SPORTRON
Nutrition from Nature

SWISSGARDE




# PRODUCT GUIDE

July 2026 - January 2027

SPORTRON
Nutrition from Nature

SWISSGARDE

## 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.

SPORTRON



# NUTRITION FROM NATURE

SPORTRON

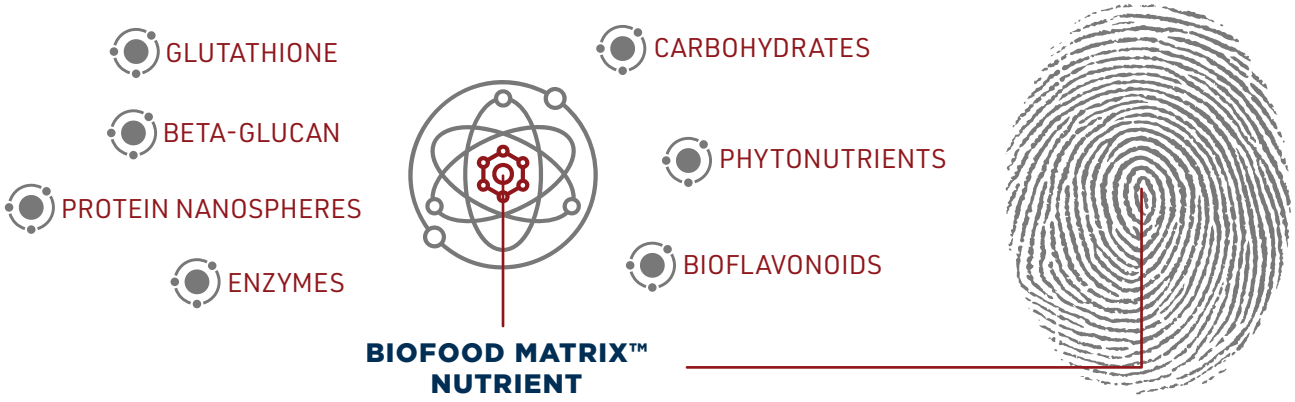


# THE SPORTRON DIFFERENCE
## NUTRITIONAL INTELLIGENCE



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

| MULTIVITAMIN & MINERALS | OMEGA-3 | IMMUNE BOOSTERS |
|---|---|---|




GMO FREE PARABEN FREE

BIOFOOD MATRIX®

# SPORTRON

| PRODUCT | CATEGORY | PRICE INCL VAT | PRICE EXCL VAT | PAGE |
|---|---|---|---|---|
| 40+ MEN MATRIX | Men's Health, General Wellness | 349.00 | 303.48 | 10 |
| 40+ WOMEN MATRIX | Women's Health, General Wellness | 349.00 | 303.48 | 12 |
| **A-TRON GEL | Anti-Inflammatory Joint Gel | 229.00 | 199.13 | 14 |
| **A-TRON MATRIX | Anti-Inflammatory, Muscle & Joint Health | 329.00 | 286.09 | 16 |
| BRAIN FOOD MATRIX | Cognitive Booster, Focus & Mental Clarity | 329.00 | 286.09 | 18 |
| CAL-C-MAG MATRIX | Muscle, Bone & Joint Health | 349.00 | 303.48 | 20 |
| CIRCUTRON MATRIX | Blood Circulation & Heart Health | 299.00 | 260.00 | 22 |
| **COLLAGEN MATRIX | Muscle, Bone & Joint Health, Skin | 449.00 | 390.43 | 24 |
| **COLLAGEN CREAMER | Muscle, Bone & Joint Health, Skin | 359.00 | 312.17 | 26 |
| ENERGISER MATRIX | Energy Booster | 249.00 | 216.52 | 28 |
| EYEGARDE MATRIX | Eye Health | 299.00 | 260.00 | 30 |
| FEMALE HORMONE BALANCE | Women's Health | 289.00 | 251.30 | 32 |
| GLUCOPLEX MATRIX | Blood Sugar Balance | 309.00 | 268.70 | 34 |
| **HAIR, SKIN & NAILS | Hair, Skin & Nails | 249.00 | 216.52 | 36 |
| INFAGARDE MATRIX | Respiratory & Immune Health, Colds & Flu | 279.00 | 242.61 | 38 |
| LION'S MANE MATRIX | Cognitive Booster, General Wellness | 329.00 | 286.09 | 40 |
| MAGNETRON MATRIX | Muscle, Bone & Joint Health | 279.00 | 242.61 | 42 |
| *MELOTONE MATRIX | Cognitive Booster, Focus & Mental Clarity | 299.00 | 260.00 | 44 |
| MENTAL CALM MATRIX | Stress Management, Anxiety | 269.00 | 233.91 | 46 |
| OMEGATONE MATRIX | Anti-Inflammatory, General Wellness, Bone & Joint Health | 329.00 | 286.09 | 48 |
| PHYTOGARDE MATRIX | Immune Support, General Wellness | 299.00 | 260.00 | 50 |
| *PRO B-9 MATRIX | Gut Health, Immune Health | 299.00 | 260.00 | 52 |
| *RESPITRON MATRIX SYRUP | Respiratory & Immune Health, Colds & Flu | 299.00 | 260.00 | 54 |
| ULTRAGARDE MATRIX | General Wellness & Energy | 349.00 | 303.48 | 56 |
| URITRON MATRIX | Urinary Tract Health | 289.00 | 251.30 | 58 |
| *WHIZZ MATRIX | Respiratory & Immune Health, Colds & Flu | 299.00 | 260.00 | 60 |
| GOLDEN TISSUE OIL | Skin Health - Face, Hands & Body | 189.00 | 164.35 | 62 |
| HYALURONIC SERUM | Skin Health - Face (Rejuvenate) | 179.00 | 155.65 | 64 |
| LIP THERAPY | Healthy Lips | 79.00 | 68.70 | 66 |
| VITAMIN C SERUM | Skin Health - Face (Even Tone) | 139.00 | 120.87 | 68 |

Prices effective from 1 May 2026. All prices are subject to change without prior notice.
Prices shown are subject to 15% South African VAT or applicable foreign customs VAT and duties for Lesotho, Eswatini and Namibia orders.
Prices, availability and product information are correct at the time of publication but may change without prior notice. E&OE.
*Products are suitable for children and teens.
** Products are unavailable for delivery to Namibia due to regulatory restrictions.

Vegan friendly

# 40 PLUS FOR MEN®
# MATRIX







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

**With Saw Palmetto & Bio Seaweed Extracts.**



**SAW PALMETTO**
Supports prostate health and healthy ageing in men.



**BIO SEAWEED EXTRACTS**
Rich in natural nutrients to support vitality and overall wellness.

**NAPPI CODE:** 3010858001

RETAIL PRICE: **R349** (INCL VAT) | **R303.48** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP079

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 |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.

GMO FREE PARABEN FREE

# 40 PLUS FOR WOMEN®
# MATRIX







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

**With Dandelion & Soy Lecithin.**



**DANDELION**
Promotes hormonal health & healthy ageing in women.



**SOY LECITHIN**
Helps manage menopause symptoms.

**NAPPI CODE:** 3010860001

RETAIL PRICE: **R349** (INCL VAT) | **R303.48** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP078

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 (COBALAMIN) | 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 |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.

GMO FREE PARABEN FREE

# 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.**



**ARNICA**
Helps soothe muscles and joints.



**CLOVE**
Offers natural pain relief.



**ROSEMARY**
Helps ease muscle fatigue.



**CANNABIDIOL OIL**
Supports relaxation and everyday comfort.

**NAPPI CODE:** 3011175001

RETAIL PRICE: **R229** (INCL VAT) | **R199.13** (EXCL VAT)

**50g** gel | **PRODUCT CODE** SP019

Due to regulatory restrictions, this product is unavailable for delivery to Namibia.

DERMATOLOGICALLY TESTED

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## **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.

GMO FREE PARABEN FREE

# A-TRON® MATRIX



## ANTI-INFLAMMATORY MUSCLE & JOINT HEALTH

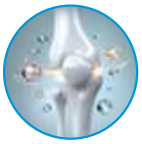



A-Tron Matrix is a scientifically formulated supplement designed to support joint, muscle, and bone health. This powerful blend combines MSM, Glucosamine, Chondroitin, Turmeric, Papain, and CBD Isolate to help reduce inflammation, ease stiffness, support cartilage regeneration, and promote faster recovery. 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.**



**MSM**
Supports healthy joints and comfortable movement.



**CHONDROITIN**
Helps support joint cushioning and flexibility.



**GLUCOSAMINE**
Supports joint health and cartilage maintenance.



**TURMERIC**
Supports joint comfort and overall wellbeing.

**NAPPI CODE:** 3010979001

RETAIL PRICE: **R329** (INCL VAT) | **R286.09** (EXCL VAT)

**60** VEGGIE CAPSULES | **PRODUCT CODE** SP080

Due to regulatory restrictions, this product is unavailable for delivery to Namibia.

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 |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.



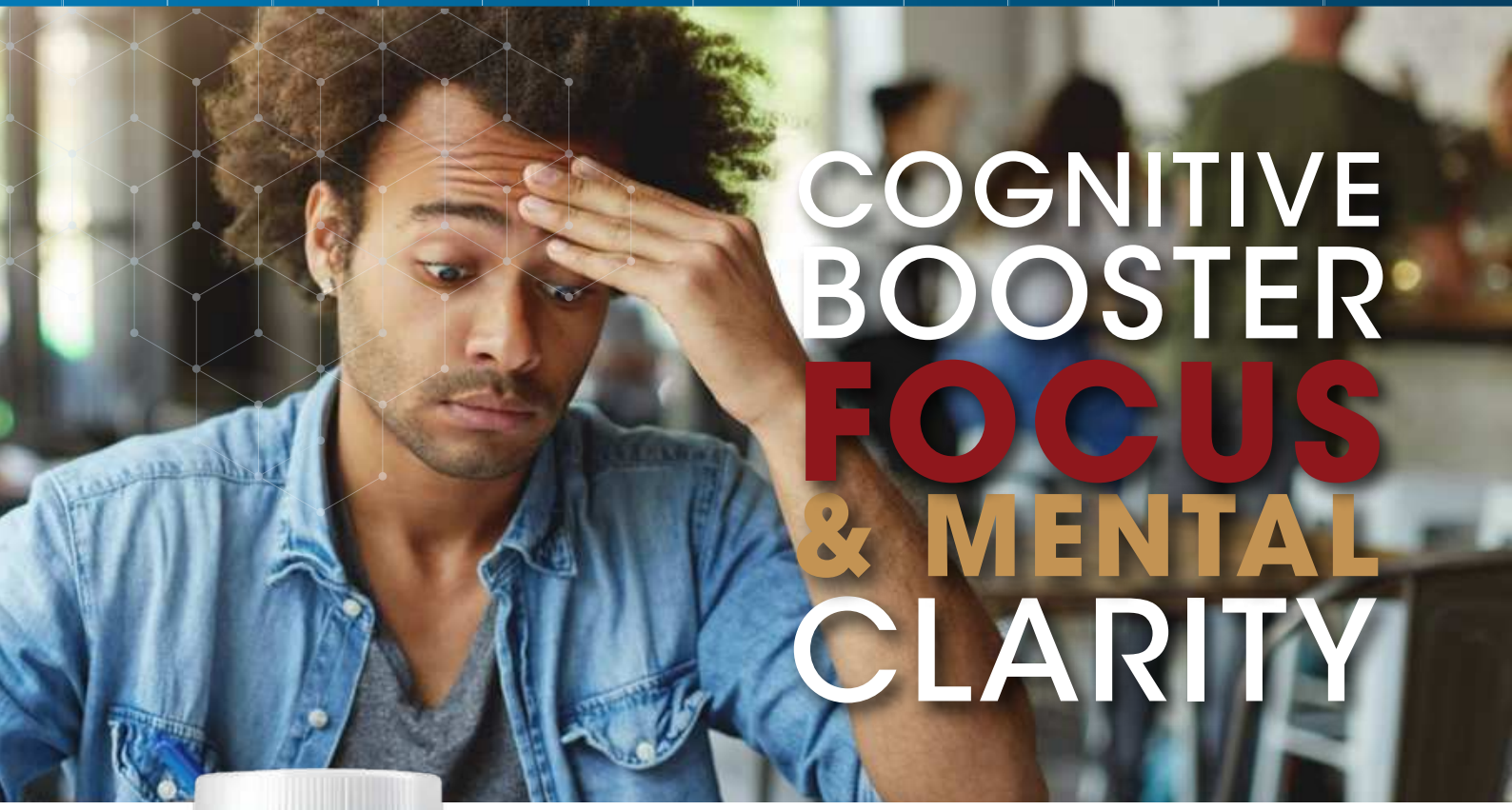
### INFLAMMATION SUPPORT
Turmeric and Papain both offer natural anti-inflammatory properties that help ease swelling, stiffness, and joint pain. They contribute to improved mobility and flexibility by reducing the inflammation that limits movement.



