



OPTIMAL
ESSENTIALS

IMMUNE

Ingredient Information Sheet





IMMUNE

Nutrient Rich, Immune Enhancing Superfood Infusion

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!

You'll feel confident you've made the right choice, making it one less thing you have to worry about. Now that's worth celebrating!

- Packed full of nutritious superfoods
- Enhances immune system
- High in nutrient dense superfoods
- Revitalising and invigorating

INGREDIENTS:

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

WHEY PROTEIN ISOLATE: Our South Australian Pure Whey Protein has a balanced amount of proteins, carbs, and fats to supply you energy. With a very high nutritional value, it is one of the best dietary sources of high-quality protein, highly digestible, and absorbed quickly and effective at moderating blood sugar levels, especially when taken before or with high-carb meals. It may be particularly useful for people with type 2 diabetes. Eating plenty of protein is a very effective way to lose weight, and some studies show that whey protein may have even greater effects than other types of protein.



MICELLAR CASEIN: Micellar Casein is a protein powder that is slowly absorbed (up to 12 hours) and releases amino acids slowly, so people often take it before bed to help with recovery and reduce muscle breakdown while they sleep. Several studies have shown it helps boost muscle growth, help with fat loss and a lot of other health benefits. It is naturally rich in Branch Chain Amino Acids and Essential Amino Acids. Taking casein protein in between meals can help keep you satiated and feeling full.

PEA PROTEIN: Pea Protein is rich in the amino acid Lysine. Lysine is one of these amino acids, and it's essential for building connective tissue like skin, cartilage, and bones. It has also been shown to help absorb calcium, another must for strong bones which has been shown for its ability to help balance blood glucose, as well as its ability to increase muscle strength, and reduce anxiety. Plus Pea Protein contains 39% daily value of iron, is low in fat, and cholesterol free. It's naturally gluten free and easy to digest.



COCONUT OIL: The fats in coconut oil (in small amounts) may prevent blood sugar spikes and help you sleep peacefully as blood sugar/insulin spikes can disturb the sleep. Plus the nutrients in coconut oil help the body to produce good amounts of sleep hormones and help treat insomnia.

WILD GREEN OATS: Wild (green) oats come from the leaves and stems of the wild oat plant, harvested while it's still green. Used medicinally to help strengthen and soothe nerves, balancing endocrine function, nourishing the immune system, enhance sex drive, improving mood, and even help in lowering cholesterol.



MONK FRUIT: Monk Fruit (Luo Han Guo) is a small green melon native to southern China. It has no calories, carbs, or fat. Used in TCM for centuries to help relieve sore throats and reduce phlegm. The fruit's mogrosides are said to be anti-inflammatory, and may help prevent cancer and keep blood sugar levels stable so safe for anyone with diabetes. High in antioxidants, Monk Fruit may protect against the "breaking down" of the body as you age, assist in preventing cholesterol oxidation, potentially reducing your risk for heart attacks and strokes, and preventing development of atherosclerosis, plus it also contains vitamin C, which can stimulate production of white blood cells and collagen, helping the body's cells, muscle tissue and blood vessels.

HOW TO USE:



MIX IT: Mix 1 - 2 spoons in water or milk of your choice (almond milk, coconut milk, etc).



BLEND IT: Add a spoon or two to your favourite smoothie recipe any time of the day.



ADD IT: Add a couple spoons into yoghurt, porridge or baked in energy/protein bars, muffins & cookies.

