



SPORTRON

Nutrition from Nature



SWISSGARDE



**LIVE
LIFE
NATURALLY**

PRODUCT GUIDE

February 2026 – June 2026



SPORTRON
Nutrition from Nature



OUR VISION

Empowering healthier lives and sustainable livelihoods through leading and trusted wellness brands.



OUR MISSION

To deliver high-quality, affordable wellness solutions and a supportive community that enables consultants to build successful businesses and uplift those around them.



OUR PRODUCT PROMISE

We are 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 Organisms (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.

Trusted Wellness Brands

Backed by over 30 years of excellence, Sportron and Swissgarde are among Southern Africa's most respected names in health and nutrition, delivering products rooted in quality, science, and integrity.

Science-Based, High-Quality Supplements

Every product is developed using cutting-edge research and quality ingredients to deliver effective, reliable results.

Next-Generation Innovation

Powered by nanotechnology, enzymes, superfoods, and healthy fats, nutrients are delivered exactly where your body needs them.

Veggie Capsules - A Cleaner Choice

Plant-based, gelatin-free capsules with no artificial colours, fillers, or aftertaste, gentle on your stomach and easy to digest. Wherever possible, we choose to use veggie capsules in our products.

GMO & Paraben-Free Formulas

Where possible, we strive to ensure that our products are free from genetically modified ingredients and parabens, for clean, conscious supplementation.

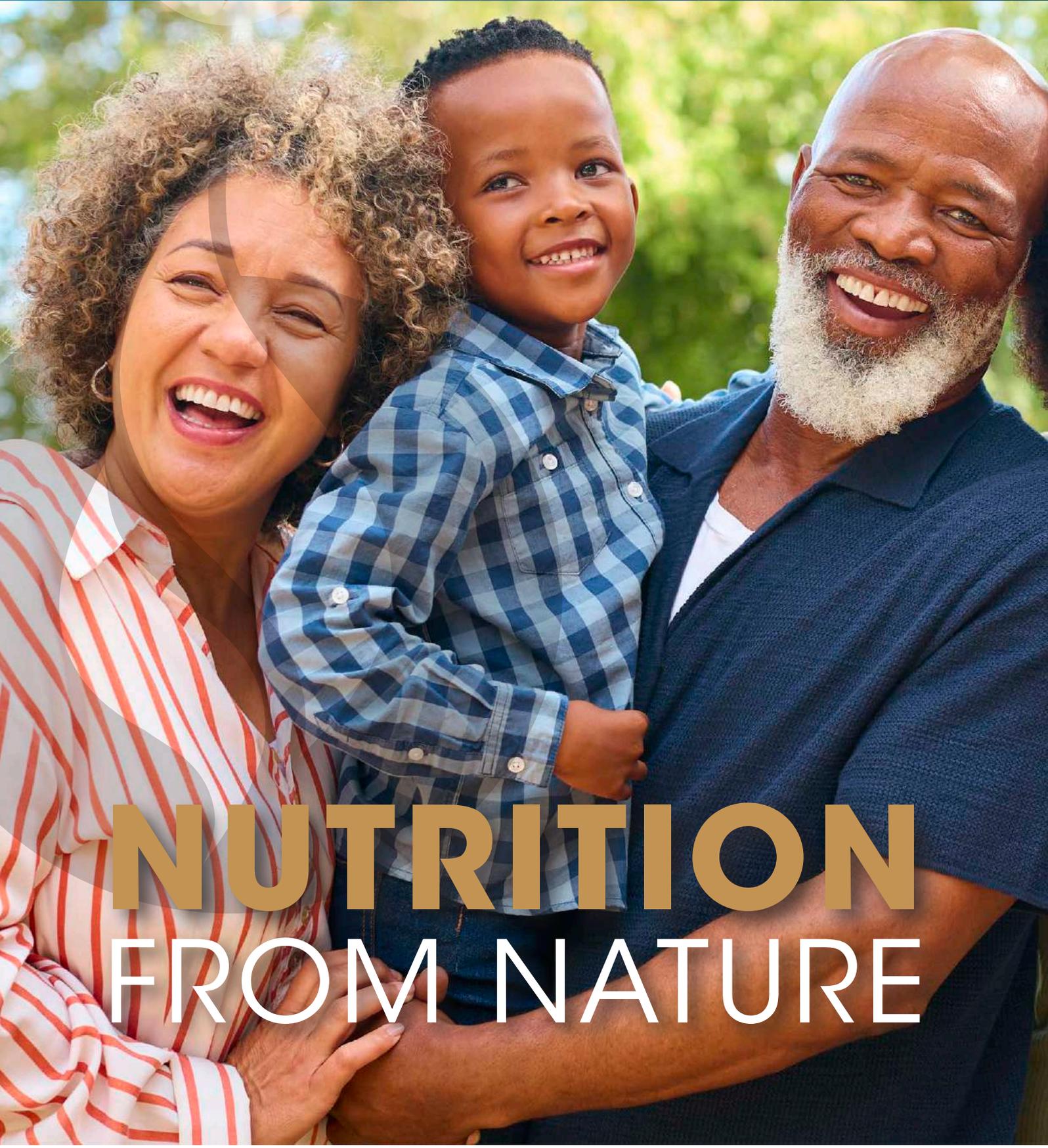
Vegan friendly

Wherever possible, we ensure that our products are thoughtfully formulated to be vegan-friendly, offering you choices that align with a compassionate and plant-based lifestyle.



South African
Pharmacy Council





SPORTRON

NUTRITION
FROM NATURE



SPORTRON



**BIOFOOD
MATRIX®**

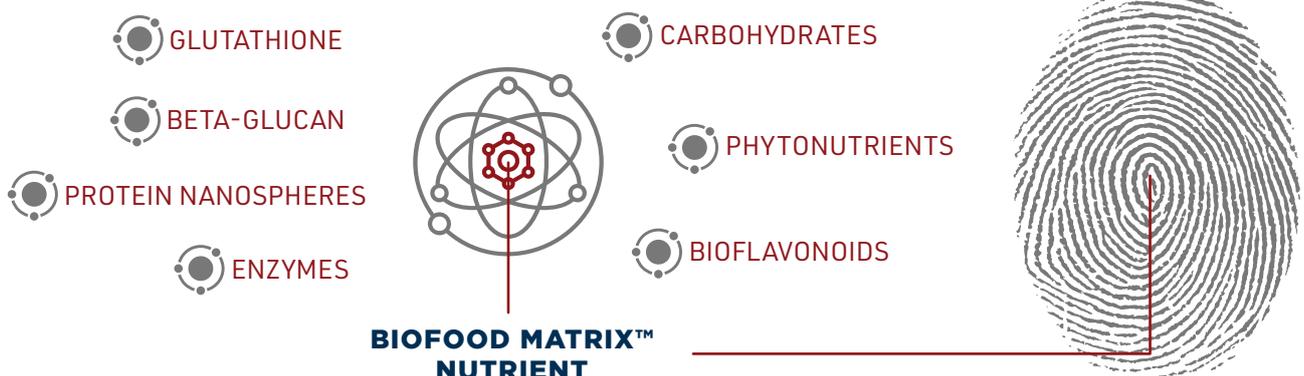
THE SPORTRON DIFFERENCE

NUTRITIONAL INTELLIGENCE



**BIOFOOD
MATRIX®**

At the Sportron Group, we believe that optimal wellness is determined not only by the nutrients consumed but also by the body's ability to recognize, absorb, and utilize them efficiently. Our original Foodstate Matrix™ technology, introduced in the 1990s, evolved into BioFood Matrix™, an intelligent renaturing technology inspired by nature.





Plants do not naturally contain nutrients, as they extract them from the soil in an organic form and convert them into food nutrients, each with its own food matrix created by nature. These act as a fingerprint for plants, allowing them to identify, absorb, and deliver nutrients where they are needed. Food matrixes are complex structures made up of enzymes, amino acids, lipids, carbohydrates, and phytonutrients that are specific to each vitamin, mineral, and thousands of nutrients found in nature.

The same applies to the human body. Sportron products dissolve in your gut within minutes, triggering thousands of nano reactions as natural matrixes form around chelated nutrients, transforming them to mimic the complex and intelligent food matrix structure found in nature. This renaturing process, specific to each vitamin or mineral, enables your body to treat them as if they originated from food, thereby boosting intelligent absorption and delivery to target cells.

The same technology is applied by NASA programs in the United States when they send astronauts into space for several months, relying solely on highly preserved food and supplements.

Sportron Group's BioFood Matrix™ emphasizes scientific formulation, efficacy-driven integrity, and nature-inspired nutrition.

BioFood Matrix™ provides nutrition in the way nature intended.

NUTRITION FROM NATURE

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.

ADULT OVERALL WELLNESS

MULTI VITAMIN & MINERALS



OMEGA-3



IMMUNE BOOSTERS



**BIOFOOD
MATRIX®**



SPORTRON

	PRODUCT	CATEGORY	PRICE INCL VAT	PAGE
	40+ MEN MATRIX	Men's Health, General Wellness	349.00	10
	40+ WOMEN MATRIX	Women's Health, General Wellness	349.00	12
	A-TRON GEL	Anti-Inflammatory Joint Gel	229.00	14
	A-TRON MATRIX	Anti-Inflammatory, Muscle & Joint Health	329.00	16
	CAL-C-MAG MATRIX	Muscle, Bone & Joint Health	349.00	18
	CIRCUTRON MATRIX	Blood Circulation & Heart Health	299.00	20
	COLLAGEN MATRIX	Muscle, Bone & Joint Health, Skin	449.00	22
	COLLAGEN CREAMER	Muscle, Bone & Joint Health, Skin	379.00	24
	ENERGISER MATRIX	Energy Booster	299.00	26
	EYEGARDE MATRIX	Eye Health	349.00	28
	GLUCOPLEX MATRIX	Blood Sugar Balance	309.00	30
	INFAGARDE MATRIX	Respiratory Immune Health, Cold & Flu	279.00	32
	LION'S MANE MATRIX	Cognitive Booster, General Wellness	349.00	34
	LIP THERAPY	Healthy Lips	99.00	36
	MAGNETRON MATRIX	Muscle, Bone & Joint Health	299.00	38
	*MELOTONE MATRIX	Cognitive Boost, Focus, Mental Clarity	369.00	40
	MENTAL CALM MATRIX	Stress Management, Anxiety	279.00	42
	OMEGATONE MATRIX	Anti-Inflammatory, General Wellness, Bone & Joint Health	349.00	44
	PHYTOGARDE MATRIX	Immune Support, General Wellness	299.00	46
	*PRO B-9 MATRIX	Gut Health, Immune Health	299.00	48
	*RESPITRON MATRIX SYRUP	Immune Support, Respiratory Health	329.00	50
	ULTRAGARDE MATRIX	General Wellness & Energy	349.00	52
	URITRON MATRIX	Urinary Tract Health	329.00	54
	*WHIZZ MATRIX	Immune Support, General Wellness	309.00	56

*Products are suitable for children and teens.

Prices, availability and product information are correct at the time of publication but may change without prior notice. E&OE.



Vegan friendly

40 PLUS FOR MEN[®] MATRIX

MEN'S HEALTH GENERAL WELLNESS



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

With Saw Palmetto & Bio Seaweed Extracts.

30 VEGGIE CAPSULES

PRODUCT CODE SP079

RETAIL PRICE: R349 (INCL VAT)



**BIOFOOD
MATRIX[®]**



SPORTRON

40 PLUS FOR MEN

BENEFITS:

This complex supplement provides essential minerals and vitamins to help cellular health, which boosts overall vitality and health, especially for men over the age of 40 years. The formulation 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 challenges.

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 (PROVIDING 147.5 MG ELEMENTAL CALCIUM)	368.6 mg
MAGNESIUM STEARATE (PROVIDING 9.86 MG ELEMENTAL MAGNESIUM)	100 mg
VITAMIN C	90 mg
SAW PALMETTO EXTRACT (SERENOA REPENS)	60 mg
VITAMIN B1 (THIAMINE)	1.2 mg
VITAMIN B3 (NIACIN)	16 mg
VITAMIN B5 (PANTOTHENIC ACID)	5 mg
VITAMIN B6 (PYRIDOXINE)	1.7 mg
VITAMIN B9 (FOLIC ACID)	0.4 mg
ZINC OXIDE	11 mg
VITAMIN A (RETINYL PALMITATE)	900 IU
VITAMIN D3	600 IU
VITAMIN E	8 mg
IRON AMINO ACID CHELATE	1 mg
LUTEIN	0.6 mg
LYCOPENE	10 mg
BIO SEA WEED EXTRACT (SARGASSUM FUSIFORME): CONTAINING BORON, IODINE, SELENIUM, MANGANESE, COPPER & PHOSPHORUS	20 mg

SPORTRON BIOFOODMATRIX® 25 mg

XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEXAGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



VITALITY AND ENERGY SUPPORT

The thyroid gland plays a crucial role in regulating metabolism and overall health, including male reproductive health. Vitamins help maintain biomarker markers and cellular energy metabolism, thus promoting overall energy and vitality.



PROSTATE SUPPORT

Saw Palmetto extract can help with overall prostate health by potentially reducing inflammation and inhibiting the conversion of testosterone to dihydrotestosterone (DHT), a hormone linked to prostate enlargement. Research confirms that Saw Palmetto can protect against prostate enlargement and, when suffering from it, improve quality of life.



URINARY SUPPORT

As men age, they develop a risk of an enlarged prostate, which may cause urinary problems like frequent urination, difficulty starting urination, and a weak stream. Saw palmetto is often used to alleviate these symptoms.



HEART HEALTH SUPPORT

Seaweed and Saw Palmetto extract can lower cholesterol levels and promote heart health by lowering triglycerides and raising good cholesterol levels.



DIGESTIVE SUPPORT

Saw Palmetto has a history of use in treating digestive issues like indigestion and stomach aches, possibly due to its calming effect on the digestive tract. Seaweed, on the other hand, is a good source of fiber and polysaccharides that can support gut health by acting as prebiotics for beneficial gut bacteria.



IMMUNE SUPPORT

Saw Palmetto and Seaweed extracts have significant anti-inflammatory properties, boosting the body's natural immune system on a cellular level. The additional minerals and vitamins promote healthy cell functioning by regulating 100+ cellular functions. Saw Palmetto and Seaweed extracts are super rich in anti-oxidants that protect the body and support a healthy immune system.



MUSCLE FUNCTION SUPPORT

Seaweed Extract, Magnesium, Calcium, and B vitamins promote vitality as they regulate cellular energy metabolism. This supplement can provide you with energy for exercise workouts and help with muscle recovery, as seaweed acts like an electrolyte.



40 PLUS FOR WOMEN[®] MATRIX



**WOMEN'S
HEALTH
GENERAL
WELLNESS**



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

With Dandelion & Soy Letchitin Extracts.

30 VEGGIE CAPSULES

PRODUCT CODE SP078

RETAIL PRICE: R349 (INCL VAT)



**BIOFOOD
MATRIX[®]**



SPORTRON

40 PLUS FOR WOMEN

BENEFITS:

Suitable for all stages of menopause by promoting overall wellbeing and vitality. Contributes to the regulation of hormonal activity and relief of fatigue and other symptoms related to menopause.

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

DANDELION POWDER	240.2 mg
SOY LECITHIN	100 mg
VITAMIN A (RETINYL PALMITATE)	900 IU
VITAMIN E (ALPHA- TOCOPHERYL ACETATE)	22 IU
VITAMIN D 3	600 IU
VITAMIN B1 (THIAMINE)	1.2 mg
VITAMIN B2 (RIBOFLAVIN)	1.3 mg
VITAMIN B3 (NIACIN)	16 mg
VITAMIN B5 (PANTOTHENIC ACID)	5 mg
VITAMIN B6 (PYRIDOXINE)	1.7 mg
VITAMIN B9 (FOLIC ACID)	0.065 mg
VITAMIN B12 (COBALAMINE)	2.4 mcg
BIOTIN	0.035 mg
VITAMIN C	67 mg
ZINC OXIDE (CONTAINING 6.4 mg ELEMENTAL ZINC)	8 mg
MAGNESIUM STEARATE (CONTAINING 6.31 MG ELEMENTAL MAGNESIUM)	64 mg

SPORTRON BIOFOODMATRIX® 25 mg

XANTHAM-SOY LECITHIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



HORMONAL BALANCE & MENOPAUSE SUPPORT

Dandelion extract, Soy Lecithin and Vitamin B6 & B12 function synergistically to help regulate and balance female hormones. Research confirms that these active ingredients help alleviate menopause symptoms, such as mood changes, night sweats, and chronic fatigue.



ENERGY & NERVOUS SYSTEM

B-vitamins support energy metabolism, reduce tiredness and fatigue, and promote a healthy nervous system to help you stay focused and vital. Dandelion extract helps regulate blood sugar levels. Dandelion root can improve digestion and relieve bloating and abdominal cramps, common PMS symptoms. It also helps with constipation and other digestive issues.



BONE & IMMUNE HEALTH

Magnesium and Calcium are crucial for women's health, particularly for bone strength, muscle function, and reducing PMS symptoms. Magnesium aids in Calcium absorption, making them a powerful duo for maintaining healthy bones, and both minerals can help regulate mood and improve sleep quality. Both assist in managing and preventing osteoporosis.



LIVER & DIGESTIVE SUPPORT

Dandelion extract is known for its liver-detoxifying properties, which can be particularly helpful for women as the liver plays a crucial role in hormone metabolism. By supporting liver function, it may help regulate menstrual cycles, reduce PMS symptoms like mood swings and breast tenderness, and potentially ease menopausal symptoms. Dandelion root can improve digestion and relieve bloating and abdominal cramps, common PMS symptoms. It also helps with constipation and other digestive issues.



HEART & BLOOD PRESSURE SUPPORT

The active ingredients help maintain healthy cholesterol and help regulate blood pressure levels, supporting cardiovascular function.



IMMUNE SUPPORT

This natural formula is anti-oxidant rich which protects the body against damage from free radicals, potentially contributing to overall well-being.



A-TRON[®] GEL

ANTI-INFLAMMATORY JOINT GEL



A-Tron Gel is a scientifically formulated topical solution that provides fast-acting relief from joint and muscle pain, swelling, and stiffness. Enriched with natural ingredients including Arnica, Clove, Rosemary, Menthol, and Cannabidiol Oil, this gel delivers targeted anti-inflammatory support, promotes healing, and soothes sore muscles and inflamed joints. Ideal for anyone needing quick relief after physical activity or dealing with chronic joint discomfort.

With Arnica, Clove, Rosemary & Cannabidiol Oil.

50 g GEL

PRODUCT CODE SP019

RETAIL PRICE: **R229** (INCL VAT)





SPORTRON



A-TRON GEL

BENEFITS:

A scientifically formulated gel 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 6 times per day. Massage gently for 2 minutes after application and expect a warming of the affected area that helps to heal inflammation. Dermatologically tested.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS

PER 1 g

RO WATER, CARBOMER, MENTHOL, CBD OIL ≤25 MG PER 5G, SODIUM BENZOATE, POTASSIUM SORBATE, MSM (METHYLSULFONYLMETHANE), EDTA2NA, ARNICA EXTRACT, VANILLYL BUTYL ETHER, CLOVE ESSENTIAL OIL, WINTERGREEN ESSENTIAL OIL, ROSEMARY ESSENTIAL OIL, POLYSORBATE 20, COLORANT, TRIETHANOLAMINE.



