

nuzest®
nutrition for life

***By offering the best nutrition in
the most body-ready forms,
Nuzest supplements give you the
power to perform at your peak,
every day.***





Robert Verkerk BSc, MSc, PhD
Meleni Aldridge BSc (Nut Med), Dip cPNI

ANH Consultancy Ltd
All natural solutions and sustainability



NUZEST VISION:

Recognised internationally as a leading **Healthy Lifestyle** brand, renowned for high-quality nutritional products and advice for those seeking a well-balanced life.

A healthy lifestyle is synonymous with good nutrition, regular exercise, and the ability to meet the demands of your everyday environment, whilst maintaining balanced physical, social and mental wellbeing.

Nuzest supports its customers' **Healthy Lifestyle** by providing **Natural, High Quality Ingredients** in nutritional supplements that have been recommended and formulated by leading **Health Experts**.

A well-balanced lifestyle is also encouraged through **Fitness** and strong **Community Engagement**.





Experts



Quality



Natural



Resilience



Community

THE INSPIRATION BEHIND NUZEST

Nuzest was founded in Sydney in early 2011, by New Zealand-born Trevor Bolland.

But the journey began in 2005 when Trevor's daughter Monique was diagnosed with Multiple Sclerosis (MS) at age 22.

Trevor quit his job and, with Monique, travelled extensively in search of answers; looking to neurologists, scientists, nutritionists, and naturopaths for advice.

The best advice was simple: a healthy and balanced lifestyle was essential, and good nutrition was critical.



Unsurprisingly, Trevor & Monique developed a passion for healthy lifestyle choices.

Trevor became immersed in the nutritional supplements sector. Monique opened the Alkaline health and detox clinic in Sydney to help others achieve the health and balance in their lives that she had discovered for herself.

Trevor & Monique could see the opportunity for a premium-quality and honest lifestyle brand as a foundation for good health and vitality. They combined their experience and created Nuzest, “Nutrition for Life”.



PREMIUM QUALITY & PREMIUM BRAND

Nuzest does not compromise on quality. Whatever it takes, and whatever the cost, we are committed to delivering a truly premium quality product that stands up to its promise. We do this through:

- Formulae designed by respected, highly-qualified and well-credentialed professionals to achieve maximum efficacy - and stand apart in the market
- High-quality ingredients sourced from trusted suppliers. Blending contracted to reliable companies with excellent manufacturing practices.
- Extensive testing for safe microbial activity, allergenic substances and heavy metals
- Premium branding and packaging, and marketing collateral
- Striving for Superior Customer Service

KEY CONSUMER PROFILES FOR NUZEST

- Young professionals trying to look and perform at their best
- Sportspeople striving for peak performance and a competitive edge
- Mothers concerned about family health
- Baby Boomers trying to slow the aging process, or at least, to ensure a healthy one
- Those of fuller bodies who have determined to turn the corner to a healthier, more active lifestyle
- The health challenged looking to support a return to optimal health and restore resilience
- Those with special dietary needs: vegans, vegetarians, coeliacs, allergy sufferers



NUZEST EXPERT HEALTH ADVISORS



Cliff Harvey

ND, Dip.Fit, Hbt, Adv Psych-K

Tutor in Sports Nutrition at
Wellpark College of Natural
Therapies, Auckland.

Naturopath, Nutritionist,
Mind Body Therapist
Olympic Level Strength Coach
Author



Kira Sutherland

BHSc, Grad Dip (IOC) Sports Nut
Adv Dip Nat, Adv Dip Nut
Dip Herb Med

Past Head of Nutritional
Medicine at Nature Care
College, Sydney

Naturopath, Nutritionist,
Triathlete & Mother



Dr Robert Verkerk

BSc MSc DIC PhD

Executive & Scientific Director at
Alliance for Natural Health
International

Science Director, ANH
Consultancy Ltd



Meleni Aldridge

BSc, Nut Med Cert, L THFE,
mBANT

Executive Coordinator, Alliance
for Natural Health, International

Director, ANH Consultancy Ltd

TECHNICAL OVERVIEW

- ✓ All Natural
- ✓ Body-Ready Nutrition
- ✓ Fulfilling real needs
for real people

