



WELLNESS GUIDE

AUSTRALIAN
SINCE
1938
VITAMINS



MADE IN AUSTRALIA

PRODUCTS 2023



80 YEARS OF
HERBAL MASTERY
FOR **MAXIMUM** EFFECTIVENESS

AUSTRALIAN
SINCE
1938
VITAMINS



Loved and Trusted for Over 80 Years

Henry Blooms is Australia's fastest growing vitamin brand*. And for good reason, as we have one of the longest and proudest histories in the natural health industry. Henry Bloom opened Australia's very first health food store in Sydney in 1938, which pioneered health food breakthroughs such as wheatgrass and iodine, offered freshly squeezed juices, nut cheeses, vitamins and herbal formulas, and launched probiotic yoghurt culture into Australia. This spurred Henry Bloom's investment in probiotics, which would later become an area of specialty.

The Henry Blooms brand embodies a passionate vision to lead the natural health revolution, providing the comprehensive, premium quality, scientifically-based natural supplement range that is loved and trusted by Australian families today.

Clean, Green Manufacturing and Packaging

Our state-of-the-art GMP facility is nestled amongst Sydney's beautiful beaches, where our product manufacturing focuses on the highest standards of testing, efficiency and hygiene, and our formulations are backed by clinical research, traditional evidence and scientific validation. We source exceptional quality, pure and raw ingredients from around Australia and the globe, to bring our customers trusted natural products that exceed industry standards. Henry Blooms products deliver what they claim without compromising on quality, because that's how it should be.

Committed to maintaining a clean, green environment, we use eco-friendly production methods and recyclable packaging materials wherever possible.

Future-focused Innovators

With an ever-growing portfolio of over 100 products, we are diverse and dynamic creators who live, breathe and sleep innovation. Always adapting to the ever-changing nature of technologies and trends in our wonderful industry, we put our customers first and pride ourselves in keeping on the pulse of what they want and need, constantly reviewing and seeking new innovations that provide effective and affordable health solutions for future generations.

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bellyME Shots

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Cranberry with Dandelion
Hemp
Liquid Iron
Lychee Iced Tea with Green Tea

Marine Collagen with Maqui, Acai, Goji and Blueberry
Olive Leaf Extract
Stress and Anxiety with Ashwagandha and Lemon Balm
Turmeric with Ginger and Black Pepper

BRAIN & MEMORY

Brain Health Mushrooms & Gingko 6000
Ginkgo and Brahmi 3000

MigraEase

COLD RELIEF & IMMUNE SUPPORT

Cold Sore Relief
Immune Forte +
Selenium Forte 150 mcg
Vitamin C 1000 mg & Rosehip 500 mg

Zinc Max 50

DIGESTION & DETOX

Ginger Calm 1000
Herb-a-lax® Capsules
Herb-a-lax® Powder
Liver Detox 1-a-day
Liver Health Milk Thistle Plus
Multi-Fibre with Probiotics Tropical Flavour
Powder

Slippery Elm Bark Capsules
Slippery Elm Bark Powder

ENERGY, STRESS & SLEEP

De-Stress Ultra with Ashwagandha
Herbal Anti-Hangover

Magnesium+Sleep Powder & Magnesium+Sleep Tablets
Ultra-B Complex

FISH OIL

Odourless Natural Fish Oil 1000

HEART & CIRCULATION

Cholesterol Balance Beta-Glucan

JOINTS, MUSCLES & BONES

Celery & Juniper
Curcumin 600 Plus
Curcumin Ultra
Glucosamine & Chondroitin
Glucosamine 1500 Plus
Gout Relief
Green Lipped Mussel 500 mg

Green Lipped Mussel and Turmeric 1500 mg
Magnesium Complex Powder
MSM 750 with Ginger & Devil's Claw
OsteoBlast
Tri-Magnesium Citrate 900 mg
Turmeric & Magnesium
Vitamin D3 1000 IU

