ml for children 2 - 4 years;

10ml for children 5 - 7 years;

20ml for ages 8 - 18 years;

30ml for adults, or as directed by your Health Practitioner.

5ml = 1 teaspoon.

Keep refrigerated after opening.

Preferably take after a meal.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult your Health Practitioner if your condition becomes chronic.

ACTIVE INGREDIENTS	PER 5 ML
BLACK ELDERBERRY EXTRACT	475 mg
ASCORBIC ACID (VITAMIN C)	200 mg
ELEMENTAL ZINC (ZINC GLUCONATE)	4.3 mg

SPORTRON FOODSTATE MATRIX™ BLEND 25 mg

SOYA PROTEIN ISOLATE, SPIRULINA, CARROT, TOMATO, PAWPAW, BIO FRUIT BLEND (ACAI BERRY, ACEROLA CHERRY, CRANBERRY, GOJI BERRY, POMEGRANATE, STRAWBERRY, PREBIOTIC FIBRE), BIO VEGETABLE BLEND (WHEATGRASS, BARLEY GRASS, ALFALFA GRASS, KALE, SPINACH, MORINGA OLEIFERA, CHLORELLA, PREBIOTIC FIBRE) BIOPERINE.

ELDERBERRY

The berries and flowers of Elderberry are packed with anti-oxidants and vitamins that may boost your immune system. It can help with inflammation, reduce stress, and help protect your child's heart.



Its anti-inflammation properties have been proven to reduce cold and flu symptoms, such as fever, body aches and breathing difficulties. Research confirms that Elderberry Extract and Vitamin C can strengthen your child's natural immune system pro-actively to help fight disease.

VITAMIN C

Vitamin C is an anti-oxidant that strengthens the immune system by fighting disease and protects the body against pathogens that want to cause disease. It also aids in healthy bone growth and normal development of the nervous system. Vitamin C is important for Iron absorption, which is necessary for red blood cell formation and ultimate cell health and growth. Vitamin C plays an important role in boosting healthy skin, especially when a child is prone to eczema and allergies. Vitamin C can be taken during an illness to recover quicker or pro-actively to prevent disease.





CAPTURING
THE GOODNESS
FROM NATURE

Despite advancements in modern medicine, herbal and traditional medicine remains the primary source of healthcare for approximately 75% of the world's population, particularly in underdeveloped and developing countries. The cultural acceptability, compatibility with the human body, and minimal side effects of herbal remedies contribute to their widespread adoption. Notably, medicinal plants provide around 80% of the raw materials used in formal medicine, underscoring their efficacy. Recent research has highlighted the potential of certain bioactive compounds in preventing and treating diseases, including cancer. In recognition of the importance of traditional herbal medicine, the World Health Organisation (WHO) established the Global Traditional Medicine Centre (GTMC) in 2022 to facilitate research, knowledge exchange, and collaboration between traditional and modern medicine. Building on this momentum, the Sportron Group has developed an innovative herbal range, Healthgarde, which harnesses the benefits of herbal medicine to promote overall well-being.

Many of our popular extracts include:



ALOE



BUCHU



TURMERIC



DANDELION



MARIGOLD



GREEN TEA



PELARGONIUM



GINGER



ECHINACEA



MORINGA



WHICH PRODUCT TO USE?



It is recommended that individuals incorporate Overall Wellness products into their daily routine to achieve optimal wellbeing, and consider adding targeted supplements as needed to address specific health requirements.

OVERALL WELLNESS

MULTI VITAMIN & MINERALS

OMEGA-3

IMMUNE BOOSTERS



PRODUCT

BENEFIT

PAGE

ADULT OVERALL WELLNESS - TO BE USED DAILY

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MULTI VITE MEN & WOMEN



Multi Vite contains 26 nutrients that your body needs to function optimally. A multivitamin is essential when your diet is lacking key foods, such as vegetables and fruits. B-Vitamins play a role in over 50 processes in the body. Since they are not stored in the body, it is essential to consume 4-5 portions daily to meet the required levels.

With 26 Vitamins & Minerals and Moringa Oleifera.

30 TABLETS

PRODUCT CODE HW04

MULTI VITE MEN & WOMEN

BENEFITS:

This complex multi-vitamin and mineral supplement provides essential minerals and vitamins to help cellular health, which boosts overall vitality and health. The formula contains B-Vitamins and iron to boost energy; anti-oxidant rich Vitamin C, E and Zinc to help your immune system; and various nutrients to promote a healthy metabolism and muscle function.

DIRECTIONS FOR USE:

Take 1 tablet daily with a meal or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have.

ACTIVE INGREDIENTS	PER TABLET	%**NRV
VITAMIN A	4000 IU	133.3%
VITAMIN E	15 IU	73.5%
VITAMIN D3	200 IU	33.3%
VITAMIN K2	30 mcg	25.0%
VITAMIN B1	1.4 mg	116.7%
VITAMIN B2	1.6 mg	123.1%
VITAMIN B3	18 mg	112.5%
VITAMIN B5	6 mg	120.0%
VITAMIN B6	2 mg	117.6%
VITAMIN B9	195 mcg	48.8%
VITAMIN B12	1 mcg	41.7%
VITAMIN C	60 mg	60.0%
IRON	10 mg	55.6%
D-BIOTIN	100 mcg	333.3%
CALCIUM	139 mg	10.7%
MAGNESIUM	50 mg	11.9%
SELENIUM	30 mcg	54.5%
PHOSPHORUS	85.5 mg	6.8%
MANGANESE	1 mg	43.5%
IODINE	0.1 mg	66.7%
ZINC	5 mg	45.5%
COPPER	0.5 mg	55.6%
POTASSIUM	40 mg	***
MOLYBDENUM	50 mcg	111%
CHROMIUM	40 mcg	114%
LUTEIN EXTRACT (1:20)	*250 mcg	***
MORINGA OLEIFERA	20 mg	***



INCREASED ENERGY

When you don't get enough vitamins, your body has to work harder to perform simple tasks, which can lead to fatigue and other health problems. Taking multi-vitamins and keeping a healthy lifestyle can keep you energetic and fit.



IMPROVED MOOD

Studies have shown that daily multi-vitamins have a positive effect on a person's mood and emotional well-being. Getting enough vitamins and minerals improves brain functions responsible for your mood.



REDUCE STRESS

The body uses B-Vitamins to convert food into energy, keep the nervous system functioning properly, and reduce stress hormones. Taking multi-vitamins daily can replenish your body's supply.



MAINTAIN STRENGTH

Free radicals are mainly responsible for muscle aging related problems. Taking multivitamins daily can help keep these damaging free radicals in check.



MORINGA

Moringa Oleifera is a superfood and super-rich in anti-oxidants that helps protect our bodies against oxidative stress and disease. It is due to this property that moringa leaves help manage chronic disorders like Diabetes, Hypertension, Alzheimer's, Parkinson's and aids in Cancer prevention.



CARDIOVASCULAR HEALTH GENERAL WELLNESS BONE & JOINT SUPPORT



Omega-3, -6 and -9 fatty acids are important dietary fats. It is vital that all three are in balance to optimise their health benefits. Omega-3 and -6 fatty acids are called essential fatty acids as we can only obtain them from our diets by eating fatty fish at least 2-3 times per week.

With Omega -3, -6 &-9.

30 SOFTGEL CAPSULES

PRODUCT CODE HW02

OMEGA

BENEFITS:

Omega Plus is a special blend of clinically proven Omega -3, -6 and -9 essential oils combined with anti-oxidant rich flaxseed oil to support cell health and therefore overall body wellbeing. Combined, these fatty acids promote the health of the heart, brain, vascular system, skeleton and eyes. Ideal for pregnant women to support fetal eye and brain development. It can also assist with managing healthy cholesterol levels.