A silhouette of a person running, viewed from behind, against a bright, hazy sunset background. The runner is wearing a tank top and leggings. The overall color palette is warm, dominated by oranges and yellows from the low sun.

nuzest

USING SCIENCE TO FILL NUTRITIONAL GAPS

GOOD GREEN STUFF: 75+ ingredients; food matrix, plant foods, herbal extracts, food-form vitamins, minerals, microbiotics, fibre, enzymes, antioxidants, coQ10

CLEAN LEAN PROTEIN: 1-5 ingredients; pea protein isolate, natural flavours and a novel, thaumatin (Katemfe fruit protein)

KIDS GOOD STUFF: 60+ ingredients; food matrix, plant foods, herbal extracts, food-form vitamins, minerals, plus pea protein isolate, natural flavours and Katemfe fruit protein

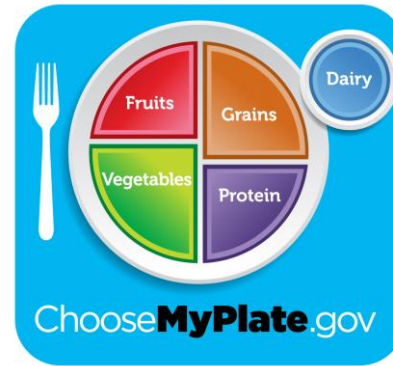
CAN WE MAKE IT ON FOOD ALONE?

The eatwell plate

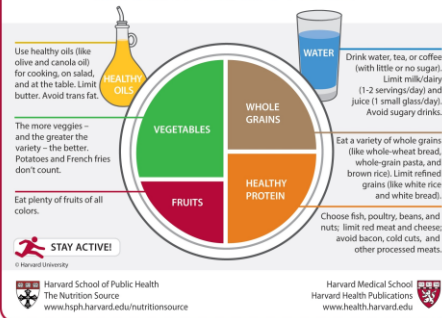
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Assembly Government, the Scottish Government and the Food Standards Agency in Northern Ireland



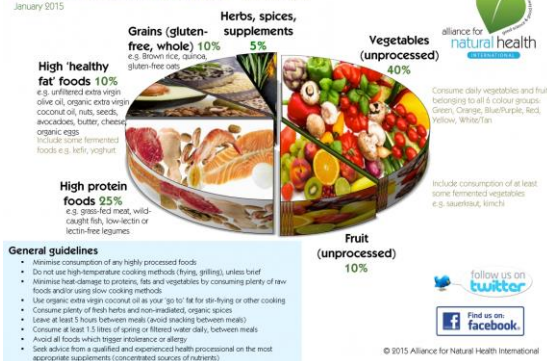
HEALTHY EATING PLATE



The ANH Food4Health Plate

January 2015

Percentages refer to amounts by weight of each food category



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EVOLUTION OF FOOD SUPPLEMENTATION

1



Fresh herbs and spices
>4,000 years ago

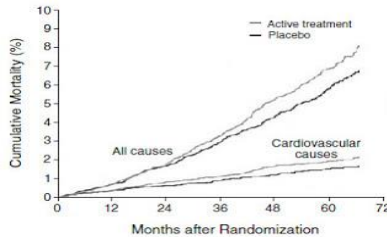
2



Synthetic nutrients - 1920s onwards



3



Evidence of harmful effects of high dose isolated nutrients e.g. beta-carotene, dl-alpha-tocopherol, folic acid, vitamin D2

4



Shift towards food matrix, synergistic nutrient combinations and botanicals

FEEL GOOD SUPER- FOOD



GOOD GREEN STUFF

BE THE BEST YOU CAN BE

Today's lifestyle and environment mean we need to treat our bodies with a little extra TLC. This 10 g per serving, super food concentrate helps you keep the spring in your step and perform at your best.

- ✓ More than a greens product
- ✓ Food Concentrate
- ✓ Synergistic multi-nutrient
- ✓ Optimised dosages
- ✓ No fillers



Sharp



Active



Healthy



Vibrant



Happy

GOOD GREEN STUFF IS...