MUSCLE HEALTH

MSM and Arnica help accelerate muscle recovery by reducing soreness and supporting the healing of soft tissue injuries. Arnica is especially useful for bruising, making A-Tron Gel ideal after exercise or strain.



INFLAMMATION RELIEF

Menthol provides a cooling sensation that calms inflammation and soothes stiffness. Natural pain-relieving effects from MSM and Arnica enhance this benefit with their anti-inflammatory and antioxidant properties.



PAIN SUPPORT

Clove, Rosemary, and Wintergreen essential oils work together to ease muscle and joint pain while reducing swelling. These ingredients also support overall tissue comfort and mobility.



CIRCULATION BOOST

Essential oils including Clove and Rosemary promote circulation, helping to bring nutrients and oxygen to affected areas. Improved blood flow supports faster recovery and reduces lingering stiffness.



A-TRON[®] MATRIX



ANTI-INFLAMMATION MUSCLE & JOINT HEALTH



A-Tron Matrix is a scientifically formulated supplement designed to support joint, muscle, and bone health. This powerful blend combines MSM, Glucosamine, Chondroitin, Turmeric, Papain, and CBD Isolate to help reduce inflammation, ease stiffness, support cartilage regeneration, and promote faster recovery. Ideal for those with active lifestyles or age-related joint discomfort, A-Tron Matrix promotes strength, flexibility, mobility, and overall physical comfort.

With MSM, Chondroitin, Glucosamine & Turmeric.

60 VEGGIE CAPSULES

PRODUCT CODE SP080

RETAIL PRICE: **R329** (INCL VAT)



**BIOFOOD
MATRIX[®]**



SPORTRON

A-TRON

BENEFITS:

Formulated for joint comfort and flexibility, this blend combines Glucosamine, Chondroitin, and MSM to support cartilage and mobility. Turmeric and Papain provide anti-inflammatory support to help ease stiffness and promote faster recovery.

DIRECTIONS FOR USE:

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

WARNING:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Not to be used by individuals younger than 18 years.

CONTRAINDICATIONS:

Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS PER 2 CAPSULES

MSM (METHYLSULFONYLMETHANE)	520 mg
GLUCOSAMINE SULPHATE	500 mg
TURMERIC (CURCUMA LONGA)	120 mg
CHONDROITIN SULPHATE	70 mg
PAPAIN	30 mg
CBD ISOLATE	0,2 mg (1:100 M/M)

SPORTRON BIOFOODMATRIX® 20 mg

XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



JOINT HEALTH

Glucosamine Sulphate and Chondroitin Sulphate help support joint structure by nourishing cartilage and slowing down its breakdown. These compounds are known for their ability to reduce joint pain, improve flexibility, and ease symptoms of osteoarthritis.



MUSCLE RECOVERY

MSM is a potent anti-inflammatory that may assist in reducing muscle soreness and oxidative stress after exercise. It helps improve recovery time and reduce discomfort associated with physical strain or inflammation.



INFLAMMATION SUPPORT

Turmeric and Papain both offer natural anti-inflammatory properties that help ease swelling, stiffness, and joint pain. They contribute to improved mobility and flexibility by reducing the inflammation that limits movement.



PAIN RELIEF

CBD Isolate has been shown to help relieve pain and discomfort. In combination with MSM and other ingredients, it supports a more comfortable and active lifestyle without relying on pharmaceutical intervention.



CAL-C-MAG[®] MATRIX



MUSCLE, BONE & JOINT HEALTH



CAL-C-MAG Matrix is a comprehensive bone and joint supplement that combines elemental calcium and magnesium with hydrolysed collagen, vitamins C, D3, and K2, zinc, and essential minerals from seaweed extract. This synergistic formulation is designed to support strong bones, flexible joints, and healthy muscles while also promoting skin hydration, heart health, and restful sleep. Ideal for those seeking to prevent or manage osteoporosis and maintain optimal skeletal and muscular health, particularly in middle-aged women.

With Elemental Calcium, Magnesium and Collagen.

60 VEGGIE CAPSULES

PRODUCT CODE SP074

RETAIL PRICE: **R349** (INCL VAT)



**BIOFOOD
MATRIX[®]**



SPORTRON

CAL-C-MAG

BENEFITS:

This mineral-rich formulation combines the bone health power of Calcium and 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 Capsules daily with a meal or as directed by your Health Practitioner.

WARNING:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

CONTRAINDICATIONS:

Avoid if allergic or sensitive to any of the listed ingredients.



BOOST BONE HEALTH

Magnesium improves calcium absorption and utilization, while calcium strengthens bone density and structure. Collagen adds structural support to the bones, making them more resilient and reducing the risk of fractures and osteoporosis.



BOOST JOINT HEALTH

Calcium and magnesium help manage joint inflammation and pain by supporting muscle control and relaxation. Collagen supports cartilage regeneration, improving joint flexibility and easing symptoms of conditions like osteoarthritis.



BOOST SKIN HYDRATION AND ELASTICITY

Collagen contributes to firmer, more hydrated skin and may help reduce the appearance of fine lines and dryness. Magnesium supports collagen production, promoting healthier, more resilient skin, nails, and hair.



BOOST MUSCLE HEALTH

This formulation provides essential nutrients to support muscle relaxation, growth, and recovery. Collagen and magnesium help maintain muscle mass and prevent cramping and fatigue.



BOOST HEART HEALTH

Magnesium and calcium work together to support normal heart rhythm and blood pressure. Collagen also supports heart health by aiding in arterial elasticity and cholesterol balance, reducing the risk of cardiovascular issues.



BOOST HEALTHY SLEEP PATTERNS

Calcium and magnesium assist in regulating neurotransmitters that influence sleep quality, while collagen contributes to overall wellbeing, which may further enhance restful sleep and nighttime recovery.

ACTIVE INGREDIENTS PER CAPSULE

CALCIUM CARBONATE (PROVIDING 264MG ELEMENTAL CALCIUM)	660 mg
MAGNESIUM SULPHATE (PROVIDING 30.3MG ELEMENTAL MAGNESIUM)	151.6 mg
HYDROLIZED COLLAGEN POWDER	50 mg
VITAMIN C	90 mg
VITAMIN D	500 IU
VITAMIN K2	0.12 mcg
ZINC OXIDE	11 mg
SEAWEED EXTRACT (SARGASSUM FUSIFORME – NATURAL SOURCE OF MINERALS INCLUDING SELENIUM, COPPER & BORON)	20 mg

SPORTRON BIOFOODMATRIX® 25 mg

XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCINIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



CIRCUTRON[®] MATRIX

BLOOD CIRCULATION & HEART HEALTH



Sportron Circutron is a scientifically developed herbal supplement formulated with Centella Asiatica, Garlic (*Allium sativum*), and Vitamin K2 to support healthy blood circulation, strengthen blood vessel walls, and promote overall cardiovascular health. This combination works synergistically to improve vein elasticity, support heart function, reduce inflammation, and aid in the prevention of arterial plaque build-up, which can lead to high blood pressure and heart disease.

With Centella asiatica, Garlic (*Allium sativum*) and Vit K.

30 VEGGIE CAPSULES

PRODUCT CODE SP016

RETAIL PRICE: **R299** (INCL VAT)



**BIOFOOD
MATRIX[®]**



SPORTRON

CIRCUTRON

BENEFITS:

A scientifically developed supplement with natural herbal extracts and Vitamin K to promote healthy blood circulation and help lower cholesterol levels.

DIRECTIONS FOR USE:

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

WARNING:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Be careful if taking this product together with other blood thinning medications - first consult a Health Practitioner.

CONTRAINDICATIONS:

Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS PER CAPSULE

CENTELLA ASIATICA	225 mg
ALLIUM SATIVUM (GARLIC)	200 mg
VITAMIN K2	75 mcg

SPORTRON BIOFOODMATRIX®	25 mg
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XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



HEALTHY BLOOD CIRCULATION

Centella Asiatica improves microcirculation by strengthening blood vessels, reducing leakage, and enhancing oxygen delivery to tissues. This supports overall cardiovascular function and balanced blood pressure.



HEART HEALTH

Garlic has been shown to reduce cholesterol and blood pressure, lowering the risk of cardiovascular disease. Its antioxidant compounds also protect the heart from oxidative damage.



FIGHTS INFLAMMATION

Centella Asiatica and Garlic deliver powerful anti-inflammatory and antioxidant properties. These ingredients help protect blood vessels from inflammation, reducing strain on the heart and arteries.



VASCULAR PROTECTION

Vitamin K2 supports arterial flexibility by preventing calcium deposits in blood vessels. This helps maintain healthy circulation and lowers the risk of arterial stiffening.



OVERALL CARDIOVASCULAR WELLBEING

By combining Centella Asiatica, Garlic, and Vitamin K2, Circuitron supports stronger heart function, improved circulation, and long-term cardiovascular resilience.



COLLAGEN[®] MATRIX



SKIN, MUSCLE, BONE & JOINT HEALTH



About 30% of the protein in our bodies is made up of collagen, the most abundant protein responsible for giving structure, strength, and support to skin, muscles, bones, joints, and connective tissues. Collagen is also found in the gut, blood vessels, and organs, playing a vital role in overall wellness. Sportron Collagen provides 940 mg of Hydrolysed Type 1 & 3 Collagen Peptides per serving, offering a highly absorbable formula that helps restore the body's natural collagen levels. This powerful supplement supports skin elasticity, joint comfort, bone strength, gut health, and more, delivering visible, lasting results from the inside out.

With Bovine Hydrolysed Collagen Type 1 & 3.



**BIOFOOD
MATRIX[®]**

60 VEGGIE CAPSULES

PRODUCT CODE SP085

RETAIL PRICE: **R449** (INCL VAT)



SPORTRON



COLLAGEN

BENEFITS:

Hydrolysed Type 1 & 3 Collagen Peptides support healthy skin elasticity, strong hair and nails, joint comfort, and bone strength. Easily absorbed for visible, lasting results.

DIRECTIONS FOR USE:

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

WARNING:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Be careful taking this medicine together with other blood thinning medicines.

CONTRAINDICATIONS:

Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER 2 CAPSULES
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HYDROLYSED COLLAGEN PEPTIDES (TYPE 1 & 3)	940 mg
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SPORTRON BIOFOODMATRIX®	50 mg
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XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



SKIN HEALTH

Collagen promotes skin hydration and elasticity, helping to reduce dryness and the appearance of wrinkles caused by natural collagen loss as we age. This helps slow visible signs of ageing and supports plump, radiant skin.



JOINT SUPPORT AND PAIN RELIEF

As collagen levels decrease with age, joint pain and stiffness may increase. Hydrolysed collagen helps reduce these symptoms by supporting cartilage health, easing inflammation, and improving mobility and flexibility.



BONE STRENGTH

Collagen plays a vital role in maintaining strong bones by enhancing bone density and reducing bone breakdown. It may be especially beneficial for postmenopausal women and individuals at risk of osteoporosis.



HAIR AND NAIL HEALTH

This formula supports strong, resilient hair and nails by providing essential structural proteins that boost growth and reduce brittleness and breakage.



HEART HEALTH

Research suggests collagen may support cardiovascular health by improving artery flexibility and reducing stiffness, which may help manage blood pressure and cholesterol levels.



MOOD AND SLEEP

Collagen contains glycine, an amino acid that supports neurotransmitter function and serotonin production. This may promote better mood balance and more restful sleep.



GUT HEALTH

Collagen strengthens the gut lining and supports digestive health. It may help manage issues like leaky gut, IBS, and inflammation by supporting the intestinal lining and promoting a balanced microbiome.



COLLAGEN® CREAMER



SKIN, MUSCLE, BONE & JOINT HEALTH



Sportron Collagen Creamer is a high-protein, low-GI alternative to milk for tea or coffee. This protein-rich formulation contains 800 mg of collagen per serving, which benefits the skin, muscle, bone, and overall health. Collagen types 1 and 3 are essential for maintaining youthful skin because they account for 90% of the body's collagen structural foundation. They work together to significantly improve skin elasticity, hydration, and firmness while also reducing fine lines and wrinkles. They also help maintain healthy hair, nails, bone density, tendons, muscles, and blood vessels. Sportron Collagen Creamer has a high bioavailability due to Biofood technology, allowing for rapid absorption and assimilation by the body where it is needed. Improve your daily nutrition and beauty routines naturally.

With Type 1 & 3 bovine Hydrolysed Collagen.

300 g

PRODUCT CODE SP092

RETAIL PRICE: **R379** (INCL VAT)



**BIOFOOD
MATRIX®**



SPORTRON



COLLAGEN CREAMER

BENEFITS:

This premium sugar free Collagen Creamer is designed to support skin health, joint function, and daily vitality, delivered in a delicious, creamy format perfect for your coffee or smoothie. Powered by a higher concentration of hydrolysed collagen, it provides essential peptides that help strengthen skin, hair, nails, and connective tissue from within. Enriched with casein protein and skim milk powder, it offers a slow-release protein boost to support muscle recovery and satiety. The inclusion of BioFood Matrix® enhances nutrient absorption and bioavailability, ensuring your body gets the most from every spoon. Enjoy a functional, flavourful way to support beauty from within, every day.

DIRECTIONS FOR USE:

Add 2 teaspoons of Collagen Creamer to your favourite beverage, e.g in tea, coffee, hot chocolate or smoothie.

WARNING:

Because of the very low GI (glycemic index), it is suitable for diabetics and will not cause blood glucose levels to spike. If you have diabetes, limit your use to three times per day.

CONTRAINDICATIONS:

Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER 10g SERVING
COLLAGEN	800 mg
ENERGY (DERIVED FROM PROTEIN)	46.6 kcal
CARBOHYDRATES	6.8 g
OF WHICH SUGAR (6KCAL)	1.4 g
PROTEIN	3.5 g
FAT	0.6 g

ACTIVE INGREDIENTS

HYDROLYSED COLLAGEN POWDER, CASEIN PROTEIN POWDER, MALTODEXTRIN, SILICA, SKIM MILK POWDER, SALT, SOY LECITHIN, STEVIA, ACESULFAME POTASSIUM, SODIUM SACCHARIN, FLAVORING.

SPORTRON BIOFOODMATRIX®

XANTHAM-SOY LECITHIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



SKIN HEALTH

Collagen enhances skin hydration and elasticity, helping to reduce the appearance of wrinkles and dry skin. By strengthening the skin's structure, it promotes a plump, radiant, and youthful-looking complexion.



JOINT SUPPORT AND MOBILITY

With age, natural collagen declines, leading to joint discomfort and stiffness. This formulation supports cartilage health and reduces inflammation, helping to ease joint pain and improve flexibility and movement.



BONE STRENGTH

Collagen plays a role in bone mineral density, helping to prevent bone loss and support bone strength, especially beneficial for postmenopausal women or individuals at risk of osteoporosis.



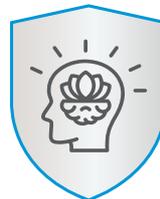
HAIR AND NAIL HEALTH

Collagen provides structural proteins that promote the growth of healthy, resilient hair and nails while reducing brittleness and breakage.



HEART HEALTH

Research suggests collagen peptides can support cardiovascular wellness by improving artery flexibility, reducing stiffness, and promoting healthy cholesterol levels.



MOOD AND SLEEP

The glycine content in collagen supports neurotransmitter balance, potentially improving mood and promoting better quality sleep.



GUT HEALTH

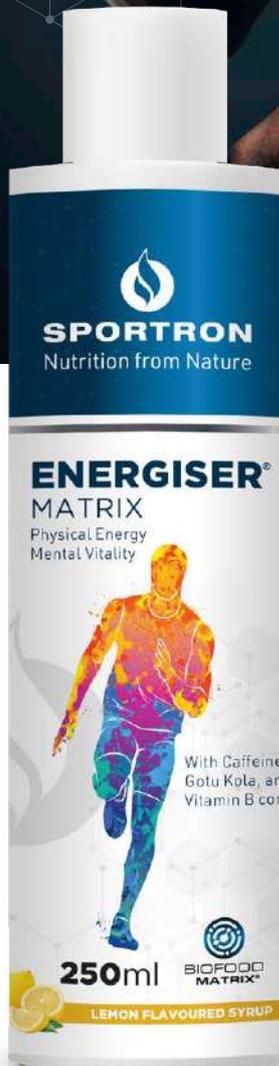
Collagen supports a healthy digestive tract by strengthening the gut lining, aiding digestion, and reducing inflammation, which may be helpful for conditions like IBS or leaky gut.



ENERGISER® MATRIX



ENERGY BOOSTER



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 Caffeine, Gotu Kola, and Vitamin B complex, Sugar Free.

250 ml

PRODUCT CODE SP075

RETAIL PRICE: **R299** (INCL VAT)



**BIOFOOD
MATRIX®**



SPORTRON

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 15 ml - 25 ml with 250 ml water as needed. Do not take more than 4 times per day. Do not take after 2pm or you may have trouble sleeping.

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 25ml	PER 250ml
ENERGY	42.94 kJ	429.4 kJ
PROTEIN	0.0 g	0.0 g
CARBOHYDRATES	2.6 g	26 g
FAT	0.0 g	0.0 g

ACTIVE INGREDIENTS	PER 25ml	PER 250ml
CAFFEINE ANHYDROUS	100.0 mg	1000.0 mg
VITAMIN B1 (THIAMINE)	1.1 mg	11 mg
VITAMIN B2 (RIBOFLAVIN)	1.1 mg	11 mg
VITAMIN B3 (NICOTINAMIDE)	14.0mg	140 mg
VITAMIN B5 (PANTOTHENIC ACID)	0.035 mg	0.35 mg
VITAMIN B6 (PYRIDOXINE)	1.3 mg	13 mg
VITAMIN B12 (PYRIDOXINE)	0.1 mg	1 mg
PANEX GINSENG (HYDRO GLYCERINE) LIQUID EXTRACT	33.3 mg	333 mg
TAURINE	25.0 mg	250 mg
GOTU KOLA (CENTELLA) EXTRACT	30.0 mg	300 mg
ARGININE	30.0 mg	300 mg

SPORTRON BIOFOODMATRIX®	12.5 mg	125 mg
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XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAINE, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCINIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



SUPPORTS MENTAL ALERTNESS AND FOCUS

The combination of **Caffeine** and **Vitamin B Complex** helps enhance concentration, focus, and reaction time. Caffeine stimulates the central nervous system, making you feel more awake and alert, while B-vitamins support brain function and reduce fatigue.



ENHANCES PHYSICAL ENERGY AND ENDURANCE

Taurine and **Caffeine** work together to boost physical stamina and energy output. Taurine may improve athletic performance, while caffeine helps increase metabolic rate and supports fat burning-ideal for more effective workouts and daily energy needs.



BOOSTS METABOLISM AND FAT BURNING

Caffeine not only improves mental alertness but also increases your resting metabolic rate (RMR), helping your body burn more calories even at rest. This can support weight management and reduce the risk of type 2 diabetes.



REGULATES DIGESTION AND BLOOD SUGAR

Gotu Kola plays a valuable role in supporting digestive health. It soothes the intestines, reduces gastric irritation, and can assist with regulating blood sugar levels. Its adaptogenic properties also help the body cope with stress and maintain balance.



FIGHTS FATIGUE AND SUPPORTS VITALITY

B-Vitamins, including B1, B2, B3, B5, B6, and B12, are essential for converting food into energy. They assist in cellular energy production, boost immune function, and help fight tiredness and fatigue, ensuring your body keeps up with your daily demands.