DIRECTIONS FOR USE:

Take 1 softgel capsule daily with a meal or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have.

ACTIVE INGREDIENTS	PER SOFTGEL CAPSULE
FLAXSEED OIL	1200 mg
PROVIDING:	
ALPHA LINOLENIC ACID	647 mg
OLEIC ACID	263 mg
LINOLEIC ACID	204 mg
VITAMIN E	1.6 mg



OMEGA-3

Healthy Hearts:

Reduces blood pressure levels and can raise good HDL cholesterol levels. Prevents blood platelets from clumping together causing blood clots which can lead to a stroke. Prevents plaque buildup that harden the arteries.



Healthy Brain & Eye Development:

Omega-3 fatty acids account for 40% of polyunsaturated fats in your brain and 60% in the retina of your eye. Getting enough Omega-3's during pregnancy has proven to assist with higher intelligence, better communication and social skills, fewer behavioural problems, decreased risk of developmental delays, ADHD, Autism, Cerebral Palsy.



Supporting Mental Health:

Omega-3s can reduce the symptoms of Depression, Schizophrenia and Bi-polar disorder and reduce the risk of psychotic disorders for those who are at risk.



OMEGA-6

Energy & Anti-Inflammatory:

Omega-6 is important in producing energy in your body and assisting your immune system to function properly.

OMEGA-9

Diabetes Friendly:

Omega-9 can be produced by your body and has been linked to improving insulin sensitivity and reducing inflammation.



ALOE VITE



IMMUNE SUPPORT, ENERGY

A refreshing tonic to boost the immune system, assist with a healthy gut and improve overall vitality.

With Green Tea, Ginseng, Sutherlandia & Moringa Oleifera.

1 LITRE

PRODUCT CODE HW06

ALOE VITE

BENEFITS:

This potent nutrient-rich supplement containing Aloe Ferox, Vitamin C, Ginseng, Green Tea and Sutherlandia (a traditional African herb called the Cancer Bush), is a powerful wellness booster. It helps to improve the general health of the body, supports the digestive system, promotes a healthy immune system, thereby protecting against illness. Moringa Oleifera has been used for centuries in traditional remedies to boost the immune system.

DIRECTIONS FOR USE:

Take 60ml daily or as directed by your Health Practitioner. Take with a meal.
15ml = 1 tablespoon;
60ml = 4 tablespoon.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have.

ACTIVE INGREDIENTS	PER 100 ml	PER 60 ml
ALOE FEROX 200:1	9 mg	5.4 mg
ALOE BITTERS	3 mg	1.8 mg
ASCORBIC ACID	45 mg	27 mg
GINSENG PANAX EXTRACT	27 mg	16.2 mg
SUTHERLANDIA EXTRACT	15 mg	9 mg
GREEN TEA POWDER	15 mg	9 mg
MORINGA OLEIFERA POWDER	1mg	0.6 mg



ALOE FEROX

Aloe contains substances known as Glycoproteins and Polysaccharides, which speeds up the body's healing process by stopping pain and inflammation while Polysaccharides stimulates skin growth and stimulates the immune system.



GREEN TEA

Green Tea has strong anti-microbial properties from compounds called Catechins, which have been proven to boost the body's natural immune system.



SUTHERLANDIA (CANCER BUSH)

A traditional African herbal adaptogen which helps maintain health by increasing the body's ability to adapt to environmental and internal stress by strengthening the immune and nervous systems.



GINSENG

Potent anti-oxidant that helps to reduce inflammation and boost the immune system, as well as help fight tiredness and increase energy levels.



MARINA SPA® WONDER LIQUID



IMMUNE SUPPORT GENERAL WELLNESS



Marina Spa Wonder Liquid is a herbal blend of various traditional plant extracts that has proven medicinal properties to strengthen various body systems to function optimally.

With Bio Seaweed, Licorice Root and seven healing aromatic oils.

250 ML

PRODUCT CODE HW24

MARINA SPA WONDER LIQUID

BENEFITS:

A scientific blend of traditional medical plant extracts that boost the immune system and the body's overall well-being and vitality.

DIRECTIONS FOR USE:

Take 15ml per day with food for improved vitality and wellness. Can be applied to irritated skin for a soothing effect. Preferably keep in a refrigerator after opening.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Contains Iodiine.

ACTIVE INGREDIENTS

AQUA, CASTOR OIL, MENTHOL (MENTHA ARVENSIS), AVOCADO OIL, PEPPERMINT OIL, SEAWEED EXTRACT, XANTHAN GUM, ROSEMARY OIL, LAVENDER OIL, CALENDULA EXTRACT, FOOD COLORANT, LICORICE ROOT (GLYCYRRHIZA GLABRA), EUCALYPTUS OIL, POTASSIUM SORBATE, SODIUM BENZOATE, EDTA.



BIO SEAWEED

The ocean's superfood provides 92 out of the 102 nutrients that our body needs. It boosts energy by providing iodine that is essential for healthy thyroid functioning. Seaweed extract is super-rich in anti-oxidants and phyto-nutrients that boost the immune system on cellular level and some even have anti-cancer properties. Seaweed contains bioactive compounds that have medicinal compounds, such as polyphenols, polysaccharides, and sterols, which have anti-oxidant, anti-inflammatory, anti-cancer and anti-diabetic properties.



LICORICE ROOT

Rich in anti-oxidants with anti-inflammatory properties, Licorice Root has been used for centuries as a traditional medicine for gut health and heart burn. Licorice Root extract acts like a natural expectorant and helps with a sore throat and post-nasal drip. It contains triterpenoids that has strong anti-viral properties that helps to boost the immune system.

MARINA SPA WONDER LIQUID CONTAINS SEVEN HEALING AROMATIC OILS:



CASTOR OIL



CALENDULA OIL



LAVENDER OIL



PEPPERMINT OIL



ROSEMARY OIL



AVOCADO OIL



EUCALYPTUS OIL



INFAGARDE



IMMUNE SUPPORT GENERAL WELLNESS



A scientifically formulated herbal blend to fight the onset of colds and flu and to soothe symptoms of colds and flu such as runny nose, sore throat, fever and nasal congestion.

The strong antioxidant formula helps soothe chronic allergies, such as hay fever, and is convenient for use by both adults and children.

With Echinacea, Pelargonium, Moringa Oleifera and Ginger.

100 ml

PRODUCT CODE HS73

INFAGARDE

BENEFITS:

A herbal blend of Echinacea, Pelargonium and Ginger to help relieve symptoms of colds and flu. Moringa Oleifera boosts the immune system.

DIRECTIONS FOR USE:

Adults take 30 drops in half a glass of water twice daily, or as recommended by your Health Practitioner. Children: 12+ years: Take 15 drops in half a glass of water twice daily. Take with a meal.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if you are pregnant or lactating.

ACTIVE INGREDIENTS	PER ml
ECHINACEA PALLIDA	38.2 mg
PELARGONIUM SIDOIDES	28.6 mg
GINGER (ZINGIBER OFFICINALE)	19.0 mg
MORINGA OLEIFERA	14.3 mg



MORINGA OLEIFERA

A superfood with 50+ nutrients and rich in anti-oxidants to boost the immune system. It has proven beneficial for vascular, heart, brain and circulation health.



ECHINACEA

Echinacea has been scientifically proven to prevent colds and flu by up to 58%. It helps to relieve cold, flu, sinusitis and allergy symptoms due to its anti-inflammatory properties, and may even help reduce anxiety.