### 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.

GMO FREE PARABEN FREE

# BRAIN FOOD® MATRIX

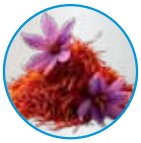


## COGNITIVE BOOSTER FOCUS & MENTAL CLARITY




Sportron Brain Food Matrix is a scientifically formulated blend of Lion's Mane, L-Theanine, Saffron, Green Tea Extract and essential B-vitamins designed to support cognitive function, mental clarity, focus and concentration. This advanced formulation helps nourish the brain, support memory and promote overall mental performance while assisting the body in maintaining healthy neurological function. Enhanced with Sportron's BioFood Matrix for improved nutrient absorption, Brain Food Matrix provides daily nutritional support for individuals seeking sharper thinking, improved focus and long-term cognitive wellbeing.

**With Saffron, L-Theanine & Lion's Mane.**



**SAFFRON**
Supports focus, concentration and mood.



**L-THEANINE**
Supports calm focus and mental clarity.



**LION'S MANE**
Supports memory, focus and cognitive function.

**NAPPI CODE:** 3010981001

RETAIL PRICE: **R329** (INCL VAT) | **R286.09** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP098

BIOFOOD MATRIX®

SPORTRON

## BRAIN FOOD

**BENEFITS:**
A scientifically formulated blend of Lion's Mane, L-Theanine, Saffron, Green Tea Extract and essential B vitamins to support cognitive function, mental clarity, focus and concentration. Formulated to help maintain brain health and support memory and overall mental performance.

**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 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 CAPSULE |
|---|---|
| LIONS MANE POWDER | 310 mg |
| GREEN TEA EXTRACT | 125 mg |
| L-THEANINE | 60.3 mg |
| VITAMIN C | 60 mg |
| SAFFRON EXTRACT | 50 mg |
| VITAMIN E | 9 mg |
| VITAMIN B3 (NIACIN) | 14 mg |
| VITAMIN B5 (PANTOTHENIC ACID) | 5 mg |
| VITAMIN B1 (THIAMINE) | 1.1 mg |
| VITAMIN B2 (RIBOFLAVIN) | 1.1 mg |
| VITAMIN B6 (PYRIDOXINE) | 1.3 mg |
| VITAMIN B12 (COBALAMINE) | 2.4 mcg |
| VITAMIN B9 (FOLIC ACID) | 200 mcg |
| **SPORTRON BIOFOODMATRIX®** | 15 mg |

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

### SUPPORTS COGNITIVE FUNCTION AND MEMORY
Lion's Mane is widely recognised for its ability to support brain health and cognitive performance. Combined with Saffron and Green Tea Extract, it helps support memory, learning and information processing while promoting healthy neurological function. This synergistic blend helps maintain mental sharpness and supports overall cognitive wellbeing.

### PROMOTES FOCUS AND CONCENTRATION
L-Theanine works alongside Lion's Mane and Green Tea Extract to promote calm alertness and sustained concentration without feelings of overstimulation. This combination helps support attention, focus and productivity, making it ideal for study, work and mentally demanding daily activities.

### HELPS REDUCE MENTAL FATIGUE AND BRAIN FOG
The combination of L-Theanine, Saffron and B-vitamins helps support mental clarity and cognitive performance during periods of stress, fatigue or prolonged concentration. By supporting healthy neurotransmitter activity and energy metabolism, these ingredients help reduce feelings of mental sluggishness and promote clearer thinking.

### SUPPORTS HEALTHY NERVOUS SYSTEM FUNCTION
Vitamins B1, B2, B3, B5, B6, B9 and B12 play important roles in supporting healthy nervous system function and neurological health. These essential nutrients help maintain normal brain activity, support neurotransmitter production and contribute to optimal mental performance and overall wellbeing.

### PROVIDES ANTIOXIDANT AND BRAIN HEALTH SUPPORT
Green Tea Extract, Vitamin C, Vitamin E and Saffron provide antioxidant protection against oxidative stress, helping to support healthy brain cells and long-term cognitive function. Their combined activity helps protect the brain from environmental and lifestyle-related stressors while supporting mental vitality and resilience.

GMO FREE PARABEN FREE

# 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.**




**CALCIUM**
Supports strong bones and teeth for everyday strength.




**MAGNESIUM**
Helps support muscles, relaxation, and healthy nerve function.



**COLLAGEN**
Supports healthy joints, skin, and connective tissue.

**NAPPI CODE:** 3010861001

RETAIL PRICE: **R349** (INCL VAT) | **R303.48** (EXCL VAT)

**60** VEGGIE CAPSULES | **PRODUCT CODE** SP074

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.

| ACTIVE INGREDIENTS | PER CAPSULE |
|---|---|
| CALCIUM CARBONATE (PROVIDING 264 mg ELEMENTAL CALCIUM) | 660 mg |
| MAGNESIUM SULPHATE (PROVIDING 30.3 mg ELEMENTAL MAGNESIUM) | 151.6 mg |
| HYDROLYSED 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 |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA VULGARIS.

### 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.

GMO FREE PARABEN FREE

# 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.**



**CENTELLA ASIATICA**
Helps support healthy blood flow and circulation.



**GARLIC**
**(ALLIUM SATIVUM)**
Supports heart health and healthy immune function.




**VIT K**
Supports healthy circulation and blood vessel health.

**NAPPI CODE:** 3010864001

RETAIL PRICE: **R299** (INCL VAT) | **R260** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP016

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 |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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, Circutron supports stronger heart function, improved circulation, and long-term cardiovascular resilience.

GMO FREE PARABEN FREE

# COLLAGEN® MATRIX



## MUSCLE BONE & JOINT HEALTH SKIN




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.**



**BOVINE HYDROLYSED COLLAGEN TYPE 1 & 3**
Supports healthy skin, hair, nails, joints and bones.

**NAPPI CODE:** 3010866001

RETAIL PRICE: **R449** (INCL VAT) | **R390.43** (EXCL VAT)

**60** VEGGIE CAPSULES | **PRODUCT CODE** SP085

Due to regulatory restrictions, this product is unavailable for delivery to Namibia.

BIOFOOD MATRIX®

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 |
|---|---|
| HYDROLYSED COLLAGEN PEPTIDES (TYPE 1 & 3) | 940 mg |
| **SPORTRON BIOFOODMATRIX®** | 50 mg |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.

GMO FREE PARABEN FREE

# COLLAGEN® CREAMER



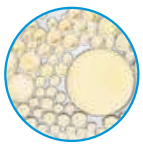




Sportron Collagen Creamer is a high-protein, low-GI alternative to milk for tea or coffee. This protein-rich formulation contains 800 mg of collagen per serving, which benefits the skin, muscle, bone, and overall health. Collagen types 1 and 3 are essential for maintaining youthful skin because they 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.**

**LOW GLYCEMIC INDEX**



**BOVINE HYDROLYSED COLLAGEN TYPE 1 & 3**
Supports healthy skin, hair, nails, joints and bones.

RETAIL PRICE: **R359** (INCL VAT) | **R312.17** (EXCL VAT)

**300** g | **PRODUCT CODE** SP092

Due to regulatory restrictions, this product is unavailable for delivery to Namibia.

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 FORM 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®**

XANTHAN -SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.



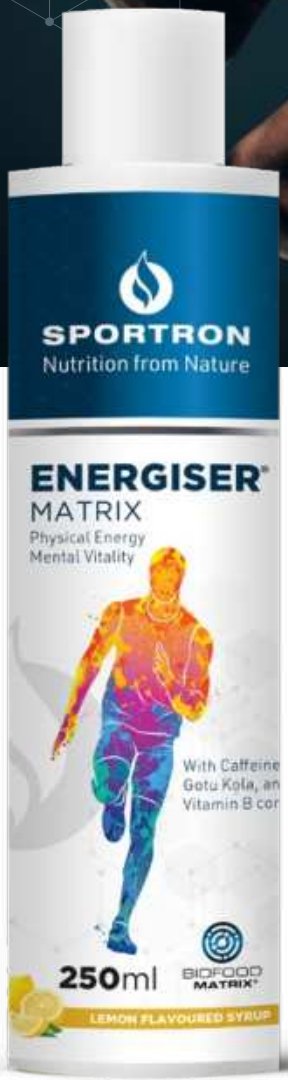
### GUT HEALTH
Collagen supports a healthy digestive tract by strengthening the gut lining, aiding digestion, and reducing inflammation, which may be helpful for conditions like IBS and leaky gut.

GMO FREE PARABEN FREE

# 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 and is sugar free.**



**CAFFEINE**
Helps boost energy and mental alertness.



**GOTU KOLA**
Supports focus and mental performance.




**VITAMIN B COMPLEX**
Helps support energy production and reduce tiredness.

RETAIL PRICE: **R249** (INCL VAT) | **R216.52** (EXCL VAT)

**250** ml | **PRODUCT CODE** SP075

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 | 0.5 mg | 5 mg |
| TAURINE | 33.3 mg | 333 mg |
| GOTU KOLA (CENTELLA) EXTRACT | 25.0 mg | 250 mg |
| ARGININE | 30.0 mg | 300 mg |
| **SPORTRON BIOFOODMATRIX®** | 12.5 mg | 125 mg |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.

GMO FREE PARABEN FREE

# 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.**



**BETA CAROTENE**
Supports healthy vision and eye function.




**LUTEIN**
Helps support and protect the eyes.



**ZEAXANTHIN**
Supports healthy eyesight and visual comfort.



**GINKGO BILOBA**
Supports healthy blood flow to the eyes.

**NAPPI CODE:** 3010867001

RETAIL PRICE: **R299** (INCL VAT) | **R260** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP082

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 |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.

GMO FREE PARABEN FREE

# FEMALE HORMONE BALANCE®



## WOMEN'S HEALTH




Sportron Female Hormone Balance is a specialised formulation designed to support women through the hormonal changes experienced during PMS, perimenopause and menopause. Combining clinically recognised Chasteberry with Magnesium Glycinate, Lemon Balm, Vitamin B6 and Zinc, this advanced formula helps promote hormonal balance, emotional wellbeing and daily comfort. It provides comprehensive support for women seeking greater balance, resilience and wellbeing throughout every stage of life.

**With Chasteberry, Magnesium Glycinate, Lemon Balm, Vitamin B6 and Zinc.**



**CHASTEBERRY**
Supports hormonal balance and women's wellbeing.




**MAGNESIUM GLYCINATE**
Supports relaxation and emotional wellbeing.



**LEMON BALM**
Promotes calmness and relaxation.




**VITAMIN B6**
Supports hormonal health and mood balance.




**ZINC**
Supports hormonal health and overall wellbeing.

RETAIL PRICE: **R289** (INCL VAT) | **R251.30** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP094

BIOFOOD MATRIX®

SPORTRON

## FEMALE HORMONE BALANCE

**BENEFITS:**
Supports natural hormone balance with clinically recognised Chasteberry, helping ease PMS and menopause symptoms like mood swings, hot flashes and irritability, while magnesium, B6 and lemon balm promote calm, sleep and wellbeing.

**DIRECTIONS FOR USE:**
Adults take 1 capsule daily with food, 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 |
|---|---|
| CHASTEBERRY POWDER (VITEX AGNUS-CASTUS FRUIT) | 277.35 MG |
| MAGNESIUM GLYCINATE (36 MG ELEMENTAL MAGNESIUM), | 200 MG |
| LEMON BALM (MELISSA OFFICINALIS LEAF) | 100 MG |
| VITAMIN B6 (AS PYRIDOXINE HYDROCHLORIDE) | 30 MG |
| ZINC OXIDE (PROVIDING 10 MG ELEMENTAL ZINC) | 12.45 MG |
| **SPORTRON BIOFOODMATRIX®** | 25 mg |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA VULGARIS.