EYEGARDE® MATRIX



EYE HEALTH



Sportron Eyegarde is a nutrient-rich scientific formulation combining powerful antioxidants to support long-term eye health and sustained vision. With a targeted blend of Lutein, Zeaxanthin, Ginkgo Biloba, and Beta-Carotene, this advanced supplement helps protect the eyes from the harmful effects of blue light and UV exposure, while supporting visual clarity, circulation to the optic nerve, and overall eye performance.

With Beta Carotene, Lutein & Zeaxanthin and Ginkgo Biloba.

30 VEGGIE CAPSULES

PRODUCT CODE SP082

RETAIL PRICE: **R349** (INCL VAT)



**BIOFOOD
MATRIX®**



SPORTRON



EYEGARDE

BENEFITS:

A nutrient-rich scientific blend with active ingredients to promote good eye health and sustained sight. This anti-oxidant rich formula will help delay macular age-related vision degradation.

DIRECTIONS FOR USE:

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

WARNING:

If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Not to be used by those younger than 18 years of age.

CONTRAINDICATIONS:

Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS PER CAPSULE

NIACIN (VITAMIN B3)	14 mg
LUTEIN	10 mg
BETA CAROTENE (SOURCE OF ZEAXANTHIN)	8 mg
GINKGO BILOBA	100 mg
CINNAMON (CINNAMOMUM)	318 mg

SPORTRON BIOFOODMATRIX® 25 mg

XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAINE, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCINIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



EYE HEALTH

Lutein and Zeaxanthin act as natural filters, protecting the eyes from harmful blue light and UV exposure. These nutrients support sustained vision, reduce eye strain, and help delay age-related vision decline.



VISUAL CLARITY

Beta-Carotene helps maintain clear vision by supporting retinal function and protecting against oxidative stress. This ensures sharper, more comfortable visual performance.



CIRCULATION TO THE EYES

Ginkgo Biloba supports microcirculation, improving blood flow to the optic nerve and retina. Better circulation enhances oxygen delivery and overall eye function.



FIGHTS INFLAMMATION

Lutein, Zeaxanthin, Cinnamon, and Ginkgo Biloba provide antioxidant and anti-inflammatory protection. These ingredients reduce oxidative stress, protecting delicate eye tissues and supporting long-term ocular health.



OVERALL EYE COMFORT

Niacin contributes to nerve health and energy metabolism, which supports eye comfort, reduces fatigue, and helps sustain long-term visual performance.



GLUCOPLEX® MATRIX



BLOOD SUGAR BALANCE



Sportron Glucoplex is a carefully crafted herbal supplement designed to promote healthy blood sugar levels and reduce the impact of inflammation on the body. Featuring a potent trio of Bearberry, Cinnamon, and Centella Asiatica, this antioxidant-rich formula supports glucose metabolism, heart health, and overall cellular vitality. By helping to stabilise blood sugar and reduce oxidative stress, Glucoplex provides natural support for those seeking to maintain balanced energy and long-term wellness.

With Bearberry, Centella Asiatica and Cinnamon.

30 VEGGIE CAPSULES

PRODUCT CODE SP012

RETAIL PRICE: **R309** (INCL VAT)



**BIOFOOD
MATRIX®**



SPORTRON



GLUCOPLEX

BENEFITS:

This herbal formulation promotes healthy blood sugar levels and its antioxidant-rich formulation helps protect against high blood sugar inflammation.

DIRECTIONS FOR USE:

Take 1 Capsule daily with a meal or as directed by your Health ®@tioner.

WARNING: If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Not to be used by those younger than 18 years.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER CAPSULE
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BEARBERRY (UVA URSI) {CONTAINING BERBERINE}	180 mg
CENTELLA ASIATICA	100 mg
CINNAMOMUM CASSIA (CINNAMON) POWDER	175 mg

SPORTRON BIOFOODMATRIX®	25 mg
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XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCINIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



BALANCED BLOOD SUGAR

Bearberry and Cinnamon support stable blood sugar levels by improving glucose metabolism, slowing sugar absorption, and enhancing insulin sensitivity for better energy balance.



HEART HEALTH

Cinnamon helps reduce LDL (bad cholesterol) and supports healthy circulation. Its antioxidant properties protect the heart from oxidative stress linked to high blood sugar.



FIGHTS INFLAMMATION

Cinnamon and Centella Asiatica provide natural anti-inflammatory and antioxidant effects, helping reduce oxidative stress and supporting recovery from chronic inflammation.



ENERGY AND VITALITY

Bearberry assists with efficient glucose use, helping the body maintain steady energy throughout the day and reducing fatigue.



CIRCULATION SUPPORT

Centella Asiatica improves circulation by strengthening blood vessels and enhancing oxygen flow, supporting cardiovascular health and overall wellbeing.



INFAGARDE® MATRIX



**RESPIRATORY
IMMUNE
HEALTH
COLD & FLU**



Sportron Infagarde is a natural solution formulated with a powerful blend of herbal extracts including Echinacea, Eyebright, Astragalus, Ginger, and Garlic. This blend is specifically designed to provide comprehensive support for the immune system while relieving symptoms of colds, flu, and seasonal allergies. It offers a plant-based solution for boosting your body's natural defences and easing discomfort from nasal congestion, post-nasal drip, and sore throats.

With Echinacea, Garlic (*Allium sativum*), Ginger (*Zingiber officinale*), Eyebrite (*Euphrasia officinalis*), Astragalus membranaceus.

100 ml SOLUTION

PRODUCT CODE SP073

RETAIL PRICE: **R279** (INCL VAT)



**BIOFOOD
MATRIX®**



SPORTRON



INFAGARDE

BENEFITS:

A herbal blend of Echinacea, Eyebrite, Astragalus, Ginger and Garlic to help relieve symptoms of colds and flu; such as nasal congestion, post-nasal drip and a sore throat.

DIRECTIONS FOR USE:

Adults: take 60 drops (3ml) in half a glass of water or juice with a meal. Children 12 years and above: take 30 drops in a half a glass of water or juice with a meal. Children 6 to 12 years: take 15 drops in a half a glass of water or juice with a meal. Use as directed by your Health Practitioner.

WARNING:

If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

CONTRAINDICATIONS:

Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS PER 3 ml

ECHINACEA PURPUREA EXTRACT	109 mg
EUPHRASIA OFFICINALIS EXTRACT (EYE BRITE)	40.9 mg
ASTRAGALUS MEMBRANACEUS EXTRACT	81.8 mg
ZINGIBER OFFICINALE EXTRACT (GINGER)	54.54 mg
ALLIUM SATIVUM EXTRACT (GARLIC)	0.4 mg

SPORTRON BIOFOODMATRIX® 25 mg

XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEXAGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



IMMUNE HEALTH

Echinacea and Astragalus strengthen the body's natural defences, helping to boost white blood cell activity and immune response. This supports resilience against seasonal infections.



COLD & FLU RELIEF

Garlic and Echinacea work together to reduce the severity and duration of common colds and flu. They help ease nasal congestion, sore throats, and post-nasal drip while supporting faster recovery.



ALLERGY SUPPORT

Eyebright helps reduce inflammation caused by allergens, easing symptoms like watery eyes, nasal irritation, and respiratory discomfort. This provides relief during allergy season.



RESPIRATORY COMFORT

Ginger and Garlic soothe the respiratory system, easing coughs, sore throats, and chest tightness. Their natural expectorant properties help clear congestion and improve breathing comfort.



ANTI-INFLAMMATORY PROTECTION

Ginger and Astragalus provide natural anti-inflammatory benefits, reducing irritation in the respiratory tract and helping the body maintain overall immune balance.



LION'S MANE® MATRIX

COGNITIVE BOOSTER GENERAL WELLNESS



Lion's Mane Matrix is a powerful natural brain and nerve support supplement made from a high-potency mushroom extract known for its cognitive and neurological benefits. This formula is designed to enhance memory, focus, and mental clarity while also promoting nerve regeneration and brain cell protection. With antioxidant, anti-inflammatory, and immune-boosting properties, Lion's Mane Matrix offers wide-ranging benefits for both mental and physical wellbeing.

With Lion's Mane Mushroom Extract.

30 VEGGIE CAPSULES

PRODUCT CODE SP089

RETAIL PRICE: **R349** (INCL VAT)



**BIOFOOD
MATRIX®**



SPORTRON

LION'S MANE

BENEFITS:

This natural mushroom extract supports concentration, memory, and overall brain and nerve function.

DIRECTIONS FOR USE:

Take 1 Capsule daily with a meal or as directed by your Health Practitioner. Can be used from 12+ years.

WARNING:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Be careful if taking this product together with other blood thinning medications – first consult a Health Practitioner.

CONTRAINDICATIONS:

Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER CAPSULE
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LIONS MANE POWDER	565 mg
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SPORTRON BIOFOODMATRIX®	25 mg
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XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



BRAIN HEALTH

Lion's mane supports the development, survival, and function of nerve cells, promoting neuroprotection and regeneration. These effects may help safeguard brain health, improve thought processes, and provide protection against conditions like dementia and Alzheimer's.



MEMORY AND FOCUS

This mushroom extract may help reduce brain fog and enhance mental performance by improving memory, concentration, and overall cognitive function.



MOOD

By influencing neurotransmitter activity, Lion's Mane may help reduce anxiety and depression, supporting emotional balance and mental resilience.



IMMUNE HEALTH

Lion's Mane may boost intestinal immune response and overall immune function. Its antioxidant and anti-inflammatory compounds help protect cells from oxidative stress and support the body's defence mechanisms.



DIGESTIVE HEALTH

Probiotic-supportive properties in Lion's Mane can help maintain a healthy gut environment by encouraging beneficial bacteria and suppressing harmful organisms like H. pylori.



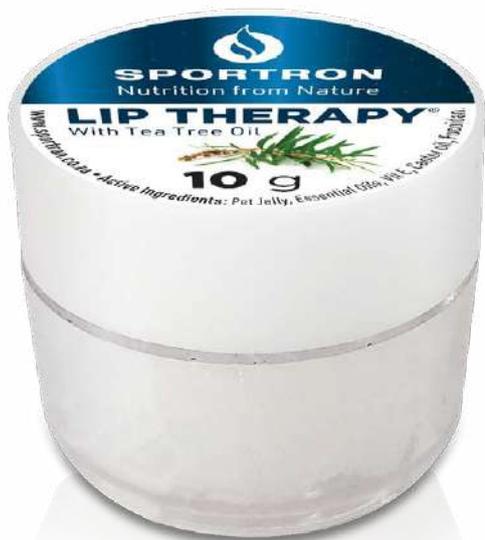
HEART HEALTH

This extract may contribute to heart health by reducing cholesterol levels and helping to prevent the formation of blood clots, supporting better cardiovascular function.



LIP THERAPY®

HEALTHY LIPS



IMPROVED FORMULA

Sportron Lip Therapy is a soothing, antioxidant-rich balm designed to hydrate, repair, and protect delicate lip skin. This natural herbal formula combines the healing power of Tea Tree Oil with the emollient properties of Castor Oil, the antioxidant defence of Vitamin E, and the rejuvenating effects of Fucoidan. Together, these active ingredients help restore moisture, smoothness, and resilience to dry or damaged lips, leaving them soft, plump, and healthy-looking.

With Tea Tree Oil & Vitamin E.

10 g

PRODUCT CODE SP052

RETAIL PRICE: **R99** (INCL VAT)





SPORTRON



LIP THERAPY

BENEFITS:

Sportron Lip Therapy combines powerful botanicals and antioxidants to soothe, hydrate, and repair dry or damaged lips. With Tea Tree Oil to calm irritation, Castor Oil to moisturise, Vitamin E to protect, and Fucoidan to deeply hydrate and rejuvenate, this balm leaves lips feeling soft, smooth, and visibly healthier.

DIRECTIONS FOR USE:

Apply to lips as needed.
Dermatologically tested.

PRECAUTIONS:

For external use only. Do not ingest.
Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS

PET JELLY, ESSENTIAL OILS, VIT E, CASTOR OIL, FUCOIDAN.



HYDRATION AND MOISTURE

Castor Oil is a rich emollient that deeply moisturises the lips, helping them feel soft, smooth, and nourished. It locks in hydration and supports the removal of dry skin, keeping lips healthy for longer. Fucoidan enhances hydration by promoting moisture retention in the skin's surface layers.



SOOTHING AND REPAIR

Tea Tree Oil, known for its anti-inflammatory and antibacterial properties, helps soothe chapped or cracked skin and may assist in relieving cold sores. It is especially beneficial for lips prone to irritation and damage.



ANTIOXIDANT PROTECTION

Vitamin E acts as a powerful antioxidant, protecting the lips from environmental stressors like UV rays and pollution. It helps prevent dryness, irritation, and signs of early aging, supporting smooth and youthful-looking lips. Fucoidan further contributes antioxidant defence, shielding lip skin from oxidative damage.



SKIN RENEWAL AND PLUMPNESS

Fucoidan promotes cell renewal and elasticity, which helps maintain the softness and plump appearance of lips. It supports the skin's natural structure while protecting it from inflammation and external stress.



MAGNETRON[®] MATRIX



MUSCLE, BONE & JOINT HEALTH



Sportron Magnetron is a powerful blend of essential minerals and vitamins designed to support your body's daily needs for strength, energy, and resilience. At the core of this scientifically formulated supplement is magnesium, a vital mineral involved in hundreds of bodily processes, from maintaining muscle and nerve function to supporting bone strength, heart rhythm, and mental balance. Combined with calcium and key vitamins (D, C, and K), Magnetron Matrix delivers broad-spectrum support for bones, muscles, immunity, energy and stress management. It is further enhanced with mineral-rich seaweed and the Biofood Matrix[®] blend for optimal cellular absorption and bioavailability.

With Magnesium, Calcium, Vitamins D, C & K.

30 VEGGIE CAPSULES

PRODUCT CODE SP087

RETAIL PRICE: **R299** (INCL VAT)



**BIOFOOD
MATRIX[®]**



SPORTRON

MAGNETRON

BENEFITS:

This scientific blend promotes strong bones, relaxed muscles, immune support, and balanced energy levels. With essential vitamins and minerals to support overall health and daily vitality.

DIRECTIONS FOR USE:

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

WARNING: If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER CAPSULE
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CALCIUM CARBONATE	692 mg
MAGNESIUM GLYCINATE	135 mg
MAGNESIUM SULPHATE	110 mg
MAGNESIUM STEARATE	5 mg
VITAMIN D	600 IU
ZINC OXIDE	11 mg
VITAMIN C	31 mg
VITAMIN K2	60 mcg
MINERAL RICH SEAWEED (CONTAINING MANGANESE, COPPER, IODINE, MOLYBDENUM, SELENIUM, BORON & PHOSPHORUS)	10 mg

SPORTRON BIOFOODMATRIX®	25 mg
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XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAINE, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCINIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



MUSCLE AND NERVE FUNCTION

Magnesium glycinate, sulphate, and stearate work together to support muscle relaxation and contraction, helping to alleviate soreness, aid recovery, and reduce inflammation. Magnesium is critical for nerve impulse conduction, while calcium carbonate ensures proper muscle contraction. These ingredients also assist with potassium and sodium balance, necessary for effective nerve communication.



BONE HEALTH

Magnesium and calcium play a central role in bone formation and maintenance. Magnesium assists calcium absorption and supports vitamin D activity, which is crucial for bone integrity. Vitamin D3, along with vitamin K (especially K2), contributes to bone density by regulating calcium use and directing it into the bones instead of soft tissues.



HEART HEALTH

Magnesium, as an electrolyte, helps maintain healthy heart rhythms and supports normal blood pressure by relaxing blood vessels. This is bolstered by the presence of calcium and vitamin D, which influence the contraction and relaxation cycle of heart muscles.



MOOD AND MENTAL HEALTH

Magnesium aids in the production of serotonin, a key neurotransmitter that regulates mood and emotional well-being. It calms the nervous system and assists with neurotransmitter regulation, potentially easing symptoms of anxiety, depression, and poor sleep. The Biofood Matrix™ blend—including ashwagandha (Withania somnifera), moringa, and spirulina—adds adaptogenic support for better stress management.



ENERGY

Magnesium is a cofactor in over 300 enzyme systems, including those responsible for ATP (energy) production. It plays a role in glucose metabolism, helping transport blood sugar into muscles. This prevents lactate buildup, reducing fatigue and enhancing endurance. The inclusion of vitamin C and the Biofood Matrix™ further supports energy metabolism and antioxidant protection.



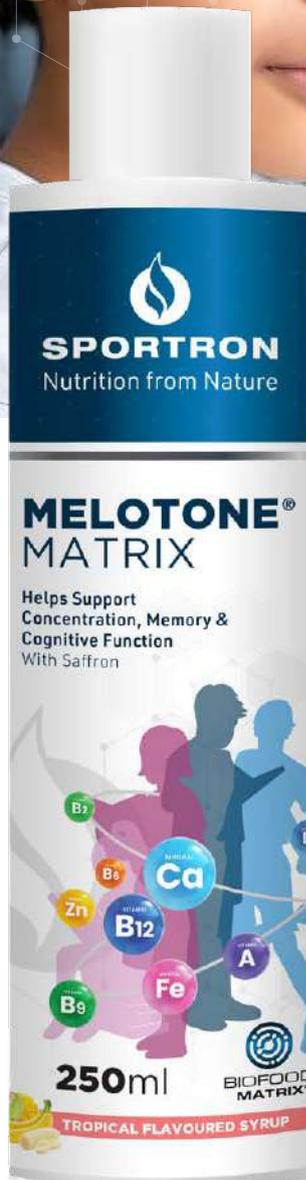
IMMUNITY AND CELLULAR SUPPORT

Vitamins C and D strengthen immune defenses, while the mineral-rich seaweed extract, containing manganese, copper, iodine, selenium, and more, provides trace elements essential for immune cell function and antioxidant protection. The Biofood Matrix™ also delivers phytonutrients and plant compounds to enhance cellular health and vitality.



MELOTONE® MATRIX

MENTAL CLARITY & FOCUS



Sportron Melotone enhances cognitive ability, focus, and clarity. It has proven particularly effective in children who struggle with concentration, hyperactivity, and ADHD. Omega-3 oils and saffron promote healthy neurotransmission of messages, resulting in greater mental clarity. Melotone's tried-and-true formula soothes overworked minds, promoting better sleep and mood.

With Omega 3 Oils, Saffron & B-Vitamins.

250 ML SYRUP

PRODUCT CODE SP038

RETAIL PRICE: **R369** (INCL VAT)



**BIOFOOD
MATRIX®**



SPORTRON

MELOTONE

BENEFITS:

Sportron Melotone is a natural tonic that supports memory, focus and cognitive function. It helps improve neurotransmission and may assist children and individuals with attention or behavioural challenges.

DIRECTIONS FOR USE:

Shake the bottle well before use. Children 6 to 12 years of age, 5ml daily. Children over 12 and adults, 10ml daily. Or as directed by your Health Practitioner.