SOUTH AFRICAN PELARGONIUM

Research has shown that Pelargonium can help fight upper respiratory tract infections, such as bronchitis. It acts as an expectorant and reduces coughing and sore throat symptoms related to a post-nasal drip.



GINGER

Ginger is rich in anti-oxidants that can help maintain a balanced immune response. Ginger's bioactive compounds can modulate the immune response by suppressing and stimulating inflammatory cytokines and enhancing endogenous antioxidant defenses. It also has strong anti-inflammatory, anti-viral and anti-bacterial properties that help protect our bodies.



DEFENDER



Defender is a natural blend of immune fighting compounds that assists the body to fight disease at organ and cellular level.

With Grape Seed Extract, Echinacea and Essential Minerals.

60 CAPSULES

PRODUCT CODE HS03

DEFENDER

BENEFITS:

This anti-oxidant rich formulation of selected Vitamins, Minerals, Bioflavonoids, Grape Seed Extract and Selenium helps to boost the body's natural immune system, especially in time of chronic stress. The formula helps the body's ability to detoxify and neutralise the damaging effects of free radicals and harmful agents that can lead to disease.

DIRECTIONS FOR USE:

Take 2 capsules daily or as directed by your Health Practitioner. Take with a meal.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have.

ACTIVE INGREDIENTS	PER CAPSULE
GRAPE SEED EXTRACT	250 mg
ASCORBIC ACID (VITAMIN C)	30 mg
BIOFLAVONOIDS (CITRUS) 35%	30 mg
VITAMIN E	15 mg
ZINC GLUCONATE	17.5 mg
SELENIUM AAC 0.2%	0.5 mg
ECHINACEA 4:1	40 mg

GRAPE SEED

Grape Seed is rich in anti-oxidants called flavanols that have been proven to help heart, bone and skin health and promote quicker wound healing. Grape Seed extract contains 20X the anti-oxidant value of Vitamin C and 50X of Vitamin D, making it a potent Immune Booster. Grape Seed extracts help protect blood vessels from damage, which can lead to higher blood pressure, such as in the case of diabetes or heart disease.



ECHINACEA

Echinacea has been scientifically proven to prevent colds and flu by up to 58%. It helps relieve cold, flu, sinusitis and allergy symptoms due to its anti-inflammatory properties, and may even help reduce anxiety.



CALCIUM

Calcium is vital in the functioning of our immune system by helping to balance the body's response to infection. Depletion of tissue calcium not only leads to increased virus and bacterial infections but can also be a general indicator of susceptibility to severe illness with higher mortality rate.



ZINC

Zinc is important for heart and bone health and boosts immunity and energy.



SELENIUM

Selenium is a mineral that can help support the immune system in a number of ways, including boosting white blood cell formation, helping to prevent infections, helping our bodies to regulate inflammation, protecting immune cells and improving cell mediated immunity, such as killing bacteria and fungi, removing viruses, and destroying neoplastic cells.





SPECIALITY WELLNESS

Supplements designed to meet the body's needs due to a specific condition, based on scientific evidence.

AFRICAN P + MORINGA



ANTI-INFLAMMATORY, CARDIOVASCULAR HEALTH



A herbal blend that combines the medicinal properties of African Potato, Moringa Oleifera and Cayenne Pepper, to boost overall health and fight inflammation in the body, naturally.

With African Potato, Moringa Oleifera and Cayenne Pepper.

30 CAPSULES

PRODUCT CODE HS05

AFRICAN P +MORINGA

BENEFITS:

African P plus Moringa is a natural blend of African Potato, a medicinal plant that contains Sterols and Sterolins, combined with the nutritious Moringa Oleifera that is rich in anti-oxidants and bioactive plant compounds. This special formulation, combines the anti-inflammatory properties of African Potato and Moringa, which support the body's immune system, thereby assisting the body to heal itself and promote overall wellness.

DIRECTIONS FOR USE:

Take 1 capsule daily with a meal or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have.

ACTIVE INGREDIENTS	PER CAPSULE
AFRICAN POTATO (HYPOXIS) 10:1	3 mg
CAYENNE POWDER	33.3 mg
BETA-SITOSTEROLS POWDER	30 mg
MORINGA POWDER	10 mg

AFRICAN POTATO

African Potato sterols and sterolins are phytochemicals in the African wild potato that have strong anti-oxidant properties that boost the immune system, decrease inflammation and may even help reduce cholesterol. It can help to heal 'silent' inflammation in your body and research has shown that these properties can help reduce cholesterol levels. African Potato contains a substance called Beta-sitosterol, which scientists believe could help strengthen the immune system.



MORINGA OLEIFERA

Moringa is rich in many important nutrients, including Protein, Vitamin B6, Vitamin C, Riboflavin, Iron and anti-oxidants which fight inflammation. Sterols in Moringa can also help to reduce cholesterol. Moringa can eliminate pathogens, including bacteria, fungi, viruses, and parasites, but also inhibits chronic inflammation, such as asthma, ulcerative colitis, and metabolic diseases.



CAYENNE PEPPER

Cayenne Pepper may help to increase the production of digestive fluid, send enzymes to the stomach to aid in digestion, and provide extra protection to the stomach against infections. Research has shown that Cayenne Peppers can boost the good bacteria in your gut. The microbiome is a community of bacteria in your gut that are important for a healthy immune system. Capsaicin, the active ingredient in Cayenne Peppers, helps to promote a healthy microbiome. Note that 70% of our immune cells reside in our gut.



BUCHU DETOX



DETOXIFICATION IMMUNE SUPPORT



An antioxidant-rich herbal blend to help the body rid itself of harmful bacteria, viruses and free radicals that can cause inflammation or disease.

With Buchu, Ginger, Dandelion, Black Walnut, and Ginger.

1 LITRE

PRODUCT CODE HS17

BUCHU DETOX

BENEFITS:

This cleansing formula combines the health benefits of Buchu (an African herb) with strong anti-oxidants Turmeric, Ginger, Dandelion and Black Walnut to help with detoxification of the body. It helps to improve gut health and nutrient absorption in the gut.

DIRECTIONS FOR USE:

Take 60ml daily or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if you are pregnant or lactating.

ACTIVE INGREDIENTS	PER 100 ml	PER 60 ml
BUCHU EXTRACT	1000 mg	600 mg
TURMERIC POWDER	400 mg	240 mg
ASCORBIC ACID	300 mg	180 mg
GINGER ROOT EXTRACT	300 mg	180 mg
DANDELION POWDER	200 mg	120 mg
BLACK WALNUT	100 mg	60 mg



BUCHU

Buchu is a traditional herbal plant from South Africa, and it has been used for centuries as a remedy for indigestion, urinary tract infections and acute inflammation.



DANDELION

Dandelion promotes urinary health and has strong anti-viral properties.



GINGER

Ginger contains anti-oxidant-like compounds called Phytonutrients that protects and fights inflammation in the body.



TURMERIC

Turmeric contains an active anti-oxidant called Curcumin that has strong anti-inflammatory properties that protects the body.



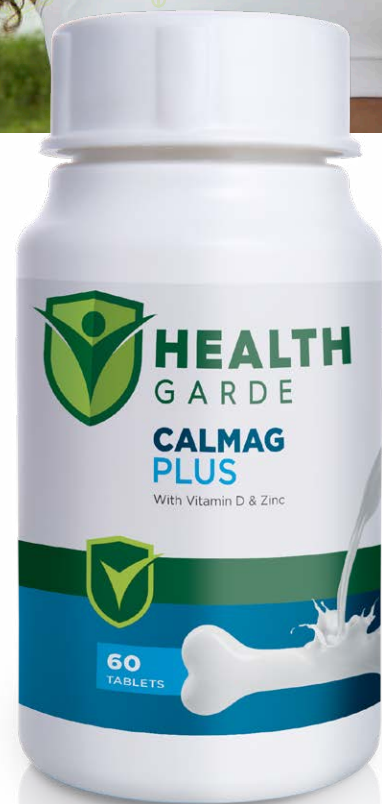
BLACK WALNUT

Contains Tannins, a class of substances with anti-oxidant and anti-inflammatory properties. It is being used in herbal medicine to help 'silent' inflammation in the body.





