

\$72 ea.



Antioxidant polphenol blend for radiant skin, vitality & immune system support



Nutritional support for hair, skin, nails & joints & bones



Healthy liver, gut, skin & hormonal support

\$72 ea.



100% pure marine collagen to support collagen density, skin elasticity & hydration



Potent blend of omegas, carotenoids & polyphenols to support skin health, hydration & inflammation



Organic plant complete protein with digestive enzymes

\$55 ea.



A healthy evening chocolate ritual with natural magnesium, calming amino acids, Tremella mushroom and botanicals.

VITA-SOL

NATURAL VITALITY SOLUTIONS

Vitality solutions to support skin health and general wellbeing from the inside out.

VITA-SOL is proudly Australian.

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NATURAL VITALITY SOLUTIONS

How to take:

- Individual powders: 2 flat teaspoons daily in water, juice or a smoothie.
- FLEXIBLIITY MINERALS or INFINITY ANTI-OX+VIT C can be added to yoghurt or oats.
- COLLAGEN BOOST can be added to coffee or tea. Start with 2 heaped teaspoons daily for the first 3 months. Maintenance dose of 2 flat teaspoons daily.
- Combining powders: Add 1 heaped teaspoon of each daily in water, juice or a smoothie.
- ULTRA OMEGA PLUS: 3 capsules daily.
- ORGANIC PLANT PROTEIN: 1 scoop (31g) in a smoothie.
- SERENITY HOT CHOCOLATE: Mix 2 level teaspoons (6g) into 200mL of hot water and a splash of milk. For extra richness, use all milk of your choice.

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INTEGRATIVE SKIN CARE



SMOOTHIES

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