WARNING:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

CONTRAINDICATIONS:

Contraindicated with certain anti-depressants, consult your Health Practitioner. Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS

PER 10 ML

FLAX SEED OIL (OMEGA 3) CONTAINING:	245 MG
OLEIC ACID	46.2 MG
LINOLEIC ACID	36.8 MG
A-LINOLENIC ACID	136.8 MG
GAMMA-LINOLENIC ACID	2.86 MG
VITAMIN B1	1.2 MG
VITAMIN B2	1.3 MG
VITAMIN B3	16 MG
VITAMIN B6	1.3 MG
VITAMIN B12	10 MCG
VITAMIN C	90 MG
VITAMIN D3	600 IU
VITAMIN E	15 MG
SAFFRON EXTRACT	40 MG
EVENING PRIMROSE OIL	200 MG
CALCIUM LACTATE	100 MG
MAGNESIUM GLYCINATE	122.5 MG
ZINC OXIDE	10 MG
SEA WEED EXTRACT	10 MG
GLYCINE	100 MG
L-CARNITINE	40 MG
TAURINE	50 MG

SPORTRON BIOFOODMATRIX®

25 mg

XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



SUPPORTS MEMORY AND COGNITIVE PERFORMANCE

Omega-3, Evening Primrose Oil and Saffron play a central role in supporting healthy brain activity. These plant extracts are known for assisting with memory formation, recall and mental clarity by helping improve circulation to the brain and supporting neurotransmitter balance. This combined action helps maintain sharper cognitive function during periods of study, focus or mental demand.



PROMOTES FOCUS AND MENTAL CLARITY

B-vitamins, minerals and essential amino acids work together to support mental alertness and clear thinking. Their role in supporting healthy nerve signalling and cognitive processing helps reduce mental fatigue and maintain focus, particularly during tasks requiring extended concentration. This blend supports daily mental performance in both adults and older children.



SUPPORTS HEALTHY NERVOUS SYSTEM FUNCTION

A full spectrum of B-vitamins – including B1, B2, B3, B5 and B6 – helps nourish and support the nervous system. These vitamins assist in energy metabolism within nerve cells, supporting balanced neurological function and helping maintain healthy responses to stress. Their combined effect promotes calm, sustained mental performance throughout the day.



PROVIDES ANTIOXIDANT AND CELLULAR PROTECTION

Antioxidants from Vitamins C and E, and Beta-Carotene help protect brain cells from oxidative stress, which can impact cognitive performance over time. Vitamin C further assists by supporting healthy blood flow and cellular defence. This antioxidant activity contributes to long-term brain health and overall cognitive resilience.



SUPPORTS DAILY ENERGY AND VITALITY

Vitamin C and B-vitamins work together to support the body's energy production pathways. By promoting the formation of healthy red blood cells and improving oxygen supply, these nutrients help maintain stamina and reduce tiredness associated with mental effort. This ensures the brain and body stay supported during demanding days.



MENTAL CALM[®] MATRIX



STRESS MANAGEMENT, ANXIETY



Sportron Mental Calm Matrix is a scientifically formulated supplement crafted to support emotional balance, relaxation, and stress resilience. Combining time-tested herbal extracts such as Ashwagandha, Chamomile, Passionflower, and Valerian with the amino acid L-Theanine, this blend is designed to calm the mind and promote a sense of well-being. Ideal for individuals dealing with daily stress, tension, or restlessness, Mental Calm Matrix offers a natural approach to achieving inner calm and mental clarity.

With Herbal Extracts and Ashwagandha.

30 VEGGIE
CAPSULES

PRODUCT CODE SP040

RETAIL PRICE: **R279** (INCL VAT)



**BIOFOOD
MATRIX[®]**



SPORTRON

MENTAL 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. Ashwagandha aids the body to deal with stress.

DIRECTIONS FOR USE:

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

PRECAUTIONS:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Consult your Health Practitioner if anxiety becomes chronic. Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER CAPSULE
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ASHWAGANDA (WITHANIA SOMNIFERA)	250 mg
L-THEANINE	100 mg
CHAMOMILE POWDER (MATRICARIA CHAMOMILLA)	100 mg
PASSIFLORA POWDER (PASSIFLORA INCARNATA)	60 mg
VALERIA POWDER (VALERIA OFFICINALIS)	50 mg

SPORTRON BIOFOODMATRIX®	25 mg
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XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



RELAXES THE MIND WITHOUT DROWSINESS

Chamomile, Passiflora (Passionflower), and Valerian work together to gently ease tension and anxiety by calming the nervous system and reducing overactivity. These herbs may help increase levels of GABA, a neurotransmitter known for promoting relaxation and reducing mental unease, without causing drowsiness. This allows you to feel more focused, grounded, and emotionally balanced throughout the day.



SUPPORTS MOOD AND MENTAL CLARITY

L-Theanine is a unique amino acid found in green tea that helps improve mood and promote a sense of well-being. It boosts levels of calming neurotransmitters such as dopamine and serotonin, helping you feel emotionally uplifted and mentally alert, even in stressful situations. It also promotes relaxation by lowering blood pressure and heart rate, improving sleep quality and enhancing focus.



REDUCES THE FIGHT-OR-FLIGHT RESPONSE

Ashwagandha is an adaptogen that helps regulate your body's stress response by lowering cortisol, the primary stress hormone. By reducing cortisol levels, Ashwagandha helps bring the body out of its chronic fight/flight/freeze mode, which is linked to fatigue, brain fog, and hormonal imbalances. The result is reduced stress and anxiety, improved sleep quality, and a greater sense of calm resilience.



PROMOTES THE RELAXATION RESPONSE

Mental Calm promotes activation of the parasympathetic nervous system (your body's natural "rest and digest" mode). This system helps relax muscles, lower heart rate, increase serotonin, and inhibit the secretion of stress hormones like cortisol and norepinephrine, helping you shift out of chronic stress and into a state of ease, focus, and emotional recovery.



OMEGATONE[®] MATRIX



ANTI-INFLAMMATION
GENERAL WELLNESS
BONE & JOINT HEALTH



Omeгатone Matrix is a plant-based Omega-3 supplement formulated to support overall wellness with powerful anti-inflammatory benefits. Derived from flaxseed oil and enriched with Vitamin D3, Vitamin E and Vitamin K2, this supplement promotes heart health, brain function, immune support, and joint mobility. It also contributes to bone and eye health, making it ideal for everyday nutritional support.

With Omega-3 and Vitamins D3, E & K

250 ml

PRODUCT CODE SP070

RETAIL PRICE: R349 (INCL VAT)



**BIOFOOD
MATRIX[®]**



SPORTRON

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. Children 5 - 12 years, take 5ml per day. 12 years+, take 10ml per day. Or as directed by your Health Practitioner. Preferably take after a meal. Keep refrigerated after opening.

WARNING:

If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER 10 ml DOSE
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FLAX SEED OIL (OMEGA 3)	485 mg
CONTAINING:	
Alpha-linolenic acid	265 mg
Vitamin D3	300 IU
Vitamin E	15 mg
Vitamin K2	30 mcg

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.



HEART AND BRAIN HEALTH

Omega-3 from flaxseed oil and Alpha-linolenic acid help maintain a healthy heart and support cognitive function. These essential fatty acids are especially important during pregnancy for supporting brain development.



BONE AND JOINT SUPPORT

Vitamin D3 and Vitamin K2 work together to promote calcium absorption and maintain strong, healthy bones. Omega-3 supports joint mobility and helps reduce inflammation, improving comfort and flexibility.



IMMUNE AND INFLAMMATORY SUPPORT

Omega-3 and Vitamin D3 offer natural anti-inflammatory properties that help the body manage inflammation and support the immune system. Vitamin E adds antioxidant protection to help reduce oxidative stress.



EYE AND SKIN HEALTH

Omega-3 fatty acids play a key role in supporting healthy vision and maintaining skin hydration and elasticity.



PHYTOGARDE® MATRIX



IMMUNE SUPPORT GENERAL WELLNESS



Sportron PhytoGARDE Matrix combines nature's most potent antioxidant and immune-supporting ingredients, including Cranberry, Grape Seed, Elderberry, African Potato and Green Tea. This synergistic formulation helps defend the immune system, fight oxidative stress, and protect cells against daily environmental damage. Designed for those needing extra immune and antioxidant support, PhytoGARDE Matrix is ideal during seasonal changes, high-stress periods, or recovery from illness.

With Cranberry, Grape Seed, Elderberry and Green Tea.

250 ml

PRODUCT CODE SP072

RETAIL PRICE: **R299** (INCL VAT)



**BIOFOOD
MATRIX®**



SPORTRON

PHYTOGARDE

BENEFITS:

Sportron Phytogarde combines nature's most potent antioxidant and immune-supporting extracts — including Cranberry, Grape Seed, Elderberry, African Potato, Echinacea, and Green Tea. This synergistic formulation helps strengthen the immune system, fight oxidative stress, and protect the body at cellular level against everyday environmental and lifestyle-related free radical damage.

DIRECTIONS FOR USE:

Take 7,5ml (1 and a half teaspoons) mixed with 250ml water per day, preferably after a meal, or as recommended by your Health Practitioner. Keep refrigerated after opening.

WARNING:

If pregnant or breastfeeding, consult a Health Practitioner prior to use.

CONTRAINDICATIONS:

Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS

PER 10 ML

CRANBERRY EXTRACT	100 mg
MORINGA EXTRACT	9.9 mg
GRAPE SEED (VITIS VINIFERA) EXTRACT	50.1 mg
AFRICAN POTATO EXTRACT	50.1 mg
ELDERBERRY (SAMBUCUS NIGRA) EXTRACT	100 mg
SEAWEED (SARGASSUM) EXTRACT	5.1 mg
ECHINACEA EXTRACT	20.1 mg
BETA-CAROTENE POWDER	1.5 mg
GREEN TEA EXTRACT	15 mg

SPORTRON BIOFOODMATRIX®

2.025 mg

XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.

IMMUNE DEFENCE AND CELLULAR PROTECTION

Phytogarde Matrix delivers strong immune-supporting action through the combined potency of Elderberry, Grape Seed Extract and Cranberry, each rich in natural antioxidants that help the body defend against environmental stressors. Sargassum Seaweed Extract further enhances immune modulation, while Beta-Carotene contributes to cellular protection. Together, these ingredients help reinforce immune resilience and provide a daily shield against free-radical damage.



ANTIOXIDANT AND ANTI-INFLAMMATORY SUPPORT

Moringa, Echinacea, African Potato and Grapeseed Extracts work synergistically to help reduce inflammation while neutralising oxidative stress at a cellular level. Their natural antioxidant compounds assist in calming the body's inflammatory response, supporting long-term wellness and promoting a healthier internal environment. This blend helps counteract the impact of stress, pollution and lifestyle factors that contribute to cellular ageing.



ENERGY, VITALITY AND RECOVERY

The powerful antioxidant activity of Cranberry, Elderberry and Grape Seed Extract supports healthy blood flow and assists the body in maintaining sustained energy levels. By reducing oxidative stress, these botanicals help the body recover more efficiently from daily fatigue, while the BioFood Matrix ensures optimal nutrient absorption for improved vitality. The result is a formulation that supports stamina, clarity and overall day-to-day performance.



DETOXIFICATION AND OVERALL WELLBEING

Moringa, Grapeseed and Sargassum Seaweed Extracts contribute to natural cleansing processes and support healthy liver function, helping the body eliminate toxins more effectively. Their combined phytonutrient activity supports balanced metabolic processes and enhances overall wellbeing. Regular use helps promote a cleaner internal system and a healthier, more energised body.



CELL DEFENCE AND ADVANCED PROTECTION

Phytogarde Matrix includes a specialised Sargassum Seaweed Extract known for its unique ability to support the body's natural protective processes. This extract provides natural compounds that help defend cells against oxidative stress and support healthy inflammatory responses. It also assists the body's natural mechanisms involved in cellular repair and renewal, helping maintain healthy cell function. Research has confirmed its anti-cancer properties, especially at cellular level.



PRO B-9[®] MATRIX

GUT HEALTH IMMUNE HEALTH



Sportron Pro-B9 is a scientifically formulated daily health supplement containing a powerful blend of 9 probiotic strains and prebiotics to support digestive and immune health. This nutrient-dense formula helps maintain a balanced gut flora, enhances nutrient absorption, and contributes to overall well-being. With 70% of the body's immune cells residing in the gut, Pro-B9 plays a vital role in supporting immunity, mental clarity, skin health, and overall vitality.

With a Pre-biotic & 9-strain Probiotic.

30 ml SOLUTION

PRODUCT CODE SP083

RETAIL PRICE: **R299** (INCL VAT)



**BIOFOOD
MATRIX[®]**



SPORTRON

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 promote 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:

Shake well before use. For children over 3 years of age and adults, take 1 ml (2 to 3 drops) daily or as recommended by your Health Practitioner. Add to a smoothie, yoghurt, porridge etc, or consume by placing on top of the tongue and swallowing.

WARNING:

If you are taking prescription medication, consult a Health Practitioner prior to use.

CONTRAINDICATIONS:

Avoid if allergic or sensitive to any of the listed ingredients.



DIGESTIVE HEALTH

Pro-B9[®] helps break down food and aids nutrient absorption by promoting a healthy balance of gut bacteria. It may relieve common digestive issues such as bloating, gas, and constipation. It is particularly beneficial for those experiencing IBS or lactose intolerance, as it strengthens the gut lining and enhances digestive enzyme activity.



IMMUNE HEALTH

By reinforcing the gut lining and promoting a healthy intestinal environment, Pro-B9[®] helps prevent harmful substances from entering the bloodstream. It supports the immune system by stimulating the production of white blood cells and antibodies while reducing chronic inflammation. Certain probiotic strains may also enhance the body's antiviral defense and reduce infection risks.



MENTAL HEALTH

Pro-B9[®] supports the gut-brain connection, which plays a role in regulating mood, stress, and sleep. A balanced microbiome has been shown to influence neurotransmitter production, helping to improve emotional well-being and alleviate symptoms of anxiety and depression.



SKIN HEALTH

Probiotics can assist in reducing skin inflammation and supporting hydration and elasticity by promoting the production of ceramides. This may help in the management of skin conditions such as eczema and acne.



ALLERGY SUPPORT

By strengthening the gut barrier and modulating the immune response, Pro-B9[®] may help reduce the frequency and severity of allergic reactions. It supports immune balance, which may reduce the symptoms of allergic rhinitis, eczema, and even some food-related allergies.

TOTAL PROBIOTICS

PER 1 ML

1 BILLION CFU CONSISTING OF: LACTOBACILLUS ACIDOPHILUS UBLA-34, BIFIDOBACTERIUM LACTIS UBBLA-70, BIFIDOBACTERIUM BIFIDUM UBBB-55, LACTOBACILLUS RHAMNOSUS HN00, LACTOBACILLUS CASEI LC-11, LACTOBACILLUS PLANTARUM LP-115, LACTOBACILLUS LACTIS LI-23, BIFIDOBACTERIUM LONGUM UBBL-64, STREPTOCOCCUS THERMOPHILIS ST-21}, PREBIOTICS BLEND (FRUCTOOLIGOSACCHARIDES 3.5 MG, MALTODEXTRIN {PREBIOTIC FIBER} 27.5 MG).

CFU= COLONY FORMING UNITS

SPORTRON BIOFOODMATRIX[®] 250 mcg

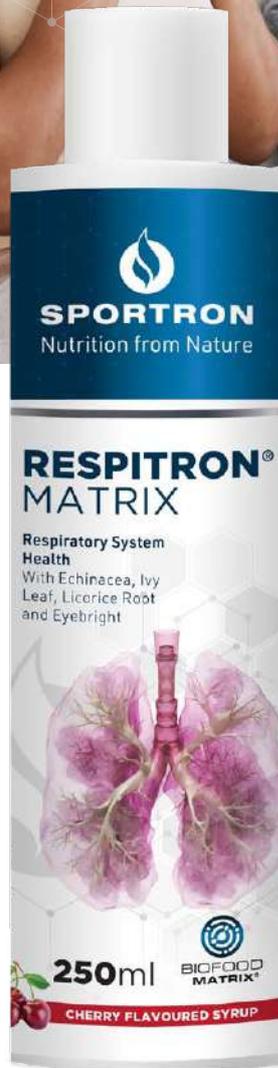
XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAINE, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCINIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



RESPITRON® MATRIX



IMMUNE SUPPORT RESPIRATORY HEALTH



Respiron Matrix is a comprehensive respiratory-support formulation designed to promote clear, comfortable breathing throughout the year. It combines the powerful natural properties of Echinacea, Ivy Leaf, Licorice Root and Eyebright with a full spectrum of vitamins and antioxidants to help maintain healthy airways, support immune function and ease discomfort associated with seasonal changes, irritation and congestion. With its updated and improved formulation, Respiron Matrix provides a balanced, multi-action approach to respiratory health for both adults and children, helping the body stay resilient, strong and well.

With Echinacea, Ivy Leaf, Licorice Root and Eyebright (natural anti-histamine).

250 ml

PRODUCT CODE SP039

RETAIL PRICE: R329 (INCL VAT)




**BIOFOOD
MATRIX®**



SPORTRON

RESPITRON

BENEFITS:

Sportron Respirtron Matrix supports clear airways, comfortable breathing and immune health with Echinacea, Ivy Leaf, Licorice Root and Eyebright. Enriched with vitamins, minerals and antioxidants to help maintain respiratory wellness and vitality.

DIRECTIONS FOR USE:

Shake the bottle well before use.

Children 4-6 years of age 2.5ml once a day.

Children 7-12 years of age 2.5ml once or twice a day.

Adults and children 12 years and older 5ml once or twice a day. Or as directed by your Health Practitioner.

CONTRAINDICATIONS:

Avoid if allergic or sensitive to any of the listed ingredients.



STRENGTHENS IMMUNE DEFENCE

Echinacea and Eyebright help strengthen the body's natural defences, supporting immune resilience when respiratory challenges increase. These botanicals work alongside Vitamin C and Vitamin A, both known for promoting immune balance and offering antioxidant protection. Together, these ingredients help the body respond effectively to seasonal stressors while supporting overall wellness.



SUPPORTS RESPIRATORY HEALTH

Ivy Leaf Extract is known for helping to ease chest tightness and promote clearer, more comfortable breathing. Combined with Licorice Root, which naturally soothes and supports irritated airways, this formulation helps maintain healthy lung function and provides relief during times of congestion. These ingredients assist the body in managing respiratory discomfort such as throat irritation, coughing and blocked airways.



RELIEVES ALLERGY-RELATED SYMPTOMS

Eyebright and Licorice Root work together to ease discomfort triggered by allergens, dust, pollen or environmental irritants. Their natural soothing properties help reduce nasal irritation and manage allergy-related symptoms such as sneezing, watery eyes and sinus sensitivity. Vitamin C further supports the body's response to allergens, helping promote more balanced respiratory comfort.



BOOSTS ENERGY AND DAILY VITALITY

A blend of key B-vitamins - including B1, B2, B3, B5, B6 and B12 - supports energy metabolism and helps combat fatigue that often accompanies respiratory discomfort. These vitamins assist the body's natural energy production processes, helping maintain vitality throughout the day while the respiratory system is under strain.



PROVIDES ANTIOXIDANT PROTECTION

Vitamin C, Beta-Carotene and plant-based antioxidants from Echinacea, Ivy Leaf and Eyebright help protect the respiratory system from oxidative stress caused by environmental exposure, pollution and illness. This strong antioxidant activity supports cellular health within the lungs and sinuses, helping the body recover more efficiently and maintain long-term respiratory wellness.

