



JAGA

SUPERFOOD/SUPPLEMENT INFORMATION

ORGANIC RAW CACAO

- Great for heart health
- Richest source of antioxidants
- Potent anti-inflammatory effects
- Boosts brain function
- Great source of magnesium
- Contains natural chemicals to lift our moods

L' THEANINE

- Aids healthy sleep
- Calming effect on mood
- Supports brain function
- Contributes to alertness and focus
- Aids cognition and memory
- Boosts immune function
- Assists cardiovascular & heart health

ORGANIC MACA ROOT POWDER

- Source of Iron, Vitamin C, Fibre
- Rich in antioxidants
- Helps to boost libido
- Helps relieve symptoms of menopause
- Enhances mood & reduces anxiety
- Boosts sports performance energy

PEA PROTEIN

- Source plant-proteins
- Alternative to whey protein
- Ideal for vegans and vegetarians
- A great source of concentrated protein substance

ORGANIC CEREMONIAL GRADE MATCHA

- Boosts energy and concentration
- Reduces anxiety
- Helps to aid fat loss and boost metabolism
- Boosts immune system
- Helps to regulate cholesterol
- Rich in antioxidants

ORGANIC ACAI POWDER

- High in fibre
- Contains healthy fats & amino acids
- Great source of vitamin C
- Contains Vitamin A for vision
- Contains an abundance of vitamins and minerals
- Powerful antioxidants

ORGANIC 7 BLEND MUSHROOM POWDER

- Boosts immune system
- Relieves effects of anxiety and stress in body
- Enhances energy levels
- Aids better sleep
- Good for heart and liver health
- Regulates blood pressure

GRASS FED WHEY PROTEIN

- Contains essential amino acids
- Used for protein production in the body and tissue repair
- For optimal muscle build, repair and recovery

GRASS-FED COLLAGEN

- Helps to 'plump' appearance and elasticity of skin
- Supports nail health & hair growth
- Supports digestion
- Supports bone & joint health
- Aids better sleep
- Contains 18 amino acids

C8/ C10 MCT OIL

- Energy boosting properties, great natural fitness aids
- Concentration and brain function
- MCT Oil is perfect for those seeking a healthy fat source, naturally increasing their ketone production, perfect for Keto diets

CHIA

- Chia seeds contain large amounts of fiber and omega-3 fatty acids
- Source of high-quality plant-protein
- They contain several essential minerals and antioxidants
- Improves digestive health
- Can help to balance blood sugar levels

ORGANIC SPIRULINA

- Powerful antioxidant
- Anti-inflammatory
- Anti-cancer properties
- Can help lower cholesterol
- Beneficial for heart health

**IF YOU REQUIRE ANY MORE INFORMATION REGARDING THESE ORGANIC
SUPPLEMENTS & THEIR BENEFITS PLEASE SPEAK TO A MEMBER OF OUR TEAM**