BONE & JOINT HEALTH



A scientifically formulated blend of Calcium, Magnesium and Vitamin D, designed to enhance bone and dental health, while combating Osteoporosis in women. Approximately 99% of the Calcium in our bodies is located in our bones and teeth.

With Calcium, Magnesium, Vitamin D, and Zinc.

60 TABLETS

PRODUCT CODE HS07

CALMAG

BENEFITS:

This mineral-rich formulation combines the bone health power of Calcium, Magnesium with Vitamin C, Vitamin D3 and Zinc. It helps to promote healthy nerve and muscle function and can assist in the prevention and treatment of Osteoporosis (fragile bones), which occurs frequently in middle aged women.

DIRECTIONS FOR USE:

Take 2 tablets daily or as directed by your Health Practitioner. Take with a meal.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if you are being treated for Osteoporosis or Kidney diseases.

ACTIVE INGREDIENTS	PER TABLET
CALCIUM CARBONATE	1000.0 mg
MAGNESIUM OXIDE	133.0 mg
ASCORBIC ACID (VITAMIN C)	31.0 mg
ZINC OXIDE	25.0 mg
VITAMIN D3	0.001 mg
PYRIDOXINE (VIT B6)	6.0 mg
MANGANESE SULPHATE	5.0 mg
COPPER SULPHATE	5.0 mg
BORON AAC 5%	2.5 mg



CALCIUM

Your body needs calcium for muscles to move and for nerves to carry messages between your brain and every part of your body. Calcium also helps blood vessels move blood throughout your body and helps release hormones that affect many functions in your body.



MAGNESIUM

Magnesium is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control and blood pressure regulation. Magnesium is required for energy production, oxidative phosphorylation and glycolysis.



ZINC

Zinc is important for heart and bone health and boosts immunity and energy.



VITAMIN D

Is essential for optimal uptake of both Calcium and Magnesium.



WEIGHT MANAGEMENT



LOSE
A DRESS SIZE
IN 30 DAYS
WITH **B♥FAB**





WEIGHT MANAGEMENT



TIME TO DETOX

You might be surprised to learn that the body doesn't eliminate waste as efficiently as we've been led to believe. While the body is designed to remove toxins, it cannot eliminate everything on its own. Overeating on a regular basis adds to the burden, making it harder for your body to process and eliminate excess waste. This can lead to weight gain over time.

The more you overeat, the more your body stores, as it struggles to eliminate the surplus. This overload can leave your body overburdened and functioning less efficiently.

A weight-loss cleanse can help reduce this burden by assisting your body in eliminating built-up waste. As this waste is removed, your body becomes less stressed, allowing it to perform its essential functions more effectively, such as metabolising bad fats. This process can ultimately lead to gradual and sustainable weight loss.

With Artichoke Extract

30 CAPSULES

PRODUCT CODE HS65

BFAB KICKSTART

BENEFITS:

BFAB Kickstart helps to cleanse your body of toxins that enable fat deposits and can accelerate weight loss. It contains a scientific blend of anti-oxidant rich nutrients, that helps to reduce inflammation of fat cells, so that fat deposits can be released and used for energy. This product is only effective when taken with a healthy eating and exercise plan.

DIRECTIONS FOR USE:

Take 1 capsule daily with a glass of water in the morning, before eating.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if you are pregnant or lactating or suffering from being diabetic or having a heart condition. Only effective when used together with other BFAB products and the prescribed BFAB eating and exercise plan.

ACTIVE INGREDIENTS	PER CAPSULE
ARTICHOKE EXTRACT (4:1)	50 mg
CAFFEINE	150 mg
CASCARA SAGRADA	37.5 mg
ALOE BITTERS	25 mg
GINGER ROOT EXTRACT (4:1)	6 mg
GOTU KOLA	100 mg



ARTICHOKES

Assist with insulin resistance and have the ability to utilise fats for energy. A bile stimulating enzyme called Cynarine in artichokes helps the body to effectively digest fats. Other active ingredients heal the liver and lower levels of fat lipids. Artichokes help with cleaning the endocrine system and the arteries. High levels of Vitamin C can help the the body fight inflammation.



CAFFEINE

Caffeine can increase your resting metabolic rate (RMR) by 3-11%. This can lead to increased fat burning and weight loss. Caffeine can make you feel more awake and energetic, which can lead to more physical activity and calorie burning. Reduces risk of type 2 diabetes.



GOTU KOLA

Gotu Kola possesses the noteworthy quality of being able to regulate digestion as it is loaded with proteins and Vitamin C. It can also promote mucous secretions in the intestines, which can help combat the increased acidity in severe gastric ulcers and effectively heal stomach aches. It helps to improve circulation and regulate blood sugar levels, while boosting energy.



GINGER

Ginger contains anti-oxidant-like compounds called Phytonutrients that protects and fight inflammation in the body.





WEIGHT MANAGEMENT



The BFAB Metabooster has been developed to dilute and soften fat deposits in cells, in order for the body to access the fat as a source of energy. Through this process, the body's metabolism is boosted, and fat deposits shrink as they are being used as a fuel source, when supported by a healthy eating and exercise plan.

With Artichoke Extract.

30 CAPSULES

PRODUCT CODE HS66

BFAB METABOOSTER

BENEFITS:

BFAB Metabooster has been scientifically formulated to aid in weight loss by boosting your metabolism, which primes your body to accelerate the fat burning process.

DIRECTIONS FOR USE:

Take one capsule per day in the morning with a cup of BFAB Energizer tea.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if you are pregnant or lactating or suffering from a diabetic or heart condition. Only effective when used together with other BFAB products and the prescribed BFAB eating and exercise plan, which can be downloaded from our website: www.sportron.co.za

ACTIVE INGREDIENTS	PER CAPSULE
ARTICHOKE FLOWER EXTRACT	300 mg
BILBERRY FRUIT POWDER	250 mg
COCOA & ALMOND SEED EXTRACT WITH 10% THEOBROMINE	100 mg
CHROMIUM (CHROMIUM PICOLINATE)	125 mg



THEOBROMINE COCOA & ALMOND SEEDS

Research shows that Theobromine helps break down fat in fat cells.

It also affects focus and concentration through a similar mechanism as caffeine by blocking adenosine receptors and inhibiting phosphodiesterase. Simply put, it helps decrease the effects of chemicals in the brain that make you feel groggy and unfocused.



BILBERRY FRUIT

Certain studies have demonstrated that the anti-inflammatory effect of Bilberries may contribute to weight loss, as well as potential improvement of metabolism and insulin resistance. Fat cells are inflamed cells and will not release fat until the inflammation has healed.



ARTICHOKE EXTRACT

Artichoke extract assists with insulin resistance, which helps the body access fat cells quicker and more regularly. The extract has been found to enable the body's ability to access and utilise fat as a fuel source, thereby shrinking fat cells over time, in conjunction with a healthy eating plan.





**ENERGY,
GENERAL
WELLNESS**



A unique herbal blend that helps reduce body weight and improve your metabolism. Drink a cup of BFAB Energize tea 15 minutes before a meal or snack.

With Green Rooibos, Fennel, Turmeric and Aniseed.

