

AUG - SEPT

NEWSLETTER



THERA
Health
VIBRANT LIVING

INSIDE THIS ISSUE

Winter Specials • The importance of Enzymes • Enterogel Returns • Nordic Naturals
My Menopause • My Calm • My Immune Cold + Flu • My Daily Wellbeing

ENZYMEDICA®

Brand Spotlight: Enzymedica - The Enzyme Experts

Enzymedica is the world's leading enzyme supplement company, built on a single founding principle: enzymes, done properly. Founded in Florida and distributed in Australia through Thera Health, Enzymedica brings clinical-grade digestive enzyme formulations backed by rigorous science, filler-free capsule technology, and a track record that has made them the #1 enzyme brand in the USA.

Why Enzymedica?

- ✓ **Enzyme Specialists** this is all they do, and they do it exceptionally well
- ✓ **All products** are vegan, gluten-free, and non-GMO
- ✓ **Capsules over tablets** maximising bioavailability and enzyme activity
- ✓ **Thera-blend technology** proprietary protease blend active across the entire pH range of the digestive tract (pH 2–12), not just in one zone
- ✓ **Green business** practices and social responsibility embedded in their operations



Enzymes are biologically active proteins that are essential to every digestive process. They transform food into bioavailable energy, and without adequate enzyme activity, food passes through incompletely digested - creating gas, bloating, irregularity, and longer-term gut dysfunction. Modern diets high in cooked and processed foods further deplete available food-source enzymes, placing increasing demand on the body's own limited supply.



Understanding Digestive Enzymes

Up to 80% of the body's vital energy may be spent on digestion. When digestion is impaired, whether from age, stress, cooked foods, or enzyme deficiency, the downstream effects are wide-ranging: fatigue, nutrient malabsorption, immune compromise, and inflammatory load. Supplemental plant-based enzymes address this at the source.

Key Enzyme Actions



Protease

Breaks down protein
(including gluten and casein)



Amylase

Breaks down starch and
carbohydrates into smaller sugars



Lipase

Breaks down dietary fats



Cellulase

Assists digestion of dietary fibre



Lactase (Lactase)

Breaks down lactose

A critical distinction: not all proteases are equal. HUT units measure protease activity but say nothing about specificity. Enzymedica's Thera-blend protease formulation is active across the full range of gastric pH meaning it continues to work through every stage of digestion, not just in the stomach.

These plant-based enzymes are considered the gold standard: pH-stable, room temperature stable, vegetarian, non-GMO, and suitable for use during pregnancy.



Digest Premium

Supports Optimal Digestion

For everyday comprehensive digestive support. Digest Premium contains a full-spectrum enzyme blend — Protease, Amylase, Lipase, Cellulase, and Tilactase — to support the complete breakdown of carbohydrates, fats, fibre, and protein across every meal.

Recommended for: gas, bloating, indigestion, irregularity, general digestive discomfort. Take 1 capsule three times a day with meals.

WS \$27.15 | RRP: \$49.85

AUST L 377413 | 60 capsules | Item code: 55499



Intolergest

Specialised Gluten & Dairy Enzyme Support

Intolergest is specifically formulated for individuals who experience digestive discomfort from gluten-containing foods (wheat, rye, barley, oats) and dairy. Its point of difference is high DPP-IV activity — a peptidase enzyme activity that specifically targets the breakdown of allergenic proteins including gliadin (gluten) and casein.

DPP-IV activity is normally expressed by intestinal cells and plays a critical role in the gastrointestinal tract. It correlates inversely with the grade of mucosal damage in coeliac disease and malabsorption syndrome. Not all high-HUT protease products carry meaningful DPP-IV activity — Intolergest is specifically engineered to maximise this.

Important note: Intolergest supports the digestion of gluten and casein. It is not a treatment for coeliac disease, and individuals should not knowingly consume foods they are sensitive to.

Recommended for: Adults take 2 capsules with each meal. Suitable for children over 12.

WS \$23.05 | RRP: \$42.30

AUST L 377414 | 60 capsules | Item code: 55498

Welcome Back: Enterosgel is Here

We are pleased to reintroduce Enterosgel to the Thera Health portfolio.

What is Enterosgel?