### SUPPORTS NATURAL HORMONE BALANCE
Chasteberry has been traditionally used to support healthy female hormone balance and is widely recognised for its role in helping women manage common hormonal fluctuations. By supporting hormonal harmony, it helps promote greater comfort and wellbeing during the menstrual cycle as well as during the transition into menopause.

### HELPS EASE PMS AND MENOPAUSE SYMPTOMS
The combination of Chasteberry, Vitamin B6 and Zinc helps support women experiencing symptoms associated with hormonal changes, including mood fluctuations, irritability and discomfort. This targeted blend provides nutritional support to help women feel more balanced and in control during times of hormonal transition.

### PROMOTES CALM, RELAXATION AND EMOTIONAL WELLBEING
Lemon Balm and Magnesium Glycinate are known for their calming properties and help support emotional wellbeing during periods of stress and hormonal change. Together, they assist in promoting relaxation, helping women feel more centred, balanced and emotionally supported throughout the day.

### SUPPORTS RESTFUL SLEEP AND NERVOUS SYSTEM HEALTH
Magnesium Glycinate, Lemon Balm and Vitamin B6 work synergistically to support healthy nervous system function and encourage restful sleep. By helping the body relax and unwind, these nutrients contribute to improved sleep quality and overall wellbeing, particularly during times of hormonal imbalance.

### SUPPORTS DAILY WELLBEING AND VITALITY
Zinc, Vitamin B6 and Magnesium play important roles in numerous metabolic and physiological processes that influence mood, energy and overall wellness to help support daily vitality and promote a healthier, more balanced lifestyle.

GMO FREE PARABEN FREE

# 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.**



**BEARBERRY**
Supports overall wellness and metabolic health.



**CENTELLA ASIATICA**
Helps support healthy blood flow and circulation.



**CINNAMON**
Helps maintain balanced blood sugar levels.

**NAPPI CODE:** 3010868001

RETAIL PRICE: **R309** (INCL VAT) | **R268.70** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP012

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 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.

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

| ACTIVE INGREDIENTS | PER CAPSULE |
|---|---|
| BEARBERRY (UVA URSI) {CONTAINING BERBERINE} | 180 mg |
| CENTELLA ASIATICA | 100 mg |
| CINNAMOMUM CASSIA (CINNAMON) POWDER | 175 mg |
| **SPORTRON BIOFOODMATRIX®** | 25 mg |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.

GMO FREE PARABEN FREE

# HAIR, SKIN & NAILS®







Sportron Hair, Skin & Nails is a comprehensive beauty and wellness formulation designed to support healthy hair growth, radiant skin and stronger nails from within. Combining Collagen, Biotin, Vitamin C, Vitamin E, Zinc and L-Cysteine with key vitamins, minerals and botanical extracts, this advanced formula helps nourish the body's natural beauty processes while providing antioxidant support for overall skin health.

**With Vitamin C, Vitamin E, Biotin, Zinc and Collagen.**

**VITAMIN C**
Supports collagen formation and healthy skin.

**VITAMIN E**
Provides antioxidant support for healthy skin.

**BIOTIN**
Supports healthy hair, skin and nails.

**ZINC**
Supports healthy skin and nail health.

**COLLAGEN**
Supports healthy skin, hair and nails.

RETAIL PRICE: **R249** (INCL VAT) | **R216.52** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP093

Due to regulatory restrictions, this product is unavailable for delivery to Namibia.

BIOFOOD MATRIX®

SPORTRON

## HAIR, SKIN & NAILS

**BENEFITS:**
Formulated with key nutrients including Vitamin C, Vitamin E, Biotin, Zinc and Collagen to support hair strength, skin elasticity and nail resilience. Added B vitamins help maintain overall skin health, while Rosemary and Seaweed extracts provide antioxidant support for a healthy, radiant appearance.

**DIRECTIONS FOR USE:**
Adults take 1 capsule daily with food, 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 |
|---|---|
| CALCIUM CARBONATE (PROVIDING 67.2 mg ELEMENTAL CALCIUM) | 168 mg |
| ASCORBIC ACID USP (VITAMIN C) | 75 mg |
| COLLAGEN POWDER | 50 mg |
| L-CYSTEINE POWDER | 50 mg |
| ROSEMARY (SALVIA ROSMARINUS) LEAF POWDER | 30 mg |
| ZINC OXIDE | 11 mg |
| VITAMIN E | 10 mg |
| SEAWEED EXTRACT (SARGASSUM FUSIFORME) | 10 mg |
| VITAMIN K2 | 20 mcg |
| BETA-CAROTENE (10% W/W) | 8 mg |
| VITAMIN D3 | 600 IU |
| VITAMIN B3 | 5 mg |
| VITAMIN B5 | 3.825 mg |
| VITAMIN B1 | 1.125 mg |
| VITAMIN B2 | 1 mg |
| BIOTIN POWDER | 500 mcg |
| FOLIC ACID | 0.1 mg |
| **SPORTRON BIOFOODMATRIX®** | **16.5 mg** |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA VULGARIS.



### SUPPORTS HEALTHY HAIR GROWTH AND STRENGTH

Biotin, Zinc and L-Cysteine work together to support healthy hair structure, strength and resilience. L-Cysteine provides an important building block used in the formation of keratin, while Biotin supports healthy hair growth and Zinc contributes to maintaining normal hair condition. This combination helps nourish hair from within, promoting stronger, healthier-looking hair.



### PROMOTES RADIANT, YOUTHFUL-LOOKING SKIN

Collagen, Vitamin C and Vitamin E support skin elasticity, hydration and overall skin health. Vitamin C contributes to normal collagen formation, while Vitamin E and Beta-Carotene provide antioxidant protection against environmental stressors. Together, these nutrients help support smoother, firmer and more radiant-looking skin.



### SUPPORTS STRONGER, HEALTHIER NAILS

Biotin, Zinc and Calcium help maintain nail strength and resilience by supporting healthy nail structure and growth. These nutrients work together to help reduce brittleness and support stronger, healthier-looking nails as part of a balanced nutritional approach to beauty and wellness.



### PROVIDES ANTIOXIDANT AND BEAUTY SUPPORT FROM WITHIN

Rosemary Leaf Powder, Seaweed Extract, Vitamin E and Beta-Carotene provide valuable antioxidant support that helps protect cells from oxidative stress. Combined with the nutrient-rich BioFood Matrix, these ingredients support overall skin vitality and contribute to a healthy, radiant appearance from the inside out.



### SUPPORTS OVERALL BEAUTY AND WELLNESS

A blend of Vitamin D3, Vitamin K2, B Vitamins, Calcium and essential nutrients helps support healthy skin function, cellular renewal and overall wellbeing. By providing comprehensive nutritional support, Hair, Skin & Nails helps nourish the body's natural beauty processes while promoting confidence in your appearance every day.

GMO FREE PARABEN FREE

# INFAGARDE® MATRIX



## RESPIRATORY & IMMUNE HEALTH
## COLDS & 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), Eyebright (Euphrasia officinalis), Astragalus membranaceus.**



**ECHINACEA**
Helps support the immune system and overall wellness.



**GARLIC**
**(ALLIUM SATIVUM)**
Supports heart health and healthy immune function.



**GINGER**
**(ZINGIBER OFFICINALE)**
Boosts the immune system.



**EYEBRIGHT**
**(EUPHRASIA OFFICINALIS)**
Natural antihistamine.



**ASTRAGALUS MEMBRANACEUS**
Supports immune function and overall wellbeing.

**NAPPI CODE:** 3010870001

RETAIL PRICE: **R279** (INCL VAT) | **R242.61** (EXCL VAT)

**100** ml SOLUTION | **PRODUCT CODE** SP073

BIOFOOD MATRIX®

SPORTRON

## INFAGARDE

**BENEFITS:**
A herbal blend of Echinacea, Eyebright, 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 (EYEBRIGHT) | 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 |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.

GMO FREE PARABEN FREE

# 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.**



**LION'S MANE MUSHROOM EXTRACT**
Supports memory, focus and cognitive health.

**NAPPI CODE:** 3010871001

RETAIL PRICE: **R329** (INCL VAT) | **R286.09** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP089

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 |
|---|---|
| LIONS MANE POWDER | 565 mg |
| **SPORTRON BIOFOODMATRIX®** | 25 mg |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.

GMO FREE PARABEN FREE

# MAGNETRON® MATRIX







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.**




**MAGNESIUM**
Helps support muscles, relaxation, and healthy nerve function.




**CALCIUM**
Supports strong bones and teeth for everyday strength.




**VITAMINS D, C & K**
Support bone health, immunity and overall wellbeing.

**NAPPI CODE:** 3010872001

RETAIL PRICE: **R279** (INCL VAT) | **R242.61** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP087

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 |
|---|---|
| CALCIUM CARBONATE (PROVIDING 277mg ELEMENTAL CALCIUM) | 692 mg |
| MAGNESIUM GLYCINATE (PROVIDING 19.6mg ELEMENTAL MAGNESIUM) | 135 mg |
| MAGNESIUM SULPHATE (PROVIDING 10.9mg ELEMENTAL MAGNESIUM) | 110 mg |
| MAGNESIUM STEARATE (PROVIDING 0.2mg ELEMENTAL MAGNESIUM) | 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 |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.



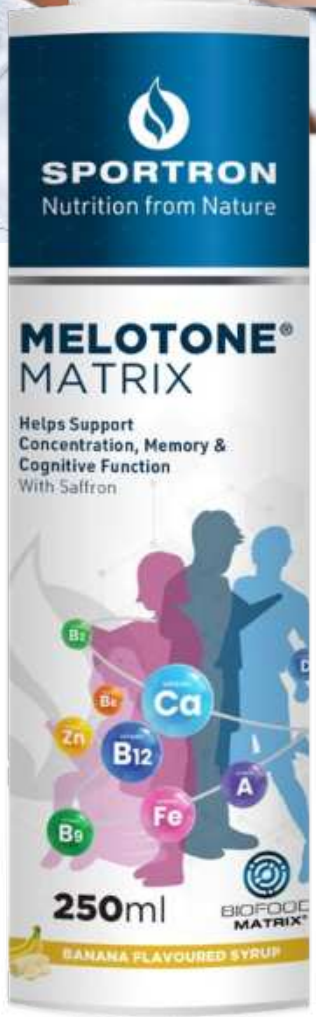
### IMMUNITY AND CELLULAR SUPPORT
Vitamins C and D strengthen immune defenses, while the mineral-rich seaweed extract, containing manganese, copper, iodine, selenium, and more, provides trace elements essential for immune cell function and antioxidant protection. The Biofood Matrix™ also delivers phytonutrients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

GMO FREE PARABEN FREE

# MELOTONE® MATRIX



## COGNITIVE BOOSTER FOCUS & MENTAL CLARITY

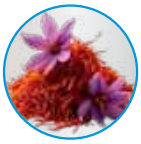



Sportron Melotone enhances cognitive ability, focus, and clarity. It has proven particularly effective in children who struggle with concentration, hyperactivity, and ADHD. Omega-3 oils and saffron promote healthy neurotransmission of messages, resulting in greater mental clarity. Melotone's tried-and-true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

**With Omega 3 Oils, Saffron & B-Vitamins.**



**OMEGA 3 OILS**
Supports brain and nerve health.



**SAFFRON**
Supports concentration, nerve health and cognitive ability.




**B-VITAMINS**
Help support energy levels and nervous system health.

**NAPPI CODE:** 3010983001

RETAIL PRICE: **R299** (INCL VAT) | **R260** (EXCL VAT)

**250 ML** SYRUP | **PRODUCT CODE** SP038

SUITABLE FOR CHILDREN AND TEENS

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 (PROVIDING 13 mg | 100 MG |
| ELEMENTAL CALCIUM) | 122.5 MG |
| MAGNESIUM GLYCINATE (PROVIDING 17.25 mg | 10 MG |
| ELEMENTAL MAGNESIUM) | 10 MG |
| ZINC OXIDE | 100 MG |
| SEA WEED EXTRACT | 40 MG |
| GLYCINE | 50 MG |
| L-CARNITINE | |
| TAURINE | |

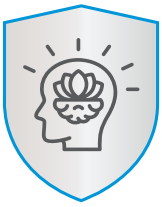
| SPORTRON BIOFOODMATRIX® | 25 mg |
|---|---|

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.