30 TAGLESS TEABAGS

PRODUCT CODE HS68

BFAB ENERGIZE TEA

BENEFITS:

BFAB Energize Tea provides a boost of anti-oxidants from Green Rooibos and Turmeric, combined with the reviving properties of Fennel and Aniseed. Fennel helps with improved digestion and reduced appetite. Turmeric helps to regulate blood sugar levels for sustained vitality. Aniseed aids in the body's digestion and fat metabolism and green rooibos helps reduce inflammation on a cellular level.

DIRECTIONS FOR USE:

Place 1 teabag in a 250ml cup and fill with boiling water, let it steep for 5 - 10 minutes, for goodness to be released into the water. Can be consumed hot or cold with ice, for a refreshing iced tea.

PRECAUTIONS:

Consult with your Health Practitioner if you are pregnant or lactating, or if you have a sensitivity to any of the ingredients or suspect that you might have.

NUTRITIONAL INFORMATION	PER 100 ml	PER 250 ml
ENERGY	2 kJ	2 kJ
PROTEIN	<0,3 g	<0,3 g
GLYCEMIC CARBOHYDRATE	<3 g	<3 g
OF WHICH TOTAL SUGAR	<1 g	<1 g
TOTAL FAT	<0,1 g	<0,1 g
OF WHICH SATURATED FAT	<0,1 g	<0,1 g
DIETARY FIBER	<0,5 g	<0,5 g
TOTAL SODIUM	<5 mg	<5 mg



GREEN ROOIBOS

Green rooibos has been found to contain compounds that may help to reduce body weight and improve metabolism. These compounds may help to suppress the appetite, reduce fat storage, and increase the body's ability to burn fat for energy.



FENNEL

Fennel is a good source of carbohydrates and dietary fiber. It also provides important vitamins and minerals and may help support a heart-healthy diet.



ANISEED

Anise contains malic acid, a bioactive compound that reduces stomach acid. It also contains digestive and carminative action which can improve digestion and relieve nausea, gastritic and gastric ulcers.



TURMERIC

Turmeric is a powerful antioxidant ingredient that can reduce dark spots, blemishes and hyperpigmentation. The anti-inflammatory nature of Turmeric reduces skin inflammation and eventually heals the skin, like with acne and eczema.





WEIGHT MANAGEMENT



A unique herbal blend that helps you become the fabulous you that you always wanted to be. Drink a cup of BFAB Eatlezz tea 15 minutes before a meal or snack.

With Green Rooibos, Ginger and Chilly.

30 TAGLESS TEABAGS

PRODUCT CODE HS67

BFAB EATLEZZ TEA

BENEFITS:

BFAB Eatlezz Tea provides a boost of anti-oxidants from Green Rooibos and Chilli, combined with the renewing properties of Ginger. Green Rooibos helps reduce inflammation on a cellular level. Chilli contains active ingredients that improves insulin sensitivity and helps reduce appetite, besides synergistically working with Ginger Actives to help heal inflammation of fat cells, for the body to access it as a source of energy.

DIRECTIONS FOR USE:

Place 1 teabag in a 250ml cup and fill with boiling water, let it steep for 5 - 10 minutes, for goodness to be released into the water. Can be consumed hot or cold with ice, for a refreshing iced tea.

PRECAUTIONS:

Consult with your Health Practitioner if you are pregnant or lactating, or if you have a sensitivity to any of the ingredients or suspect that you might have.

NUTRITIONAL INFORMATION	PER 100 ml	PER 250 ml
ENERGY	2 kj	2 kj
PROTEIN	<0,3 g	<0,3 g
GLYCEMIC CARBOHYDRATE	<3 g	<3 g
OF WHICH TOTAL SUGAR	<1 g	<1 g
TOTAL FAT	<0,1 g	<0,1 g
OF WHICH SATURATED FAT	<0,1 g	<0,1 g
DIETARY FIBER	<0,5 g	<0,5 g
TOTAL SODIUM	<5 mg	<5 mg



GREEN ROOIBOS

Green Rooibos has been found to contain compounds that may help to reduce body weight and improve metabolism. These compounds may help to suppress the appetite, reduce fat storage, and increase the body's ability to burn fat for energy.



CHILLI

Boasting high amounts of Vitamin C and antioxidants, chillies have been found to help prevent lifestyle diseases, including some cancers and stomach ulcers. Meanwhile, their ability to create heat within the body has also linked the peppers to weight loss as well as lowering the risk of type II diabetes.