- ✓ A super food concentrate and supplement, in a food matrix.
- ✓ Over 75 ingredients including fruit and vegetable foods, botanical extracts, microbiotics, soluble fibre, enzymes, and food-form vitamins and minerals.
- ✓ Food matrix nutrients have been shown to reduce oxidative stress, improve immune resilience, mitochondrial function and brain function, and support a healthy inflammatory response.
- ✓ Additionally, individual nutrients within *Good Green Stuff* exert many specific benefits for optimal health, resilience and performance...especially when combined with healthy diets and lifestyles



GOOD GREEN STUFF Ingredient numbers...

CATEGORIES	NO. OF INGREDIENTS
Added bioavailable vitamin forms	16
Added bioavailable mineral forms	11
Plant foods (not certified organic)	16
Organically certified plant foods	5
Plant extracts	21
Microorganisms (for the gut)	2
Forms of coenzyme Q10 (ubiquinone & ubiquinol)	2
Other nutrients (R/S-alpha lipoic acid & 1,3/1,6 beta glucans)	2
Mushroom (shiitake)	1
Plant-derived enzyme (bromelain)	1
Synthetic beta-carotene, vitamin E or folic acid	0
TOTAL	77

PLANT/ALGAL/FUNGAL FOODS

amounts

Organic spirulina	1000mg
European pea protein isolate	904mg
Lecithin (sunflower)	750mg
Apple pectin	550mg
Red marine algae	485mg
Flaxseed	400mg
Organic wheatgrass leaf	340mg
Organic chlorella	340mg
Organic barley leaf	300mg
Acerola fruit	270mg
Papaya	250mg
Pineapple juice (9:1)	250mg
Broccoli sprout	250mg
Beetroot	170mg
Carrot	90mg
Ginger root	75mg
Licorice root	70mg
Spinach	70mg
Whole kelp	60mg
Shiitake mushroom	30mg
Slippery elm bark	25mg

PLANT EXTRACTS (concentration)

amounts

Citrus bioflavonoids	500mg
Globe artichoke leaf (15:1)	500mg
Bilberry (100:1)	200mg
Blackcurrant (200:1)	200mg
Rosehip (4:1)	175mg
Grape seed (120:1)	100mg
Panax ginseng (4:1)	100mg
Milk thistle seed (70:1)	80mg
Gotu kola (10:1)	75mg
Green tea (10:1)	75mg
Rosemary leaf (4:1)	75mg
Ashwagandha root (5:1)	75mg
Astragalus root (4:1)	75mg
Turmeric root (4:1)	70mg
Cocoa polyphenols	70mg
Rhodiola rosea root (15:1)	50mg
Goji berry (4:1)	40mg
Dandelion (4:1)	40mg
Hawthorn berry (10:1)	35mg
Burdock root (10:1)	25mg
Resveratrol	15mg

BIOAVAILABLE VITAMINS

Forms, amounts and NRVs

Vitamin A (retinyl palmitate & mixed carotenoids)	600µgRE (75% NRV)
Vitamin D3 (from lichen)	10µg (200% NRV)
Vitamin E (d-alpha & mixed tocopherols)	15mg α-TE (125% NRV)
Vitamin K2 (menaquinone-7)	70µg (93% NRV)
Vitamin C (ascorbic acid and acerola cherry)	360mg (450% NRV)
Vitamin B1 (thiamine HCl)	4mg (364% NRV)
Vitamin B2 (riboflavin)	4mg (286% NRV)
Vitamin B3 (inositol hexanicotinate)	17mg NE (106% NRV)
Pantothenate (pantothenic acid)	10mg (167% NRV)
Vitamin B6 (pyridoxine HCl)	5mg (357% NRV)
Folate (calcium methylfolate)	320µg (160% NRV)
Vitamin B12 (methylcobalamin)	100µg (4000% NRV)
Biotin (d-biotin)	330 mcg (660% NRV)

BIOAVAILABLE MINERALS

Forms, amounts and NRVs

Potassium (phosphate)	300mg (15% NRV)
Calcium (from red marine algae)	165mg (21% NRV)
Magnesium (citrate & glycinate)	100mg (27% NRV)
Zinc (gluconate)	12mg (120% NRV)
Copper (gluconate)	250µg (25% NRV)
Manganese (gluconate)	1.5mg (75% NRV)
Silica (orthosilicic acid & marine algae)	14.5mg
Selenium (L-selenomethionine)	35µg (64% NRV)
Chromium (picolinate)	35µg (88% NRV)
Iodine (kelp & marine algae)	150µg (100% NRV)