ACTIVE INGREDIENTS

PER 2.5 ML

IVY LEAF (HEDERA HELIX) EXTRACT	17.5 mg
LICORICE ROOT EXTRACT	5 mg
ECHINACEA EXTRACT	10 mg
VITAMIN B1	0.6 mg
VITAMIN B2	1 mg
VITAMIN B5	2.5 mg
VITAMIN B6	0,85 mg
VITAMIN B12	1.5 mcg
VITAMIN C	25 mg
ZINC OXIDE	5 mg
L TYROSINE	5 mg
APPLE CIDER VINEGAR	5 mg
BETA CAROTENE (VITAMIN A)	0.55 mg
EYEBRIGHT (NATURAL ANTI-HISTAMINE)	10 mg

SPORTRON BIOFOODMATRIX® 5 mg

XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



ULTRAGARDE® MATRIX



GENERAL WELLNESS & ENERGY



Sportron Ultragarde is a high-quality multi-vitamin, mineral, and probiotic supplement formulated to support optimal vitality, immune function, and digestive health. With 30 active ingredients - including essential vitamins, minerals, amino acids, antioxidants, probiotics, and a mineral-rich seaweed extract - Ultragarde is designed to help your body absorb nutrients efficiently while promoting sustained energy, strong immunity, and overall well-being.

With Vitamins, Minerals & Probiotics.

30 VEGGIE CAPSULES

PRODUCT CODE SP023

RETAIL PRICE: **R349** (INCL VAT)



BIOFOOD MATRIX®



SPORTRON

ULTRAGARDE

BENEFITS:

A premium multi-vitamin and mineral supplement containing 30 nutrients to boost optimal vitality and sustained wellness. Ultragarde contains probiotics to boost gut health ensuring optimal nutrient absorption and immune health.

DIRECTIONS FOR USE:

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

PRECAUTIONS:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER CAPSULE	%NRV
VITAMIN C (ASCORBIC ACID)	90 mg	100
VITAMIN B3 (NIACIN)	16 mg	100
VITAMIN B5 (PANTOTHENIC ACID)	5 mg	100
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	1.2 mg	100
VITAMIN B2 (RIBOFLAVIN)	1.3 mg	100
VITAMIN B6 (PYRIDOXINE)	1.7 mg	100
VITAMIN B7 (BIOTIN)	30 mcg	100
VITAMIN B9 (FOLIC ACID)	240 mcg	100
VITAMIN B12 (COBALAMIN)	2.4 mcg	100
VITAMIN A (RETINYL PALMITATE)	3000 IU	100
VITAMIN D (CHOLECALCIFEROL)	800 IU	100
VITAMIN E (TOCOPHEROL)	22 IU	100
VITAMIN K2	30 mcg	25
POTASSIUM AS POTASSIUM CHLORIDE	81.81 mg	1
CALCIUM AS CALCIUM CARBONATE	95.95 mg	3
MAGNESIUM STEARATE	39.76 mg	0.5
IRON AMINO ACID CHELATE	8.7 mg	48
ZINC AS ZINC OXIDE	14 mg	100
CHROMIUM PICOLINATE	282.28 mg	100
CO-ENZYME Q10	50 mcg	†
L-VALINE	124.5 mg	†
ALOE VERA (ALOE BARBADENSIS MILLER) [LEAF] CONCENTRATE	20 mg	†
LUTEIN 5%	5 mg	†
LYCOPENE 10%	3000 mcg	†

† DAILY VALUE NOT ESTABLISHED % NRV BASED ON FDA VALUES FOR ADULTS

PROBIOTICS 4STR BIOMIX	PER CAPSULE	SPORTRON BIOFOODMATRIX®	25 mg
ESSENTIAL 4 STRAIN PROBIOTIC BLEND (CONSISTING OF LACTOBACILLUS ACIDOPHILUS, BIFIDOBACTERIUM LONGUM, BIFIDOBACTERIUM BIFIDUM, BIFIDOBACTERIUM LACTIS), FRUCTO-OLIGOSACCHARIDE (PREBIOTIC)	112 MILLION CFU	XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAINE, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCINIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.	
MINERAL RICH SEAWEED EXTRACT (CONTAINING MANGANESE, COPPER, IODINE, MOLYBDENUM, SELENIUM, BORON & PHOSPHORUS).	325 mcg		
	25 mg		



IMMUNE SUPPORT

Key immune-strengthening nutrients include Vitamin C, Zinc, Vitamin D, and Iron, which help maintain the body's natural defences. Vitamin B6, Vitamin B12, and Folic Acid also contribute to immune cell production and function.



DIGESTIVE AND GUT HEALTH

The combination of a 4-strain probiotic blend and prebiotic (fructo-oligosaccharide) supports a balanced gut microbiome, aiding digestion and enhancing nutrient absorption. This promotes immune health and overall gut function.



ENERGY AND VITALITY

A complete spectrum of B-vitamins (B1, B2, B3, B5, B6, B7, B9, B12), along with Iron, Magnesium, and L-Valine, supports energy metabolism, reduces fatigue, and helps with muscle recovery and stamina.



ANTIBACTERIAL ACTION

Cranberries offer natural antimicrobial support, helping inhibit the growth of harmful bacteria in the urinary tract.



ANTIOXIDANT PROTECTION AND HEALTHY AGEING

Vitamin E, Co-Enzyme Q10, Lutein, and Lycopene provide antioxidant benefits, helping to protect cells from oxidative stress, support cardiovascular health, and promote healthy ageing.



BONE AND MUSCLE HEALTH

Calcium, Magnesium, Vitamin D, and Vitamin K2 support bone density and muscle function. These nutrients play a crucial role in maintaining structural integrity and reducing the risk of deficiency-related conditions.



COGNITIVE AND CELLULAR FUNCTION

Co-Enzyme Q10, Chromium Picolinate, and Mineral Rich Seaweed Extract (containing trace minerals like selenium, iodine, and manganese) help support brain function, cellular health, and metabolic balance. integrity and reducing the risk of deficiency-related conditions.



SKIN, HAIR, AND VISION SUPPORT

Vitamin A, Biotin, and Lutein contribute to healthy skin, hair, and vision, while helping protect against environmental damage and premature ageing.



URITRON[®] MATRIX



URINARY TRACT HEALTH



Research has proven that Cranberry Actives (not fruit/juice) are very effective in treating and preventing urinary infections, by preventing bacteria adhering to walls of the bladder. It has been shown to decrease adherence of bacteria, such as E.Coli within 8 hours after consumption.

With Cranberry Actives.

30 VEGGIE CAPSULES

PRODUCT CODE SPO35

RETAIL PRICE: **R329** (INCL VAT)



**BIOFOOD
MATRIX[®]**



SPORTRON

URITRON

BENEFITS:

Uritron contains Cranberry Actives that promote urinary tract health by assisting the body with bladder infection symptom relief, such as burning, irritation and urinary discomfort.

DIRECTIONS FOR USE:

Take three capsules per day for seven days for an acute condition. Take one capsule daily for a mild/preventative condition or as prescribed by your Health Practitioner.

PRECAUTIONS:

Not to be used by anyone younger than 12 years. Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Consult your Health Practitioner if your urinary tract condition becomes chronic. Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER CAPSULE
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CRANBERRY (VACCINIUM MACROCARPON FRUIT) POWDER	525 mg
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SPORTRON BIOFOODMATRIX®	10 mg
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XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCIBIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



SUPPORTS URINARY TRACT HEALTH

A concentrated dose of Cranberry (525 mg per capsule) helps prevent bacteria like E. coli from sticking to the urinary tract walls, thanks to A-type proanthocyanidins. This helps reduce the risk and recurrence of urinary tract infections (UTIs).



RELIEVES BLADDER DISCOMFORT

With anti-inflammatory compounds like quercetin and ursolic acid, cranberry helps ease urinary urgency, burning, and irritation—supporting overall bladder wellness.



POWERFUL ANTIOXIDANT PROTECTION

Rich in natural antioxidants such as myricetin, peonidin, and vitamin C, cranberries help protect urinary tract cells and strengthen the immune system, particularly during infection.



ANTIBACTERIAL ACTION

Cranberries offer natural antimicrobial support, helping inhibit the growth of harmful bacteria in the urinary tract.



HEART AND DIGESTIVE SUPPORT

High antioxidant content may also benefit heart health and support digestive function.



DELIVERS VITAL NUTRIENTS

Cranberries provide a variety of essential vitamins and minerals—like vitamin C, A, K, manganese, copper, and potassium—that promote tissue repair, immune strength, and overall vitality.



WHIZZ[®] MATRIX

IMMUNE SUPPORT GENERAL WELLNESS



Whizz Matrix is a delicious immune support syrup formulated with powerful plant-based ingredients to help strengthen the body's natural defences. With a blend of Elderberry, Echinacea, Vitamin C, and Zinc, it provides year-round protection and extra support during high-risk seasons. Easy to take and suitable for daily use, Whizz Matrix fits seamlessly into your wellness routine.

With Elderberry, Echinacea and Vitamin C.

250 ml

PRODUCT CODE SP053

RETAIL PRICE: **R309** (INCL VAT)



**BIOFOOD
MATRIX[®]**



SPORTRON



WHIZZ

BENEFITS:

This formulation combines some of nature's most trusted immune-boosting ingredients. Ideal for year-round immune protection or extra support during high-risk seasons. Pleasant tasting and easy to take, it fits seamlessly into daily wellness routines.

DIRECTIONS FOR USE:

Shake well before use, at least 10 shakes. 2.5ml for children 2 - 4 years; 5ml for children 5 - 7 years; 10ml for ages 8 - 18 years; 10 ml for adults, or as directed by your Health Practitioner. 5ml = 1 teaspoon. Keep refrigerated after opening. Preferably take after a meal.

CONTRAINDICATIONS:

Avoid if allergic or sensitive to any of the listed ingredients.



IMMUNE SUPPORT

Elderberry extract and Echinacea work together to help the immune system respond to viruses and infections. These trusted botanicals are known for reducing the severity and duration of cold and flu symptoms.



ANTIOXIDANT PROTECTION

Vitamin C provides antioxidant support by helping the body fight off free radicals. It also helps boost immune cell function and improve the body's natural response to illness.



VIRAL DEFENCE AND RECOVERY

Zinc plays a vital role in immune defence by supporting immune cell activity and helping the body recover faster. It works alongside Vitamin C to help reduce inflammation and support quicker healing.



DAILY WELLNESS

The combination of ingredients makes Whizz Matrix ideal for everyday immune maintenance. Its pleasant taste makes it easy for both adults and children to take regularly.

ACTIVE INGREDIENTS PER 10ml DOSE

BLACK ELDERBERRY (SAMBUCUS NIGRA) EXTRACT	500 mg
ECHINACEA EXTRACT	400 mg
ASCORBIC ACID (VITAMIN C)	45 mg
ZINC OXIDE	5.0 mg

SPORTRON BIOFOODMATRIX® 5 mg

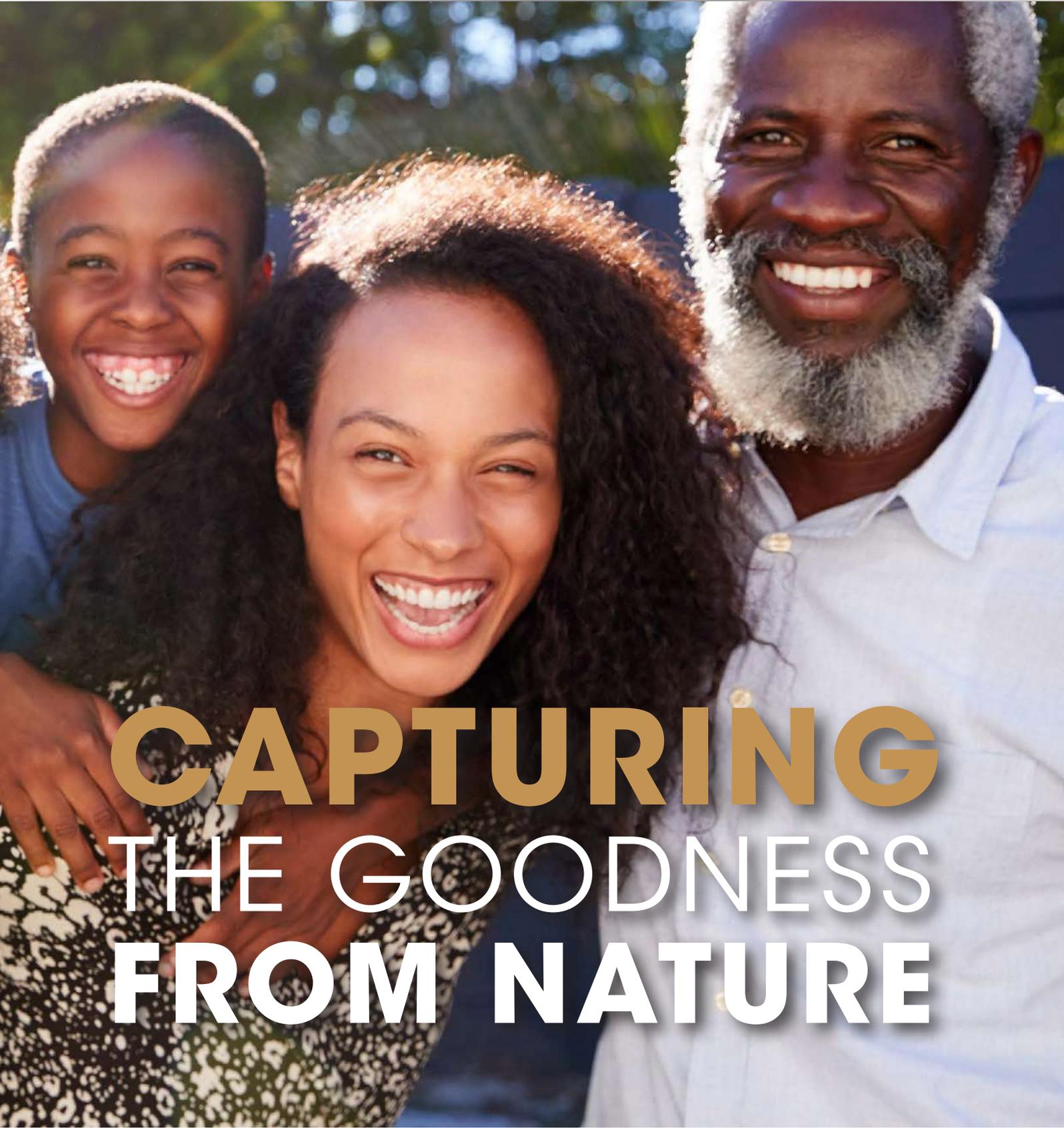
XANTHAM-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA-CAROTEN, CHASTEBERRY (VITEX AGNUS); CRANBERRY (VACCINIUM MACROCARPON), PIPER NIGRUM (WITH PIPERINE), BILBERRY (VACCINIUM MYRTILLUS), BEARBERRY (MEDICAGO SATIVA), ALFALFA (MEDICAGO SATIVA), ASTRAGALUS MEMBRANACEUS, PETROSELINUM CRISPUM (PARSLEY), SOYA PROTEIN ISOLATE, BROUSSONETIA KAZINOKI (MULBERRY), CHORELLA VULGARIS.



SWISSGARDE

Contains Fucoidan





CAPTURING
THE GOODNESS
FROM NATURE



FUCOIDAN: NATURE'S CELLULAR PROTECTOR

Fucoidan is a super anti-oxidant seaweed extract with 700+ studies supporting its immune boosting and anti-inflammatory properties.

Used in Swissgarde formulations, Fucoidan is a key differentiator, delivering advanced natural health support through science-backed innovation.

All Swissgarde products contain Fucoidan as this super anti-oxidant works in synergy with other ingredients resulting in enhanced efficacy. Fucoidan contains Iodine.

SCIENTIFICALLY RECOGNISED BENEFITS:



Immune System Modulation:

Fucoidan helps regulate immune responses by enhancing the activity of natural killer (NK) cells and macrophages, key components of the body's innate defence system.



Cellular Protection and Regeneration:

It promotes healthy cell turnover by supporting apoptosis (programmed cell death) of damaged cells and encouraging regeneration of healthy cells, critical in maintaining balanced cellular function.



Anti-inflammatory Properties:

Fucoidan inhibits the production of pro-inflammatory cytokines, helping to manage chronic inflammation and support tissue repair.



Gut and Microbiome Support:

As a prebiotic, Fucoidan contributes to gut health by nourishing beneficial gut bacteria and maintaining mucosal integrity.



Antioxidant Activity:

Its strong antioxidant properties help neutralize free radicals, reducing oxidative stress and supporting longevity and cellular vitality.

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.

ADULT OVERALL WELLNESS

MULTIVIMAMIN



OMEGA-3



IMMUNE BOOSTERS





PRODUCT	CATEGORY	PRICE INCL VAT	PAGE
 ACTIVATED CHARCOAL	Gut Health	199.00	64
 AFRICAN P + MORINGA	Immune Support, Anti-Inflammatory	249.00	66
ALOE VITE	Immune Support, Energy	259.00	68
 BIOVAPOUR RUB	Skin Health	99.00	70
 BUCHU DETOX	Gut Support, Detoxification, Immune Support	269.00	72
 CALMAG PLUS	Bones & Joint Booster	299.00	74
 DEFENDER	Immune Support	329.00	76
*KIDS MULTIVITAMIN SYRUP	Immune Support	169.00	78
 LIQUID GOLD	Skin Health - Face	220.00	80
 MARINA SPA BIO-SKIN PROTECTOR	Skin Health - Face, Hands & Body	109.00	82
 MARINA SPA WONDER LIQUID	Immune Support, General Wellness	225.00	84
 MULTIVIT MEN & WOMEN	Immune Support	299.00	86
OMEGA PLUS	Cardiovascular Health, General Wellness, Bone & Joint Support	219.00	88
STRESSGARDE	Stress Management	329.00	90
 SUPER CIDER	Digestive Health, Weight Loss Aid	299.00	92
 TEA: ENERGIZE	Energy, General Wellness	99.00	94
 TEA: REJUVENATE	Immune Support, General Wellness	99.00	96
 *VITAMIN C & ZINC SPRAY	Immune Support	169.00	98

*Products are suitable for children and teens.

Prices, availability and product information are correct at the time of publication but may change without prior notice. E&OE.



ACTIVATED CHARCOAL



GUT HEALTH

Contains Fucoidan



Activated Charcoal is a powerful natural detoxifier known for its ability to bind and trap unwanted substances in the digestive system. Sourced from carbon-rich materials and activated at high temperatures, this formula opens thousands of bonding sites to absorb toxins, bacteria, and free radicals. Commonly used for digestive comfort, this product supports gentle elimination, reduces bloating, and promotes internal cleansing for improved overall wellness.

With Activated Charcoal.

30 VEGGIE CAPSULES

PRODUCT CODE SG037

RETAIL PRICE: R199 (INCL VAT)



ACTIVATED CHARCOAL

BENEFITS:

This natural ingredient supports digestive comfort and helps trap unwanted substances in the gut for gentle elimination. Commonly used to assist with gas and bloating.

DIRECTIONS FOR USE:

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

WARNING:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.



GUT HEALTH

Activated charcoal helps ease bloating, gas, and discomfort by binding to intestinal gases. It can trap harmful substances like toxins, bacteria, and bile acids in the gut, helping to reduce cholesterol levels and support digestive regularity.



KIDNEY HEALTH

This ingredient may reduce the burden on the kidneys by limiting the waste and toxins that reach them, offering added support for individuals looking to enhance kidney function or manage kidney-related concerns.



HEART HEALTH

By absorbing cholesterol and neutral lipids in the small intestine, activated charcoal can help support cholesterol reduction and fat elimination—important factors for maintaining heart health and healthy circulation.