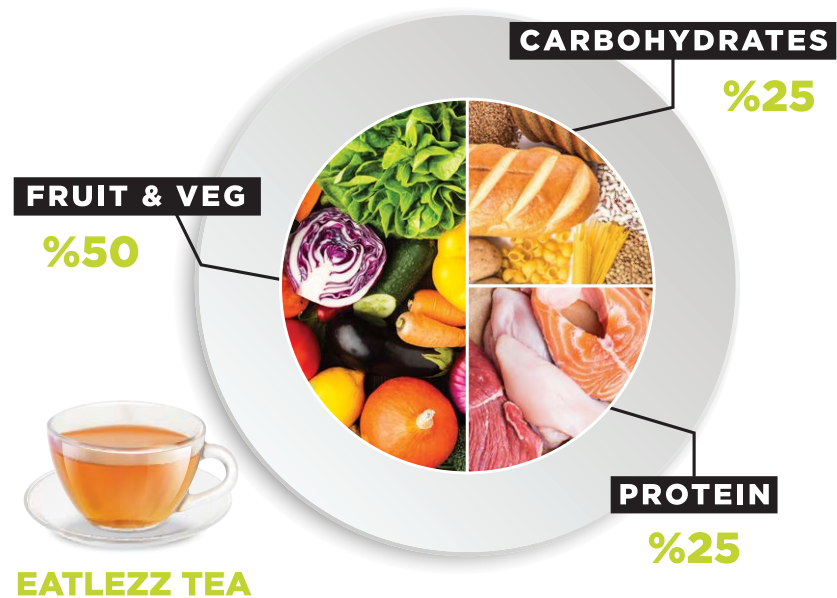
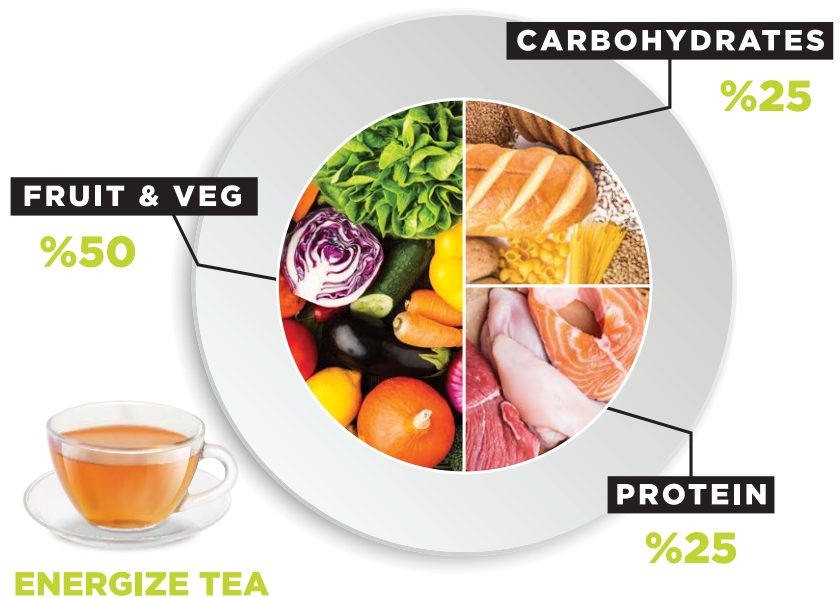
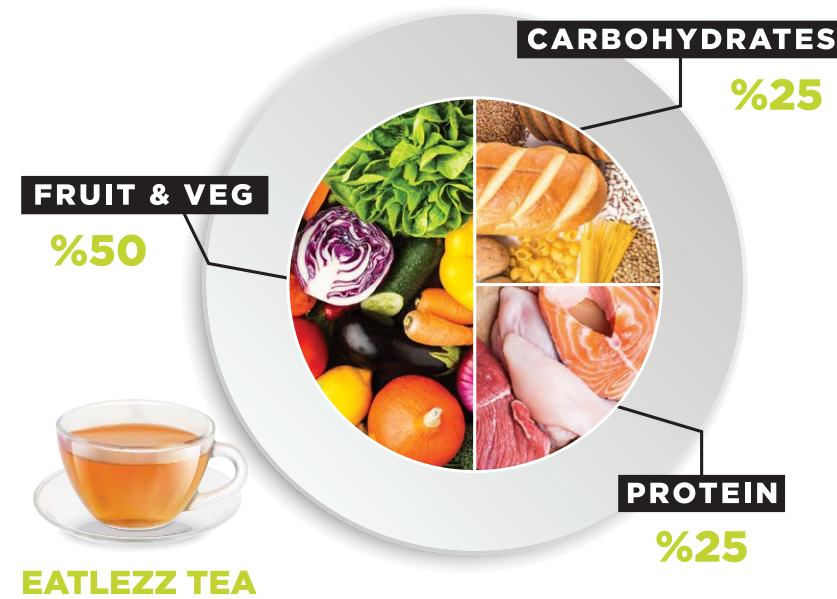
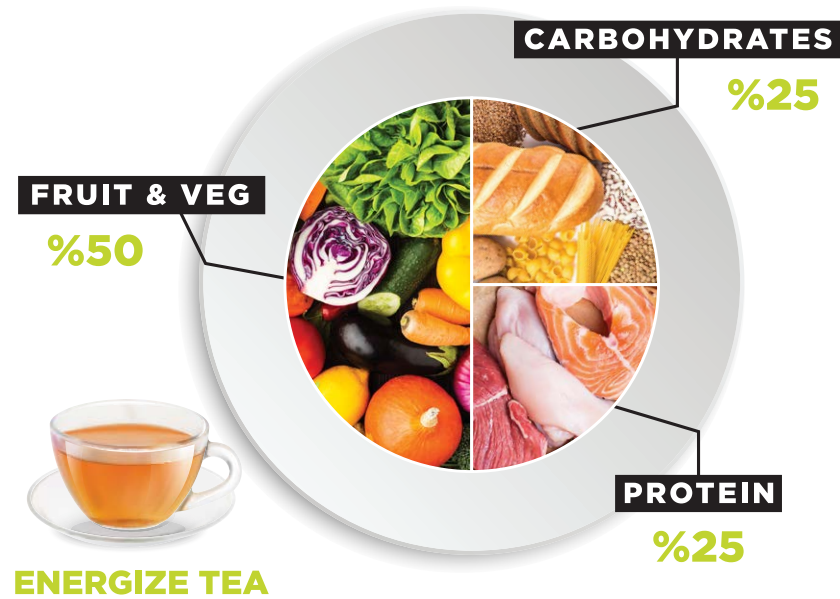
GINGER

Ginger has strong immune-boosting properties, as well as anti-inflammatory properties. It helps with silent inflammation in the body, soothes digestive challenges and can help to reduce nausea.



4 SMALL MEALS/DAY WITH INTERMITTENT FASTING

Get started with BFAB Kickstart - Take 2 capsules of BFAB Kickstart on the first day in the morning with a glass of water and 1 capsule thereafter for 14 days. Take 1 BFAB Metabooster capsule every morning. Have 1 cup of tea 15 min before every meal, alternating between BFAB Energizer and BFAB Eatlezz.



Disclaimer: This eating plan is only a guide a may not be suitable for everyone and are also not recommended for every health condition. Intermittent fasting is not recommended for everyone.

CHANGE YOUR EATING HABITS:

- Eat four balanced meals a day to help control your hunger with no eating before 10h00 or after 18h00 in order for intermittent fasting to help you get rid of unwanted fat deposits.
- Watch portion sizes and eat small servings of a variety of foods - 4 small plates per day with a combination of carbohydrates, protein and fruit and veg as indicated in the table.
- Drink a cup of BFAB Tea 20 minutes before each meal, as it stimulates your brain's hunger satisfaction center, which makes you feel fuller by eating less.
- Eat slowly and try not to perform other tasks while eating.
- Consume at least 7 - 8 glasses of healthy liquids per day.
- Include regular exercise in your daily routine of at least 20+ minutes, even if it is walking with friends.

Since food equals calories, for weight loss you must either eat fewer calories, exercise more to burn off calories with activity, or both. Food that is not used to fuel the body is stored as fat. A major component of losing weight is to make smarter food choices. Here's how:

LIMIT NON-NUTRITIOUS FOODS, SUCH AS:

- Sugar, honey, syrups and candy.
- Pastries, donuts, pies, cakes and cookies.
- Soft drinks, sweetened juices and alcoholic beverages.

CUT DOWN ON HIGH-FAT FOODS BY:

- Choosing poultry, fish or lean red meat.
- Choosing low-fat cooking methods, such as baking, broiling, steaming, grilling and boiling.
- Using low-fat or non-fat dairy products.
- Using vinaigrette, herbs, lemon or fat-free salad dressings.
- Avoiding fatty meats, such as bacon, sausage, franks, ribs and luncheon meats.
- Avoiding high-fat snacks like nuts, chips and chocolate.
- Avoiding fried foods.
- Using less butter, margarine, oil and mayonnaise.
- Avoiding high-fat gravies, cream sauces and cream-based soups.

EAT A VARIETY OF FOODS, INCLUDING:

- Fruit and vegetables that are raw, steamed or baked.
- Whole grains, breads, cereal, rice and pasta.
- Dairy products, such as low-fat or non-fat milk or yogurt, low-fat cottage cheese and low-fat cheese.
- Protein-rich foods like chicken, turkey, fish, lean meat and legumes, or beans.

PMS ASSIST



WOMEN'S HEALTH



Pre-Menstrual Syndrome (PMS) has a wide variety of signs and symptoms, including mood swings, tender breasts, food cravings, fatigue, irritability and depression. It's estimated that as many as 3 of every 4 menstruating women have experienced some form of pre-menstrual symptoms.

With Chasteberry & Dong Quai.

100 ml

PRODUCT CODE HS11

PMS ASSIST

BENEFITS:

A scientifically developed herbal supplement with Chasteberry and Dong Quai extracts to help relieve symptoms of PMS.

DIRECTIONS FOR USE:

Shake well before use.
Adults: 30 drops in half a glass of water or juice twice daily when experiencing symptoms or as recommended by your Health Practitioner. Preferably take with a meal.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if you are pregnant or lactating.

ACTIVE INGREDIENTS	PER ml
CHASTEBERRY (AGNUS CASTUS)	30,09 mg
DONG QUAI (ANGELICA SENENSIS)	33,33 mg
GINSENG (PANAX GINSENG)	11,09 mg



CHASTEBERRY

Chasteberry extract research has been shown to offer relief from PMS symptoms and discomfort. It has shown to assist with those suffering from endometriosis.



DONG QUAI

Dong Quai boosts the immune system, assists with cramping and helps relieve PMS symptoms.

