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# OPTIMAL ESSENTIALS

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## Product Profile



AUGUST 1, 2020

**HOLISTIC SOLUTIONS LIMITED**

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# **Boost**

**Essential nutrition for a healthy body**



**Price : HK\$560.00**



## **Ingredients:**

Organic Barley Grass, Organic Wheat Grass, Organic Kale, Organic Alfalfa, Green Kiwi, Organic Inulin, Organic Kelp, Organic Stevia, Organic Rosehips, Organic Broccoli, Organic Olive Leaf, Organic Camu Camu, Organic Matcha, Organic Beetroot, Organic Flaxseed, Organic Psyllium Husk, Purple Carrot, Organic Spirulina, Tomato, Organic Parsley, Organic Ginger, Organic Chlorella, Organic Turmeric



## **Nutritional Information**

<b>Ingredients</b>	<b>Per 8g</b>	<b>Per 100g</b>
Energy	91kj	1140kj
Protein	1.3g	15.8g
Fat, total	0.2g	2.8g
- saturated	0.0g	0.4g
Carbohydrate	3.3g	41.2g
- sugars (naturally occurring)	1.4g	18g
Sodium	23mg	284mg

## **NO!**

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

## **Our top selling product**

**Essential nutrition for a healthy body**

Boost has over 20 natural superfood ingredients giving you loads of vitamins, minerals, antioxidants and amino acids. It's nourishing, cleansing and alkalising.

Together, they deliver your body sustained natural energy and pure nutrients. Full of all the good stuff we don't always have time to eat.

## **Why you'll love it:**

- **Packed full of nutritious plant-based superfoods**
- **Nourishing, purifying and cleansing**
- **immune boosting**
- **detoxing & helps with acid/alkali balance**
- **reduces free radical damage**
- **Gluten & dairy free and Low allergen**
- **Non-GMO ingredients**
- **Suitable for VEGANS**

We use a combination of certified organic and organically-grown ingredients.

## **HOW TO USE:**

Mix 1 teaspoon (5-8g) in half glass water once daily in the morning.

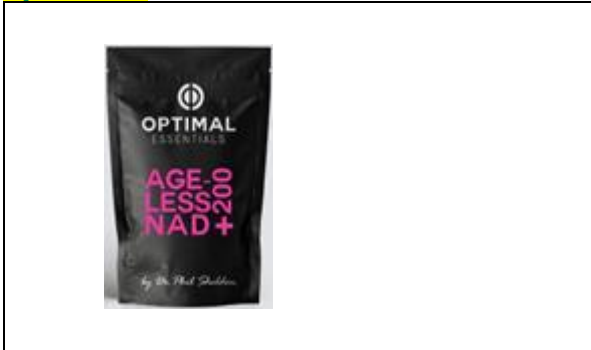
Stir well or blend in our blender shaker for a smoother mix.

All our products can be safely combined or added to your favourite smoothie recipe.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.

# Age-less NAD+ 200

## Anti-ageing Natural Collagen and NAD optimiser



Price : HK\$700.00



### Ingredients:

Organic Lucuma, Organic Lions Mane Mushroom, Organic Aloe Vera, Organic Beetroot, Organic Inulin, Organic Grape Seed, Organic Hibiscus, Organic Brewers Yeast, Organic Astragalus, Organic Flaxseed Meal, Organic Cinnamon, Organic Lavender, Organic Monk Fruit (Luo Han Guo).



Nutritional Information		
Ingredients	Per 8g Serve	Per 100g
Energy	104kj	1300kj
Protein	0.5g	6.0g
Fat, total - saturated	0.1g 0.0g	0.9g 0.2g
Carbohydrate - sugars (naturally occurring)	5.5g 1.2g	69g 14.8g
Sodium	5mg	67mg

### NO!

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

### For Anti-aging Natural Collagen and NAD optimiser

AGE-LESS is a serious blend of superfoods designed to maximise and restore the balance of NAD levels in your body.