GMO FREE PARABEN FREE

# MENTAL CALM® MATRIX







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.**



**HERBAL EXTRACTS**
Support relaxation and emotional wellbeing.



**ASHWAGANDHA**
Helps the body cope with everyday stress.

**NAPPI CODE:** 3010874001

RETAIL PRICE: **R269** (INCL VAT) | **R233.91** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP040

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 |
|---|---|
| ASHWAGANDHA (WITHANIA SOMNIFERA) | 250 mg |
| L-THEANINE | 100 mg |
| CHAMOMILE POWDER (MATRICARIA CHAMOMILLA) | 100 mg |
| PASSIFLORA POWDER (PASSIFLORA INCARNATA) | 60 mg |
| VALERIA POWDER (VALERIA OFFINCIALIS) | 50 mg |
| **SPORTRON BIOFOODMATRIX®** | 25 mg |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.

GMO FREE PARABEN FREE

# OMEGATONE® MATRIX







Omegatone 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**



**OMEGA 3 OILS**
Supports brain, heart and eye health. Boosts overall wellness due to anti-inflammation properties.




**VITAMINS D3, E & K**
Support bone health, immunity and overall wellbeing.

**NAPPI CODE:** 3011302001

RETAIL PRICE: **R329** (INCL VAT) | **R286.09** (EXCL VAT)

**250**ml | **PRODUCT CODE** SP070

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 |
|---|---|
| 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 |

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.

GMO FREE PARABEN FREE

# PHYTOGARDE® MATRIX







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.**



**CRANBERRY**
Supports everyday health and wellbeing.



**GRAPE SEED**
Supports circulation and helps protect against oxidative stress.



**ELDERBERRY**
Helps support the immune system.



**GREEN TEA**
Rich in antioxidants to support overall wellness.

**NAPPI CODE:** 3010977001

RETAIL PRICE: **R299** (INCL VAT) | **R260** (EXCL VAT)

**250**ml | **PRODUCT CODE** SP072

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 |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.

GMO FREE PARABEN FREE

# 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.**




**PRE-BIOTIC**
Nourishes beneficial bacteria for a healthy gut.



**9-STRAIN PROBIOTIC**
Supports digestive and immune health.

**NAPPI CODE:** 3010831001

RETAIL PRICE: **R299** (INCL VAT) | **R260** (EXCL VAT)

**30** ml SOLUTION | **PRODUCT CODE** SP083

SUITABLE FOR CHILDREN AND TEENS

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.

| **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 (FRUCTOOLIGODSACCHARIDES 3.5 mg, MALTODEXTRIN {PREBIOTIC FIBER} 27.5 mg). CFU= COLONY FORMING UNITS | |
| **SPORTRON BIOFOODMATRIX®** | 250 mcg |
| XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA VULGARIS. | |

### 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.

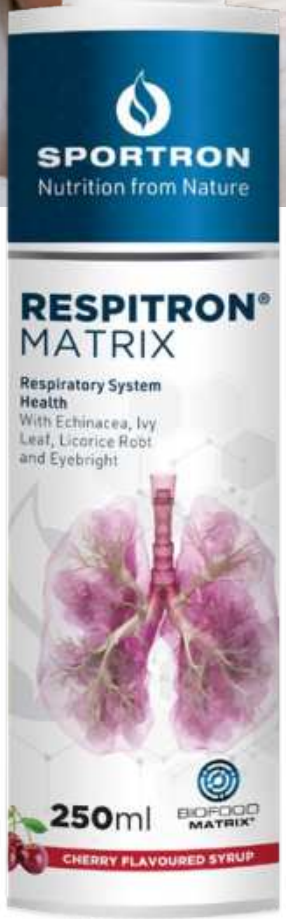
### ALLERGY SUPPORT
By strengthening the gut barrier and modulating the immune response, Pro-B9® may help reduce the frequency and severity of allergic reactions. It supports immune balance, which may reduce the symptoms of allergic rhinitis, eczema, and even some food-related allergies.

GMO FREE PARABEN FREE

# RESPITRON® MATRIX



## RESPIRATORY & IMMUNE HEALTH
## COLDS & FLU




Respitron 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, Respitron 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).**



**ECHINACEA**
Helps support the immune system and overall wellness.



**IVY LEAF**
Helps support clear and comfortable breathing.



**LICORICE ROOT**
Helps support the body's natural defences.



**EYEBRIGHT**
**(EUPHRASIA OFFICINALIS)**
Natural antihistamine.

**NAPPI CODE:** 3011299001

RETAIL PRICE: **R299** (INCL VAT) | **R260** (EXCL VAT)

**250**ml | **PRODUCT CODE** SP039

SUITABLE FOR CHILDREN AND TEENS

BIOFOOD MATRIX®

SPORTRON

## RESPITRON

**BENEFITS:**
Sportron Respitron 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.

| 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 |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA VULGARIS.



### 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.

GMO FREE PARABEN FREE

# 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.**



**VITAMINS**
Support immunity, energy and overall wellbeing.



**MINERALS**
Support healthy body function and vitality.



**PROBIOTICS**
Support digestive and immune health.

**NAPPI CODE:** 3011080001

RETAIL PRICE: **R349** (INCL VAT) | **R303.48** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP023

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 |
|---|---|
| ESSENTIAL 4 STRAIN PROBIOTIC BLEND [CONSISTING OF LACTOBACILLUS ACIDOPHILUS, BIFIDOBACTERIUM LONGUM, BIFIDOBACTERIUM BIFIDUM, BIFIDOBACTERIUM LACTIS]. | 112 MILLION CFU |
| FRUCTO-OLIGOSACCHARIDE (PREBIOTIC) | 325 mcg |
| MINERAL RICH SEAWEED EXTRACT (CONTAINING MANGANESE, COPPER, IODINE, MOLYBDENUM, SELENIUM, BORON & PHOSPHORUS). | 25 mg |

**SPORTRON BIOFOODMATRIX®** **25 mg**

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA VULGARIS.

### 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.

### 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.

GMO FREE  PARABEN FREE

# 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.**



**CRANBERRY ACTIVES**
Supports urinary tract health and overall wellbeing.

**NAPPI CODE:** 3010982001

RETAIL PRICE: **R289** (INCL VAT) | **R251.30** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SP035

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 |
|---|---|
| CRANBERRY (VACCINIUM MACROCARPON FRUIT) POWDER | 525 mg |
| **SPORTRON BIOFOODMATRIX®** | 10 mg |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA 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.

GMO FREE PARABEN FREE

# WHIZZ® MATRIX



## RESPIRATORY & IMMUNE HEALTH
## COLDS & FLU




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.**



**ELDERBERRY**
Helps support the immune system.



**ECHINACEA**
Helps support the immune system and overall wellness.




**VITAMIN C**
Helps support the immune system.

**NAPPI CODE:** 3010902001

RETAIL PRICE: **R299** (INCL VAT) | **R260** (EXCL VAT)

**250**ml | **PRODUCT CODE** SP053

SUITABLE FOR CHILDREN AND TEENS

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.

| 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 |

XANTHAN-SOY LECHITIN NANOSPHERES, MORINGA OLEIFERA, SARGASSUM FUSIFORME (SEA WEED), PAPAIN, ARTHROSPIRA PLATENSIS (SPIRULINA), SOLANUM LYCOPERSICUM (TOMATO); BETA CAROTENE, 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), CHLORELLA VULGARIS.

### 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.

GMO FREE PARABEN FREE

# GOLDEN TISSUE OIL®



## SKIN HEALTH FACE, HANDS & BODY




Sportron Golden Tissue Oil is a luxurious multi-purpose skincare oil formulated to deeply nourish, moisturise and improve the appearance of the skin. Combining Moringa Oil, Hyaluronic Acid, Vitamin E and a blend of botanical oils and extracts, this advanced formulation helps support skin elasticity, hydration and overall skin health. Regular use helps improve the appearance of scars, stretch marks and uneven skin texture while promoting smoother, softer and more radiant-looking skin.

**With Moringa Oil, Hyaluronic Acid and Vitamin E.**



**MORINGA OIL**
Helps nourish and condition the skin.



**HYALURONIC ACID**
Anti-ageing properties helps hydrate and plump skin.




**VITAMIN E**
Provides antioxidant support for healthy-looking skin.

RETAIL PRICE: **R189** (INCL VAT) | **R164.35** (EXCL VAT)

**125** ML | **PRODUCT CODE** SP097

DERMATOLOGICALLY TESTED

SPORTRON

## GOLDEN TISSUE OIL

**BENEFITS:**
A luxurious, deeply nourishing tissue oil that helps moisturise, soften, and improve skin elasticity. Formulated with Moringa Oil, Hyaluronic Acid, and Vitamin E, it supports healthy-looking skin and helps reduce the appearance of stretch marks, scars, and dry or irritated skin. Suitable for sensitive skin, pregnancy, and children.

**DIRECTIONS FOR USE:**
Use daily on body and face, avoiding the eye area. For scars and stretch marks, massage directly onto affected area. For best results, use two to three times daily.

**WARNING:** For external use only. Do not swallow.

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

MINERAL OIL, CHAMOMILLA RECUTITA FLOWER OIL, CAPRYLIC/CAPRIC TRIGLYCERIDE, ISOPROPYL MYRISTATE, CETEARYL ALCOHOL, CALENDULA OFFICINALIS EXTRACT, RICINUS COMMUNIS SEED OIL (CASTOR OIL), PRUNUS AMYGDALUS DULCIS OIL (SWEET ALMOND OIL), MORINGA OLEIFERA SEED OIL, BHT, TOCOPHEROL (VITAMIN E), ZEA MAYS OIL, PHENOXYETHANOL, RETINYL PALMITATE, TRITICUM VULGARE GERM OIL, SQUALANE, SODIUM HYALURONATE (HYALURONIC ACID), SARGASSUM (SEA WEED) EXTRACT, BETA-CAROTENE, CANANGA ODORATA OIL, PARFUM, CITRUS SINENSIS PEEL OIL, LAVANDULA ANGUSTIFOLIA OIL, PELARGONIUM GRAVEOLENS OIL, EUGENIA CARYOPHYLLUS OIL.



### DEEPLY NOURISHES AND MOISTURISES THE SKIN

Moringa Oil, Sweet Almond Oil, Castor Oil and Squalane work together to provide intensive nourishment and hydration while helping restore the skin's natural moisture balance. Hyaluronic Acid further enhances hydration by attracting and retaining moisture within the skin, helping leave it feeling soft, supple and healthy.



### SUPPORTS SKIN ELASTICITY AND FIRMNESS

Vitamin E, Collagen-supporting botanical extracts and Hyaluronic Acid help improve skin elasticity and support a firmer, smoother appearance. These ingredients assist in maintaining skin resilience and flexibility, helping the skin adapt to natural changes associated with growth, weight fluctuations and ageing.



### HELPS IMPROVE THE APPEARANCE OF SCARS AND STRETCH MARKS

The combination of Moringa Oil, Calendula Extract, Chamomile Oil and Vitamin E helps nourish and condition the skin while supporting its natural renewal processes. Regular massage application may help improve the appearance of scars, stretch marks and uneven skin texture, leaving the skin looking smoother and more refined.



### PROVIDES ANTIOXIDANT PROTECTION AND SKIN RADIANCE

Vitamin E, Seaweed Extract, Beta-Carotene and Moringa Oil provide powerful antioxidant support that helps protect the skin against environmental stressors and free-radical damage. This antioxidant activity helps promote a brighter, healthier-looking complexion while supporting overall skin vitality.



### SOOTHES AND CONDITIONS THE SKIN

Calendula Extract, Chamomile Oil, Lavender Oil and Ylang Ylang Oil help calm and comfort the skin while providing a luxurious sensory experience. Their soothing properties help support skin comfort and contribute to a healthy, radiant appearance.

GMO FREE PARABEN FREE

# HYALURONIC FACE SERUM®



## SKIN HEALTH FACE (REJUVENATE)




Sportron Hyaluronic Face Serum is a rejuvenating skincare formulation designed to deliver intense hydration while promoting smoother, healthier-looking skin. Combining Hyaluronic Acid with Collagen, Co-Enzyme Q10, Vitamin E and Hydrolyzed Silk Extract, this lightweight serum helps replenish moisture, improve skin texture and support the skin's natural renewal processes. Regular use helps combat dryness, enhance skin suppleness and promote a more youthful, radiant complexion.

