

» WOMEN'S HEALTH



- Exclusive information for health-care professionals -





FEMINA RELIEF

SYNERGISTIC COMBINATION OF 8 PLANTS HIGH POTENCY STANDARDISED EXTRACTS

PREMENSTRUAL SYNDROME

EMOTIONAL SYMPTOMS

- » Irritability
- » Mood swings
- » Lack of concentration
- » Depression
- » Lack of energy
- » Changes in appetite (cravings)

PHYSICAL SYMPTOMS

- » Breast pain (mastalgia)
- » Generalised aches and pains (arthralgias and myalgias)
- » Headaches
- » Abdominal distention
- » Fluid retention



COMPREHENSIVE FORMULA FOR ACTION ON ALL SYMPTOMS

Nutritional information:	1 capsule
Dandelion root ⁽¹⁾ (3% flavonoids) (10:1)	150 mg
Chasteberry ⁽¹⁾ (0.5% agnuside) (25:1)	125 mg
Dong quai ⁽¹⁾ (1% Z-ligustilide) (20:1)	125 mg
Cramp bark ⁽¹⁾ (4:1)	50 mg
Corn silk ⁽¹⁾ (4:1)	50 mg
Red clover ⁽¹⁾ (8% isoflavones)	35 mg
Black cohosh ⁽¹⁾ (2,5% triterpene glycosides) (12:1)	20 mg
Siberian ginseng ⁽¹⁾ (0,8% eleutherosides) (50:1)	5 mg
¹⁾ standardised extracts	

Recommended daily dose: 1 capsule daily with food.

90 capsules Code FE0233

DONG QUAI (Angelica sinensis)⁽¹⁾

- » Female tonic
- » Dysmenorrhoea, general discomfort and bloating
- » Mood swings
- *CHASTEBERRY (Vitex agnus-castus) (2-4)
- » Female hormonal balance
- » Breast pain (mastalgia), swelling, retention, anxiety, irritability, mood swings

- *BLACK COHOSH (Cimicifuga racemosa)⁽⁵⁾
- » Uterine cramps
- » Depression, anxiety, mood swings

CORN SILK (Zea mays) ⁽⁹⁾

- » Fluid retention
- » Urinary tract infections

DANDELION (Taraxacum officinale)⁽⁸⁾

- » Fluid retention
- » Hepatic detoxification oestrogen elimination

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CRAMP BARK (Viburnum opulus) (10)

- » Diuretic
- » Spasmolytic effect for menstrual cramps

SIBERIAN GINSENG

(Eleutherococcus senticosus) (11-12)

- » General tonic
- » Adrenal support for dysfunction (stress, depression, fatigue and irritability)

RED CLOVER (Trifolium pratense) ⁽⁶⁻⁷⁾

» Oestrogen modulator

*E Commission Approved: Therapeutic Guide to Medicinal Plants of the German Ministry of Health



FEMINA FLORA ORAL ORAL ORAL ORAL ORAL ORAL ADMINISTRATION OF LACTOBACILLUS REACHES THE VAGINAL MUCOSA WITHIN ONE WEEK (12-18)

It can help prevent:

infections⁽¹⁾.

candidiasis (5-9).

Recurrent urinary tract

Bacterial vaginosis (2-4)

^{and} recurrent vulvovaginal

Group B Streptococcus (GBS)

growth during pregnancy (10,11).

NATURAL ALTERNATIVE FOR VAGINAL CANDIDIASIS PROBIOTIC FOR A BALANCED VAGINAL FLORA

GENITOURINARY INFECTIONS

- » They are the most common reason for gynaecological consultations.
- They can be bacterial in nature (bacterial vaginosis) or fungal (vulvovaginal » candidiasis).
- The types of bacteria in the vaginal canal vary depending on hormone levels, diet, sexual contact and douching.
- Lactobacillus are the dominant bacteria of the vaginal flora, changes in this vaginal flora can lead to urinary and vaginal infections ⁽¹⁾.
- Some probiotics can help modulate the immune system and help displace the » pathogens that cause these infections (2).
- Lactobacillus produce H₂O₂ helping to maintain an optimal vaginal pH close to 4.0 » and decreasing the risk of developing vaginosis (3).