Enterosgel is an intestinal absorbent (enterosorbent) — a tasteless, odourless gel that works directly in the gastrointestinal tract to adsorb and remove harmful substances including toxins, allergens, bacterial endotoxins, and pathogenic microorganisms. It is not a drug and is not absorbed by the body; it passes through, doing its work, and is eliminated.

Enterosgel is a TGA-registered medical device, manufactured in Europe (Czech Republic) and tested to WADA anti-doping standards. It is free from sugar, sweeteners, lactose, gluten, fat, flavours, and preservatives.



Key Clinical Applications

- **Acute diarrhoea and gastroenteritis** adsorbs pathogens and toxins at source
- **IBS and chronic gut inflammation** reduces toxin load and supports mucosal barrier
- **Food poisoning** rapid binding of ingested toxins
- **Heartburn, nausea, gas, and abdominal cramping**
- **Detoxification support** binds and eliminates endotoxins, metabolic waste

Who Can Take It?

Enterosgel is suitable for pregnant women, breastfeeding mothers, children from 1 year of age (under medical advice), and vegans. No cases of overdose have been reported. Administer 1–2 hours before or after food and medication.

Pack Formats

- **90g tube** convenient for clinic or home use
- **225g tube** best value for ongoing management

Product	Item Code	Price
Enterosgel 90g Tube	ENTERO90	WS \$26.00 RRP \$42.90
Enterosgel 225g Tube	ENTERO225	WS \$44.00 RRP \$72.60

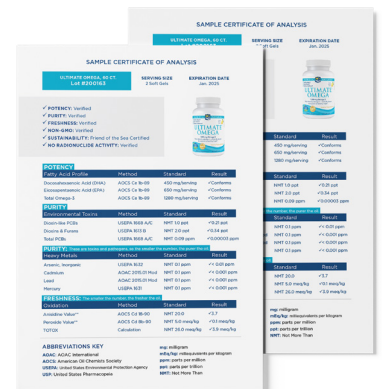


Dosing summary: Adults and children aged 15 years and over: 15–22.5 g (1–1.5 tablespoons or 1–1.5 sachets), taken three times daily. See the patient information leaflet for full age-specific dosing.

Nordic Naturals has been the benchmark for omega-3 quality since 1995. Founded by Joar Opheim, a Norwegian gymnast who couldn't find high-quality fish oil in the US Nordic Naturals set out to redefine what fish oil should be: pure, fresh, properly dosed, and proven.

The Four Pillars

All oils are tested and verified free of heavy metals, dioxins, and PCBs. Nordic Naturals not only meets international standards, they consistently surpass them. Every batch comes with a Certificate of Analysis. You or your customers can scan the QR code and enter the batch number.



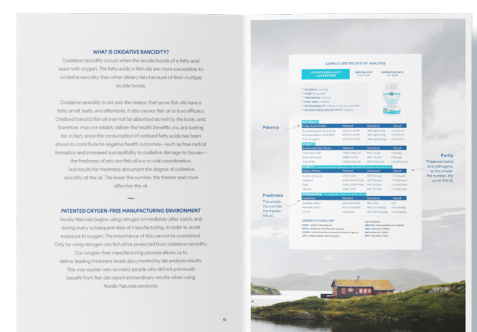
Fish oil is highly susceptible to oxidative rancidity, which destroys efficacy and causes the fishy taste and burps patients complain about. Nordic Naturals uses a patented oxygen-free manufacturing environment, nitrogen is introduced immediately after catch and maintained through every processing step. The result: freshness levels that lead the industry, verified by lab analysis.

Over 93% of Nordic Naturals oils are in a triglyceride form, that your body recognises, the molecular structure closest to how omega-3s occur in fish, and the most bioavailable for the human body. This matters because many lower-cost fish oils do not reach this level of triglycerides, which absorbs less efficiently.

More omega-3 per dose, less waste.

WHAT IS CRUVIDE ENACTIVITY?

100% of fish is sourced in compliance with the Norwegian fisheries management system. Nordic Naturals has achieved a Certified B Corp status and is committed to protecting the oceans their products depend on.