SYMPTOMS OF PRE-MENSTRUAL SYNDROME:



HEADACHE



MOODY/IRRITABILITY



ABDOMINAL PAIN



FOOD CRAVINGS



STRESS/ANGER



SKIN BREAKOUTS



ROCKGARDE FOR MEN & WOMEN



MEN'S HEALTH



A scientific blend of six herbal extracts to enhance libido and sexual enjoyment.

With Kola Nut & Horny Goat Weed.

10 CAPSULES

PRODUCT CODE HS08

ROCKGARDE MAN & WOMAN

BENEFITS:

A combination of 6 herbal extracts that has been used as a traditional medicine for centuries, to promote libido, sexual performance and enjoyment.

DIRECTIONS FOR USE:

Take 2 capsules 20 minutes before desired activity.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if you are pregnant or lactating or suffer from high blood pressure and cardio-vascular disease. Not to be taken by individuals younger than 18 years.

ACTIVE INGREDIENTS	PER CAPSULE
KOLA NUT POWDER	250 mg
HORNY GOAT WEED	75 mg
UBANGALALA BLEND	50 mg
RHEMANIA POWDER	40 mg
DEER ROOT	20 mg
ERIOSEINS KARAUSSIANUM ROOT EXTRACT	20 mg



KOLA NUT

Research confirms that Kola Nut extract can improve sexual performance and enjoyment.



UBANGALALA

A herb from South Africa that has been used for centuries for libido enhancement and improving sexual enjoyments.



HORNY GOAT WEED

Horny Goat Weed has a long history of use in traditional Eastern medicine. Horny Goat Weed improves focused blood circulation to genital areas which boosts libido.



STRESS GARDE



It has been proven that supplements with B-Vitamins, Vitamin C, Calcium, Magnesium and Zinc can significantly improve mood and decrease anxiety. Stress Garde has a unique and comprehensive formula to help you cope better with the stresses of life.

With Vitamin C & B-Vitamins.

60 TABLETS

PRODUCT CODE HS04

STRESS GARDE

BENEFITS:

B-Complex Vitamins can help to reduce fatigue, boost your mood and promote cognitive performance. Vitamin C helps to reduce stress because it allows the body to quickly clear out cortisol, a primary stress hormone that increases sugars in the bloodstream. Vitamin C helps to regulate Cortisol and prevent blood pressure from spiking in response to stressful situations. Vitamins C and E are strong anti-oxidants that neutralise free radicals in the body that damage cells. Stress and anxiety produce more free radicals.

DIRECTIONS FOR USE:

Take 2 tablets daily with a meal or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if your anxiety levels become chronic.

ACTIVE INGREDIENTS	PER TABLET
VITAMIN C	150 mg
CALCIUM CARBONATE	139 mg
MAGNESIUM OXIDE	83 mg
ZINC GLUCONATE	50 mg
L-TYROSINE	50 mg
VITAMIN E	10 mg
CHOLINE	150 mcg
INOSITOL	15 mg
VITAMIN B1 (THIAMINE)	12.5 mg
VITAMIN B2 (RIBOFLAVIN)	12.5 mg
VITAMIN B6 (PYRIDOXINE)	12.5 mg
VITAMIN B3 (NICOTINAMIDE)	12.5 mg
CALCIUM PANTOTHENATE	12.5 mg
POTASSIUM PHOSPHATE	12.5 mg
CITRUS BIOFLAVONOIDS 35%	5 mg
SELENIUM AAC 0.2%	2.5 mg
VITAMIN B9 (FOLIC ACID)	0.2 mg
VITAMIN B12 (COBALAMIN)	0.1 mcg
BIOTIN	15 mcg
CHROMIUM POLYNICOTINATE	52 mcg

B-Vitamins are essential for optimal health. They are involved in 50+ processes of the body. B-Vitamins are mainly sourced from fruit and vegetables, which most children struggle to eat in sufficient quantities. As B-Vitamins are not stored in the body they need to be topped up with a supplement.

- B1**
 - Helps the body **convert food to energy**
 - Essential for glucose **metabolism**
 - Key for **nerve, muscle & heart** function
- B2**
 - Key for **cell growth & function**
 - Supports the **nervous system**
 - Aids normal energy yielding **metabolism**
- B3**
 - Vital for **energy release** in tissue cells
 - Key for normal **growth & healthy skin**
 - Helps maintain **nervous & digestive systems**
- B5**
 - Helps **release energy** from food
 - **Reduction in tiredness & fatigue**
- B6**
 - Important in the function of over **100 enzymes**
 - Helps to produce **red blood cells**
 - Assists the body in **protein metabolism**
- BIOTIN**
 - Helps maintain healthy **hair, skin and nails**
 - Involved in **energy production** through the **metabolism** of carbs, protein & fats
- FOLIC ACID**
 - Works with B12 for healthy **red blood cells**
 - Taken for health benefits during **pregnancy**
- B12**
 - Known for its role in **energy production**
 - Key for proper function of **nervous & immune systems, & red blood cell production**



SUPER CIDER



DIGESTIVE HEALTH



A herbal blend scientifically proven to soothe an irritated gut and help neutralise gut acidity to ensure a neutral pH, which benefits overall well-being and helps prevent disease.

With Apple Cider Vinegar, Garcinia Cambogia & Green Tea.

60 CAPSULES

PRODUCT CODE SG01

SUPER CIDER

BENEFITS:

A special herbal blend that can help stabilise the body's pH level, thereby enhancing the immune system. This formula can help boost fat metabolism and aid with weight management when combined with a healthy eating plan and lifestyle. Apple Cider Vinegar and Green Tea can promote stable blood sugar levels.

DIRECTIONS FOR USE:

Take 2 capsules daily with a meal or as directed by your Health Practitioner.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if you are pregnant or lactating.

ACTIVE INGREDIENTS	PER CAPSULE
APPLE CIDER VINEGAR	200 mg
GARCINIA CAMBOGIA EXTRACT	15 mg
GOTU-KOLA POWDER	5 mg
GREEN TEA POWDER	5 mg



APPLE CIDER VINEGAR

Apple Cider Vinegar can boost weight loss by increasing your metabolism and helping you feel full, promote healthy digestion and help maintain balanced blood sugar levels. Apple Cider Vinegar is naturally acidic, and for people with low stomach acidity, it may help raise stomach acid levels to aid digestion. This could prevent gas and bloating, which a slow digestion can cause. It also has anti-microbial properties, meaning it may help kill bacteria in the stomach or intestines and improve digestive health.



GARCINIA CAMBOGIA

Garcinia Cambogia helps reduce appetite and helps block fat production by inhibiting an enzyme called Citrate Lyase.



GOTU-KOLA

Gotu Kola regulates digestion as it is loaded with Proteins and vitamin C. It can also promote mucous secretions in the intestines which can help combat the increased acidity in severe gastric ulcers and effectively heal stomach aches. It helps to improve circulation and regulate blood sugar levels, while boosting energy.



GREEN TEA

Green Tea contains caffeine and a type of flavonoid called Catechin, which is an anti-oxidant. Research suggests that both these compounds can speed up the metabolism.





SKIN CARE FROM NATURE

BIO-SKIN PROTECTOR



SKIN HEALTH



Non-greasy skin barrier cream that moisturises, while it forms an invisible protective glove or barrier which protects your skin against irritants, sanitisers, ect.

With Aloe & Lemon Grass.

500 ML CREAM

PRODUCT CODE HP68

BIO SKIN PROTECTOR

BENEFITS:

This non-greasy, ultra-hydrating cream seals in moisture, resulting in plump and healthy skin. It combines the healing benefits of Aloe with the anti-inflammatory properties of Lemon Grass, providing a comprehensive 3-in-1 skincare solution. Both Aloe and Lemon Grass work to promote an even skin tone and can assist in lightening blemishes and age spots over time.