GPS™ capsule

16 strains 55.000 Mill. CFU With FOS and AOS

Dose: 1 to 2 capsules a day Format: 30 capsules

PREVENTION OF VAGINAL INFECTIONS IDEAL FOR PROLONGED USE

Code FE2286

Nutritional information:

Human strains:

1 capsule

Lactodacilius rnamnosus UB5115	19,000 billion CFU
Lactobacillus acidophilus UB5997	5,250 billion CFU
Lactobacilus casei UB1499	12,000 billion CFU
Bifidobacterium bifidum UB4280	2,000 billion CFU
Bifidobacterium breve UB8674	2,000 billion CFU
Bifidobacterium longum UB7691	2,000 billion CFU
Lactobacillus crispatus UB4719	0,750 billion CFU
Lactobacillus gasseri UB8141	0,750 billion CFU
Lactobacillus rhamnosus GG	0,300 billion CFU
Lactobacillus acidophilus LA-14	0,300 billion CFU
Dairy strains:	
Lactobacilus casei LC-11	0,300 billion CFU
Lactobacillus helveticus UB7229	0,500 billion CFU
Lactobacillus paracasei UB1978	0,600 billion CFU
Lactobacillus johnsonii UB3394	0,750 billion CFU
Lactobacillus reuteri UB2419	0,500 billion CFU
Plant strain:	
Lactobacillus plantarum UB2783	8,000 billion CFU
Inulin	10 mg
Arabinogalactan (AOS)	10 mg

PREVENTION OF VAGINAL CANDIDIASIS AND BACTERIAL VAGINITIS

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D-MANOCIST

TRIPLE ACTION FOR THE WELL-BEING OF THE URINARY TRACT⁽¹⁾



- » **D-MANNOSE** ⁽²⁻⁵⁾. Natural sugar that reaches the source of infection directly, without metabolism, and prevents the adhesion of *E. coli type 1 fimbriae* on the bladder wall so that the bacteria will be washed away with the urine flow.
- » **CRANBERRY** (*V. macrocarpon*)⁽³⁻⁸⁾. *A-type* proanthocyanidins (A PACs), active constituents of cranberry, prevent the adhesion of *E. coli* P-type fimbriae to uroepithelial cells, thus preventing their colonisation.
- » **PROBIOTICS** (*Lactobacillus rhamnosus*)⁽⁹⁻¹²⁾. Lactobacilli are dominant in the vaginal ecosystem and the rectum indirectly acts as a reservoir for vaginal lactobacilli. Its protective role is focused:
 - » They interfere with the adherence of uropathogens to the vaginal epithelium.
 - » They produce antimicrobial compounds (organic acids, H2O2 and bacteriocins) and create an environment of vaginal acidity (pH 4-4.5) that prevents pathogens from establishing themselves.
 - » Coaggregation of pathogens to maximise antimicrobial effect.
 - » Amplification of the immune response by Lactobacillus strains.

References:

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OBSERVATIONAL TRIAL

"Natural treatment of recurrent cystitis with D-Manocist"

Study of the efficacy and effectiveness of "D-Manocist" in 20 women with recurrent cystitis, "Plan de Farmacias Diferentes" (Nafarco).

Treatment: 3 teaspoons twice a day for 2 days. 3 teaspoons, once a day until the first bottle is finished. 7 days off. 1 teaspoon once a day for 10 days.

CONCLUSIONS

- 1. Reduction of symptomatology in 90% of the population.
- 2. Improvement from the 1st week of treatment.
- 3.84% of the population had no recurrence.
- 4.100% would take the product again and/or recommend it.



Symptomatological evolution of the population

100% natuurlijk van niet genetisch gemodificeerde rijst

Inositol New Roots

Product Datasheet 125 gr. Code. FE2208 Considered a member of the B vitamin group (Bh or B8).

POLYCYSTIC OVARY SYNDROME / FEMALE INFERTILITY

- It has benefits for blood sugar regulation, as well as for mood.
- It plays a very important role in fertility.

INOSITOL (myo-inositol)

Integral component of healthy cell membranes, high resistance to oxidative stress.

