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Discover the Australian difference

- ✓ 100% Australian
- ✓ 100% Natural
- ✓ 100% Effective
- ✓ 100% FOOD

Suitable for the whole family!



Healthy Heart

heart. cholesterol. blood pressure

Formulated by using the latest research and clinical evidence. It may assist in maintaining healthy cholesterol levels, lower blood pressure, reduce inflammation, control triglycerides and give you that natural inner glow. Contains naturally occurring antioxidants, omega 3 EPA & DHA and high in starch resistant insoluble fibre can help protect your heart.



Real food is never hard to swallow

Suitable for the whole family, Dr Phil's products are whole-food based which means all ingredients are obtained from whole food sources with no addition of synthetic vitamins, fillers or additives.

Where we can we source organic Australian grown ingredients and each batch is tested to ensure it contains the optimum blend of essentials nutrients.

They can be safely taken while on medication or during pregnancy as all ingredients are naturally food derived.

All of our powders are compatible so they can be mixed together if several formulations are required and are quick and easy to prepare.

Ultra Bone and Joint

natural bone, joint & muscle

Ultra Bone and Joint's unique combination of natural ingredients like omega 3 & 6, essential fatty acids, quercetin, bromelain, green tea and vitamin C, just to name a few! May assist with joint mobility, inflammation, bone density, arthritis, muscle resuscitation, pain reduction, preventing osteoporosis, improving athletic performance and alleviating muscle fatigue.



Super Detox

cleanse your body naturally

Super Detox gives you a daily kick-start of health, vitality and energy. It helps cleanse and repair your body, and sets you up for the busy day ahead. A great way to help with digestion & bloating and weight loss program.



Dr Phil Sheldon



Dr Phil Sheldon's Optimaessentials

naturally organic superfoods

Boost

essential nutrition for a healthy body

Contains over 38 natural superfood ingredients giving you over 200 vitamins, minerals, antioxidants and amino acids. Has unique ingredients such as turmeric, cinnamon, grapeseed and more! Can be great for anti-aging, immune boosting, detoxing, acid/alkali balance, reducing free radical damage, energy, cognitive function.



Protein Plus

rebuild and replenish

ProteinPlus is a premium blend of natural whey protein isolate plus the power of super food vegetable proteins Acai Berry and Chia Seeds, calcium caseinate, chromium picolinate, selenium and on top of that, we've incorporated full spectrum amino acids, essential vitamins and vital minerals.



Stress Relief

naturally relaxes and calms

Designed to nourish your nervous system and provide your body with the very best nutrients to support your emotional health and wellbeing. Has lactium, clinically proven to assist with stress, 24 all natural foods to nourish the central nervous system. Can be great for relief of stress & anxiety, lethargy sleeplessness and tiredness.



NRG2GO for Kids

essential nutrition for healthy kids

Optimal Essentials NRG2GO kids is a natural, delicious, healthy drink, just for kids. Easy to make - delicious as a milkshake, fruit smoothie or even sprinkled on cereal or yoghurt. NO artificial flavours, colours, preservatives or sugar. Full of vitamins, minerals, antioxidants, fibre, pre and probiotics and lutein for healthy growing eyes and brains. NRG2GO kids is great to make sure they are getting all the essential nutrients - contains over 30% children's RDI (recommended daily intake).

Delicious Chocolate and Vanilla flavours.



Energy Plus Recovery

immune support and recovery

A natural protein and antioxidant formula to keep your immune system in top condition as well as aiding with recovery. Full of natural antioxidants, omega 3 and essential pro and pre-bacteria. Contains hydrolysed whey protein - the best form - slow released, fully absorbed. Can be great for healing after illness or surgery, protecting against colds & flu's, athletes and vegetarians.



Fibre Digest

natural digestive support

Contains essential pre and probiotics to restore balance, as well as four types of soluble and insoluble fibre, essential amino acids, folic acid and magnesium to help repair gut damage and reduce inflammation. Can be great for irritable bowel, indigestion, detoxing/cleansing, reflux, constipation, increasing good gut bacteria, cholesterol reduction and general digestive health.



Memory Plus

protect and nourish your brain

Naturally high in nutrients that can help protect our cognitive function and assist in preventing memory loss. With ingredients like phosphatidylserine (clinically proven to help memory response), B group vitamins, omega 3, antioxidants and more, it's the only product available on the market with a complete level of nutrition designed to help protect memory function.



Sleep and Revive

helps you sleep naturally

Sleep & Revive is a blend of natural vitamins, minerals, antioxidants, amino acids and omega 3 all designed to help you fall asleep, stay asleep and wake up feeling refreshed and ready for the day ahead. Can be great for insomnia, lethargy, stress reduction, giving your body essential nutrients & minerals while you sleep, feeling refreshed and energised.



Healthy Weight

natural meal replacement program

Give yourself a 100% natural meal replacement shake instead of a glass of chemicals! Healthy Weight is high in protein & fibre, low in carbohydrates. Every serve has 15 vitamins, 10 minerals, amino acids, Life's DHA (natural omega 3), omega 6, PLUS pre & probiotics, organic superflax, antioxidants and beta glucans! Can be great for losing weight or maintaining a healthy weight, great as a healthy alternative when in a hurry or on the go.

100% NATURAL meal replacement program. NO added sugar - suitable for diabetics.