The Nordic Naturals Range



Ultimate Omega

Flagship omega-3 in triglyceride form

60s	WS \$36.70 RRP \$67.35
120s	WS \$66.10 RRP \$121.30
180s	WS \$93.00 RRP \$170.65



Ultimate Omega Liquid

High-dose liquid format

4oz	WS \$51.55 RRP \$94.60
8oz	WS \$89.35 RRP \$163.95



Arctic Cod Liver Oil

90 capsules & 180 capsules

90s	WS \$30.80 RRP \$56.50
180s	WS \$58.80 RRP \$107.90



Arctic Cod Liver Oil

(Unflavoured, Orange, Lemon)

8oz	WS \$34.50 RRP \$63.30
16oz	WS \$61.50 RRP \$112.85



Arctic-D Cod Liver Oil

Lemon 8oz — with added Vitamin D3

8oz	WS \$35.85 RRP \$65.75
-----	--------------------------



Complete Omega

With GLA from evening primrose

8oz	WS \$37.60 RRP \$69.00
16oz	WS \$69.55 RRP \$127.60



Children's DHA Liquid

Great-tasting, age-appropriate dosing

4oz	WS \$21.15 RRP \$38.85
8oz	WS \$35.00 RRP \$64.25



Omega-3 Liquid

Reliable everyday option

8oz	WS \$34.00 RRP \$62.35
16oz	WS \$60.05 RRP \$110.20

Note: Nordic Naturals Arctic CLO strawberry 8oz will be discontinued when stocks run out.

therapure®

my menopause

Winter is a season of compounding stress on the body and for women navigating menopause, the seasonal shift can intensify symptoms already demanding daily management. my menopause provides targeted multi-pathway support formulated by naturopaths specifically for the perimenopause and menopause transition.

This formula addresses the core symptom clusters of menopause including vasomotor symptoms (hot flashes, night sweats), mood and emotional wellbeing, bone health, energy, libido, and cardiovascular support. It is a comprehensive, practitioner-designed formula that replaces the need for multiple individual supplements.

Available in 60 capsules | Code: PC2707.60

When to recommend: Hot flashes, night sweats, mood changes, fatigue, brain fog, libido changes, bone and cardiovascular health concerns in peri- and post-menopausal women.



W/S \$24.45 | Retail \$44.85



my calm

Winter brings shorter days, reduced light, and a physiological shift toward inward stress that many patients struggle to manage. my calm is designed to address exactly this, a synergistic blend of five evidence-informed botanical anxiolytics and adaptogens that calm the nervous system without sedation.

Key herbs include Kava (kavalactones modulate GABA-A receptors for genuine anxiolytic effect without cognitive dulling), Passionflower, Lemon Balm, Magnolia Bark, and American Ginseng, together targeting mild anxiety, nervous tension, stress-related sleep disruption, and cognitive performance under load.

Ideal for: patients who are 'wired but tired', emotionally dysregulated, unable to wind down, or experiencing stress-driven insomnia. Formulated to calm without sedation, patients can take this during the day.

W/S \$24.00 | Retail \$44.10

Available in 60 capsules | Code: PC2408



my immune cold + flu

The go-to formula for acute cold and flu support. my immune cold + flu is built for rapid deployment at the onset of illness combining Andrographis, Echinacea purpurea, Black Elderberry, Balloon Flower, Japanese Honeysuckle, Magnolia Bark, Vitamin C, and Zinc in clinically meaningful doses.

Andrographis stimulates innate immune cell activity and has demonstrated reduction in the severity and duration of cold and flu symptoms. Echinacea purpurea stimulates white blood cell production and macrophage activity. Elderberry provides antiviral activity and antioxidant support, reducing symptom duration and severity.

The flexible dosing (1–5 capsules per day) allows customers to titrate according to symptom severity. Best commenced at first sign of illness.

W/S \$21.90 | Retail \$40.15

Available in 60 capsules | Code: PC2294



my daily wellbeing

The everyday foundation formula for resilience, immune defence, and sustained energy. my daily wellbeing combines adaptogenic herbs (Ashwagandha, Astragalus, Schisandra), three medicinal mushrooms (Reishi, Shiitake, Turkey Tail), and essential immune nutrients (Vitamin C, Zinc, Selenium) in a single, clean formula.

This is the product to recommend to any patient asking: 'What should I take every day this winter?' It covers the stress axis (HPA modulation, cortisol reduction), the immune system (innate and adaptive activation, mucosal defence), and mitochondrial energy support. The perfect solutions for your customers this winter to keep them well and support stress levels.

Formulated with capsules not tablets, we list all ingredients, always, and using therapeutic-dose ingredients. No token inclusions.