This vital co-enzyme has been shown in numerous scientific trials to help naturally hydrates and repair your skin, build collagen and also repair DNA.

AGE-LESS is a premium formula packed with super-charged nutrients that are easily digested and effectively absorbed by your cells to nourish your body to help promote and support optimal health, vitality and radiance.

### Why you'll love it:

- *Hydrates skin*
- *Helps build collagen*
- *May help repair DNA*
- *Packed full of nutrient-dense superfoods*
- *Safe with all medication and safe for diabetics*
- *Gluten and dairy free, No added sugar*
- *Low allergen and Non-GMO ingredients*
- *Suitable for vegetarians*

We use a combination of certified organic and organically-grown ingredients.

### HOW TO USE:

Mix 1 teaspoon(5-8g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix.

All our products can be safely combined or added to your favourite smoothie recipe.

Bake : You can add it to cookies, muffins, brownies, energy bars or protein balls.

# ***Immune Support***

## ***Immune support & recovery***



Price : HK\$560.00



### ***Ingredients:***

Whey Protein Isolate, Whole Milk Powder, Micellar Casein, Golden Pea Protein, Coconut Oil, Wild Green Oats, Natural Vanilla, Monk Fruit



Nutritional Information		
Ingredients	Per 10g Serve	Per 100g
Energy	195 kj	1953kj
Protein	3.5g	35.2g
Fat, total	2.3g	23.1g
- saturated	1.2g	12.3g
Carbohydrate	2.4g	24.1g
- sugars (naturally occurring)	1.8g	18.3g
Sodium	16mg	164mg

### ***NO!***

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

### ***For Immune support & recovery***

Start your day strong with this comprehensive and complete immune strengthening superfood blend. Rich in nutrients to help invigorate, revitalise, strengthen and support your immune system, high in antioxidants to help purify your body of toxins and help support a healthy gut and wellbeing.

Immune is ideal for people with high stress or frequent illness, it can help boost your energy, fight mental and physical fatigue, improve your stamina and revitalise your soul !

### ***Why you'll love it:***

- ***Packed full of nutrient dense superfoods***
- ***Enhance immune system***
- ***Revitalising and invigorating***
- ***High in antioxidants to help purify your body of toxins***
- ***Ideal for people with high stress or frequent illness***
- ***Safe with all medication and safe for diabetics***
- ***Non-GMO, Gluten free and Low allergen***
- ***Suitable for vegetarians***

We use a combination of certified organic and organically-grown ingredients.

### ***HOW TO USE:***

Mix 1-2 teaspoon(5-10g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix.

All our products can be safely combined or added to your favourite smoothie recipe.

Bake : You can add it to cookies, muffins, brownies, energy bars or protein balls.

# Fibre Digest

Natural digestive support



Price : HK\$560.00



## Ingredients:

Organic Psyllium Husk, Hemp Seed Bran, Organic Slippery Elm, Organic Peppermint Leaf, Organic Inulin, Organic Baobab, Organic Stevia Leaf, Organic Aloe Vera, Organic Aniseed, Organic Fennel, Organic Fenugreek, Organic Star Anise, Organic Ginger, Organic Turmeric, Organic Chlorella



## Nutritional Information

Ingredients	Per 8g Serve	Per 100g
Energy	72kj	905kj
Protein	0.8g	10.4g
Fat, total - saturated	0.4g 0.1g	4.8g 1.2g
Carbohydrate - sugars (naturally occurring)	2.4g 0.2g	30.2g 4.5g
Sodium	13mg	166mg

## NO!

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

## Natural Digestive Support

A powerful combination of pre and probiotics, starch resistant insoluble fibres needed for optimal digestion and absorption for a healthy gut and a feeling of wellbeing.

Fibre Digest is cleansing, purifying and alkalisng. Ideal for all digestive issues such as IBS, bloating, irregularity, indigestion, or a feeling of fullness after eating.