MEN'S HEALTH

His Multi

V-Drive Men

ORAL HEALTH

Kids Probiotic Toothpaste
On The Go Probiotic Mouthwash
Oral Fresh Probiotic
Probiotic Mouthwash

Probiotic Mouthwash Ultra Sensitive
Probiotic Mouthwash Whitening
Probiotic Toothpaste
Probiotic Toothpaste Whitening

PROBIOTICS

Daily Probiotic Broad Spectrum

SB Probiotic

SPORTS PERFORMANCE

Acetyl-L-Carnitine 500
Acetyl-L-Carnitine Powder

L-Glutamine Powder
MSM Powder

SKIN, HAIR & NAILS

Horse Chestnut 1500 mg
Night Collagen 7 Days

Super Colloidal Silica 300 mg

VITAQIK® LIPOSOMAL SPRAY

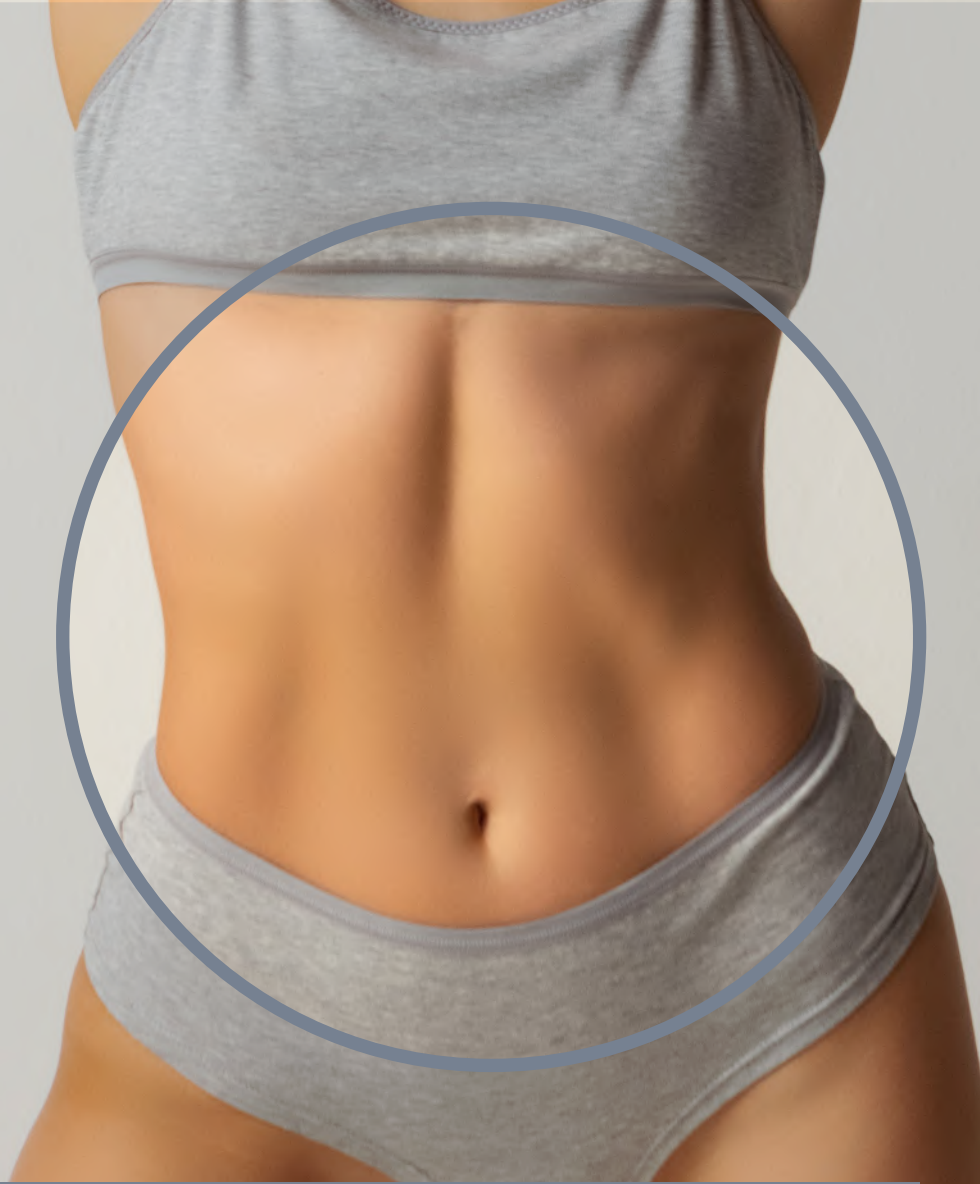
VitaQIK® Liposomal Energy CoQ10 Oral Liquid
VitaQIK® Liposomal Immunity Elderberry Oral Liquid
VitaQIK® Liposomal Turmeric Oral Liquid