Nutritional information:	1 scoop (4 g)
Inositol (myo-inositol)	4 g
Recommended daily dose:	1 scoop (4 g) added to 250 ml of
water or juice, once daily. Consult a	health-care practitioner for use beyond

Manufactured under the strict quality standards of the United States Pharmacopeia (United States Pharmacopeia, USP)

POLYCYSTIC OVARY SYNDROME (PCOS)⁽¹⁾

PCOS is a common cause of infertility, with symptoms including irregular menstruation, failure to release an egg during menstruation (anovulation), ovarian cysts and unwanted hair growth with a systemic male pattern.

»

6 weeks.

Inositol reduces oxidative stress, restores ovulation and oocyte quality, normalises the menstrual cycle and reduces serum testosterone in women with PCOS.



FEMALE FERTILITY / IN VITRO FERTILISATION⁽²⁾

It improves embryo and oocyte quality. It can be an alternative to prescription medications, alone or as part of assisted reproductive therapy.



Other benefits:

- » Gestational diabetes ⁽³⁾: reduces risk and improves insulin resistance.
- » Metabolic syndrome ⁽⁴⁾: improves blood pressure, insulin resistance, and cholesterol and triglyceride levels.
- » Premenstrual dysphoric disorder (PMDD) ⁽⁵⁾: improves symptoms.
- » Depression ⁽⁶⁾: improves symptoms of depression even in people with bipolar disorder.
- Panic disorder ⁽⁷⁾: reduces the frequency and severity of attacks, as

well as the severity of agoraphobia.

- » Obsessive compulsive disorder ⁽⁸⁻⁹⁾: is effective in its treatment as well as in trichotillomania (obsessive disorder of pulling out one's own hair).
- » Bulimia (10): improves the symptoms of eating disorders.
- » Chronic thyroiditis (Hashimoto's disease) (11): improves thyroid function.
- » Cancer⁽¹²⁾: as an adjuvant, it reduces
- the adverse effects of chemotherapy. » Neural tube defects ⁽¹³⁾: may help

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prevent folic acid-resistant neural tube defects.

Male fertility ⁽¹⁴⁾: improves sperm quality (concentration, motility, total sperm count, etc.) and regulates hormone levels (LH, FSH and Inhibin B).

NATAL NUTRI BALANCE

THE MOST COMPLETE FORMULA TO ENSURE NUTRITIONAL DEMANDS ARI MET DURING **PREGNANCY AND LACTATION**



FIOUUGI Dalasiigel

90 capsules Code FE1434

23 VITAMINS AND MINERALS

In their most bioavailable forms

Nutritional information:	1 capsule
Folate (calcium-l-methylfolate)	333,3 µg (167%*)
Thiamin (vit. B1) (from 25 mg thiamin hydrochloride)	22,3 mg (2 027%*)
Riboflavin (vit. B2) (from 11,67 mg riboflavin-5'phosphate sodium	n) 8,8 mg (629%*)
Niacin (vit. B3) (from nicotinamide)	16,7 mg NE (104%*)
Pantothenic acid (vit. B5) (from 33,33 mg d-pantothenate calciu	um) 30,5 mg (508%*)
Vitamin B6 (from 11,67 mg pyridoxal-5'phosphate)	8 mg (571%*)
Vitamin B12 (methylcobalamin)	333,3 µg (13 332%*)
Biotin (D-biotin)	100 µg (200%*)
Vitamin C (from 58,33 mg calcium-l-ascorbate)	47,9 mg (60%*)
Vitamine D3 (from cholecalciferol) (133,3 IU/capsule)	3,3 µg (66%*)
Vitamine E (from d-alpha-tocopherol) (16,7 IU/capsule)	12,3 mg α-TE (103%*)
Vitamine K1 (phylloquinone)	33,3 µg (44%*)
Manganese (from manganese citrate)	1,7 mg (85%*)
Iron (from iron bisglycinate)	11,7 mg (84%*)
Zinc (from zinc citrate)	8,3 mg (83%*)
Chromium (from chromium picolinate)	33,3 µg (83%*)
Copper (from copper citrate)	0,5 mg (50%*)
lodine (from potassium iodide)	50 µg (33%*)
Molybdenum (from sodium molybdate)	16,7 µg (33%*)
Selenium (from L-selenomethionine))	16,7 µg (30%*)
Magnesium (from magnesium bisglycinate)	33,5 mg (9%*)
Calcium (from calcium citrate)	66,7 mg (8%*)
Potassium (from potassium citrate)	23,3 mg (1%*)
*NRV: Nutrient Reference Value in %	

Recommended daily dose: 1 capsule daily with meals.