## Why you'll love it:

- Great for IBS, indigestion and reflux
- Contains 5 billion pro-biotics (heat and stomach acid protected)
- Has pre-biotics (three forms of starch resistant insoluble fibre) to help increase good gut bacteria
- Helps with all forms of digestive problems

We use a combination of certified organic and organically-grown ingredients.

## HOW TO USE:

Mix 1 teaspoon(5-8g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix.

All our products can be safely combined or added to your favourite smoothie recipe.

Can also be added to yoghurt, cereal, porridge, energy bars or baked in muffins & cookies.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls

# Super Detox

**Detox your liver and body**



Price : HK\$560.00



## Ingredients:

Superfruit Blend, Organic Inulin, Organic Psyllium Husk, Organic Acai, Organic Wheatgrass, Organic Barley, Organic Alfalfa, Organic Spinach, Organic Beetroot, Organic Turmeric, Organic Chlorella, Organic Aloe Vera, Monk Fruit, Organic Black Pepper



Nutritional Information		
Ingredients	Per 8g Serve	Per 100g
Energy	105kJ	1320kJ
Protein	0.7g	8.2g
Fat, total	0.3g	4.0g
- saturated	0.1g	0.6g
Carbohydrate	5.1g	63.7g
- sugars (naturally occurring)	2.2g	26.9g
Sodium	14mg	169mg

## **NO!**

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

## **Detox your liver and body**

Our Super Detox helps cleanse and repair your body, and help purify the body of harmful toxins, improve your skin health, delay ageing, boost your immune system, and speed up your metabolism to help you lose weight. A great way to help with digestion & bloating, start your weight loss program, a complete liver cleanse or just for feeling great.

Packs a powerful alkaline punch of key nutrients and vital antioxidants, including pure Organic Cacao, Acai Berry, Chia Seed, Wheatgrass, Spirulina and Lucuma (also known as the Gold of the Incas).

### Why you'll love it:

- **Has anti-aging and anti-inflammatory properties**
- **Purify, Detox & Cleanses the liver and body**
- **Revitalising**
- **Helps with bloating and digestion**
- **Metabolism boosting and kick starts your weight loss**
- **Safe with all medication and Diabetics**
- **Non-GMO, Gluten free and Low allergen**

We use a combination of certified organic and organically-grown ingredients.

## **HOW TO USE:**

Mix 1 teaspoon(5-8g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix.

All our products can be safely combined or added to your favourite smoothie recipe.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.

# Healthy Heart

**For cholesterol & heart blood pressure management**



**Price : HK\$560.00**



Nutritional Information		
Ingredients	Per 5g Serve	Per 100g
Energy	23cal	460cal
Protein	1.5g	30g
Fat, total	0.3g	6g
- saturated	0.1g	2g
Carbohydrate	1.5g	30g
- sugars (naturally occurring)	0.4g	8g
Sodium	19mg	380mg

## **For cholesterol, heart blood Pressure management**

Contains scientifically proven natural nutrients for heart health. Not only nourishing for your heart, it may assist in controlling cholesterol and lowering blood pressure, reduce inflammation and control triglycerides.

It can also help reduce oxidative stress, fight fatigue and improve your mood, strengthen the cardiovascular system, lower cholesterol and combat premature aging.

### **Why you'll love it:**

- **Can help lower cholesterol and blood pressure and may strengthen your heart**
- **Helps keep your heart healthy**
- **Can help reduce oxidative stress, fight fatigue and improve your mood**
- **Contains pure cacao**
- **Loaded with antioxidants, vitamins & minerals**
- **High in omega 3, EPA & DHA**
- **High in starch resistant insoluble**
- **Suitable for diabetics**
- **Safe with medication and during pregnancy**

We use a combination of certified organic and organically-grown ingredients.