VitaQIK® Liposomal Vitamin B12 Oral Liquid
VitaQIK® Liposomal Vitamin C Oral Liquid
VitaQIK® Liposomal Vitamin D3 + K2 Oral Liquid

WOMEN'S HEALTH

Cranberry 35,000mg Plus
Evening Primrose Oil 1000 mg
Her Multi
Lady-Lac® Cranberry 60,000 with Probiotics

Lady-Lac® Probiotic Intimate Spray
Lady-Lac® Probiotic Intimate Wash
Raspberry Leaf 2000



BELLYME SHOTS

Digest Cleanse
Energy Fuel
Focus Kick
Hair Nail Skin
Instant Lax

Sleep Well
Stress Away
Immunity
Hydra Plus
Muscle Boost



Digest Cleanse Papaya + ACV

DIGESTIVE HEALTH

Water, Papaya, Vegetable glycerol, Apple cider vinegar, Natural lemon flavour, Citric acid, Lactobacillus plantarum L-137®, Potassium sorbate, Sodium benzoate, Stevia.

- Digest Cleanse Papaya + ACV: Promote digestive health with 3 g of apple cider vinegar and 10 Billion cells of Lactobacillus plantarum (L-137®) in our nourishing blend.

BENEFITS



Supports healthy digestion & cleanses the body with the natural enzymes of papaya & the gentle detoxifying properties of apple cider vinegar. You can enjoy improved digestion & a lighter, revitalized feeling.

Consume within 5 days of opening.

Available in 60 mL



Energy Fuel Caffeine + B12

ENERGY BOOST

Water, Papaya, Vegetable glycerol, Natural berry flavour, Maqui berry, Citric acid, Blueberry, Coffee bean extract, Lactobacillus plantarum L-137®, Potassium sorbate, Sodium benzoate, Acai berry, Stevia, Ginger extract, Olive leaf extract, Organic turmeric powder, Goji berry, Cyanocobalamin (Vitamin B12).

- Energy Fuel Caffeine + B12: Get an energy boost with 60 mg of caffeine and B12, plus 10 Billion cells of Lactobacillus plantarum (L-137®) for sustained vitality.

BENEFITS



Boosts energy levels and enhances mental alertness with the invigorating combination of caffeine and vitamin B12. You can power through your day with sustained vitality and focus.

Consume within 5 days of opening.

Available in 60 mL



Focus Kick Caffeine + Bacopa

ENERGY BOOST

Blackcurrant juice, Vegetable glycerol, Natural blackcurrant flavour, L-Theanine, Citric acid, Coffee bean extract, Lactobacillus plantarum L-137®, Potassium sorbate, Sodium benzoate, Bacopa monnieri extract, Stevia.

- Focus Kick Caffeine + Bacopa: Stay focused and energized with 60 mg of caffeine and Bacopa monnieri, combined with 10 Billion cells of Lactobacillus plantarum (L-137®) to support mental clarity.