INGREDIENTS

<i>Lactobacillus acidophilus</i>	3 billion cfu
<i>Bifidobacterium bifidum</i>	3 billion cfu
R-/S-alpha lipoic acid	75mg
Bromelain (2000 GDU/g)	65mg
1,3/1,6 beta glucans	8mg
Ubiquinone (CoQ10)	8mg
Ubiquinol (reduced CoQ10)	8mg

TOP 10 BENEFITS (for B2B comms)

The ingredients in *Good Green Stuff* have been shown to:

1. reduce fatigue and increase energy levels
2. reduce oxidative stress in body
3. promote healthy inflammatory response
4. improve gastro-intestinal function
5. improve neurological and brain function
6. support immune system function
7. improve blood sugar control
8. improve stress response and resilience
9. enhance detoxification/biotransformation processes
10. strengthen integument (skin, hair, nails)

See GGS Technical Bulletin (B2B) for more information



GOOD GREEN STUFF: Some Key USPs

- **Super high nutrient-density**
- **Food matrix base**
- **Dose:** 10g/day dosage with no fillers (20 caps equiv)
- Vitamins and minerals: Methyl folate, mixed carotenoids (provit A) + preformed vitamin A, mixed tocopherols (vit E), methylcobalamin
- **2.5 g of botanical extracts**/daily dose
- **2 forms coQ10**
- **No fillers**

PERFECT PEA PROTEIN



CLEAN LEAN PROTEIN YOUR NUTRITIONAL FOUNDATION

Quality, Dairy-Free,
Unadulterated Allergen-free,
Protein Support

We all know that protein helps build strength and that it's essential to repair tissue and muscles – but it also supports energy levels and weight control, and even plays a part in our mood. It's vital to kids' growth and development, and to adults who want to look and feel their best.



Repair



Growth



Strength



Vitality



Happy

CLEAN AND LEAN

Just NATURAL	Smooth VANILLA	Real COFFEE	Rich CHOCOLATE	Wild STRAWBERRY
Pea Protein Isolate	Pea Protein Isolate	Pea Protein Isolate	Pea Protein Isolate	Pea Protein Isolate
	Natural Vanilla Flavour	Coffee	Cacao Powder	Natural Strawberry Flavour
	Katemfe Fruit Extract*	Natural Vanilla Flavour	Natural Vanilla Flavour	Beetroot Powder
		Cocoa Extract	Natural Chocolate Flavour	Natural Vanilla Flavour
		Katemfe Fruit Extract*	Katemfe Fruit Extract*	Katemfe Fruit Extract*

CLEAN AND LEAN

NUTRITION FACTS (per 25g serve)

*Just
NATURAL*

*Smooth
VANILLA*

*Real
COFFEE*

*Rich
CHOCOLATE*

*Wild
STRAWBERRY*

Energy	388kj	386kj	380kj	389kj	386kj
	93Cal	92Cal	91Cal	93Cal	92cal
Protein	20.9g	19.9g	19.5g	19.2g	19.7g
Fat, total	1.0g	1.0g	1.0g	1.4g	0.9g
-saturated	0.2g	0.1g	0.2g	0.5g	0.1g
Carbohydrate, total	0.2g	1.0g	0.8g	0.7g	1.2g
-sugars	0.0g	0.0g	0.1g	<0.1g	0.1g
Dietary fibre, total	0.6g	0.6g	1.0g	1.2g	0.6g
Sodium	375mg	357mg	349mg	338mg	354mg