DIRECTIONS FOR USE:

Apply to dry, clean skin. Dermatologically tested.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if you are pregnant or lactating.

INGREDIENTS

AQUA, GLYCERINE, PETROLATUM, PROPYLENE GLYCOL, GLYCERYL STEARATE, CETYL ALCOHOL, DIMETHICONE, STEARIC ACID, PHENOXYETHANOL, TOCOPHERYL ACETATE, CYMBOPOGON FLEXUOSUS LEAF OIL, CHLORHEXIDINE DIGLUCONATE, MINERAL OIL, ETHYLHEXYLGLYCERIN, ALOE ARBORESCENS LEAF EXTRACT, CI 19140, CI 42090.



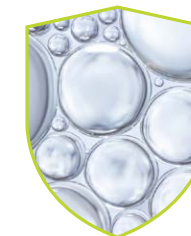
ALOE EXTRACT

Aloe Extract is rich in anti-oxidants with anti-inflammatory properties that helps to heal damaged and irritated skin, helps fight signs of ageing, helps reduce acne and promotes lightening of blemishes.



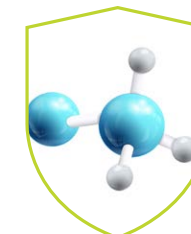
LEMON GRASS OIL

Has anti-bacterial properties which aid irritated and damaged skin and ensures deep, long-lasting skin hydration.



GLYCERINE

Glycerine is great for the skin because it acts as a humectant, which is a substance that allows the skin to retain moisture. It can increase skin hydration, relieve dryness, and refresh the skin's surface. It's also an emollient, which means it can soften skin. Applying Glycerine to your skin traps moisture in your skin and gives it a youthful, healthy glow. By drawing moisture to the top layer of skin, Glycerine helps reduce the appearance of wrinkles and keeps skin looking soft and smooth. Glycerine also improves skin function to slow down ageing.



BIO-ACTIVE COMPOUNDS

Acts as an invisible pair of gloves, thereby shielding skin to retain natural oil and moisture, allowing your skin to heal itself. It provides a protective layer that helps prevent damage of using sanitisers and aids cleansing of dirty, greasy hands quickly.



BIO VAPOUR RUB



SKIN HEALTH



A non-greasy ointment that has anti-inflammatory properties and helps to relieve skin irritations and sore muscles.

With Melaleuca, Eucalyptus & Nutmeg.

100 ML CREAM

PRODUCT CODE HP69

BIO VAPOUR RUB

BENEFITS:

Bio Vapour Rub is a non-greasy formula, combining the healing and anti-inflammatory benefits of Melaleuca, Eucalyptus oil and Nutmeg oil. Together these ingredients can heal irritated skin and offer relief for sore muscles and joints. Eucalyptus oil can be applied to the chest, and its flavorful scent can help to ease breathing and act as an expectorant for cold and flu symptom relief.

DIRECTIONS FOR USE:

Apply to dry, clean skin. Dermatologically tested.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if you are pregnant or lactating.

INGREDIENTS

MENTHOL CRYSTALS, CAMPHOR, EUCALYPTUS OIL, TEA TREE OIL, WHITE THYME OIL, PEPPERMINT OIL, NUTMEG OIL, PETROLEUM JELLY.



MELALEUCA

- Tea tree oil is distilled from the leaves of the Melaleuca Alternifolia plant, found in Australia. The oil possesses anti-bacterial and anti-inflammatory properties.
- Regular application helps with inflamed skin, joints and muscles. It has natural anti-septic properties, which helps to sooth irritated skin.
- Research has show that it is great in assisting, treating and preventing acne.



EUCALYPTUS

- Research suggests that Eucalyptus oil may be an effective treatment for wounds and skin infections, thanks to its anti-inflammatory effects. It soothes and helps to heal irritated skin conditions such as acne and eczema.
- Eucalyptus oil can be applied to the chest and its flavorful scent can help to ease breathing and acts as an expectorant for cold and flu symptom relief.
- Its anti-inflammatory properties can offer relief for painful muscles and joints.



NUTMEG

- Nutmeg has anti-inflammatory and anti-bacterial properties that helps prevent acne and other skin conditions.
- It helps to reduce sebum production in oily skin, creating plump skin with reduced pore appearance.
- Research has shown that it is greatly beneficial in reducing pigmentation and dark spots with regular use.
- It also hydrates the skin, thereby providing a more even complexion and tone and it is beneficial for those struggling with sensitive skin.





SKIN HEALTH



A bio-rich formula to hydrate skin through multiple skin layers and keep moisture locked in. This non-greasy formula contains Royal Jelly for skin rejuvenation and Turmeric for its anti-inflammatory properties.

With Royal Jelly, Turmeric and Gold Glycerine.

200 ML

PRODUCT CODE HP67

LIQUID GOLD

BENEFITS:

This non-greasy, skin-rejuvenating formula helps to boost, plump, healthy skin and helps prevent anti-aging. It contains the healing properties of Royal Jelly extract that helps to boost collagen production and helps to improve skin texture. Glycerine helps to seal moisture through various skin levels, whilst Turmeric has anti-inflammatory healing properties that can assist with pimples or acne.

DIRECTIONS FOR USE:

Apply to dry, clean skin. Dermatologically tested.

PRECAUTIONS:

Consult with your Health Practitioner if you have a sensitivity to any of the ingredients or suspect that you might have. Consult with your Health Practitioner if you are pregnant or lactating.

INGREDIENTS

GLYCERINE, PROPYLENE GLYCOL, ROYAL JELLY (APIS MELLIFERA), TURMERIC (CURCUMA LONGA) EXTRACT, COLORANT.

ROYAL JELLY

- Royal Jelly is amazing for keeping skin plump, moisturised and elastic. Royal Jelly promotes Collagen production, which helps to fight signs of ageing. Collagen can help prevent fine lines, wrinkles and sagging skin.
- Speeds up the healing of acne and other wounds: Royal Jelly not only has anti-inflammatory effect, but it also keeps bacteria at bay. When applied to skin ulcers, burns and shingles, Royal Jelly produces "strong anti-microbial activity to heal damaged skin.
- Brightens dark spots: The same acid in Royal Jelly that boosts Collagen production, also suppresses skin pigmentation, which means it can help regulate oil production: Suffer from greasy skin? Try using Royal Jelly to balance your complexion by helping to normalise sebum production.
- Has anti-oxidant skin protection properties: Research indicates that the phenolic acid in Royal Jelly may counteract skin ageing, reduce sagging and wrinkled skin.



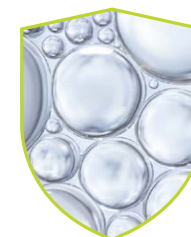
TURMERIC

- Turmeric is a powerful anti-oxidant ingredient that can reduce dark spots, blemishes and hyperpigmentation.
- The anti-inflammatory nature of Turmeric reduces skin inflammation and eventually heals the skin, such as acne and eczema.



GLYCERINE

- Glycerine is great for the skin because it acts as a humectant, which is a substance that allows the skin to retain moisture. It can increase skin hydration, relieve dryness, and refresh the skin's surface. It's also an emollient, which means it can soften skin.
- Applying Glycerine to your skin traps moisture in your skin and gives it a youthful, healthy glow. By drawing moisture to the top layer of skin, Glycerine helps reduce the appearance of wrinkles and keeps skin looking soft and smooth. Glycerine also improves skin function to slow down aging.





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Sportron Group offers an exciting entrepreneurial opportunity to generate wealth through health. By sharing and selling our products within your circle of friends and influence, you can build a rewarding and sustainable business.

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