Vitamin C, buffered for increased tolerability and bioavailability. Vitamin D, essential for the baby's bone development. Vitamin K1, involved in coagulation. Vitamin E, deficiency of which is associated with rupture of the amniotic sac. Complete B-complex, to avoid possible displacement.



Calcium, the foetus consumes 200-300 mg/day. Iron, in chelated form for increased bioavailability. Iodine, essential for a child's neurological development. Magnesium, the need for which doubles in the third trimester. In its bisglycinate form for increased bioavailability. Zinc, 82% of pregnant women are deficient. Risk of premature birth. Chromium, deficiency is associated with gestational diabetes. Selenium, copper, manganese, molybdenum and potassium, (other important minerals during pregnancy).



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STRONG-BONES

Nutritional information:	2 capsules
Calcium (from hydroxyapatite)	300 mg (38%*)
Phosphorus (from hydroxyapatite)	150 mg (21%*)
Proteins (from hydroxyapatite)	300 mg
Magnesium (from Mg bisglycinate)	48,3 mg (**)
Zinc (from zinc mono-L-methionine sulfate)	3,1 mg (31%*)
Manganese (from Mn citrate)	0,9 mg (45%*)
Copper (from cupric citrate)	0,31 mg (31%*)
Boron (from boric acid)	1,1 mg
Field horsetail (E. arvense) (7% silica)	10 mg
Thiamin (vit. B1) (thiamin HCL)	1,4 mg (127%*)
Vit. K2 (menaquinone 4 and 7)	31 µg (41%*)
Vit. D3 (cholecalciferol, 167 IU/caps.)	8,3 µg (166%*)
Vit. C (L-ascorbic acid)	62 mg (78%*)
Vit. B12 (methylcobalamin)	50 µg (2 000%*)
Folate (calcium-L-methylfolate)	166,7 µg (83%*)
L-Lysine	100 mg
∟Proline	100 mg
Glucosamine sulfate (sodium-free)	84 mg
Turmeric (<i>C. longa</i>) (95% curcuminoids***)	6,7 mg
Grape seed (V. vinifera) (95% PACs)	20 mg
Green tea (C. sinensis) (5,25mg EGCG/caps.) 14 mg
Lutein (from Tagetes erecta)	0,7 mg
Lycopene (from Lycopersicon esculentum)	1,7 mg
* NRV: Nutrient Reference Value in % ** NRV: Nutrient Reference Value below 15%	

*** provides curcumin I, demetoxicurcumin and bisdemetoxicurcumin

Recommended daily dose: 2 capsules one to three times daily with food. If you are taking medications, take this product a few hours before or after taking them.

Microcrystalline Hydroxyapatite (MCH) (1-2) Source of calcium and osteospecific organic components (phosphorus, collagen and proteins) that contribute to stimulating osteogenesis. Optimum Calcium-Phosphorus ratio (2:1).

Oral administration of MCH is more effective than calcium carbonate in reducing trabecular bone loss in patients with osteoporosis. (3-4).



Antioxidants: ⁽⁶⁻¹⁰⁾ exclusive antioxidant content with a very important role in bone formation (Lycopene, Lutein, Green Tea, Turmeric and Grape Seed). Protection against oxidative stress and regulation of inflammatory processes.

Magnesium Bisglycinate: ⁽⁵⁾ essential for Calcium-D₃ metabolism. In bisglycinate form for 4 times higher bioavailability.

Co-Factors:⁽¹¹⁻¹³⁾ nutrient assimilation and bone formation. 6 Vitamins, 4 Minerals. Essential amino acids for the bone matrix (L-Proline and L-Lysine).