All specified values are averages

AMINO ACID PROFILE

Amino acid	Whey ^a	Casein ^a	Rice ^b	Egg ^c	Pisane ^{®d}
Alanine	3.3	2.8	4.5	5.7	4.3
Arginine	2.4	3.5	6.3	5.9	8.7
Aspartic acid	10.3	6.6	6.9	9.2	11.5
Cysteine	2.4	0.3	1.7	-	1.0
Glutamic acid	16.6	20.3	13.9	15.7	16.8
Glycine	1.7	1.8	3.5	3.2	4.1
Histidine	1.9	2.7	1.8	2.41	2.5
Isoleucine	6.4	4.9	3.5	7.1	4.5
Leucine	9.9	8.7	6.4	9.9	8.4
Lysine	9.5	7.5	2.4	6.4	7.2
Methionine	2.0	2.6	2.3	5.4	1.1
Phenylalanine	3.0	4.8	4.4	7.5	5.5
Proline	6.1	10.6	2.9	3.8	4.5
Serine	5.1	5.6	3.9	8.5	5.3
Threonine	7.1	4.3	2.9	4.0	3.9
Tryptophan	2.0	1.5	1.2	-	1.0
Tyrosine	2.9	5.3	4.3	3.75	3.8
Valine	6.1	6.2	4.6	8.8	5.0

Data sources:

- ^a Hercules, Inc., Wilmington, Delaware, USA.
- ^b Salman D. *Foods* 2014, 3, 394-402.
- ^c Lewis JC, et al. *Biol Chem.* 1950; 186(1): 23-35.
- ^d Cosucra, Belgium.

PROTEIN

- Protein is the structural building block of our human body
- Amino acids from protein foods are essential nutrients
- Adequate protein encourages improved immunity, satiety and body-composition
- Protein should be the base of most healthy meals

WHY CLEAN LEAN PROTEIN?

- ✓ Extremely high in protein
- ✓ 98% absorbable
- ✓ Very low in fat and carbohydrates
- ✓ A "Complete Protein"
- ✓ Keeps you fuller for longer
- ✓ Vegan and vegetarian friendly
- ✓ Free from allergens. Free from pesticides, GMOs, FODMAPs and any artificial chemicals
- ✓ Sustainable and eco-conscious



HIGH IN PROTEIN, LOW IN FAT AND CARBOHYDRATES

Clean Lean Protein has one of the highest protein concentrations with up to 90% protein.

Extremely low fat and carbohydrate content: makes it usable by all people regardless of whether they are using a Low Carbohydrate (LC) or Low Fat (LF) approach to diet.

EFFECTIVELY ABSORBED

The protein in *Clean Lean Protein* has around a 98% absorption rate, ranking it as one of the highest quality proteins available.

A COMPLETE PROTEIN

- *Clean Lean Protein* is a complete protein —supplying all 9 of the Essential Amino Acids required by the human body to create structural and functional proteins – that cannot be produced by the body and must be taken as food.
- Plus 9 additional amino acids

FRUIT PROTEIN

- Thaumatin: Katemfe fruit (*Thaumatococcus daniellii* Bennett) of West Africa
- Pathogenesis-related protein (PRP) produced in response to viroid attack of plants
- Flavouring agent and/or sweetener



VEGAN AND VEGETARIAN FRIENDLY

- *Clean Lean Protein* is one of the highest quality, best tasting, 100% vegan proteins available
- Whey protein (high BV) is not vegan and is not always vegetarian (as it is usually produced using rennet—an animal product)
- Whey concentrate may contain up to 65% lactose and hidden casein

FREE FROM ALLERGENS + IRRITANTS:

Perfect for Paleo and Low Carb Diets

- *Clean Lean Protein* (based on Pisane™) is a low-allergen protein and the natural, enzymatic isolation process effectively removes all phytates, lectins and trypsin inhibitors that reduce nutrient absorption or trigger 'leaky gut'

NO FILLERS, GMOs, PESTICIDES or ARTIFICIAL INGREDIENTS

- No fillers or artificial ingredients are added to any of the formulations
- *Clean Lean Protein* is grown using sustainable agriculture principles and therefore contains no GMOs and further, no pesticides or artificial chemicals are used in its growing and manufacture