**With Hyaluronic Acid, Collagen, Co-Enzyme Q10, Vitamin E and Hydrolyzed Silk.**



**HYALURONIC ACID**
Anti-ageing properties helps hydrate and plump skin.



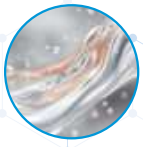
**COLLAGEN**
Supports firmer, healthier-looking skin.




**CO-ENYZME Q10**
Supports skin vitality and a youthful appearance.




**VITAMIN E**
Provides antioxidant support for healthy skin.



**HYDROLYZED SILK**
Helps leave skin feeling soft and smooth.

RETAIL PRICE: **R179** (INCL VAT) | **R155.65** (EXCL VAT)

**30** ML | **PRODUCT CODE** SP095

DERMATOLOGICALLY TESTED

SPORTRON

## HYALURONIC FACE SERUM

**BENEFITS:**
A rejuvenating face serum rich in hyaluronic acid, a naturally occurring skin substance that works by locking moisture into the skin, combating dryness, promoting natural skin healing and collagen production, resulting in a more youthful and radiant complexion.

**DIRECTIONS FOR USE:**
Apply 2-3 drops at night to clean, dry skin, or after applying a night cream, and gently massage until absorbed. Avoid using this too close to your eyes, as it may cause irritation. To achieve the best results, use with a sunscreen during the day.

**WARNING:** For external use only. Do not swallow.

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

RO WATER, GLYCERINE, POLYSORBATE 20, HYALURONIC ACID, ALPHA-HYDROXY ACID, CARBOXYMETHYLCELLULOSE, CO-ENZYME Q 10, VITAMIN E ACETATE, ROSE GERANIUM ESSENTIAL OIL, COLLAGEN, HYDROLYZED SILK EXTRACT, L-ARGININE, CREATINE, SODIUM BENZOATE, POTASSIUM SORBATE, EDTA2NA, PHENOXYETHANOL



### INTENSE HYDRATION AND SKIN PLUMPING

Hyaluronic Acid, a naturally occurring substance found in the skin, helps attract and retain moisture, providing deep hydration and helping to visibly plump the skin. Together with Glycerine, it supports improved moisture balance, leaving the skin feeling softer, smoother and more refreshed. This powerful hydration support helps reduce the appearance of dryness and dehydration-related skin concerns.



### SUPPORTS SKIN FIRMNESS AND ELASTICITY

Collagen and Hydrolyzed Silk Extract help improve skin texture and support a firmer, more supple appearance. These ingredients work alongside L-Arginine, an amino acid involved in skin repair and regeneration, to help maintain healthy-looking skin and promote a smoother complexion.



### PROMOTES A YOUTHFUL, RADIANT COMPLEXION

Co-Enzyme Q10 and Vitamin E Acetate provide antioxidant support that helps protect the skin against environmental stressors and free-radical damage. Their combined action helps support the skin's natural renewal processes, contributing to a brighter, more youthful and radiant appearance.



### ENHANCES SKIN RENEWAL AND TEXTURE

Alpha-Hydroxy Acid assists with gentle exfoliation by helping remove dull surface skin cells, revealing fresher, smoother-looking skin beneath. Combined with the nourishing properties of Rose Geranium Essential Oil and the regenerative support of Creatine, this formulation helps improve skin texture and overall skin vitality.

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# LIP THERAPY®




**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.**



**TEA TREE OIL**
Helps soothe and protect dry, cracked lips.




**VITAMIN E**
Helps nourish and moisturise the lips.

RETAIL PRICE: **R79** (INCL VAT) | **R68.70** (EXCL VAT)

**10**g | **PRODUCT CODE** SP052

DERMATOLOGICALLY TESTED

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.

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# VITAMIN C FACE SERUM®



## SKIN HEALTH FACE (EVEN TONE)




Sportron Vitamin C Face Serum is a revitalising skincare formulation designed to brighten the complexion, improve skin tone and support healthier-looking skin. Combining Vitamin C with Niacinamide, Kojic Acid, Bearberry Extract and Vitamin E, this advanced serum helps reduce the appearance of uneven skin tone while supporting a smoother, more radiant complexion. Enhanced with nourishing and hydrating ingredients, it helps protect the skin from environmental stressors while promoting a naturally luminous glow.

**With Vitamin C, Niacinamide, Kojic Acid, Bearberry Extract and Vitamin E.**

**VITAMIN C**
Helps brighten and support healthy-looking skin

**NIACINAMIDE**
Supports an even skin tone and smooth complexion

**KOJIC ACID**
Helps improve the appearance of uneven skin tone

**BEARBERRY EXTRACT**
Supports a brighter, more radiant complexion

**VITAMIN E**
Provides antioxidant support for healthy skin

RETAIL PRICE: **R139** (INCL VAT) | **R120.87** (EXCL VAT)

**30** ML

**PRODUCT CODE** SP096

DERMATOLOGICALLY TESTED

SPORTRON

## VITAMIN C SERUM

**BENEFITS:**
A soothing vitamin C face serum that brightens the skin, improves skin health, and promotes a more even-looking complexion.

**DIRECTIONS FOR USE:**
Apply 2-3 drops at night to clean, dry skin, or after applying a night cream, and gently massage until absorbed. Avoid using this too close to your eyes, as it may cause irritation. To achieve the best results, use with a sunscreen during the day.

**WARNING:**
For external use only. Do not swallow. Store away from sunlight.

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

RO WATER, GLYCERINE, VITAMIN C, L-ARGININE, CARBOXYMETHYLCELLULOSE, KOJIC ACID, LEMON ESSENTIAL OIL, POLYSORBATE 20, VITAMIN E ACETATE, NIACINAMIDE, BEARBERRY EXTRACT, AZELAIC ACID, CITRIC ACID, SODIUM CITRATE, HYDROLYZED SILK EXTRACT, XANTHAM GUM, CREATINE, SODIUM BENZOATE, POTASSIUM SORBATE, EDTA2NA, PHENOXYETHANOL



### BRIGHTENS AND EVENS SKIN TONE
Vitamin C works alongside Kojic Acid, Bearberry Extract and Niacinamide to help improve the appearance of uneven skin tone and promote a brighter complexion. These ingredients are widely recognised for their ability to support a more uniform-looking skin surface, helping dull and tired-looking skin appear fresher, clearer and more radiant.



### SUPPORTS A RADIANT, YOUTHFUL COMPLEXION
Vitamin C and Vitamin E provide powerful antioxidant protection that helps defend the skin against environmental stressors and free-radical damage. This antioxidant support assists in maintaining healthier-looking skin while promoting a more youthful and revitalised appearance.



### HYDRATES AND NOURISHES THE SKIN
Glycerine helps attract and retain moisture within the skin, supporting long-lasting hydration and softness. Combined with Hydrolyzed Silk Extract and L-Arginine, this formulation helps improve skin texture and comfort while leaving the skin feeling smooth, supple and refreshed.



### PROMOTES HEALTHY SKIN RENEWAL
Azelaic Acid, Citric Acid and Niacinamide help support the skin's natural renewal processes by encouraging a smoother and more refined-looking complexion. These ingredients work together to improve overall skin appearance while helping maintain a healthy skin barrier and balanced skin texture.



### ENHANCES SKIN VITALITY AND RESILIENCE
L-Arginine, Creatine and Vitamin E help support healthy skin function and contribute to overall skin resilience. Together, they assist in maintaining healthier-looking skin that feels nourished and revitalised with regular use.

GMO FREE PARABEN FREE

# SWISSGARDE



SWISSGARDE



# CAPTURING THE GOODNESS FROM NATURE



SWISSGARDE

# FUCOIDAN: NATURE'S CELLULAR PROTECTOR

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

This unique extract originates from brown seaweed harvested from the sea close to Japan, China and Australia.

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

| MULTIVITAMIN | OMEGA-3 | IMMUNE BOOSTERS |
|---|---|---|




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SWISSGARDE

| | PRODUCT | CATEGORY | PRICE INCL VAT | PRICE EXCL VAT | PAGE |
|---|---|---|---|---|---|
| ✓ | ACTIVATED CHARCOAL | Gut Health | 169.00 | 146.96 | 76 |
| ✓ | AFRICAN P + MORINGA | Immune Support, Anti-Inflammatory | 249.00 | 216.52 | 78 |
| ✓ | ALOE VITE | Immune Support, Energy | 259.00 | 225.22 | 80 |
| ✓ | BUCHU DETOX | Gut Support, Detoxification, Immune Support | 269.00 | 233.91 | 82 |
| ✓ | CALMAG PLUS | Bone & Joint Health | 249.00 | 216.52 | 84 |
| ✓ | DEFENDER | Immune Support, Colds & Flu | 329.00 | 286.09 | 86 |
| ✓ | *KIDS MULTIVITAMIN SYRUP | Immune Support | 99.00 | 86.09 | 88 |
| ✓ | MARINA SPA WONDER LIQUID | Immune Support, General Wellness, Colds & Flu | 225.00 | 195.65 | 90 |
| ✓ | MULTIVITE MEN & WOMEN | Immune Support | 289.00 | 251.30 | 92 |
| | **OMEGA PLUS | Anti-inflammatory, General Wellness, Bone & Joint Support | 219.00 | 190.43 | 94 |
| ✓ | STRESSGARDE | Stress Management, Anxiety | 329.00 | 286.09 | 96 |
| ✓ | SUPER CIDER | Digestive Health, Weight Loss Aid | 269.00 | 233.91 | 98 |
| ✓ | TEA: ENERGIZE | Energy, General Wellness | 99.00 | 86.09 | 100 |
| ✓ | TEA: REJUVENATE | Immune Support, General Wellness | 99.00 | 86.09 | 102 |
| ✓ | *VITAMIN C & ZINC SPRAY | Immune Support, Colds & Flu | 149.00 | 129.57 | 104 |
| ✓ | BIO VAPOUR RUB | Skin Health | 99.00 | 86.09 | 106 |
| ✓ | MARINA SPA ACTIVATED CHARCOAL TOOTHPASTE | Dental Health | 99.00 | 86.09 | 108 |
| ✓ | MARINA SPA BIO-SKIN PROTECTOR | Skin Health - Face, Hands & Body | 109.00 | 94.78 | 110 |
| ✓ | MARINA SPA BODY WASH | Skin Health - Body | 99.00 | 86.09 | 112 |
| ✓ | MARINA SPA MOUTH WASH | Dental Health | 99.00 | 86.09 | 114 |
| ✓ | LIQUID GOLD | Skin Health - Face & Body | 199.00 | 173.04 | 116 |

Prices effective from 1 May 2026. All prices are subject to change without prior notice.
Prices shown are subject to 15% South African VAT or applicable foreign customs VAT and duties for Lesotho, Eswatini and Namibia orders.
Prices, availability and product information are correct at the time of publication but may change without prior notice. E&OE.
*Products are suitable for children and teens.
** Products are unavailable for delivery to Namibia due to regulatory restrictions.

✓ Vegan friendly

# ACTIVATED CHARCOAL







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.**



**ACTIVATED CHARCOAL**
Supports natural cleansing and digestive wellness.

**NAPPI CODE:** 3010918001

RETAIL PRICE: **R169** (INCL VAT) | **R146.96** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SG037

SWISSGARDE

## 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.

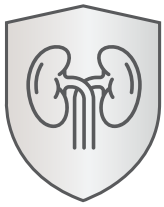
**WARNING:**
Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

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

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



### 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.

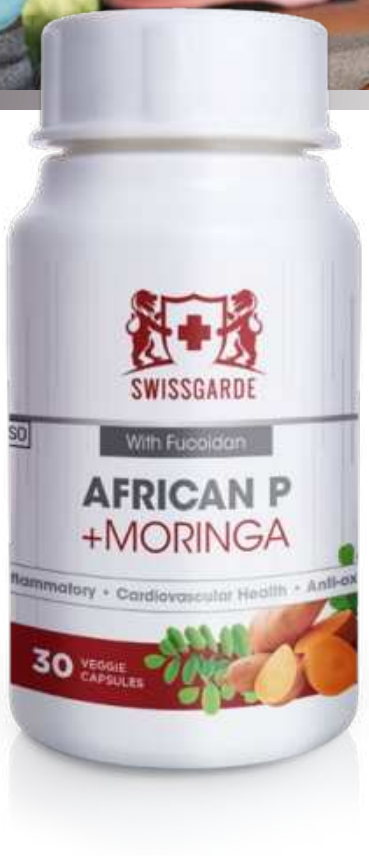


### DETOX AND CLEANSING SUPPORT
The high surface area of activated charcoal allows it to capture and eliminate a wide range of unwanted substances, promoting internal cleansing and contributing to the body's natural detoxification process.