DETOX AND CLEANSING SUPPORT

The high surface area of activated charcoal allows it to capture and eliminate a wide range of unwanted substances, promoting internal cleansing and contributing to the body's natural detoxification process.

ACTIVE INGREDIENTS	PER CAPSULE
ACTIVATED CHARCOAL POWDER	570 mg
FUCOIDAN	20 mg



AFRICAN P + MORINGA



IMMUNE BOOSTER ANTI-INFLAMMATORY

Contains Fucoidan



African P + Moringa is a potent antioxidant and anti-inflammatory supplement formulated with two powerful botanicals: Hypoxis hemerocallidea (African Potato) and Moringa oleifera. These natural plant extracts are rich in bioactive compounds that help support cardiovascular health, immune function, and overall vitality. Fortified with Fucoidan bio kelp extract, this formula offers comprehensive wellness support by combating oxidative stress and internal inflammation.

With African Potato & Moringa.

30 VEGGIE CAPSULES

PRODUCT CODE SG005

RETAIL PRICE: **R249** (INCL VAT)



AFRICAN P + MORINGA

BENEFITS:

An antioxidant-rich formulation with bioactive plant compounds that support cardiovascular health and internal inflammation. Contains Fucoidan bio kelp extract, rich in antioxidants to boost the immune system and overall vitality.

DIRECTIONS FOR USE:

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

WARNING:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.



CARDIOVASCULAR HEALTH

African Potato and Moringa work synergistically to support heart health by improving circulation, lowering cholesterol levels, and protecting blood vessels from oxidative damage, contributing to overall cardiovascular wellness.



ANTI-INFLAMMATORY SUPPORT

This formulation helps reduce internal inflammation, which is linked to a variety of chronic conditions. The anti-inflammatory action of Moringa and African Potato can support joint comfort and general wellbeing.



ANTIOXIDANT PROTECTION

Rich in antioxidants, the combination of Moringa, African Potato, and Fucoidan bio kelp helps neutralize free radicals, protecting cells from damage and slowing down oxidative stress-related aging.



IMMUNE & VITALITY BOOST

Fucoidan, known for its immune-enhancing properties, works alongside Moringa to strengthen the body's natural defences while promoting increased energy and vitality.

ACTIVE INGREDIENTS	PER CAPSULE
HYPOXIS HEMEROCALLIDEA (AFRICAN POTATO)	100 mg
MORINGA OLEIFERA	365 mg
FUCOIDAN	10 mg



ALOE VITE



IMMUNE SUPPORT, ENERGY



Contains Fucodian

Aloe Vite Plus is a powerful nutrient-rich supplement designed to support everyday wellness, vitality, and immune health. Formulated with a synergistic blend of Aloe Ferox, Aloe Vera, Vitamin C, Panax Ginseng, Green Tea, Sutherlandia (Cancer Bush), and Fucodian, this formulation draws from traditional African and Eastern botanicals to deliver a broad spectrum of health benefits. Whether you're looking to boost immunity, improve digestion, or increase overall energy and resilience, Aloe Vite Plus is a holistic wellness solution rooted in nature.

With Aloe Ferox, Green Tea, Ginseng & Sutherlandia.

500 ml CONCENTRATED LIQUID

PRODUCT CODE SG006

RETAIL PRICE: **R259** (INCL VAT)



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, and promotes a healthy immune system, thereby protecting against illness.

DIRECTIONS FOR USE:

Take 15ml - 30 ml daily or as directed by your Health Practitioner. Take with a meal. 15 ml = 1 tablespoon; 30 ml = 2 tablespoons.

PRECAUTIONS:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER 30 ml
ASCORBIC ACID (VITAMIN C)	13.6 mg
PANAX GINSENG (GINSENG) EXTRACT	8.1 mg
ALOE FEROX (BITTER ALOE)	75 mg
ALOE FEROX (BITTER ALOE) EXTRACT	24 mg
ALOE VERA	18 mg
CAMELLIA SINENSIS L. (GREEN TEA) EXTRACT	4.5 mg
SUTHERLANDIA FRUTESCENS (CANCER BUSH) EXTRACT	4.5 mg
FUCOIDAN	3 mg



IMMUNE SYSTEM SUPPORT

The combination of Vitamin C, Sutherlandia, Green Tea, and Fucoidan provides a strong foundation for immune protection. Vitamin C plays a key role in supporting immune cells and reducing oxidative stress. Sutherlandia (Cancer Bush), a traditional African medicinal herb, has long been used to strengthen the immune system and fight off infection. Green Tea adds antioxidant support, while Fucoidan, derived from seaweed, is known for its immune-modulating and anti-inflammatory properties.



DIGESTIVE HEALTH AND GUT FUNCTION

Aloe Ferox and Aloe Vera are well known for their soothing effects on the digestive system. Aloe Ferox helps cleanse the gut and supports healthy bowel movement, while Aloe Vera soothes and balances the digestive tract. Together, they assist in maintaining a healthy gut environment, which is crucial for nutrient absorption and immune defence.



ENERGY AND VITALITY

Panax Ginseng is a well-established adaptogen known to enhance physical endurance, mental clarity, and reduce fatigue. It works alongside Green Tea, which contains natural caffeine and antioxidants, to support sustained energy and alertness. The synergy of these ingredients helps combat tiredness, support stamina, and enhance overall vitality.



ANTIOXIDANT PROTECTION

Green Tea and Aloe Ferox offer potent antioxidant effects, helping the body to neutralize free radicals that can lead to cellular damage. These ingredients support long-term wellness and protect against environmental stressors, aging, and inflammation.



BIO VAPOUR RUB



IRRITATED
SKIN
HEALTH

Contains Fucoidan



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

With Melaleuca, Eucalyptus and Nutmeg.

50 g CONCENTRATED OINTMENT

PRODUCT CODE SG069

RETAIL PRICE: **R99** (INCL VAT)





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. Contains Fucoïdan bio kelp extract which is rich in anti-oxidants and boosts the immune system and overall vitality.

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. Ensure not to use close to the eyes or lips, as this is a concentrated formula.

INGREDIENTS

PET JELLY, CAMPHOR, MENTHOL, EUCALYPTUS OIL, TEA TREE OIL, WHITE THYME OIL, PEPPERMINT OIL, NUTMEG OIL, FUCOÏDAN.



SOOTHES SKIN IRRITATIONS AND PROMOTES HEALING

Melaleuca (Tea Tree Oil) and Nutmeg Oil help soothe irritated skin with their anti-inflammatory and antimicrobial properties. They protect against bacterial infections, reduce redness, and promote faster healing of minor skin concerns, making this formula especially beneficial for sensitive or inflamed skin.



CLEARs AIRWAYS AND EASES BREATHING

Eucalyptus Oil acts as a natural expectorant, helping to clear mucus and relieve chest tightness. Its refreshing scent supports easy breathing, especially during colds and flu, while also soothing sore throats and nasal congestion when applied to the chest or back.



RELIEVES MUSCLE ACHEs AND JOINT PAIN

The blend of Eucalyptus Oil, Nutmeg Oil, and Menthol provides a warming, soothing sensation that helps relax tense muscles and reduce inflammation. Ideal for relief after physical activity or for those struggling with muscle stiffness and joint discomfort.



STRENGTHENS SKIN'S NATURAL BARRIER

Nutmeg Oil promotes better skin texture and resilience by supporting blood circulation and boosting the appearance of dull or uneven skin. Its nourishing properties help even out complexion and are especially helpful for those with sensitive skin.



BOOSTS IMMUNE SUPPORT

Fucoïdan, a bioactive extract from sea kelp, offers antioxidant protection while helping to support the immune system. This makes the formula not only soothing externally, but also a helpful addition for overall vitality and defense.



BUCHU DETOX

GUT SUPPORT DETOXIFICATION IMMUNE SUPPORT



Contains Fucoidan

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 and Black Walnut.

500 ml CONCENTRATED LIQUID

PRODUCT CODE SG017

RETAIL PRICE: **R269** (INCL VAT)



BUCHU DETOX

BENEFITS:

A cleansing herbal formulation of active ingredients that helps to detox the body, boost the immune system and improve gut health. Contains Fucoidan bio kelp extract which is rich in anti-oxidants and boosts the immune system and overall vitality.

DIRECTIONS FOR USE:

Shake the bottle 20 times before use. Preferably refrigerate after opening. Take 15ml mixed with 250ml water or as directed by your Health Practitioner. This is a concentrated formula, and dilution can be adjusted as required.

PRECAUTIONS:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER 15 ml SERVING
CURCUMA LONGA (TURMERIC) EXTRACT	30 mg
ZINGIBER OFFICINALE (GINGER) ESSENTIAL OIL	18 mg
ZINGIBER OFFICINALE (GINGER) EXTRACT	450 mg
TARAXACUM OFFICINALE (DANDELION) EXTRACT	60 mg
AGATHOSMA BETULINA (BUCHU) EXTRACT	510 mg
JUGLANS NIGRA (BLACK WALNUT) EXTRACT	30 mg
FUCOIDAN	6mg



PROMOTES DETOXIFICATION AND CLEANSING

Buchu, a traditional South African herb, works together with **Dandelion** and **Black Walnut** to support the body's natural detox processes. These ingredients help the body flush out toxins, cleanse the urinary tract, and combat inflammation caused by harmful bacteria and waste build-up.



STRENGTHENS IMMUNE FUNCTION

The formulation includes **Fucoidan**, a bioactive seaweed extract known for its antioxidant and immune-boosting properties. Alongside **Turmeric**, which contains Curcumin to protect against disease-causing inflammation, this blend strengthens the body's defenses and supports long-term immune health.



SUPPORTS GUT AND DIGESTIVE HEALTH

Dandelion promotes healthy digestion and contributes antiviral and antibacterial activity that supports gut health. **Ginger**, both in extract and essential oil form, aids digestion, reduces inflammation in the digestive tract, and soothes discomfort.



FIGHTS INFLAMMATION AND PROTECTS CELLS

Turmeric and **Ginger** are rich in anti-inflammatory compounds that help reduce chronic inflammation in the body. **Black Walnut** adds additional protection with tannins that act as natural antioxidants to shield cells from oxidative damage and "silent" inflammation often associated with chronic illness.



CALMAG



BONE & JOINT HEALTH

Contains Fucoidan



Calmag Plus provides balanced support for strong bones, healthy muscle function and overall vitality. Combining elemental Calcium, Magnesium, Vitamin D3 and Fucoidan, this formulation helps maintain the structural integrity of bones while supporting optimal muscle performance and daily wellness. Designed for adults and children over eight years of age, Calmag Plus delivers essential minerals in a convenient, easy-to-take capsule to support long-term skeletal strength and functional movement.

With Elemental Calcium & Magnesium.

30 VEGGIE CAPSULES

PRODUCT CODE SG007

RETAIL PRICE: **R299** (INCL VAT)



CALMAG PLUS

BENEFITS:

Calmag supports strong bones, muscle function and overall vitality with a balanced blend of calcium, magnesium and vitamin D3.

DIRECTIONS FOR USE:

Adults and children over 8 years of age take 1 capsule daily or as directed by your Health Practitioner.

WARNING:

If pregnant or breastfeeding, consult a healthcare practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.



SUPPORTS STRONG, HEALTHY BONES

Elemental Calcium sourced from Calcium Carbonate supports the development and maintenance of strong bones and teeth. Vitamin D3 assists with the absorption of Calcium, helping ensure that the mineral is effectively utilised in the body. Together, these ingredients promote bone density and structural resilience, especially important for growing children, adults with increased nutritional needs and individuals seeking long-term skeletal support.



PROMOTES HEALTHY MUSCLE FUNCTION

Magnesium, provided through Magnesium Oxide, Magnesium Sulphate and Magnesium Stearate, plays a vital role in muscle contraction and relaxation. Adequate levels of Magnesium help reduce muscle tension and support smooth, coordinated muscle activity. When combined with Calcium, these minerals work synergistically to promote balanced muscle function throughout the day.



SUPPORTS NERVOUS SYSTEM AND CELLULAR BALANCE

Magnesium also contributes to healthy nervous system activity by supporting the transmission of nerve signals and helping regulate normal cellular processes. These actions assist the body in managing stress, maintaining calmness and supporting overall neural balance, which is essential for optimal wellness.



IMMUNE AND WELLNESS SUPPORT

Fucoidan, derived from seaweed, offers additional immune-modulating and antioxidant benefits. Its inclusion enhances the overall wellness profile of Calmag Plus by supporting immune function and helping protect cells from oxidative stress. Combined with Vitamin D3 and the mineral blend, it helps maintain general vitality and everyday wellbeing.

ACTIVE INGREDIENTS	PER CAPSULE
CALCIUM CARBONATE (PROVIDING 280 MG ELEMENTAL CALCIUM)	700 mg
MAGNESIUM GLYCINATE (PROVIDING 14.7 MG ELEMENTAL MAGNESIUM)	145 mg
MAGNESIUM SULPHATE (PROVIDING 35.7 MG ELEMENTAL MAGNESIUM)	177 mg
MAGNESIUM STEARATE (PROVIDING 0.2 MG ELEMENTAL MAGNESIUM)	5 mg
VITAMIN D3	300 IU
FUCOIDAN	10 mg



DEFENDER



IMMUNE SUPPORT

Contains Fucoidan



Swissgarde Defender is a powerful antioxidant formulation designed to support your immune system and help protect your body from illness and infection. It combines the synergistic effects of Grape Seed, Echinacea, Ginger, Garlic, Parsley, Vitamin C, and Zinc to provide all-round support during cold and flu season, while also contributing to overall cellular health and recovery.

With Grapeseed, Echinacea, Ginger and Garlic.

60 VEGGIE CAPSULES

PRODUCT CODE SG003

RETAIL PRICE: **R329** (INCL VAT)



DEFENDER

BENEFITS:

An antioxidant-rich formulation to boost and protect the immune system. Echinacea and Ginger may help treat and prevent colds and flu. Contains Fucoidan bio kelp extract, rich in antioxidants to support immunity and overall vitality.

DIRECTIONS FOR USE:

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

WARNING:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER CAPSULE
GRAPE SEED EXTRACT (VITIS VINIFERA)	420 mg
GINGER POWDER (ZINGIBER OFFICINALE)	124 mg
GARLIC POWDER (ALLIUM SATIVUM)	120 mg
CARUM PETROSELINUM	120 mg
ECHINACEA PURPUREA	80 mg
VITAMIN C (ASCORBIC ACID)	90 mg
ZINC OXIDE (PROVIDING 14.4MG ELEMENTAL ZINC)	18 mg
FUCOIDAN KELP POWDER	10 mg



SUPER ANTIOXIDANT

Ginger, garlic, and grape seed extracts are extremely rich in antioxidants, helping to combat oxidative stress, reduce inflammation, and protect cells from damage. These ingredients are also known for promoting heart health, regulating blood pressure and cholesterol, and possibly supporting cognitive function.



IMMUNE HEALTH

Echinacea, ginger, and garlic are all known to help strengthen the immune system at a cellular level. They have strong antiviral and antibacterial properties that may help prevent and manage infections. Garlic helps activate immune cells, while Ginger may relieve common immune-related symptoms such as nausea and sore throat. The combination of these ingredients may create a powerful synergistic effect that boosts overall immunity.



COLDS & FLU

Echinacea has been shown to help reduce the severity and duration of colds and flu by supporting white blood cell activity. Zinc and Vitamin C contribute to faster recovery by enhancing immune response and reducing inflammation. Ginger further eases symptoms like sore throat and congestion, while Garlic's immune-activating effects offer additional support.



KIDS MULTIVITAMIN SYRUP

IMMUNE SUPPORT



Contains Fucoidan

This delicious, easy-to-take syrup is packed with essential vitamins and natural extracts to support children's overall health and wellbeing. Formulated with Fucoidan and Echinacea, it provides key nutrients to help strengthen immunity, boost energy, and promote healthy growth. Gentle on the stomach and naturally flavoured with orange, it's perfect for children who prefer a tasty alternative to tablets or capsules.

With B-Vitamins and Vitamin A, C & D.

100 ml SYRUP

PRODUCT CODE SG035

RETAIL PRICE: **R169** (INCL VAT)





KIDS MULTIVITAMIN SYRUP

BENEFITS:

This delicious, easy-to-take syrup is specially formulated with a blend of key vitamins to help support your child's overall health and development. Perfect for busy families, this multivitamin helps ensure your child gets the daily nutritional support they need for a happy, healthy lifestyle.

DIRECTIONS FOR USE:

Shake very well before use. Ages 10 months to 18 years of age: take one teaspoon (5ml) daily or as directed by a Health Practitioner. Refrigerate after opening.

WARNING:

Do not exceed recommended daily dosages. If you are taking prescription medication, consult a healthcare practitioner prior to use.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER 5 ml
VITAMIN A	2000 IU
VITAMIN B1	1.5 mg
VITAMIN B2	1.25 mg
VITAMIN B3	10 mg
VITAMIN B6	1 mg
VITAMIN C	50 mg
VITAMIN D	400 IU
ECHINACEA PURPUREA EXTRACT	25 mg
FUCOIDAN	5 mcg



IMMUNE SUPPORT

Formulated to help strengthen the body's natural defences and maintain immune balance throughout the year. Vitamins A, C and D, together with Echinacea Purpurea Extract and Fucoidan, work to support immune function and provide antioxidant protection. This unique blend helps protect children against common seasonal challenges while promoting overall wellness.



HEALTHY DEVELOPMENT

Essential vitamins in the B-complex group – including B1, B2, B3 and B6 – support healthy growth, brain function, and nerve development. Vitamin D contributes to normal bone and teeth formation, while Vitamin A assists in maintaining healthy skin and vision. Together, these nutrients help ensure children develop strong bodies and sharp minds.



ENERGY AND VITALITY

The combination of B-vitamins and Vitamin C helps convert food into energy, reducing tiredness and supporting stamina throughout the day. This balanced formulation helps children stay active, focused, and ready to learn, play and grow.



LIQUID GOLD



FACE SKIN HEALTH



Contains Fucoidan

A nutrient-rich formula that deeply hydrates through multiple layers of the skin and locks in lasting moisture. This lightweight, non-greasy blend features Royal Jelly to support skin renewal and Turmeric for its calming, anti-inflammatory properties.

With Royal Jelly, Turmeric and Gold Glycerine.

200 ml

PRODUCT CODE SG067

RETAIL PRICE: **R220** (INCL VAT)





LIQUID GOLD

BENEFITS:

This non-greasy, skin-rejuvenating formula helps to boost, plump, and maintain healthy skin while helping to prevent signs of aging. It contains Royal Jelly extract, known for its healing properties that support collagen production and improve skin texture. Glycerine helps seal in moisture across multiple skin layers and may act as a humectant for alleviating eczema and moisturizing skin. Turmeric offers anti-inflammatory benefits that can help soothe pimples or acne, while Fucoidan kelp extract supports overall skin rejuvenation.

DIRECTIONS FOR USE:

Apply to dry, clean skin. Suitable for all skin types. 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, TURMERIC (CURCUMA LONGA) HYDRO-GLYCERINE EXTRACT, FOOD COLORANT, ROYAL JELLY (APIS MELLIFERA) EXTRACT, FUCOIDAN KELP EXTRACT.



DEEPLY HYDRATES AND NOURISHES THE SKIN

Glycerine works across multiple layers of the skin to lock in moisture, reduce dryness, and leave skin feeling soft and smooth. It helps refresh dull, dehydrated skin and gives it a youthful, radiant glow. Glycerine also supports skin elasticity and helps delay the appearance of fine lines.