### **Ingredients:**

Inulin (from chicory root), Soy Isolate, Barley Beta Glucans, Natural Cocoa, Psyllium Husk, Algae DHA (from seaweed), Antioxidant Berry Fruit Blend (Raspberry, Strawberry, Elderberry, Blackberry, Blueberry), Grapeseed, Olive Leaf, Green Tea, Flaxseed, Turmeric, Stevia, Purple Carrot, Kale (Lutein)



### **NO!**

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

### **HOW TO USE:**

Mix 1 teaspoon(5g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix.

All our products can be safely combined or added to your favourite smoothie recipe.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.

# Memory Plus

Protect and nourish your brain



Price : HK\$560.00



### Nutritional Information

Ingredients	Per 8g Serve	Per 100g
Energy	107kJ	1340kJ
Protein	1.8g	22.5g
Fat, total - saturated	0.8g 0.2g	10g 2.3g
Carbohydrate - sugars (naturally occurring)	2.4g 1.2g	30.5g 15.2g
Sodium	19mg	235mg

### Protect and nourish your brain

What you eat plays a vital role in brain function and hormones and memory. Our new Memory Plus is the perfect blend of ingredients that may help increase oxygen and circulation to the brain which can increase your mental performance, promote a positive mood, fight mental fatigue, combat stress, and stay alert and focused on your most important tasks - perfect for students, busy parents and during times of emotional stress.

### Why you'll love it:

- Contains clinically proven ingredients and nutrients such as Phosphatidylserine (PS), lecithin, spinach, spirulina, etc to keep your brain nutritionally nurtured and supported, thus help with memory response
- Can help protect our cognitive function and assist in preventing memory loss
- Better Memory, focus and clarity
- Help with mental stress and promote positive mood
- High in antioxidants, omega 3, vitamins (including B group vitamins)

We use a combination of certified organic and organically-grown ingredients.

### Ingredients:

Walnut Meal, Pumpkin Seed Meal, Organic Coconut Oil Powder, Organic Cacao, Organic Blueberry, Organic Sunflower, Lecithin, Organic Kale, Organic Broccoli, Organic Alfalfa Grass, Organic Spinach, Organic Beetroot, Organic Blueberry Flavour, Organic Turmeric, Organic Spirulina, Organic Rosemary, Organic Black Pepper



### NO!

- NO! Synthetic chemicals
- NO! Artificial colours, flavours or preservatives
- NO! Sugar fructose/sucrose/dextrose
- NO! Testing on animals (only relatives)
- NO! Gluten or lactose
- NO! GMO
- YES! 100% natural real food ingredients

### HOW TO USE:

Mix 1 teaspoon(5-8g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix.

All our products can be safely combined or added to your favourite smoothie recipe.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.



# Sleep and Revive

Helps you sleep naturally



Price : HK\$560.00



Nutritional Information		
Ingredients	Per 8g Serve	Per 100g
Energy	162kJ	1620kJ
Protein	1.4g	13.8g
Fat, total - saturated	1.0g 0.1g	9.6g 0.9g
Carbohydrate - sugars (naturally occurring)	6.2g 3.5g	62.2g 34.7g
Sodium	8mg	77mg

## Protect and nourish your brain

A good night's sleep sets you up for the day ahead. Sleep and Revive helps you sleep, calm and relax your mind, support your immune system, ease anxiety and even aids digestion.

Sleep & Revive helps you sleep well so you wake in the next morning feeling refreshed & energized.

You can rest assured knowing it's made with 100% natural food ingredients, so you can expect the best sleep of your life, without worrying about any nasty side effects.

## Why you'll love it:

- Assist & nourishes a natural sleep pattern
- Delivers your body nutrients WHILE you sleep
- Contains clinically proven natural ingredients to assist sleep and relaxation of your mind.
- Not a sedative and NO side-effects.
- Safe with all medication and Diabetics

We use a combination of certified organic and organically-grown ingredients.

## Ingredients:

Organic Mesquite, Banana Powder, Walnut Meal, Chia Seed, Turmeric, Coconut Oil Powder, Cinnamon, Ginger, Carrot, Vanilla Flavour, Nutmeg, Black Pepper



## NO!

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

## HOW TO USE:

Mix 1 teaspoon(5-8g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix. All our products can be safely combined or added to your favourite smoothie recipe.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.