GMO FREE PARABEN FREE

# AFRICAN P + MORINGA




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.**



**AFRICAN POTATO**
Supports immune health and overall wellbeing.



**MORINGA**
Rich in nutrients to support energy and vitality.

**NAPPI CODE:** 3011183001

RETAIL PRICE: **R249** (INCL VAT) | **R216.52** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SG005

SWISSGARDE

## AFRICAN P + MORINGA

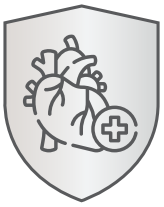
**BENEFITS:**
An antioxidant-rich formulation with bioactive plant compounds that support cardiovascular health and internal inflammation. Contains Fucoidan bio kelp extract, rich in antioxidants to boost the immune system and overall vitality.

**DIRECTIONS FOR USE:**
Take 1 capsule daily with a meal or as directed by your Health Practitioner.

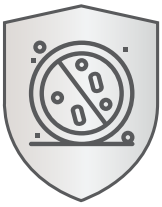
**WARNING:**
Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use.

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

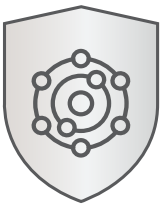
| ACTIVE INGREDIENTS | PER CAPSULE |
|---|---|
| HYPOXIS HEMEROCALLIDEA (AFRICAN POTATO) | 100 mg |
| MORINGA OLEIFERA | 365 mg |
| FUCOIDAN | 10 mg |



### 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.

GMO FREE PARABEN FREE

# ALOE VITE







Contains Fucoidan

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 Fucoidan, 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.**



**ALOE FEROX**
Supports overall vitality and cell rejuvenation.



**GREEN TEA**
Rich in antioxidants to support overall wellness.



**GINSENG**
Supports energy, vitality and mental performance.



**SUTHERLANDIA**
Supports overall wellbeing and vitality.

**NAPPI CODE:** 3010903001

RETAIL PRICE: **R259** (INCL VAT) | **R225.22** (EXCL VAT)

**500 ml** CONCENTRATED LIQUID | **PRODUCT CODE** SG006

SWISSGARDE

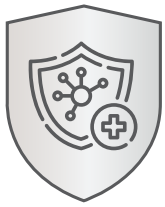
## ALOE VITE

**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 |



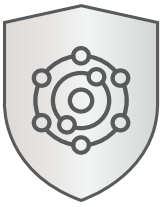
### IMMUNE SYSTEM SUPPORT
The combination of Vitamin C, Sutherlandia, Green Tea, and Fucoidan provides a strong foundation for immune protection. Vitamin C plays a key role in supporting immune cells and reducing oxidative stress. Sutherlandia (Cancer Bush), a traditional African medicinal herb, has 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.

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# BUCHU DETOX







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.**



**BUCHU**
Supports natural cleansing and urinary tract health.



**GINGER**
Supports digestion and helps maintain everyday comfort.



**DANDELION**
Supports healthy digestion and natural body cleansing.



**TURMERIC**
Supports overall wellness and everyday comfort.



**BLACK WALNUT**
Supports overall wellbeing and vitality.

**NAPPI CODE:** 3010919001

RETAIL PRICE: **R269** (INCL VAT) | **R233.91** (EXCL VAT)

**500 ml** CONCENTRATED LIQUID | **PRODUCT CODE** SG017

SWISSGARDE

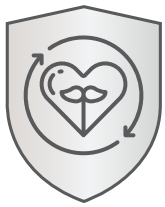
## BUCHU DETOX

**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.

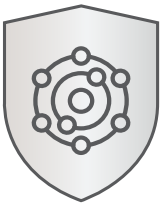
**PRECAUTIONS:**
Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Avoid if allergic or sensitive to any of the listed ingredients.

| 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.

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# 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.**

**CALCIUM**
Supports strong bones and teeth for everyday strength.

**MAGNESIUM**
Supports muscle function, relaxation and energy production.

**NAPPI CODE:** 3011160001

RETAIL PRICE: **R249** (INCL VAT) | **R216.52** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SG007

## 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.

| 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 |



### 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

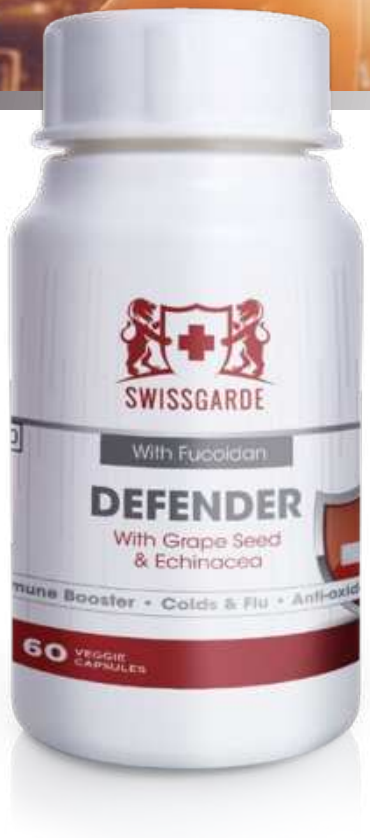
Fucoidan, derived from seaweed, offers additional immune-modulating and antioxidant benefits. Its inclusion enhances the overall wellness profile of Calmag Plus by supporting immune function and helping protect cells from oxidative stress. Combined with Vitamin D3 and the mineral blend, it helps maintain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

GMO FREE PARABEN FREE

# DEFENDER



## IMMUNE SUPPORT
## COLDS & FLU




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.**



**GRAPESEED**
Supports circulation and helps protect against oxidative stress.



**ECHINACEA**
Helps support the immune system and overall wellness.



**GINGER**
Supports digestion and helps maintain everyday comfort.



**GARLIC**
Supports heart health and healthy immune function.

**NAPPI CODE:** 3010914001

RETAIL PRICE: **R329** (INCL VAT) | **R286.09** (EXCL VAT)

**60** VEGGIE CAPSULES | **PRODUCT CODE** SG003

SWISSGARDE

## DEFENDER

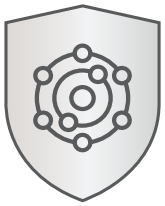
**BENEFITS:**
An antioxidant-rich formulation to boost and protect the immune system. Echinacea and Ginger may help treat and prevent colds and flu. Contains Fucoidan bio kelp extract, rich in antioxidants to support immunity and overall vitality.

**DIRECTIONS FOR USE:**
Take 2 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.

| 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 14.4 mg 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.

GMO FREE PARABEN FREE

# KIDS MULTIVITAMIN SYRUP







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.**

**B-VITAMINS**
Support growing bodies and active minds.

**VITAMIN A**
Supports healthy eyes and immunity.

**VITAMIN C**
Helps support everyday immune health.

**VITAMIN D**
Supports strong bones and healthy growth.

**NAPPI CODE:** 3010922001

RETAIL PRICE: **R99** (INCL VAT) | **R86.09** (EXCL VAT)

**100 ml** SYRUP | **PRODUCT CODE** SG035

SUITABLE FOR CHILDREN AND TEENS

## 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.

GMO FREE

# MARINA SPA
# WONDER LIQUID







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 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.**



**SEAWEED EXTRACT**
Supports immune health and everyday wellness.



**LICORICE ROOT**
Helps support the body's natural defences.



**ESSENTIAL OILS**
Support overall wellbeing and vitality.

**NAPPI CODE:** 3010915001

RETAIL PRICE: **R225** (INCL VAT) | **R195.65** (EXCL VAT)

**250 ml** | **PRODUCT CODE** SG024

SWISSGARDE

## 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

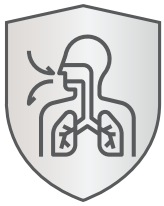
RO WATER, CASTOR OIL, MENTHOL (MENTHA ARVENSIS), AVOCADO OIL, PEPPERMINT ESSENTIAL OIL, SEAWEED EXTRACT (SARGASSUM FUSIFORME), FUCOIDAN, CARBOXYMETHYL CELLULOSE, ROSEMARY ESSENTIAL OIL, LAVENDAR OIL, CALENDULA HYDROGLYCERINIC EXTRACT, FOOD COLORANT, LICORICE ROOT (GLYCYRRHIZA GLABRA), EUCALYPTUS OIL,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



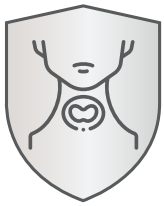
### GUT HEALTH
Seaweed contains prebiotics that nourish gut bacteria and support digestion. Licorice root may ease discomfort in the digestive tract and contribute to a balanced microbiome.



### 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.

GMO FREE PARABEN FREE

# MULTI VITE MEN & WOMEN




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.**



**18 VITAMINS & MINERALS**
Support energy, immunity and overall vitality.

**NAPPI CODE:** 3011178001

RETAIL PRICE: **R289** (INCL VAT) | **R251.30** (EXCL VAT)

**30** VEGGIE CAPSULES | **PRODUCT CODE** SG034

SWISSGARDE

## 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.

| 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, LODINE, MOLYBDENUM, SELENIUM, BORON & PHOSPHORUS) | 15 mg | * |
| FUCOIDAN SEAWEED EXTRACT | 15 mg | * |

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



### 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.

GMO FREE PARABEN FREE

# OMEGA PLUS







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.**



**OMEGA 3-OILS & VITAMINS**
Supports brain, heart and eye health. Boosts overall wellness due to anti-inflammation properties.

**NAPPI CODE:** 3011161001

RETAIL PRICE: **R219** (INCL VAT) | **R190.43** (EXCL VAT)

**30** SOFTGEL CAPSULES | **PRODUCT CODE** SG002

Due to regulatory restrictions, this product is unavailable for delivery to Namibia.

## OMEGA PLUS

**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 |



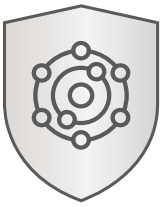
### HEART HEALTH
Fish oil rich in EPA and DHA helps support cardiovascular function by promoting healthy blood circulation and maintaining normal cholesterol levels.



### 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.

GMO FREE PARABEN FREE

# STRESSGARDE







Contains Fucoidan

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

**With B-Vitamins and Ashwagandha.**




**B-VITAMINS**
Support energy levels and nervous system health.



**ASHWAGANDHA**
Helps the body cope with everyday stress.

**NAPPI CODE:** 3010920001

RETAIL PRICE: **R329** (INCL VAT) | **R286.09** (EXCL VAT)

**60** VEGGIE CAPSULES | **PRODUCT CODE** SG004

SWISSGARDE

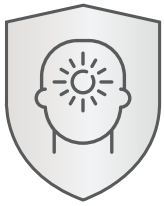
## STRESSGARDE

**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 suggests that Vitamin B12 and Vitamin B6 supplementation may improve mood and reduce symptoms of stress-induced feelings of depression. Fucoidan is a natural seaweed extract that 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.

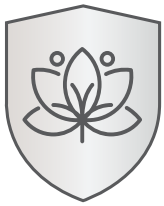
**PRECAUTIONS:**
Do not exceed recommended daily dosages. If pregnant or breastfeeding, consult a Health Practitioner prior to use. If you are taking prescription medication, consult a Health Practitioner prior to use. Avoid if allergic or sensitive to any of the listed ingredients. Consult with your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

| ACTIVE INGREDIENTS | PER CAPSULE |
|---|---|
| ASHWAGANDHA ROOT (WITHANIA SOMNIFERA) | 350 mg |
| MAGNESIUM SULPHATE (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 6,4 mg ELEMENTAL ZINC) | 8 mg |
| FUCOIDAN | 10 mg |



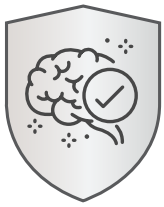
### SUPPORTS MOOD AND EMOTIONAL BALANCE

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.