SUPPORTS COLLAGEN PRODUCTION AND SKIN REPAIR

Royal Jelly is rich in nutrients that stimulate collagen production, which helps maintain skin firmness and reduce visible signs of ageing. It also promotes healing of acne, scars, and damaged skin, helping to even out skin tone and restore vitality.



REDUCES DARK SPOTS AND INFLAMMATION

Turmeric offers powerful anti-inflammatory and antioxidant benefits. It helps reduce redness, soothe breakouts, and fade dark spots, making it especially beneficial for skin prone to acne, pigmentation, or eczema.



PROTECTS AGAINST AGEING AND ENVIRONMENTAL STRESS

Fucoidan, derived from sea kelp, delivers antioxidant protection that helps shield skin from free radical damage. It supports cellular renewal and contributes to overall skin rejuvenation, leaving the skin looking younger, healthier, and more resilient.



MARINA SPA BIO-SKIN PROTECTOR



FACE
HANDS
BODY
SKIN
HEALTH

Contains Fucoidan



Marina Spa Bio-Skin Protector is a non-greasy barrier cream formulated to moisturise, soothe and protect the skin against daily irritants, dryness and environmental stressors. Enhanced with Aloe, Lemon Grass, Sericin, Seaweed Extract and carefully selected bio-actives, this advanced formulation helps maintain healthy, resilient skin while supporting the skin's natural moisture balance. With a lightweight, invisible finish, it is suitable for everyday use on dry, sensitive or stressed skin that needs gentle yet effective protection

With Aloe, Lemon Grass and herbal active ingredients.

50 g CONCENTRATED OINTMENT

PRODUCT CODE SG068

RETAIL PRICE: **R109** (INCL VAT)





MARINA SPA BIO-SKIN PROTECTOR

BENEFITS:

Non-greasy invisible barrier cream that moisturises and helps protect skin from irritants, sanitizers and dryness. Aloe extract has antibacterial and skin healing properties, while Lemon Grass helps to ensure an even toned skin.

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. Ensure not to use close to the eyes or lips, as this is a concentrated formula.

INGREDIENTS

AQUA, ALPHA HYDROXY ACID (AHA), ALOE BARBADENSIS LEAF EXTRACT, ARGININE, CARBOMER, CETYL ALCOHOL, CI 19140, CI 42090, CREATINE, CYMBOPOGON FLEXUOSUS LEAF OIL, DIMETHICONE, GLYCERINE, GLYCERYL STEARATE, MINERAL OIL, PETROLATUM, POLYSORBATE 80, PROPYLENE GLYCOL, SEAWEED EXTRACT, SERICIN, SODIUM BICARBONATE, TOCOPHERYL ACETATE, PHENOXYETHANOL, CHLORHEXIDINE DIGLUCONATE, ETHYLHEXYLGLYCERIN, FUCOIDAN.



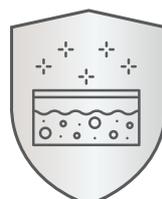
MOISTURISES AND RESTORES SKIN COMFORT

Aloe Barbadensis Leaf Extract provides soothing hydration that helps calm dryness and restore softness, while Sericin – a natural silk protein – supports the skin's moisture barrier. Together, they help replenish depleted hydration levels, leaving the skin feeling smooth, nourished and comfortable throughout the day.



PROTECTS AGAINST IRRITANTS AND DRYNESS

The combination of Seaweed Extract, Lemon Grass and specialised bio-actives helps reinforce the skin's natural defence layer, forming an invisible protective barrier against irritants, sanitizers and environmental aggressors. This protective action helps reduce dryness and sensitivity while supporting healthier, more resilient skin.



SUPPORTS CLEAN, HEALTHY SKIN

AHAs such as Hydroxy Acid, along with Sodium Bicarbonate and Chlorhexidine Digluconate, work to maintain clean, balanced skin by supporting gentle exfoliation and helping limit the buildup of impurities. This blend assists in keeping the skin clear and refreshed without compromising comfort or hydration.



NOURISHES AND ENHANCES SKIN RESILIENCE

Tocopheryl Acetate (Vitamin E), mineral oils, glycerine and conditioning agents such as Glyceryl Stearate help nourish the skin while enhancing suppleness and elasticity. These ingredients support the skin's overall health by helping it stay soft, smooth and better equipped to withstand daily stressors.



GMO FREE



PARABEN FREE

MARINA SPA WONDER LIQUID

IMMUNE
SUPPORT
GENERAL
WELLNESS



Contains Fucoidan

Marina Spa Wonder Liquid is a revitalising blend of traditional herbal oils and marine-based botanicals, including seaweed extract, licorice root, and a curated selection of essential oils. This multi-purpose topical solution supports overall wellbeing by promoting skin vitality, soothing inflammation, and boosting various body systems through the power of nature. Its unique formulation offers a refreshing, spa-like experience in every drop.

With Seaweed Extract, Licorice Root and Essential Oils.

250 ml

PRODUCT CODE SG024

RETAIL PRICE: **R225** (INCL VAT)



MARINA SPA WONDER LIQUID

BENEFITS:

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

DIRECTIONS FOR USE:

Take 10ml per day with food for improved vitality and wellness. Can be applied to irritated skin for a soothing effect.

WARNING:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients. Contains Iodine.

ACTIVE INGREDIENTS

RO WATER, CASTOR OIL, MENTHOL (MENTHA ARVENSIS), AVOCADO OIL, PEPPERMINT ESSENTIAL OIL, SEAWEED EXTRACT (SARGASSUM FUSIFORME), FUCOIDAN, CARBOXYMETHYL CELLULOSE, ROSEMARY ESSENTIAL OIL, LAVANDER OIL, CALENDULA HYDROGLYCERINIC EXTRACT, FOOD COLORANT, LICORICE ROOT (GLYCYRRHIZA GLABRA), EUCALYPTUS OIL, POTASSIUM SORBATE, SODIUM BENZOATE, EDTA.



IMMUNE HEALTH

Seaweed and licorice extract are rich in antioxidants and polyphenols that help protect cells from damage while promoting immune response and inflammation control.



GUT HEALTH

Seaweed contains prebiotics that nourish gut bacteria and support digestion. Licorice root may ease discomfort in the digestive tract and contribute to a balanced microbiome.



RESPIRATORY HEALTH

Essential oils like menthol and eucalyptus help ease congestion and reduce inflammation in the respiratory system. Seaweed and licorice support respiratory wellness with antiviral and antimicrobial properties.



HEART HEALTH

Seaweed and avocado oil support heart health by helping manage cholesterol and blood pressure levels. Licorice extract contributes to cardiovascular wellness with its antioxidant properties.



THYROID HEALTH

Seaweed is a natural source of iodine, which supports the production of thyroid hormones and helps regulate metabolism and energy levels.



SKIN HEALTH

Avocado, eucalyptus, and calendula oils provide intense moisturising, anti-inflammatory, and soothing effects, leaving the skin nourished and revitalised. Seaweed helps detoxify and brighten, while licorice root supports clearer, calmer skin.



MULTI VITE MEN & WOMEN



IMMUNE SUPPORT

Contains Fucoidan



Swissgarde Multi Vite Men & Women is a complete daily multivitamin designed to strengthen immunity, support energy production, and promote healthy skin, hair, bones and overall wellbeing. This balanced formulation combines essential vitamins, minerals and seaweed extract containing Fucoidan to deliver broad-spectrum antioxidant protection. Developed for the modern lifestyle, it provides daily nutritional support to help men and women stay energised, protected and strong.

With 18 Vitamins & Minerals.

30 VEGGIE CAPSULES

PRODUCT CODE SG034

RETAIL PRICE: R299 (INCL VAT)



MULTI VITE MEN & WOMEN

BENEFITS:

A complete daily multivitamin to boost energy, strengthen immunity, and support healthy skin, hair, bones, and overall wellbeing. With Fucoidan for antioxidant protection.

DIRECTIONS FOR USE:

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

WARNING:

If pregnant or breastfeeding, consult a healthcare practitioner prior to use. If you are taking prescription medication, consult a healthcare practitioner prior to use.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.



IMMUNE SUPPORT AND ANTIOXIDANT PROTECTION

Vitamins A, C and E work together to strengthen immune defence and protect the body from oxidative stress. The addition of Fucoidan, derived from seaweed extract, enhances immune-modulating activity and supports the body's natural ability to defend itself against environmental and lifestyle-related stressors. This combination helps maintain year-round immune resilience.



ENERGY, METABOLISM AND DAILY VITALITY

B-vitamins, including Vitamin B1, B2, B3, B5, B6 and B12, play a central role in energy production and metabolic support. These nutrients assist the body in converting food into usable energy, helping reduce fatigue and promote sustained daily vitality. Biotin and Folic Acid further support healthy metabolism, cellular activity and overall performance.



BONE, MUSCLE AND STRUCTURAL SUPPORT

Calcium, Magnesium and Zinc support strong bones, muscle function and healthy connective tissue. Vitamin D3 assists with calcium absorption to maintain bone strength, while Chromium and Iodine from the mineral blend help regulate metabolic processes that influence muscle and skeletal health. This combination supports an active, balanced lifestyle for both men and women.



SKIN, HAIR AND OVERALL WELLBEING

Vitamins A, C, E and Biotin contribute to maintaining healthy skin, hair and nails, while minerals such as Zinc and Selenium support tissue repair and protect against free-radical damage. The full spectrum of vitamins and minerals works synergistically to promote overall vitality, helping individuals feel and look their best every day.

ACTIVE INGREDIENTS	PER CAPSULE	%**NRV
VITAMIN C (ASCORBIC ACID)	90 mg	100
VITAMIN B3 (NIACIN)	16 mg	100
VITAMIN B5 (PANTOTHENIC ACID)	5 mg	100
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	1.20 mg	100
VITAMIN B2 (RIBOFLAVIN)	1.30 mg	100
VITAMIN B6 (PYRIDOXINE)	1.70 mg	100
VITAMIN B7 (BIOTIN)	30 mcg	100
VITAMIN B9 (FOLIC ACID)	235 mcg	100
VITAMIN B12 (COBALAMIN)	2.40 mcg	100
VITAMIN A (RETINYL PALMITATE)	3000 IU	100
VITAMIN D (CHOLECALCIFEROL)	800 IU	100
VITAMIN E (TOCOPHEROL)	22 IU	100
VITAMIN K2	30 mcg	25
CALCIUM AS CALCIUM CARBONATE	397 mg	16
IRON AMINO ACID CHELATE	8.7 mg	48
ZINC AS ZINC OXIDE	14 mg	100
CHROMIUM PICOLINATE	35 mcg	100
MINERAL RICH SEAWEED EXTRACT (CONTAINING MANGANESE, COPPER, IODINE, MOLYBDENUM, SELENIUM, BORON & PHOSPHORUS)	15 mg	*
FUCOIDAN SEAWEED EXTRACT	15 mg	*

*DAILY VALUE NOT ESTABLISHED

% NRV BASED ON FDA VALUES FOR ADULTS



OMEGA

ANTI-INFLAMMATION GENERAL WELLNESS BONE & JOINT SUPPORT



Omega Plus is a high-quality fish oil supplement delivering essential Omega-3 fatty acids including EPA and DHA. These vital nutrients support cardiovascular health, brain function, and joint mobility. Enriched with antioxidant Vitamin E, Omega Plus also helps fight oxidative stress and promotes general wellness.

With Omega 3-Oils & Vitamins.

30 SOFTGEL
CAPSULES

PRODUCT CODE SG002

RETAIL PRICE: R219 (INCL VAT)



OMEGA

BENEFITS:

Omega Plus is a premium source of Omega-3 fatty acids, delivering EPA and DHA to support heart health, brain function, and joint mobility. Enriched with antioxidant Vitamin E, it also helps combat oxidative stress and promotes overall well-being.

DIRECTIONS FOR USE:

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

WARNING:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Healthcare Practitioner prior to use. If you are taking prescription medication, consult a Healthcare Practitioner prior to use.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER SOFTGEL CAPSULE
FISH OIL (OMEGA 3)	1000 mg
CONTAINING:	
EICOSAPENTAENOIC ACID (EPA)	180 mg
DOCOSAHEXAENOIC ACID (DHA)	120 mg
VITAMIN E (TOCOPHEROL)	3.5 mg



HEART HEALTH

Fish oil rich in EPA and DHA helps support cardiovascular function by promoting healthy blood circulation and maintaining normal cholesterol levels.



BRAIN FUNCTION

DHA plays a key role in cognitive health and brain development. Regular intake supports memory, focus and overall brain performance.



JOINT MOBILITY

EPA and DHA contribute to reducing joint stiffness and inflammation, making Omega Plus a valuable addition for joint support and flexibility.



ANTIOXIDANT PROTECTION

Vitamin E provides antioxidant support to protect cells from oxidative damage and promote overall health and wellbeing.



STRESSGARDE

ANXIETY STRESS MANAGEMENT

Contains Fucoidan



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 B-Vitamins and Ashwagandha.

60 VEGGIE
CAPSULES

PRODUCT CODE SG004

RETAIL PRICE: R329 (INCL VAT)



STRESS GARDE

BENEFITS:

A scientifically-based formula to help your body cope with chronic stress. Ashwagandha has been traditionally used to help manage stress and anxiety. Studies suggest it can reduce cortisol levels (a stress hormone), improve sleep, and alleviate feelings of anxiety. Vitamin B12 and B6 are considered essential for maintaining a healthy nervous system and can help the body cope better with stress. Research suggest that Vitamin B12 & Vit 6 supplementation may improve mood and reduce symptoms of stress-induced feelings of depression. Fucoidan is a natural seaweed extract that has is anti-oxidant rich and boosts the body to fight disease.

DIRECTIONS FOR USE:

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

PRECAUTIONS:

Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Avoid if allergic or sensitive to any of the listed ingredients. Consult with your Health Practitioner if your anxiety levels become chronic.

ACTIVE INGREDIENTS	PER CAPSULE
ASHWAGANDHA ROOT (WITHANIA SOMNIFERA)	350 mg
MAGNESIUM SUPHATE (PROVIDING 15.75 MG ELEMENTAL MAGNESIUM)	159.73 mg
VITAMIN B6 (PYRIDOXINE)	1.3 mg
VITAMIN B12 (CYANOCOBALAMIN)	3 mcg
VITAMIN D3 (CHOLECALCIFEROL)	300 IU
ZINC OXIDE (PROVIDING 6.4MG ELEMENTAL ZINC)	8 mg
FUCOIDAN	10 mg



SUPPORTS MOOD AND EMOTIONAL BALANCE

Vitamin B6 plays a critical role in mood regulation by influencing neurotransmitters such as serotonin and GABA. These brain chemicals help regulate emotions and stress responses. GABA (gamma-aminobutyric acid), in particular, acts as the brain's calming signal by inhibiting overactive nerve activity, which may help reduce anxiety, stress, fear, and symptoms of depression. Vitamin B12 complements this effect by supporting healthy nerve function and energy levels—both essential for coping with daily stress. Adequate levels of B12 may reduce the risk of nerve-related mood issues and improve an individual's overall emotional resilience.



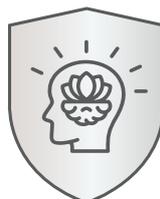
REDUCES ANXIETY AND ENHANCES CALMNESS

Zinc contributes to the healthy functioning of GABA pathways, helping regulate anxiety and maintain emotional stability. Zinc deficiency has been linked to reduced GABA activity, and supplementation may improve mood, cognitive function, and the body's resilience to stress. Magnesium also plays a calming role by helping regulate cortisol (the stress hormone) and supporting receptors in the brain that influence anxiety. Its muscle-relaxing properties and ability to improve sleep quality further contribute to a calmer mind and reduced anxiety symptoms.



PROTECTS THE BRAIN AND SUPPORTS STRESS RECOVERY

Fucoidan, a natural extract derived from seaweed, shows promise in reducing the effects of stress on the brain. It may have antidepressant-like properties by interacting with the central noradrenergic system and offering neuroprotective support—helping to protect brain cells from stress-induced damage. Fucoidan may also positively influence the gut-brain axis, with growing evidence linking gut microbiota balance to improved mental health and reduced anxiety and depression.



HELPS REGULATE CORTISOL AND FIGHT STRESS FATIGUE

Ashwagandha extract is a powerful adaptogen that helps the body better cope with stress by lowering elevated cortisol levels. Chronic stress can keep cortisol levels high, pushing the body into a constant "fight, flight, or freeze" mode. This can lead to high blood pressure, increased blood sugar, mental fatigue, poor memory and focus, and chronic tiredness. By helping to regulate cortisol, Ashwagandha supports a healthier stress response and promotes faster recovery from stress.



SUPER CIDER



DIGESTIVE HEALTH AND WEIGHT LOSS AID

Contains Fucoidan



Swissgarde Super Cider is a powerful antioxidant-rich supplement formulated with apple cider vinegar, cinnamon, green tea, and Garcinia Cambogia to support gut health, weight management, and metabolic balance. Infused with Fucoidan for added immune and antioxidant support, this herbal blend helps stabilise gut pH, boost digestion, and promote overall vitality. When used alongside a balanced diet and regular activity, Super Cider becomes a valuable daily tool for those seeking natural wellness and healthy weight support.

With Apple Cider, Green Tea & Cinnamon.

60 VEGGIE CAPSULES

PRODUCT CODE SG001

RETAIL PRICE: **R299** (INCL VAT)



SUPER CIDER

BENEFITS:

An antioxidant-rich formulation that helps stabilise gut pH levels, enhancing immune and gut function. It may boost metabolism, support weight loss, and help stabilise blood sugar levels. Contains Fucoidan bio kelp extract, rich in antioxidants to support immunity and vitality.

DIRECTIONS FOR USE:

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

WARNING:

If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER CAPSULE
APPLE CIDER VINEGAR POWDER	190 mg
GARCINIA CAMBOGIA (GARCINIA CAMBOGIA EXTRACT)	50 mg
CINNAMON (CINNAMOMUM)	225 mg
CAMELLIA SINENSIS (GREEN TEA LEAF POWDER)	50 mg
FUCOIDAN	10 mg



GUT HEALTH

The combination of apple cider vinegar, cinnamon, and green tea supports a healthy gut by improving digestion, reducing bloating, and promoting the growth of beneficial gut bacteria. These ingredients work together to increase stomach acidity for better nutrient absorption, reduce inflammation, and create a balanced gut microbiome.



WEIGHT MANAGEMENT

Garcinia cambogia and apple cider vinegar help suppress cravings, reduce fat storage, and support fat burning. Cinnamon and green tea aid in balancing blood sugar levels and improving insulin sensitivity, all of which contribute to healthy weight loss when combined with healthy lifestyle choices.



ANTI-INFLAMMATORY SUPPORT

Cinnamon and green tea are rich in compounds that fight inflammation by targeting free radicals and reducing oxidative stress. This may help alleviate inflammatory conditions and protect the body from chronic disease.



IMMUNE & ANTIOXIDANT DEFENCE

With potent ingredients like cinnamon, green tea, and Fucoidan, Super Cider helps enhance immune system function. These ingredients protect cells from damage, support the body's natural defences, and promote resilience against environmental stressors.