W/S \$26.15 | Retail \$48.00

Available in 120 capsules | Code: PC2295

Winter Specials

Two exceptional offers this winter.

All pricing applies to wholesale accounts only.
Offers cannot be combined.

1 BUY 1, GET 1 FREE therapure Winter Wellness Range

Valid until 30 September 2026

Stock up on five of our most-loved therapure lines and give your customers the immune, calm, and energy support they need this winter. Buy any qualifying product and receive an equal unit free. Applies per line.

Product	Code	W/S Price	RRP	Expiration date on SKU
my calm 60s	PC2408	\$24.00	\$44.10	30-06-2027
my menopause 60s	PC2707.60	\$24.45	\$44.85	30-04-2027
my immune cold + flu 60s	PC2294	\$21.90	\$40.15	31-10-2026
my daily wellbeing 120s	PC2295	\$26.15	\$48.00	31-03-2027
B6 liquid 100ml	CMMB6100	\$23.65	\$43.40	31-08-2026

2 Enzymedica Digestive Enzymes 15% OFF

Valid until 30 September 2026

A straight 15% off wholesale pricing on Enzymedica Intolergest. No minimum order required

Product	Code	W/S Price	RRP	Offer	Expiration date on SKU
Intolergest 60s	55498	\$23.05	\$42.30	15% OFF	31-05-2027

How to Order

All winter specials and standard wholesale orders are placed through your Thera Health account. Offers are available to approved wholesale accounts only and cannot be combined unless otherwise stated.



Order Online

www.TheraHealth.com.au

Register or log in to your wholesale account to place orders and view current pricing.



Contact Us

Phone: 1800 203 327

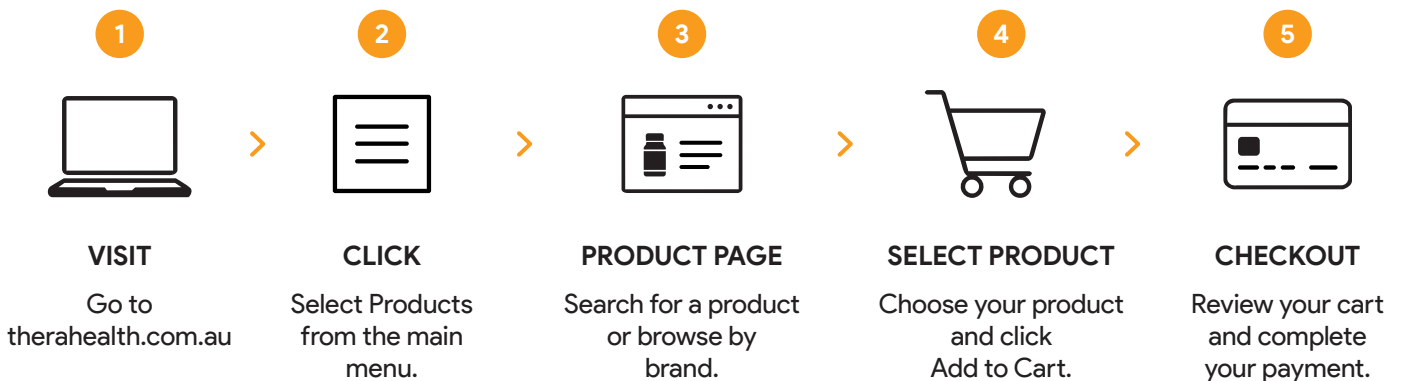
Email: Support@TheraHealth.com.au
Thera Health Pty Ltd, Brisbane QLD

Offer Terms & Conditions

- **1+1 Free Offer (therapure Winter Range):** Valid until 30 September 2026. One free unit per paid unit ordered. Applies per product line, per order. Cannot be combined with other offers.
- **Magnesium 20% Bulk Offer:** Valid until 31 August 2026. Minimum 100 units across qualifying SKUs (per size) per order. Discount applied at invoice.
- **Enzymedica 15% Off:** Valid until 30 September 2026. Applies Intolergest 60s. No minimum order.
- **All offers available to approved wholesale accounts only.** Thera Health reserves the right to withdraw or modify offers at any time.

How to order online

To place an online order, please make sure you have an **account** and are **logged in**.



Stay warm, stay well.

The Thera Health Team



www.TheraHealth.com.au

This newsletter is for health professionals only and is not intended for distribution to the general public.