BENEFITS



Improves cognitive function and mental clarity with the stimulating effects of caffeine and ginkgo biloba. So that you can sharpen their focus and maximize productivity.

Consume within 5 days of opening.

Available in 60 mL

Hair Nail Skin Collagen +Se

HAIR, NAIL & SKIN

Water, Vegetable glycerol, Marine collagen, Natural berry flavour, Maqui berry, Citric acid, Blueberry, Lactobacillus plantarum L-137®, Potassium sorbate, Sodium benzoate, Acai berry, Stevia, Goji berry, Selenomethionine (Selenium).

- ▶ Hair Nail Skin Collagen + Se: Nourish your hair, nails, and skin with 2.5 g of marine collagen and selenium, complemented by 10 Billion cells of Lactobacillus plantarum (L-137®).

BENEFITS

Promotes healthy hair, nails, and skin with a specialized blend of collagen and selenium. So you can nourish your beauty from within and achieve a radiant, glowing appearance.



Consume within 5 days of opening.

Available in 60 mL



Instant Lax Prune + Inulin

GUT HEALTH

Prune juice, Vegetable Glycerol, Inulin, Natural berry flavor, Citric acid, Lactobacillus plantarum L-137®, Potassium sorbate, Sodium benzoate, Stevia.

- ▶ Instant Lax Prune + Inulin: Support gut health with 4 g of dietary fiber and the benefits of 10 Billion cells of Lactobacillus plantarum (L-137®) for a balanced digestive system.

BENEFITS

Promotes natural, gentle bowel movements with the fibre-rich goodness of prunes and inulin. You can experience relief from occasional constipation and support a healthy digestive system.



Consume within 5 days of opening.

Available in 60 mL



Sleep Well Hops with Valerian

SLEEP AIDS

Water, Papaya, Vegetable glycerol, Natural berry flavour, Maqui Berry, Sour cherry, Citric acid, Humulus lupulus (Hops) fruit, Lactobacillus plantarum L-137®, Potassium sorbate, Sodium benzoate, Stevia, Valerian officinalis.

- ▶ Sleep Well Hops with Valerian: Enjoy better sleep with our natural sleep aid herbs and 10 Billion cells of Lactobacillus plantarum (L-137®) to soothe and relax.

BENEFITS

Aids you to achieve restful sleep with the calming effects of hops and valerian. Encourages a deeper, more rejuvenating sleep experience for improved overall well-being.



Consume within 5 days of opening.

Available in 60 mL





Stress Away Ashwagandha + Lemon balm

STRESS RELIEF

Water, Papaya, Vegetable glycerol, Natural lemon flavour, Lemon balm, Ashwagandha, Citric acid, Lactobacillus plantarum L-137®, Potassium sorbate, Sodium benzoate, Stevia, Pomegranate seed extract.

► Stress Away Ashwagandha + Lemon Balm: Find relief from stress with our relaxing herbal ingredients, alongside 10 Billion cells of Lactobacillus plantarum (L-137®) to calm your mind.

BENEFITS



Combats stress & promotes relaxation with the adaptogenic benefits of ashwagandha and the soothing properties of lemon balm. Help you find your inner calm and better manage your stress levels.

Consume within 5 days of opening.

Available in 60 mL



Immunity Olive leaf + Zinc

IMMUNE SUPPORT

Water, Papaya, Vegetable glycerol, Natural berry flavour, Citric acid, Olive leaf extract, Lactobacillus plantarum L-137®, Potassium sorbate, Sodium benzoate, Zinc gluconate, Stevia, Pomegranate seed extract.

► Immunity Olive leaf + Zinc: Support your immune system with 3 mg of zinc and 10 Billion cells of Lactobacillus plantarum (L-137®) in our immunity-boosting formula.