STRONG-BONES Vegetarian

Nutritional information:	3 capsules
Calcium (from calcium phosphate, tribasic)	333 mg (42%*)
Phosphorus (from calcium phosphate, tribasic)	157,4 mg (22%*)
Magnesium (from magnesium bisglycinate)	90 mg (24%*)
Zinc (from zinc mono-L-methionine sulphate)	3,1 mg (31%*)
Manganese (from manganese citrate)	0,93 mg (47%*)
Copper (from cupric citrate)	0,31 mg (31%*)
Boron (from boric acid)	1,1 mg
Field horsetail (<i>Equisetum arvense</i>) (7% silica)	10 mg
Thiamin (vit. B1) (from thiamin hydrochloride)	1,4 mg (127%*)
Vitamin K2 (from menaquinone-4 and menaquinor	ne-7) 31 µg (41%*)
Vitamin D3 (cholecalciferol) (111 IU/caps.)	8,3 µg (166%*)
Vitamin C (L-ascorbic acid)	62 mg (78%*)
Vitamin B12 (methylcobalamin)	50 µg (2 000%*)
Folate (calcium-L-methylfolate)	166,7 µg (83%*)
L-Lysine	100 mg
L-Proline	100 mg
Glucosamine (from Aspergillus niger)	84 mg
Turmeric (Curcuma longa) (95% curcuminoids	**) 7,5 mg
Grape seed (Vitis vinifera) (80% OPC)	20 mg
Green tea (Camellia sinensis) (75% EGCG; 3,5	mg/caps.) 14 mg
Lutein (from Tagetes erecta)	0,7 mg
Lycopene (from Lycopersicon esculentum)	1,7 mg
* NRV: Nutrient Reference Value in %	

*** provides curcumin I, demetoxicurcumin and bisdemetoxicurcumin

Recommended daily dose: 3 capsules one to two times dailywith food. If you are taking medications, take this product a few hours before or after taking them.

Calcium triphosphate instead of bovine microcrystalline hydroxyapatite. Glucosamine of plant origin (from *Aspergillus niger*) instead of crustaceans.

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MENOPEACE

6 HIGHLY EFFECTIVE, SOY-FREE, STANDARDISED PLANT EXTRACTS FOR COMPREHENSIVE MENOPAUSAL SUPPORT



Nutritional information:	1 capsule
Dong quai ⁽¹⁾ (1% Z-ligustilide)	125 mg
Chaste tree ⁽¹⁾ (0,5% agnusides)	125 mg
Red clover ⁽¹⁾ (40% isoflavones; 25,2 mg AIE*)	75 mg
Dandelion ⁽¹⁾ (3% flavonoids)	63 mg
Cimicifuga racemosa ⁽¹⁾ (2,5 % triterpenes)	30 mg
Dioscorea villosa ⁽¹⁾ (16% diosgenin) (8:1)	25 mg

(1) standardised extracts

Recommended daily dose: 1–2 capsules daily. Use for a minimum of 3 months.

60 capsules Code FE0232

DONG QUAI (Angelica sinensis)⁽⁴⁾

- » Female tonic
- » Dysmenorrhoea, general discomfort and bloating
- » Mood swings

CHASTETREE (Vitex agnus-castus) ⁽⁵⁻⁶⁾

- » Female hormonal balance
- » Breast pain (mastalgia), swelling, retention, anxiety, irritability, mood swings

BLACK COHOSH (Cimicifuga racemosa) (7-8)

- » Uterine cramps
- » Depression, anxiety, mood swings

RED CLOVER (Trifolium pratense) (9-10)

- » Oestrogen modulator
- » Greater contribution and more complete isoflavone profile compared to soy

DANDELION (Taraxacum officinale) (11)

- » Fluid retention
- » Hepatic detoxification oestrogen elimination

DIOSCOREA VILLOSA OR MEXICAN WILD YAM (12)

» Enhances the phytoestrogenic action of other plants

Specifications:

- » Formula rich in phytoestrogens that act as hormone regulators.
- » The components of this formula are suitable for helping relieve the various inconvenient discomforts associated with menopause (1-3).
- » The plants used in this formula are standardised extracts to ensure the effectiveness of the active ingredients.