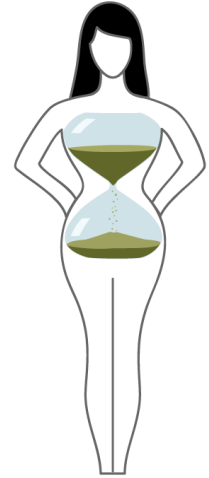
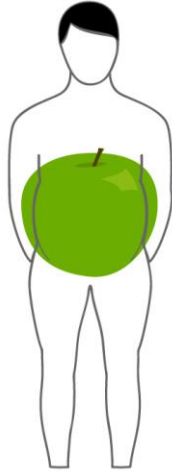
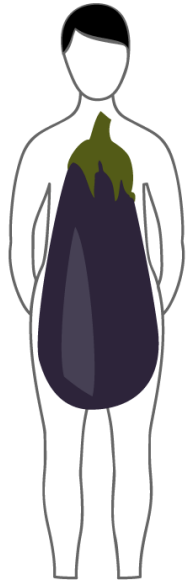
NEW SCIENCE

- Many studies have shown conclusively that increased protein encourages satiety.

[Overduin J et al. *Food Nutr Res.* 2015; 59: 25622.]

- New research in France has shown that pea protein is as effective as whey in building muscle growth in strength training, and better than whey in inducing increased muscle thickness (biceps)

[Babault et al. *J Int Soc Sports Nutr.* 2015; 12(1): 3].



**Whatever
your
body shape
or
metabolic
type**

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<http://www.nutraingredients.com/Suppliers2/Folic-acid-The-double-edge-sword-of-the-golden-micronutrient>

SUPER VITAMIN SMOOTHIE



KIDS GOOD STUFF

COMPLETE NUTRITIONAL SUPPORT FOR GROWING CHILDREN

A multi-nutrient blend of vegetable protein, superfood greens, berries, vegetables, herbs and added vitamins and minerals in their optimum forms.

- ✓ 90% of kids between the ages of 4 and 8 fail to consume the recommended number of serves of vegetables.
- ✓ 25% don't manage to eat the recommended serves of fruit.
- ✓ Most parents struggle to get nearly enough vegetables and even fruit into their children.



Healthy



Active



Vibrant



Smart



Happy

NUTRIENTS TO SUPPORT GROWING CHILDREN

FRUITS • VEGGIES • BERRIES • VITAMINS • MINERALS • PROTEIN • PROBIOTICS • ENZYMES • ANTIOXIDANTS

GROWTH & DEVELOPMENT

Pea Protein Isolate	6400mg
Sunflower Lecithin	250mg

GREENS, FRUITS & VEG

Cacao	3750mg
Red Marine Algae (Calcium)	425mg
Organic Spirulina	200mg
Apple Powder	200mg
Grapeseed extract*	200mg
Blackcurrant extract*	200mg
Beetroot	150mg
Carrot Root	150mg
Organic Barley Leaf	150mg
Organic Wheatgrass	150mg
Acerola Fruit extract*	125mg
Bilberry extract*	100mg
Papaya Juice	100mg
Broccoli Sprout	100mg

Spinach	100mg
Camu Camu extract*	100mg
Pineapple Juice extract*	75mg
Kelp (whole plant) extract*	35mg
Goji (Wolfberry) extract*	20mg

VITAMINS & MINERALS

Potassium Phosphate	668mg
Ascorbic Acid (Vit C)	200mg
Magnesium Glycinate	154mg
Magnesium Citrate	100mg
Mixed Tocopherols	63mg
Zinc Gluconate	46mg
Inositol Hexanicotinate (B3)	11mg
d-Alpha Tocopherol (Vit E)	6.2mg
Orthosilicic Acid (Silica)	6.0mg
Calcium D-Pantothenate (B5)	5.5mg
L-Selenomethionine	5.0mg
Manganese Gluconate	4.2mg

Lichen Vit D3 (400IU)	4.0mg
Riboflavin (Vit B2)	3.0mg
Pyridoxine HCl (Vit B6)	3.6mg
Retinyl Palmitate (Vit A)	2.7mg
Thiamin (Vit B1)	2.2mg
Copper Gluconate	1.5mg
Mixed Carotenoids	1.3mg
L-5MTHF (Folate)	200mcg
Chromium Picolinate	165mcg
Menaquinone-7 (Vit K2)	70mcg
Biotin (Vit B7)	40mcg
Methylcobalamin (Vit B12)	10mcg