# Stress Relief

**Naturally relaxes and calms**



Price : HK\$560.00



Nutritional Information		
Ingredients	Per 8g Serve	Per 100g
Energy	36kj	444kj
Protein	0.1g	1.8g
Fat, total - saturated	0.1g 0.0g	0.8g 0.4g
Carbohydrate - sugars (naturally occurring)	2.1g 0.5g	26.5g 6.2g
Sodium	1mg	10mg

## Naturally relaxes and calms

Perfect for helping your body and nervous system cope through times of stress and anxiety. Stress affects your hormones, digestion and immune system. Stress Relief may help boost the nervous system and release the hormones that provide you with a sense of calm and well-being. Can help fight mental fatigue and calm the nervous system so great for anxiety and depression.

### Why you'll love it:

- **Packed with a mixture of nutrient-dense superfoods, essential antioxidants, vitamins and minerals specifically chosen to assist in relieving stress and anxiety and with restorative properties to aid and tonify the adrenal glands to help calm your mind, support your body and assist with energy**
- **can help fight mental fatigue, depression and anxiety**

We use a combination of certified organic and organically-grown ingredients.

### Ingredients:

Organic Hibiscus, Organic Chamomile Flower, Organic Passion Flower, Lemon Balm, Inulin, Organic Siberian Ginseng, Organic Monk Fruit, Organic Cinnamon



### **NO!**

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

### HOW TO USE:

Mix 1 teaspoon(5-8g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix. All our products can be safely combined or added to your favourite smoothie recipe.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.

# Ultra Bone & Joint

**Natural bone, joint & muscle Superfood**



Price : HK\$560.00



Nutritional Information		
Ingredients	Per 8g Serve	Per 100g
Energy	69kJ	100g
Protein	0.8g	10.1g
Fat, total - saturated	0.2g 0.0g	2.4g 0.3g
Carbohydrate - sugars (naturally occurring)	3.0g 0.7g	38.2g 8.6g
Sodium	5mg	67mg

## Naturally relaxes and calms

Ultra Bone & Joint contains high quality and sustainable, nourishing, natural anti-inflammatory nutrients to help aid the body's natural healing process, protect and promote bone, joint, tendon, & ligament health. Great for muscle recovery, boosting athletic performance and naturally enhancing skin, hair, and nails.

## Why you'll love it:

- Packed with nutrient dense superfoods that nourishes aching joints and muscles
- Helps repair muscle damage and helps relieve restless leg syndrome.
- Nourishes, supports and relieves bloating and indigestion
- Contains Glucosamine HCL (vegan), Methylsulfonylmethane (MSM), amino acids, calcium magnesium and Omega 3 & 6.
- Contains natural anti-oxidants & anti-inflammatory superfoods (quercetin, bromelain, baobab, vitamin C and turmeric).
- Suitable for VEGANS

We use a combination of certified organic and organically-grown ingredients.

## Ingredients:

Glucosamine HCL (vegan), Organic Baobab, Organic Green Banana (Resistant Starch), Organic Flaxseed, Organic Broccoli, Organic Atlantic Kelp, Organic Diatomaceous Earth, Organic Inulin, Organic Matcha, Organic Stevia, Organic Chlorella, Green Apple, Organic Ginger, Organic Turmeric.



## NO!

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

## HOW TO USE:

Mix 1 teaspoon(5-8g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix. All our products can be safely combined or added to your favourite smoothie recipe.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.