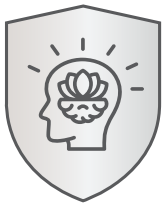
### REDUCES ANXIETY AND ENHANCES CALMNESS

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.

GMO FREE PARABEN FREE

# SUPER CIDER







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.**



**APPLE CIDER**
Supports healthy digestion and metabolism.



**GREEN TEA**
Rich in antioxidants to support overall wellness.



**CINNAMON**
Helps maintain healthy blood sugar levels.

**NAPPI CODE:** 3010921001

RETAIL PRICE: **R269** (INCL VAT) | **R233.91** (EXCL VAT)

**60** VEGGIE CAPSULES | **PRODUCT CODE** SG001

## 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.

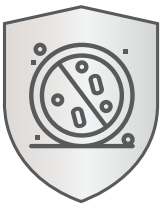
| ACTIVE INGREDIENTS | PER CAPSULE |
|---|---|
| APPLE CIDER VINEGAR POWDER | 190 mg |
| GARCINIA CAMBOGIA (GARCINIA CAMBOGIA EXTRACT) | 50 mg |
| CINNAMON (CINNAMOMUM) | 225 mg |
| CAMELLIA SINENSIS (GREEN TEA LEAF POWDER) | 50 mg |
| FUCOIDAN | 10 mg |



### 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.

GMO FREE PARABEN FREE

# ENERGIZE TEA







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.**



**GREEN ROOIBOS**
Rich in antioxidants to support overall wellbeing.



**FENNEL**
Supports healthy digestion and digestive comfort.



**TURMERIC**
Supports overall wellness and everyday comfort.



**ANISEED**
Supports digestion and helps soothe the digestive system.

RETAIL PRICE: **R99** (INCL VAT) | **R86.09** (EXCL VAT)

**20** TAGLESS TEABAGS | **PRODUCT CODE** SG168

SWISSGARDE

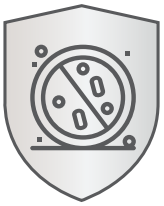
## ENERGIZE TEA

**BENEFITS:**
Stay energised and balanced with Swissgarde Energize, 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.

GMO FREE PARABEN FREE

# REJUVENATE TEA







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.**



**GREEN ROOIBOS**
Rich in antioxidants to support overall wellbeing.



**GINGER**
Supports healthy digestion and natural vitality.



**CHILLI EXTRACTS**
Supports circulation and an energised feeling.

RETAIL PRICE: **R99** (INCL VAT) | **R86.09** (EXCL VAT)

**20** TAGLESS TEABAGS | **PRODUCT CODE** SG167

SWISSGARDE

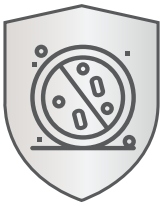
## REJUVENATE TEA

**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
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.

GMO FREE PARABEN FREE

# VITAMIN C & ZINC SPRAY



## IMMUNE SUPPORT
## COLDS & FLU

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.**

**VITAMIN C**
Helps support the immune system.

**ZINC**
Supports immune health and overall wellbeing.



**ECHINACEA**
Helps support the immune system and overall wellness.

**NAPPI CODE:** 3010904001

RETAIL PRICE: **R149** (INCL VAT) | **R129.57** (EXCL VAT)

**30 ml** SYRUP | **PRODUCT CODE** SG039

SUITABLE FOR CHILDREN AND TEENS

SWISSGARDE

## 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 | N/E |
| ECHINACEA PURPUREA EXTRACT | 25 mg | N/E |

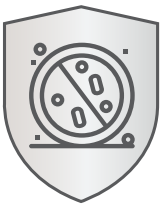
**RECOMMENDED DAILY ALLOWANCE (RDA) EXPRESSED AS FOR INDIVIDUALS 18 YEARS AND OLDER.
*QUANTITIES ABOVE ARE EXPRESSED AS AT TIME OF MANUFACTURING



### 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.

GMO FREE PARABEN FREE

# **BIO VAPOUR** RUB




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.**



**MELALEUCA**
Helps support clear and comfortable breathing and fights inflammation.



**EUCALYPTUS**
Provides a refreshing aroma to help clear the airways.



**NUTMEG**
Natural anti-inflammatory.

**NAPPI CODE:** 3010923001

RETAIL PRICE: **R99** (INCL VAT) | **R86.09** (EXCL VAT)

**50 g** CONCENTRATED OINTMENT | **PRODUCT CODE** SG069

DERMATOLOGICALLY TESTED

SWISSGARDE

## 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 Fucoidan 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.

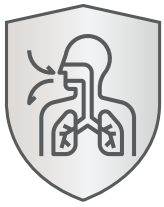
### INGREDIENTS

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



### 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.



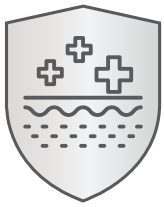
### CLEARS AIRWAYS AND EASES BREATHING

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

Fucoidan, 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.

GMO FREE PARABEN FREE

# MARINA SPA
# ACTIVATED CHARCOAL TOOTHPASTE







Contains Fucoidan

Swissgarde Marina Spa Activated Charcoal Toothpaste combines the cleansing power of Activated Charcoal with the refreshing benefits of Peppermint Oil, Lemon Essential Oil and Fucoidan-rich Seaweed Extract. This advanced oral care formulation helps remove surface stains, support oral hygiene and promote a cleaner, fresher mouth with every brush. Enhanced with Xylitol and Centella Asiatica Extract, it helps maintain healthy teeth and gums while delivering long-lasting freshness and a brighter smile.

**With Activated Charcoal, Peppermint Oil and Lemon Essential Oil.**



**ACTIVATED CHARCOAL**
Helps remove impurities for a cleaner smile.



**PEPPERMINT OIL**
Helps freshen breath and refresh the mouth.



**LEMON ESSENTIAL OIL**
Supports a clean and refreshed feeling.

RETAIL PRICE: **R99** (INCL VAT) | **R86.09** (EXCL VAT)

**75** ML | **PRODUCT CODE** SG070

SWISSGARDE

## MARINA SPA ACTIVATED CHARCOAL TOOTHPASTE

**BENEFITS:**
An activated charcoal toothpaste that helps remove surface stains, freshen breath, and support a cleaner, brighter-looking smile.

**DIRECTIONS FOR USE:**
Apply a small pea-sized amount to toothbrush. Brush gently twice daily. Rinse thoroughly.

**WARNING:**
Do not swallow. Supervise children. Discontinue use if irritation occurs.

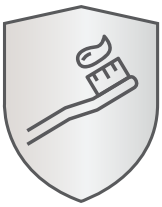
### INGREDIENTS

CARBOMER, RO WATER, EDTA2NA, POTASSIUM SORBATE, CENTELLA ASIATICA EXTRACT, XYLITOL, SEAWEED EXTRACT, SODIUM BENZOATE, GLYCERINE, CARBOXYMETHYLCELLULOSE, SORBITOL, SILICON DIOXIDE, ACTIVATED CHARCOAL POWDER, SODIUM BICARBONATE, PEPPERMINT ESSENTIAL OIL, FLUORIDE, LEMON ESSENTIAL OIL, FLAVOURING, MENTHOL, SODIUM LAURYL SULFATE.



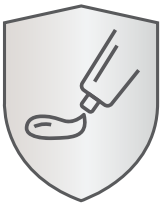
### HELPS CLEANSE AND WHITEN TEETH

Activated Charcoal Powder helps lift and remove surface stains caused by everyday foods and beverages, while Silicon Dioxide and Sodium Bicarbonate provide gentle polishing and cleansing action. Together, these ingredients help leave teeth looking cleaner, brighter and more refreshed without harsh abrasion.



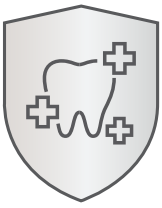
### SUPPORTS HEALTHY TEETH AND GUMS

Fluoride helps strengthen tooth enamel and support cavity prevention, while Xylitol assists in maintaining a healthier oral environment by helping reduce the growth of unwanted bacteria. Centella Asiatica Extract further supports gum health by helping soothe and maintain healthy oral tissues.



### FRESHENS BREATH AND ENHANCES ORAL COMFORT

Peppermint Essential Oil and Menthol provide a cooling sensation and long-lasting freshness, while Lemon Essential Oil delivers a clean, uplifting flavour. This refreshing botanical blend helps leave the mouth feeling clean, invigorated and confident throughout the day.



### PROVIDES DAILY ORAL WELLNESS SUPPORT

Seaweed Extract containing Fucoidan contributes antioxidant and conditioning benefits that support overall oral wellness. Combined with the cleansing and protective ingredients in the formulation, it helps promote a balanced oral care routine for healthier teeth and gums.

GMO FREE PARABEN FREE

# MARINA SPA
# BIO-SKIN PROTECTOR




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.**



**ALOE**
Supports overall vitality and cell rejuvenation.



**LEMON GRASS**
Boosts even-toned skin health.



**HERBAL ACTIVE INGREDIENTS**
Supports healthy, hydrated skin.

RETAIL PRICE: **R109** (INCL VAT) | **R94.78** (EXCL VAT)

**50 g** CONCENTRATED OINTMENT | **PRODUCT CODE** SG068

DERMATOLOGICALLY TESTED

SWISSGARDE

## 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.

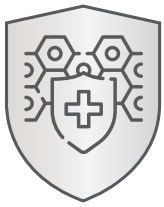
### INGREDIENTS

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.



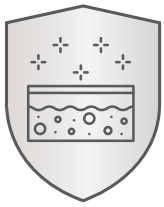
### MOISTURISES AND RESTORES SKIN COMFORT

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.



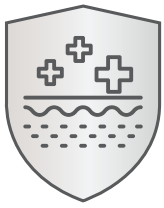
### PROTECTS AGAINST IRRITANTS AND DRYNESS

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.