IMMUNE SUPPORT

Bioflavonoids	150mg
Citric Acid	150mg
R,S -Alpha Lipoic Acid	30mg
Cacao Polyphenol extract	30mg
Beta Glucans (70%)	11mg

DIGESTIVE SUPPORT

Psyllium Husk (Fibre)	100mg
Ginger	50mg
Bromelain (Enzymes)	30mg
Dandelion*	15mg

PRE & PROBIOTICS

Apple Pectin (Prebiotic)	200mg
B. bifidum	1.0B CFU
L. acidophilus	1.0B CFU

FLAVOURS

Vanilla	
Chocolate	
Peppermint	
Katemfe Fruit extract (Thaumatococcus)	
Stevia	

*Extract equivalent amount

PURE GOODNESS WITH NO NASTIES

*Clean and free from all
common allergens with no nasty chemicals,
artificial preservatives or additives*



PLANT FOODS: Each 15g serve of Kids Green Stuff delivers 6.5 g of over 20 concentrated plant foods, plant extracts and other phytonutrients.

PROTEIN: Children should consume 0.8 - 1.0 g per kg body weight — around 24 to 30 g of protein for a 30 kg child.

Kids Good Stuff provides 6.4 g of 98% digestible European Pea (*Pisum sativum*) protein (Pisane®) found in Clean Lean Protein. Kids Good Stuff provides around 25% of the protein requirement for a 30 kg child in just one scoop.

PHOSPHOLIPIDS: Each scoop provides 250 mg sunflower lecithin (soy free) — a rich source of phosphatidylcholine and essential fatty acids.

nuzest

BIOAVAILABLE VITAMINS

Forms, amounts and RDIs

Vitamin A (retinyl palmitate & mixed carotenoids)	300 µg RE (40% RDI)	Pantothenate (pantothenic acid)	10 mg (187% RDI)
Vitamin D3 (from lichen)	10 µg (100% RDI)	Vitamin B6 (pyridoxine HCl)	3 mg (187% RDI)
Vitamin E (d-alpha & mixed tocopherols)	7 mg α-TE (70% RDI)	Folate (calcium methylfolate)	200 µg (100% RDI)
Vitamin K2 (menaquinone-7)	70 µg (94% RDI)	Vitamin B12 (methylcobalamin)	10 µg (500% RDI)
Vitamin C (ascorbic acid and acerola cherry)	200 mg (500% RDI)	Biotin (d-biotin)	40 µg (133% RDI)
Vitamin B1 (thiamine HCl)	2 mg (182% RDI)		
Vitamin B2 (riboflavin)	3 mg (176% RDI)		
Vitamin B3 (inositol hexanicotinate)	10 mg NE (100% RDI)		

BIOAVAILABLE MINERALS

Forms, amounts and RDIs

Potassium (phosphate)	300 mg (RDI not set)
Calcium (from red marine algae)	140 mg (18% RDI)
Chromium (as picolinate)	20 µg (10% RDI)
Magnesium (citrate & glycinate)	54 mg (17% RDI)
Zinc (gluconate)	6 mg (50% RDI)
Manganese (gluconate)	500 µg (10% RDI)
Selenium (L-selenomethionine)	25 µg (36% RDI)
Iodine (kelp & marine algae)	75 µg (50% RDI)



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BRAND MARKETING SUPPORT



nuzest



Zucchini & Fennel



Raw Tomato Pasta Sauce with Zucchini 'Pasta'




Easy No-Bake Muesli Bars

Tasty, high-protein, high-fibre muesli bars. Great on-the-go snack



Ingredients

- 1 cup pitted dates
- ¼ cup honey
- ¼ cup smooth nut butter 
- 1 cup mix of your favourite nuts, seeds, and/or dried fruit
- 1½ cups rolled oats
- 1 tbsp coconut oil, melted
- Pinch salt
- 1 serve Just Natural Clean Lean Protein

Method

- Add dates to a blender or processor and blend until they form a dough-like consistency. Dates should roll into a ball at this stage.
- Add processed dates to a bowl, and stir in oats, Clean Lean Protein, fruit/nut/seed mix, and salt.