# KIDS SUPERFOOD

## (NRG2GO for KIDS)

### Essential Nutrition for Kids



Available in Natural Vanilla & Chocolate flavours

Price : HK\$320 for 200g



### Ingredients:

Skim Milk Powder and Whole Milk Powder, Whey Protein Isolate, Kale, Chicory Root (Inulin), Flaxseed, Lactobacillus Acidophilus, Natural Lip-Smacking Vanilla Flavour, Stevia



Nutritional Information CHOCOLATE		
Ingredients	Per 10g Serve	Per 100g
Energy	191kJ	1916kJ
Protein	3.4g	34.2g
Fat, total	2.3g	23.3g
- saturated	1.3g	13.0g
Carbohydrate	4.2g	42g
- sugars (naturally occurring)	1.6g	16.2g
Sodium	16mg	160mg

Nutritional Information VANILLA		
Ingredients	Per 10g Serve	Per 100g
Energy	195kJ	1956kJ
Protein	3.3g	33.2g
Fat, total	2.3g	23.3g
- saturated	1.3g	13.2g
Carbohydrate	2.5g	25.6g
- sugars (naturally occurring)	1.9g	19.5g
Sodium	15.5mg	156mg

### **NO!**

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

### Essential Nutrition for Kids

Growing minds and bodies need good nutrition even into teenage years. This delicious Superfood Milkshake specially formulated for kids, is a convenient and tasty way to nourish your children. Packed with plant-based vitamins, the superfoods kale and flaxseed and the superpowers of prebiotics and probiotics, plus protein for strength and energy. With absolutely NO sugar, artificial colours, flavours or any additives, Kids Superfood is a highly nutritious drink for kids of all ages that delivers whole food nutrients to support a healthy body and immune system.

### Why you'll love it:

- *Packed with plant-based vitamins, plus protein for strength and energy, the superpowers of ingredients such as Kale and Flaxseed and essential pre and probiotics*
- *High in Protein – for growth and repair*
- *Perfect for kids on the go*
- *Great for building a strong immune system*
- *Great taste as a beneficial alternative to soft drinks, juice or sports drinks.*
- *Non-GMO ingredients, Gluten Free and Low allergen*
- *Suitable for Vegetarians*

We use a combination of certified organic and organically-grown ingredients

### HOW TO USE:

Mix 1-2 teaspoon(5-10g) in half glass water once daily in the morning. Stir well or blend in our blender shaker for a smoother mix.

Great to mix into your favourite smoothie recipe as a pre or post workout snack or quick meal on the run.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.

# Healthy Weight

## Natural Meal Replacement



Available in Vanilla, Chocolate & Coffee flavours

Price : HK\$560.00 for 450g  
HK\$850.00 for 900g

### NO!

- NO! Synthetic chemicals
- NO! Artificial colours, flavours or preservatives
- NO! Sugar fructose/sucrose/dextrose
- NO! Testing on animals (only relatives)
- NO! Gluten or lactose
- NO! GMO
- YES! 100% natural real food ingredients

### Ingredients:

Whey Protein Concentrate, Whole Milk Powder, Oats, Inulin, Coconut Oil, Natural Cocoa Flavour, Guar Gum, Luo Han Guo (Monk Fruit)



Nutritional Information CHOCOLATE		
Ingredients	Per 40g Serve	Per 100g
Energy	766kj	1916kj
Protein	13.7g	34.2g
Fat, total	9.3g	23.4g
- saturated	5.2g	13.0g
Carbohydrate	8.5g	21.2g
- sugars (naturally occurring)	6.5g	16.2g
Sodium	64mg	160mg

Nutritional Information VANILLA		
Ingredients	Per 40g Serve	Per 100g
Energy	782kj	1956kj
Protein	13.3g	33.2g
Fat, total	9.3g	23.3g
- saturated	5.3g	13.2g
Carbohydrate	10.2g	25.6g
- sugars (naturally occurring)	7.8g	19.6g
Sodium	62mg	156mg

Nutritional Information Coffee		
Ingredients	Per 40g Serve	Per 100g
Energy	640kj	1600kj
Protein	19.4g	48.5g
Fat, total	2.3g	5.7g
- saturated	1.1g	2.75g
Carbohydrate	11g	27.5g
- sugars (naturally occurring)	2.6g	6.5g
Sodium	37mg	92.5mg

### Natural Meal Replacement

Start your weight loss journey with Optimal Essentials Healthy Weight Meal Replacement. A powerful formula to help kick-start metabolism, boost energy levels and get you on your way to a slimmer, healthier you. Designed to help remove stored toxins from your body, you'll not only feel lighter, you be more energized. Healthy Weight is a unique combination of botanical extracts, essential vitamins, minerals and nutrients. It's a complete meal in a glass.