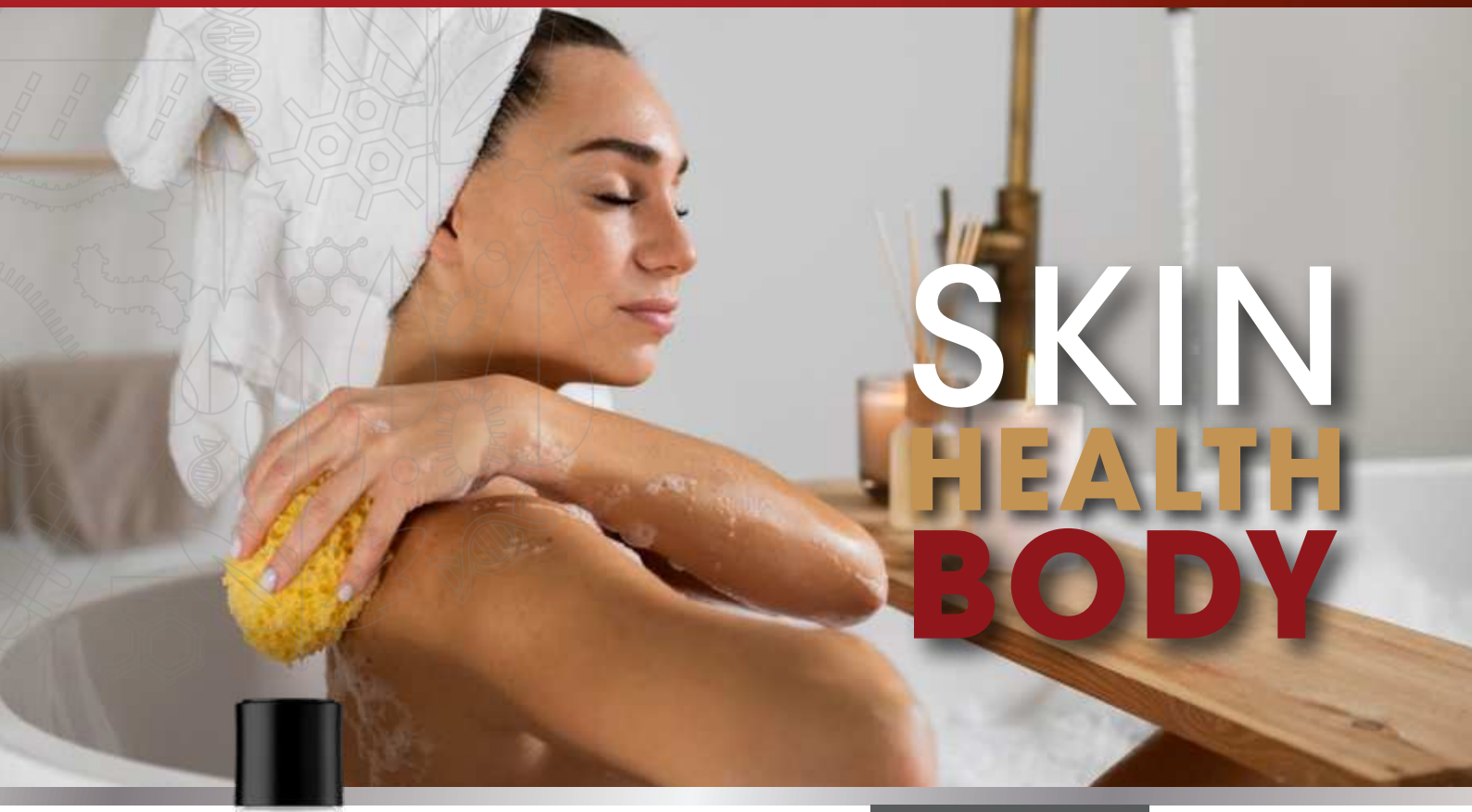


### NOURISHES AND ENHANCES SKIN RESILIENCE

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
# BODY WASH







Contains Fucoidan

Swissgarde Marina Spa Body Wash is a gentle, hydrating cleanser designed to refresh the skin while helping maintain its natural moisture balance. Enriched with Aloe Barbadensis Leaf Extract, Peppermint Oil, Coconut-derived cleansers and Seaweed Extract containing Fucoidan, this luxurious body wash effectively removes impurities without stripping the skin of its essential moisture. Its soothing botanical blend helps leave skin feeling soft, clean, revitalised and delicately refreshed after every wash.

**With Aloe Barbadensis Leaf, Peppermint Oil and Coconut Derived Cleansers.**



**ALOE BARBADENSIS LEAF**
Helps hydrate and rejuvenate skin.



**PEPPERMINT OIL**
Refreshes and invigorates the skin.



**COCONUT-DERIVED CLEANSERS**
Gently cleanse while helping maintain skin softness.

RETAIL PRICE: **R99** (INCL VAT) | **R86.09** (EXCL VAT)

**250** ML | **PRODUCT CODE** SG072

DERMATOLOGICALLY TESTED

SWISSGARDE

## MARINA SPA BODY WASH

**BENEFITS:**
A hydratng body wash that soothes and replenishes skin with gentle cleansing to retain the skin's natural bacteria. With added glycerin for extra-moisturizing power. Peppermint and aloe extracts help to de-stress and unwind.

**DIRECTIONS FOR USE:**
For best results, just squeeze some gentle body wash onto a sponge, loofah or hands and massage all over your body before rinsing thoroughly.

**WARNING:**
Do not use if you are allergic to any of the ingredients.

### INGREDIENTS

AQUA, SODIUM LAURETH SULFATE, GLYCERIN, COCO-GLUCOSIDE, COCAMIDOPROPYL BETAINE, CARBOXYMETHYLCELLULOSE, COCONUT DIETHANOLAMIDE, POLYSORBATE 20, SORBITOL, SODIUM BENZOATE, POTASSIUM SORBATE, CITRIC ACID, MENTHA PIPERITA OIL, ALOE BABDENSIS LEAF EXTRACT, DISODIUM EDT A, PARFUM, SEAWEED EXTRACT, COLORANT.



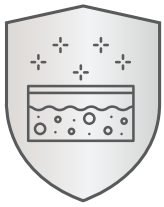
### GENTLY CLEANSES AND REFRESHES THE SKIN

A combination of Coconut-derived cleansing agents works effectively to remove dirt, excess oil and impurities while remaining gentle on the skin. This balanced cleansing action helps maintain the skin's natural protective barrier, leaving it feeling clean, refreshed and comfortable after every use.



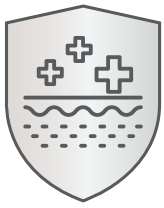
### MOISTURISES AND NOURISHES

Glycerine, Aloe Barbadensis Leaf Extract and conditioning ingredients help attract and retain moisture within the skin, preventing dryness and promoting long-lasting hydration. This moisturising support helps leave the skin feeling softer, smoother and more supple throughout the day.



### SOOTHES AND REVITALISES

Peppermint Oil provides a naturally cooling and invigorating sensation that helps refresh the skin and awaken the senses. Combined with the soothing properties of Aloe Extract, it helps calm and comfort the skin while creating a revitalising bathing experience.



### SUPPORTS HEALTHY SKIN WELLNESS

Seaweed Extract containing Fucoidan provides antioxidant and skin-conditioning benefits that help support healthy-looking skin. Together with the botanical extracts, it helps protect against environmental stressors while promoting a balanced, nourished and refreshed complexion.

GMO FREE PARABEN FREE

# MARINA SPA
# MOUTH WASH



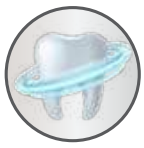




Contains Fucoidan

Swissgarde Marina Spa Mouthwash is an antibacterial oral rinse formulated to help cleanse the mouth, freshen breath and support overall oral hygiene. Combining Xylitol, Fluoride, Peppermint Oil, Lemon Oil, Centella Asiatica Extract and Seaweed Extract containing Fucoidan, this refreshing mouthwash penetrates hard-to-reach areas to help reduce plaque build-up and maintain a cleaner, healthier oral environment. Its invigorating herbal blend leaves the mouth feeling fresh, clean and revitalised after every use.

**With Fluoride, Peppermint Oil, Lemon Oil and Centella Asiatica.**



**FLUORIDE**
Supports strong teeth and cavity protection.



**PEPPERMINT OIL**
Helps freshen breath and refresh the mouth.



**LEMON OIL**
Helps leave the mouth feeling clean and refreshed.



**CENTELLA ASIATICA**
Supports healthy gums and oral wellness.

RETAIL PRICE: **R99** (INCL VAT) | **R86.09** (EXCL VAT)

**200** ML | **PRODUCT CODE** SG071

SWISSGARDE

## MARINA SPA MOUTH WASH

**BENEFITS:**
An anti-bacterial mouthwash that penetrates hard-to-reach areas and promotes gum, tongue, and tooth health. Natural active ingredients help to remove plaque buildup, resulting in long-lasting fresh breath.

**DIRECTIONS FOR USE:**
Rinse your mouth with 5ml of mouthwash for 30 seconds or more, then gargle before spitting. For the best results, use after brushing your teeth. Can be used 2-3 times per day. Avoid swallowing.

**WARNING:**
Not suitable for children under the age of six years. Do not use if you are allergic to any of the ingredients.

### INGREDIENTS

RO WATER, XYLITOL, FLUORIDE, MENTHOL, PEPPERMINT OIL, VEGETABLE GLYCERINE, CENTELLA ASIATICA EXTRACT, LEMON ESSENTIAL OIL, COLORANT, SODIUM BENZOATE, POTASSIUM SORBATE, EDTA2NA, SODIUM BICARBONATE, FLAVORING, ETHYL ALCOHOL, SEAWEED EXTRACT, POLYSORBATE 80.



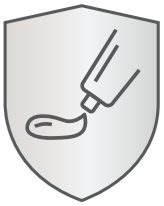
### HELPS REDUCE PLAQUE BUILD-UP

Xylitol and Fluoride work together to support oral hygiene by helping reduce the accumulation of plaque while promoting healthier teeth and gums. This combination assists in maintaining a cleaner mouth between brushing sessions and contributes to long-term oral wellness.



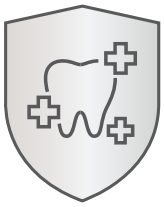
### SUPPORTS HEALTHY GUMS AND ORAL TISSUES

Centella Asiatica Extract is known for its soothing and restorative properties, helping support healthy gums and oral tissues. Combined with the conditioning benefits of Seaweed Extract containing Fucoidan, it helps maintain a balanced and healthy oral environment while supporting overall gum wellbeing.



### FRESHENS BREATH AND REVITALISES THE MOUTH

Peppermint Oil, Menthol and Lemon Oil provide a refreshing burst of flavour and long-lasting breath freshness. These botanical ingredients help neutralise unpleasant odours while leaving the mouth feeling clean, cool and invigorated throughout the day.



### PROMOTES DAILY ORAL WELLNESS

The combination of Fluoride, Xylitol and Seaweed Extract containing Fucoidan supports a comprehensive oral care routine by helping maintain healthy teeth, gums and fresh breath. Regular use after brushing helps enhance oral cleanliness and provides additional support for everyday oral health.

GMO FREE PARABEN FREE

# LIQUID GOLD







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.**



**ROYAL JELLY**
Rejuvenates skin at cellular level.



**TURMERIC**
Promotes healthy skin with anti-inflammatory properties.



**GOLD GLYCERINE**
Provides long-lasting hydration and plumpness.

RETAIL PRICE: **R199** (INCL VAT) | **R173.04** (EXCL VAT)

**200 ml** | **PRODUCT CODE** SG067

DERMATOLOGICALLY TESTED

SWISSGARDE

## 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.

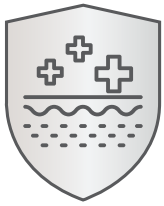
### INGREDIENTS

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.

GMO FREE PARABEN FREE

SPORTRON
Nutrition from Nature

# NOT SURE WHICH SPORTRON OR SWISSGARDE SUPPLEMENTS ARE RIGHT FOR YOU?

**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? | | |
| | **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? | | TOTAL |
| **Digestive System** | **6** | Do you often get heartburn or a burning feeling in your chest after eating on a regular basis? | | |
| | **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)? | | TOTAL |
| **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? | | |
| | **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 clinically diagnosed heart disease? | | TOTAL |
| **Nervous System** | **14** | Do you struggle to sleep well at night and wake up with regular muscle stiffness, especially around the neck area? | | |
| | **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? | | TOTAL |
| **Immune System** | **17** | Do you frequently wake feeling unrefreshed even after adequate sleep? | | |
| | **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? | | TOTAL |
| **Respiratory System** | **22** | Has anyone in your close family been diagnosed with cancer? | | |
| | **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? | | TOTAL |
| **Urinary System** | **26** | Do you need to go to the toilet more often than usual, especially at night? | | |
| | **27** | Does it burn or hurt when you urinate on a regular basis? | | |
| | **28** | Do you experience regular urinary infections? | | TOTAL |
| **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? | | |
| | **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? | | TOTAL |
| **Muscular/ Skeletal System** | **36** | Have you been diagnosed with arthritis or weak bones (such as osteoporosis)? | | |
| | **37** | Does 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** | Have 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) | | TOTAL |
| **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 |
| | Circulatory/Cardiovascular System |
| | Nervous System |
| | Immune System |
| | Respiratory 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, Energiser, Lion's Mane, Hair Skin & Nails | Multivite for Men & Women, Omega Plus, Aloe Vite, 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 | Circutron, Omegatone | African Potato, Omega Plus, Marina Spa Wonder Liquid |
| Nervous System | Mental Calm, Omegatone, Lion's Mane, Melotone, Energiser, Brain Food | Stressgarde, Omega Plus |
| Immune System | Energiser, Whizz Matrix Syrup, Infagarde, Phytogarde, Pro B Drops, Lion's Mane | Aloe Vite, Buchu Detox, Marina Spa Wonder Liquid, Defender, Energise Tea, Rejuvenate Tea, Vitamin C & Zinc Spray |
| Respiratory System | Respitron, Infagarde , Whizz Matrix Syrup | Marina Spa Wonder Liquid |
| Urinary System | Uritron, Omegatone | Super Cider, Omega Plus, Buchu Detox, Rejuvenate Tea, Aloe Vite |
| Hormone/ Endocrinological System | 40+ Men, 40+ Women, Glucoplex, Magnetron, Uritron, Collagen, Collagen Creamer, Pro B Drops, Female Hormone Balance | Multivite for Men & Women, Omega Plus, Aloe Vite, 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).

SPORTRON
Nutrition from Nature

SWISSGARDE



# LIVE LIFE ABUNDANTLY

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Consultant Name: _____ Contact Number: _____

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