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FOLATE ULTRA

CALCIUM L-METHYLFOLATE + VITAMIN B6 + VITAMIN B12

Folate intake is a critical factor in the prevention of neural tube defects, some forms of anaemia, cardiovascular disease and cognitive dysfunction.

Among the different chemical forms of folates, calcium L-methylfolate (5-methyltetrahydrofolate, 5-MTHF) is the most bioavailable form.



References:

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IRON BISGLYCINATE COMPLEX

HIGH BIOAVAILABILITY WITHOUT GASTROINTESTINAL DISCOMFORT



WEB INFORMATION

Nutritional information:	1 capsule
Iron (ferrous bisglycinate)	35 mg (250 %*
Copper (cupric citrate)	1 mg (100 %*
Thiamin (vit. B1)	4,5 mg (409 %*
Riboflavin (vit. B2)	3,75 mg (268 %*
Niacin (vit. B3)	5 mg (31 %*
Vitamin B6	3,42 mg (244 %*
Folate	1 000 µg (500 %*
Vitamin B12	1 000 µg (40 000 %*
Vitamin C	75 mg (94 %*

Recommended daily dose: 1 capsule daily with food. If you are taking medication, take this product a few hours before or after them.

- » Ferrous bisglycinate has an absorption rate up to 3 times higher than other forms of iron, as it is absorbed through an alternative pathway within the intestinal mucosa. In this way, it does not interfere with other forms of iron in the diet.
- » It does not cause the common side effects of other iron supplements such as stomach pain, constipation, diarrhoea or cramps.
- With B-complex vitamins essential for the formation of red blood cells
- » With Vitamin C and copper which improve the absorption of iron

- » A recent study found that those with low iron levels were more prone to strokes compared to those with normal iron levels.
- » This and other studies suggest an association between iron deficiency and the risk of ischaemic stroke in both adults and children ⁽²⁻⁴⁾.

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GRAPEFRUITSEED & CRANBERRY

500MG GRAPE SEED (95% PROANTHOCYANIDINS) + 100MG CRANBERRY (107:1) X CAPSULE



Nutritional information:1 capsuleGrapeseed (95% proanthocyanidins)500 mgCranberry (107:1)100 mg

Recommended daily dose: 1-2 capsules daily.

Specifications:

»

- » Prevention of cardiovascular diseases.
- > Treatment and prevention of venous and capillary disorders.
- Inflammation of joints and tissue of the stomach and intestines.
- » Strengthening of the immune system.
- » Retinal disorders.
- Enhancing the anti-ageing action of other cosmetics.

ANTIOXIDANT

- » High antioxidant power due to its high OPC content, protecting the body from free radicals (2,3).
- » Prevents ageing and premature deterioration of cells, tissues and organs (2).

ANTI-INFLAMMATORY & ANTIBACTERIAL

- » It has anti-inflammatory action on stomach, intestinal and joint tissues (5).
- » Helps with arthritis, dermatitis, skin problems, sinusitis, colitis, urinary tract infection and asthma (5). It fights bacteria such as *E. coli* (6,12).

RETINOPATHY & ANTI-AGEING

- Improves vision due to its high vitamin E content (13).
- » It helps to make skin healthier due to its resveratrol content and its ability to stimulate collagen production, making the skin more elastic (4).

VASOPROTECTIVE & CARDIOPROTECTIVE

- » It acts directly on the capillaries, keeping them strong and healthy (7-10).
- » It prevents hardening of the arteries and prevents thrombus formation (8,9).
- » It prevents arteriosclerosis and hypertension (10,11).



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Notes



What Makes New Roots Herbal Unique?

- At New Roots Herbal our complexes are formulated by naturopathic doctors, scientists and herbalists » to address imbalances in a wide-range of chronic and acute health conditions.
- We are committed to providing pure and high-quality nutrients and powerful botanical herbs that work » synergistically to support the body.
- The products are tested for potency and purity (including all contaminates, such as heavy metals and » PCBs) through the production process to the final product. This we guarantee you!
- Our aim is to support and educate practitioners on the powerful synergetic properties of herbs and » nutraceutical blends. Our Nutritional Therapist and online resources offer on-hand advice and guidance so you can provide the best programmes and service to your clients.



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