### Why you'll love it:

- High Protein, Low Carb, Low Fat
- Detoxing & Alkalisng
- Metabolism boosting
- Nourishing and satisfying
- High in antioxidants, vitamins and minerals
- Contains the superfood Beta Glucan – clinically proven to assist in controlling blood sugar and helping with weight loss
- NO added sugar – suitable for diabetic
- Delicious Vanilla, Chocolate & Coffee flavours

### HOW TO USE:

Mix 1 scoop (40g) in a shaker (250ml) with water or milk of your choice, shake and drink.

For a satisfying meal replacement, blend a scoop into your favourite smoothie recipe.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.

# Protein Plus

**Rebuild and Replenish muscle growth**



Available in Vanilla & Chocolate flavours

Price : HK\$560.00 for 500g  
HK\$850.00 for 1 Kg



## Ingredients:

Triple Filtered Whey Protein Isolate, Sunflower Oil, Acai Berry, Chia Seed, Natural Vanilla or Cacao, Stevia.



Nutritional Information CHOCOLATE		
Ingredients	Per 30g Serve	Per 100g
Energy	119 cal	392 cal
Protein	21.3g	70.3g
Fat, total	1.8g	5.9g
- saturated	1.1g	3.6 mg
Carbohydrate	2.9g	9.5g
- sugars (naturally occurring)	2.6g	8.5g
Sodium	68mg	224mg

Nutritional Information VANILLA		
Ingredients	Per 30g Serve	Per 100g
Energy	117 cal	386 cal
Protein	21.2g	69.6g
Fat, total	1.9g	62.7g
- saturated	1.1g	2.6mg
Carbohydrate	3.1g	10.2g
- sugars (naturally occurring)	2.4g	7.9g
Sodium	64mg	213mg

## **NO!**

- NO!** Synthetic chemicals
- NO!** Artificial colours, flavours or preservatives
- NO!** Sugar fructose/sucrose/dextrose
- NO!** Testing on animals (only relatives)
- NO!** Gluten or lactose
- NO!** GMO
- YES!** 100% natural real food ingredients

## Rebuild and Replenish muscle Growth

Extra Protein is essential to help boost your energy levels, accelerate recovery after a workout and assist both muscle growth and repair, however, the right type of Protein is important.

Protein Plus is made from carefully selected, premium food ingredients such as triple filtered whey protein isolate plus the power of superfood plant proteins Acai Berry and Chia Seeds.

It's perfect for increasing your protein intake while you pursue your fitness, strength or resistance training, if you want to lose or control your weight, or just to get extra protein in your day to help you live your best life

## Why you'll love it:

- **High Protein, Low Carb, Low Fat**
- **Over 20g complete protein per serve**
- **High in antioxidants, vitamins and minerals**
- **Nourishing and satisfying**
- **Incorporating Acai Berry and Chia Seeds as well as full spectrum amino acids, minerals, vitamins chromium and selenium. It's Protein PLUS**
- **Safe with all medication and safe for diabetics**
- **Delicious Vanilla, Chocolate & Coffee flavours**
- **Suitable for vegetarians**

**We use a combination of certified organic and organically-grown ingredients**

## HOW TO USE:

Mix 1 scoop (30-40g) in a shaker (250ml) with water or milk of your choice, shake and drink.

Great to mix into your favourite smoothie recipe as a pre or post workout snack or quick meal on the run.

Bake: You can add it to cookies, muffins, brownies, energy bars or protein balls.