Recipe type



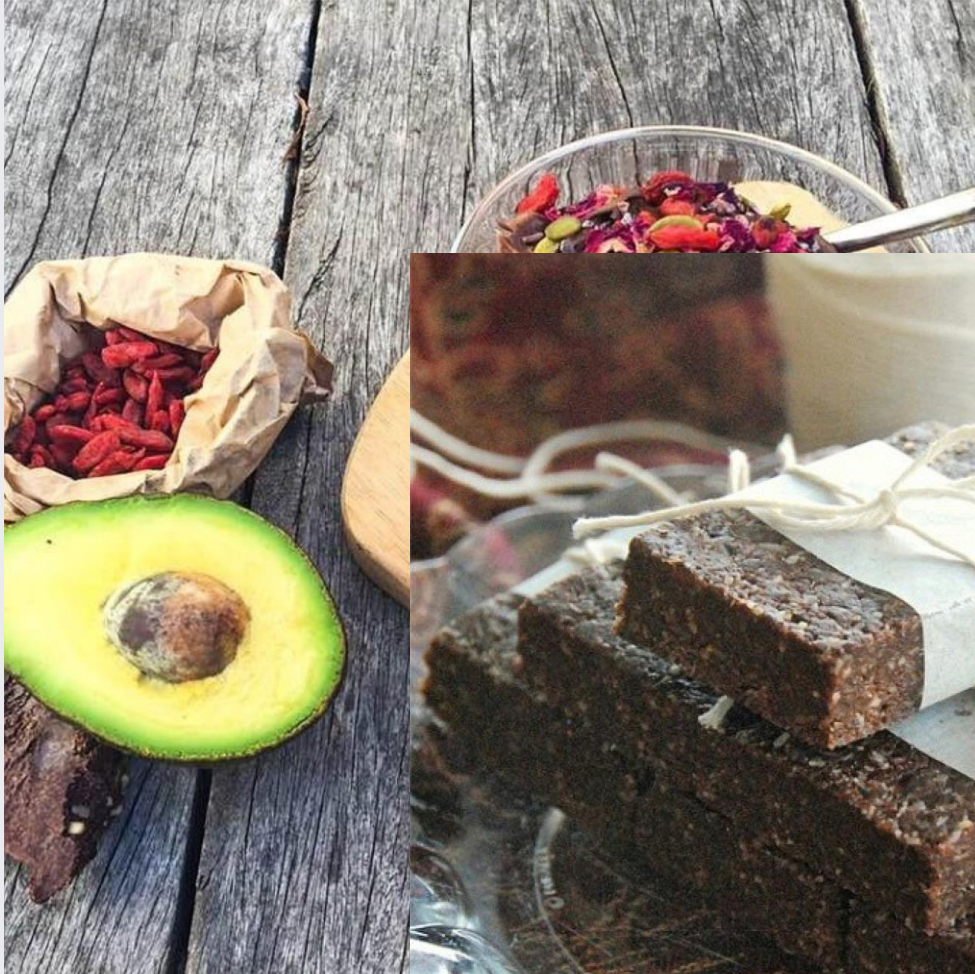
ein

hini into desired sized ribbons and continue
(the centre is a little bitter, so you can

nd gently massage into noodles and set

der to desired consistency. Pulse or use a
itency a little easier. The olives and sun
uce, but taste for seasoning and adjust if

spoonfuls of sauce.



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This Chocolate Protein Mousse not only gets your fix sorted out it provides you with all the nutrients you need to get you through your afternoon... Heck you can have this for Breakfast! 🍌 1/2 an Avocado 🍌 1

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"People keep asking me how I get my protein... for the level of training that I do... I need to make sure that my strength is where it needs to be.... the protein I take is Nuzest. This stuff is UNREAL. It's called Clean Lean Protein. This stuff's HUGE. I used this getting ready to fight in the Europeans.

Without this, I wouldn't have been able to fight. This stuff goes down like a dream. I used to take another one, but this is far superior. There's no lumps, there's no bits, nothing. I absolutely love it!"

- **Corey Donoghue**
Brazilian Jiu Jitsu European Champion



ELITE ATHLETE TESTIMONIALS

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Nuzest offers me that.

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- **Maria Tutaia**
NZ Netball Team Captain





Acid-Alkaline Balance and Diet

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