ENERGIZE TEA



ENERGY, GENERAL WELLNESS



Swissgarde Energize Tea is a naturally caffeine-free herbal blend designed to support digestion, immunity, and sustainable daily energy. Crafted from a vibrant mix of green rooibos, fennel, turmeric, and aniseed, this soothing tea is rich in antioxidants and healing plant compounds that work synergistically to reduce inflammation, boost the immune system, and promote digestive comfort. Energize Tea is the ideal daily wellness infusion for those seeking gentle, natural support for vitality, energy, and overall health.

With Green Rooibos, Fennel, Turmeric & Aniseed.

20 TAGLESS
TEABAGS

PRODUCT CODE SG168

RETAIL PRICE: R99 (INCL VAT)



ENERGIZE TEA

BENEFITS:

Stay energised and balanced with Swissgarde Energise, a refreshing tea that supports digestion, immunity, and sustainable energy throughout your day.

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 SERVING
ENERGY	2 kj	5 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



IMMUNE HEALTH

Green Rooibos, Turmeric, and Aniseed provide powerful antioxidants and phytonutrients that strengthen the body's natural defences, support immune activity, and improve resistance to infections.



FIGHTS INFLAMMATION

Turmeric and Aniseed contain natural anti-inflammatory compounds that help reduce oxidative stress, ease joint and muscle discomfort, and support overall cellular balance.



DIGESTIVE HEALTH

Fennel and Aniseed assist with digestion by soothing the stomach, reducing bloating, and relieving digestive discomfort. These herbs promote better nutrient absorption and long-term digestive comfort.



NATURAL ENERGY

Green Rooibos and Turmeric provide a natural, caffeine-free energy boost. By supporting balanced metabolism and vitality, this blend helps sustain energy throughout the day without jitters.



GENERAL WELLNESS

The unique combination of Green Rooibos, Fennel, Turmeric, and Aniseed works together to promote overall wellbeing, supporting circulation, immunity, and daily vitality in a refreshing, nourishing tea.



REJUVENATE TEA



**IMMUNE
SUPPORT
GENERAL
WELLNESS**



Swissgarde Rejuvenate Tea is a bold and invigorating herbal blend combining green rooibos, ginger, and chilli to support the body's natural processes and promote daily vitality. Naturally caffeine-free and rich in antioxidants, this tea is crafted to awaken the body and mind, enhance digestion, reduce inflammation, and strengthen the immune system. Whether starting your day or recovering after a long one, Rejuvenate Tea delivers a refreshing and health-boosting experience with every cup.

With Green Rooibos, Ginger & Chilli extracts.

20 TAGLESS
TEABAGS

PRODUCT CODE SG167

RETAIL PRICE: R99 (INCL VAT)



REJUVENATE TEA

BENEFITS:

A delicious, invigorating tea to nourish your body and mind, whether you're starting your day, recovering after a workout, or unwinding in the evening.

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 SERVING
ENERGY	2 kj	5 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



IMMUNE HEALTH

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GENERAL WELLNESS

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VITAMIN C & ZINC SPRAY



IMMUNE SUPPORT

Contains Fucoidan



This convenient, fast-absorbing oral spray is packed with immune-supporting ingredients including Vitamin C, Zinc, Fucoidan, and Echinacea. Designed for optimal absorption directly through the mouth, it is ideal for daily wellness and provides powerful immune protection during seasonal changes or times of stress. The spray format offers an easy-to-use alternative to tablets or capsules for sore throats.

With Vitamin C, Zinc & Echinacea.

30 ml SPRAY

PRODUCT CODE SG039

RETAIL PRICE: R169 (INCL VAT)





VITAMIN C & ZINC SPRAY

BENEFITS:

This fast-absorbing oral spray combines two essential nutrients known for their powerful immune-boosting properties. Perfect for daily wellness, especially during seasonal changes or periods of increased stress, this spray offers a convenient, easy-to-use alternative to tablets or capsules—with optimal absorption directly through the mouth.

DIRECTIONS FOR USE:

Shake well before use. Adults (18 years & older) – Take 7 sprays, once daily. Children (8 years and older) – Take 3 sprays, once daily. Small children (3 years and older) – Take one spray, once daily. Refrigerate after opening.

CONTRAINDICATIONS: Avoid if allergic or sensitive to any of the listed ingredients.

ACTIVE INGREDIENTS	PER 1ml (7 spray) serving*	% RDA**
VITAMIN C	75000 mcg	100
ZINC	210 mcg	2
FUCOIDAN	100 mcg	NE
ECHINACEA PURPUREA EXTRACT	25 mg	NE

**RECOMMENDED DAILY ALLOWANCE (RDA) EXPRESSED AS FOR INDIVIDUALS 18 YEARS AND OLDER.

*QUANTITIES ABOVE ARE EXPRESSED AS AT TIME OF MANUFACTURING



IMMUNE SUPPORT

Vitamin C and Zinc work together to strengthen immune defences. Vitamin C supports the activity of white blood cells, while Zinc helps regulate immune responses and promotes faster recovery.



ANTIOXIDANT PROTECTION

Vitamin C acts as a powerful antioxidant, helping to neutralise free radicals and protect cells from oxidative stress.



VIRAL DEFENCE AND INFLAMMATION SUPPORT

Echinacea and Fucoidan are natural ingredients known for their ability to support the body's defences against viral infections and reduce inflammation.



QUICK AND CONVENIENT ABSORPTION

The spray format ensures nutrients are rapidly absorbed through the mouth, providing quick support to the immune system with no need for swallowing capsules.



What this quiz is for:

This wellness snapshot is designed to help you understand which Sportron and Swissgarde products may best support your body based on your current symptoms and lifestyle. It is not a medical diagnosis. If you have serious or persistent symptoms, please consult a healthcare professional.

Please tick the options that apply to you based on your recent health history, particularly over the past 3–6 months. For the purposes of this form, “regular” means occurring more than four times per month during the past 3–6 months. Once completed, please total the number of ticks in each section as indicated.

WELLNESS SYSTEM	NUMBER	QUESTIONS	IF YES, ADD "1"	TOTAL SCORE/ SYSTEM
Overall Wellness and Vitality	1	Do you feel tired regularly, even after a good night's sleep?		TOTAL
	2	Do you get headaches on a regular basis?		
	3	Does your neck feel stiff or sore on a regular basis?		
	4	Do your nails break easily or does your skin often experience pimples, dry skin and/or rashes?		
	5	Are you currently pregnant and/ or breastfeeding?		
Digestive System	6	Do you often get heartburn or a burning feeling in your chest after eating on a regular basis?		TOTAL
	7	Do you often struggle with runny tummy or not going to the toilet enough, on a regular basis?		
	8	Do you get cramps or feel bloated after eating on a regular basis?		
	9	Do you experience regular joint inflammation, swelling, or pain (e.g. gout)?		
Circulatory/ Cardio Vascular System	10	Do you, or your close family, struggle with poor blood circulation and/or suffer from high blood pressure and/ or swollen legs and ankles?		TOTAL
	11	Do you suffer from any heart-related challenges such as high blood pressure or high cholesterol?		
	12	Do your legs or feet often feel cold, even in warm weather?		
	13	Does anyone in your family suffer from high blood pressure or clinical diagnosed heart disease?		
Nervous System	14	Do you struggle to sleep well at night and wake up with regular muscle stiffness, especially around the neck area?		TOTAL
	15	Do you get nervous, anxious or tense on a regular basis?		
	16	Do you sleep fewer than 6 hours on most nights and/ or wake up often?		
Immune System	17	Do you frequently wake feeling unrefreshed even after adequate sleep?		TOTAL
	18	Have you had colds or flu more than 3 times in the past 4 months?		
	19	When you get sick, does it take you a long time to feel better again?		
	20	Have you been diagnosed with a long-term illness like diabetes, heart disease or immune challenges?		
	21	Have you ever had any form of cancer or are currently receiving treatment?		
Respiratory System	22	Has anyone in your close family been diagnosed with cancer?		TOTAL
	23	Do you suffer from hay fever, sinusitis or other allergies on a regular basis?		
	24	Do you have asthma and/ or often struggle to breathe easily on a regular basis?		
	25	Have you been informed that you have a chronic lung condition, for example emphysema?		
Urinary System	26	Do you need to go to the toilet more often than usual, especially at night?		TOTAL
	27	Does it burn or hurt when you urinate on a regular basis?		
	28	Do you experience regular urinary infections?		
Hormone/ Endocrinological System	29	Since around age 35, have you experienced ongoing hormonal-type symptoms such as low energy, mood changes, poor sleep, or unexplained weight gain?		TOTAL
	30	As a woman, are you experiencing pre- menopause or menopause symptoms such as hot flushes, weight changes, chronic tiredness or mood changes?		
	31	As a man, are you experiencing prostate challenges, such as uncomfortable pain in the groin area, urinary changes and chronic tiredness?		
	32	Do you suffer from regular high blood sugar levels?		
	33	Does anyone in your family suffer from high blood sugar levels and/ or diagnosed diabetes?		
	34	Have you gained more than 20kg above your ideal weight for your height?		
	35	Are you struggling to lose weight, even when eating little?		
Muscular/ Skeletal System	36	Have you been diagnosed with arthritis or weak bones (such as osteoporosis)?		TOTAL
	37	Has anyone in your close family have arthritis or bone problems, such as osteoporosis?		
	38	Do you have an old injury that still gives you pain regularly in your joints or muscles?		
	39	Has any of your bones, joints or back vertebra been injured with clinical intervention?		
	40	Have you had two or more pregnancies? (if yes, your body may need extra support)		
YOUR WELLNESS SCORE			TOTAL	

OUR WELLNESS SNAPSHOT QUESTIONNAIRE OFFERS A SIMPLE WAY TO IDENTIFY AREAS WHERE NUTRITIONAL SUPPORT MAY BE HELPFUL AND GUIDES SUITABLE SUPPLEMENT CHOICES.



YOUR WELLNESS SCORES	
SCORES	WELLNESS SYSTEM
	Overall Wellness and Vitality
	Digestive System
	Nervous System
	Immune System
	Urinary System
	Hormone/ Endocrinological System
	Muscular/ Skeletal System
	Total Wellness Score

Based on the systems with the highest scores, your Wellness Consultant will recommend nutritional supplements uniquely tailored to your body's needs.



WELLNESS SCORES	HOW TO USE YOUR RESULTS
Scores 1 - 10	Your answers suggest general wellness. You may consider targeted supplements for specific needs after consulting with your Wellness Consultant.
Scores 11 - 20	Your answers indicate that certain body systems may benefit from additional nutritional support. Consider small lifestyle improvements alongside suggested supplements.
Scores 21 - 30	Several systems may need support. We recommend discussing your results with a healthcare professional while exploring appropriate Sportron or Swissgarde products.
Scores 31 or more	Your responses show multiple areas that may need attention. Please consult a healthcare practitioner and your consultant can suggest supportive supplements alongside medical care.

Based on your responses and overall scores, below is a list of suggested Sportron and Swissgarde supplements intended to support general wellness.

SYSTEM	SPORTRON	SWISSGARDE
Overall Wellness and Vitality	Whizz Matrix Syrup, Ultragarde, Omegatone, Magnetron, Energizer, Lion's Mane	Multivite for Men & Women, Omega Plus, AloeVite, Marina Spa Wonder Liquid, African Potato, Defender
Digestive System	Pro B Drops, Omegatone , Glucoplex	Activated Charcoal, Buchu Detox, Omega Plus, Super Cider , Marina Spa Wonder Liquid
Circulatory/ Cardio Vascular System	Circuitron, Omegatone	African Potato, Omega Plus, Marina Spa Wonder Liquid
Nervous System	Brainfood, Mental Calm, Omegatone, Lion's Mane, Melotone, Energizer	Stressgarde, Omega Plus
Immune System	Energizer, Whizz Matrix Syrup, Infagarde, Phytogarde, Pro B Drops, Infagarde, Lion's Mane	AloeVite, Buchu Detox, Marina Spa Wonder Liquid, Defender, Energise Tea, Revitalize Tea, Vitamin C and Zinc Spray
Respiratory System	Respitron, Infagarde , Whizz Matrix Syrup	Marina Spa Wonder Liquid
Urinary System	Uritron, Omegatone	Super Cider, Omega Plus, Buchu Detox, Revitalize Tea, Aloe Vite
Hormone/ Endocrinological System	40+ Men, 40+ Women, Glucoplex, Magnetron, Uritron, Collagen, Collagen Creamer, Pro B drops	Multivite for Men & Women, Omega, Plus, AloeVite, Super Cider, Marina Spa Wonder Liquid
Muscular/ Skeletal System	A-tron, A-tron Gel, Cal-C-Mag, Magnetron, Collagen, Omegatone, Collagen Creamer	Calmag, Omega Plus

This wellness quiz provides general information only and does not constitute medical advice, diagnosis, or treatment. Always consult a qualified healthcare practitioner for personalised or complex health concerns. For nutrition-related queries, contact Sportron Group's resident nutritionist at livelife@sportron.co.za. Any personal information recorded on this form will be used solely for product guidance and related customer support and will be processed in accordance with the Protection of Personal Information Act (POPIA).

FREQUENTLY ASKED QUESTIONS?



Why is a daily multivitamin and mineral supplement important?

Busy lifestyles mean that most people do not consume a healthy diet with at least 4 fruits/vegetables (for sufficient & vitamins), 3 glasses of milk (for sufficient calcium and magnesium), and 5 eggs a day (for sufficient iron). A comprehensive multivitamin supplement is recommended to ensure that your body receives all it needs to function optimally.



Do I need to take Sportron and/or Swissgarde supplements with meals?

Our supplements can be consumed with or without meals, as they have been formulated with optimal bioavailability.



Why are Sportron and Swissgarde supplements in vegan capsules?

All of our non-liquid supplements are in vegan capsules, which dissolve in your gut within 2 minutes, releasing nutrients that can be optimally absorbed within the 25 minutes that food typically remains in the stomach. Capsules require 15-20 minutes to dissolve, leaving only 10 minutes for the body to absorb nutrients. Our company has invested in vegan capsules to ensure optimal bioavailability and nutritional value.



Why are B vitamins included in many of Sportron and Swissgarde's supplements?

According to research, approximately 70% of people suffer from a B-vitamin deficiency because most cannot consume 4-5 vegetables or fruits daily to meet 100% of their needs. B vitamins are involved in almost 550 daily bodily processes, and their absence affects health since they aren't stored in the body. You cannot overdose on B vitamins because they are water soluble, and any excess that the body requires is simply excreted.



Which nutrient supplements are essential for kids?

Children are often deficient in B vitamins because they are fussy eaters and do not consume 2-3 fruits or vegetables daily, which are essential for cell growth.

SAY YES AND JOIN THOUSANDS OF OTHERS WHO ARE ALREADY BUILDING HEALTHIER LIVES AND BRIGHTER FUTURES WITH SPORTRON AND SWISSGARDE



EARN SUPPLEMENTAL INCOME



Earn 20% commission on every sale from the very first Rand. Grow your team and earn recruiting commission on their sales.

BUILD A BUSINESS



Be your own boss. Enjoy the freedom to create your own schedule, work from anywhere, and achieve your goals on your own terms.

TOOLS AND TRAINING



Access a wealth of resources, including local events and online materials, to help you achieve your goals.

NATIONAL FAMILY



Become part of a national family, connecting you to diverse and supportive networks.

SAY YES TO WEALTH THROUGH HEALTH

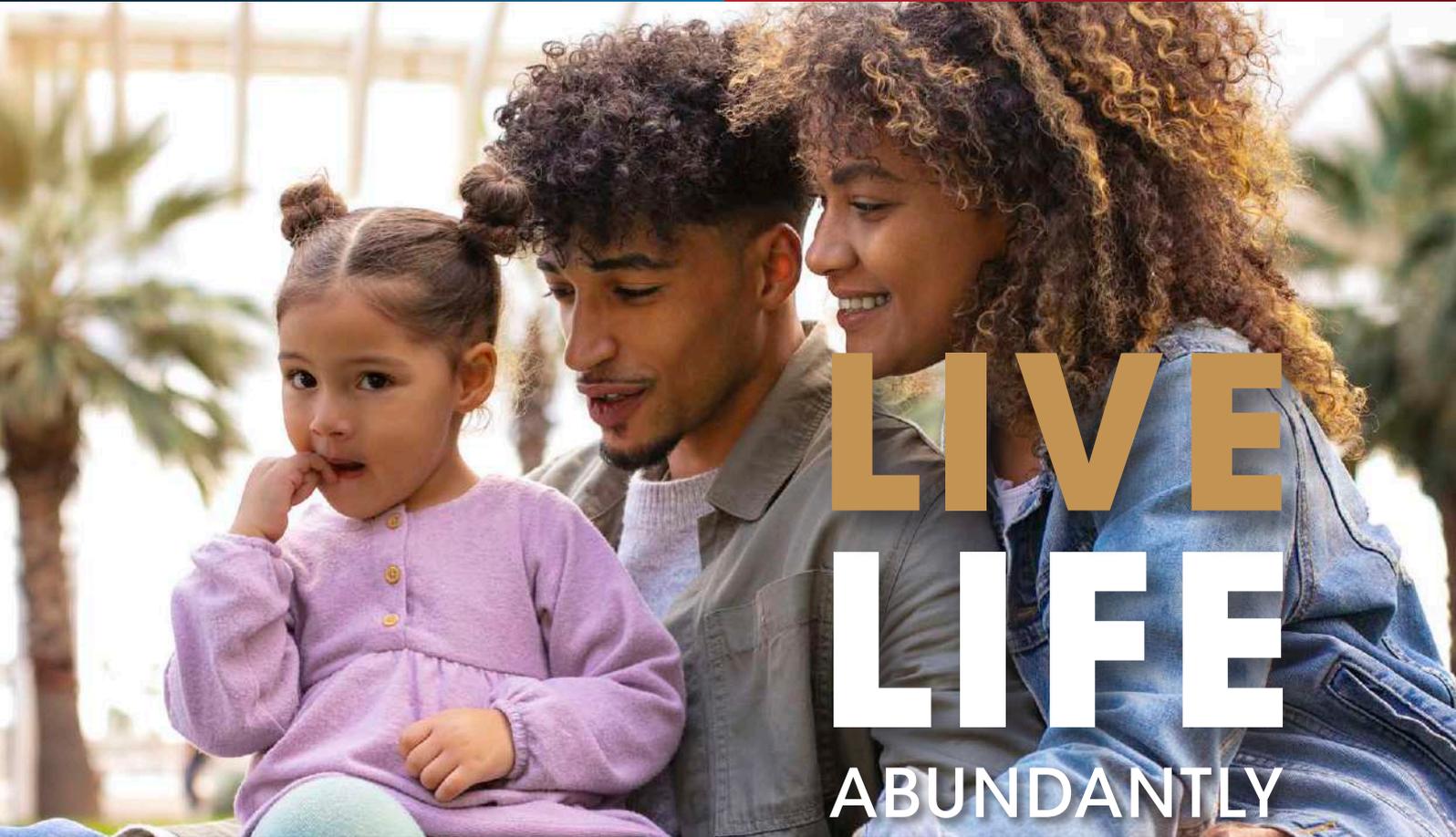
READY TO JOIN?

Speak to your Wellness Consultant or scan the QR code to get started.





SPORTRON
Nutrition from Nature



**LIVE
LIFE
ABUNDANTLY**

We offer 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.

Consultant Name: _____ Contact Number: _____



Scan the QR code to access this Product Guide on your phone or digital device.

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To find your nearest Wellness Consultants, please contact +27 (21) 672 3299. Head Office: 3 Wilge Road, Claremont, Cape Town, 7708, South Africa.

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