BENEFITS



Strengthens the immune system and wards off common illnesses with the immune-boosting properties of olive leaf and zinc. To help give your daily immunity a boost to help fend off disease.

Consume within 5 days of opening.

Available in 60 mL



Hydra Plus Coconut + HA

HYDRATION

Coconut water, Papaya, Vegetable glycerol, Natural coconut flavour, Sodium hyaluronate, Citric acid, Lactobacillus plantarum L-137®, Potassium sorbate, Sodium benzoate, Stevia, Organic lemon myrtle.

► Hydra Plus Coconut + HA: Replenish hydration with 100 mg of sodium hyaluronate and the power of 10 Billion cells of Lactobacillus plantarum (L-137®) for a revitalizing experience.

BENEFITS



Hydrates and nourishes the body with the refreshing combination of coconut water and hyaluronic acid (HA). Helping you stay hydrated and maintain optimal skin elasticity.

Consume within 5 days of opening.

Available in 60 mL



Muscle Boost Turmeric + Magnesium

MUSCLE HEALTH

Water, Papaya, Vegetable glycerol, Citric acid, Magnesium glycinate, Natural orange flavour, Organic turmeric powder, Lactobacillus plantarum L-137®, Ginger extract, Potassium sorbate, Sodium benzoate, Stevia, Black pepper extract.

► Muscle Boost Turmeric + Magnesium: Enhance muscle health with our organic turmeric and 80 mg of magnesium, combined with 10 Billion cells of Lactobacillus plantarum (L-137®).

BENEFITS



Supports muscle recovery and promotes healthy muscle function with the power of turmeric and magnesium. So that you can enjoy enhanced performance and reduced muscular fatigue or soreness.

Consume within 5 days of opening.

Available in 60 mL



BIO-FERMENTED LIQUIDS

Blueberry with Papaya, Açaí, Goji and Maqui
Cranberry with Dandelion
Hemp
Liquid Iron
Lychee Iced Tea with Green Tea

Marine Collagen with Maqui, Acai, Goji and Blueberry
Olive Leaf Extract
Stress and Anxiety with Ashwagandha and Lemon Balm
Turmeric with Ginger and Black Pepper

Bio-Fermented Blueberry with Papaya, Açai, Goji and Maqui

ANTIOXIDANT ACTION

MultiplyPlus® Bio-fermented blueberry concentrate (Papaya fruit and leaf, Maqui berry powder, Blueberry powder, Acai berry powder, Ginger extract, Olive leaf extract, Turmeric powder, Goji berry fruit extract), Natural vegetable sweetener (Glycerol), Citric acid, Wildberry flavour, Sucralose.

Gluten free, lactose free, alcohol free & vegan friendly.

► Henry Blooms Bio-Fermented Blueberry is made with superfoods plus six strains of raw probiotics, to provide an antioxidant and nourishing probiotic punch to your day.

This daily tonic is rich in beneficial bacteria to support a healthy, balanced microbiome for healthy gut immunity and whole body wellbeing.

Our unique MultiplyPlus® process involves five stages of bio-fermentation using multi-strain, gut-loving probiotics, resulting in a more bio-available (easily absorbed) and bio-active complex to support healthy microflora and vibrant health and wellbeing.

Ages 3 & up: Mix 15 mL (approx. 1 tbsp) with 200 mL water, or add to your juice or smoothie.
If pregnant or breastfeeding talk to your health professional.

Available in 500 mL



Bio-Fermented Cranberry with Dandelion

FEMALE HEALTH

MultiplyPlus® Bio-fermented cranberry concentrate (Papaya fruit and leaf, Cranberry, Dandelion root), Natural vegetable sweetener (Glycerol).

Gluten free, lactose free, alcohol free & vegan friendly.

► Henry Blooms Bio-Fermented Cranberry contains the antioxidant superfood Cranberry, traditionally used for urinary tract health, together with Dandelion root in a raw probiotic concentrate that tastes delicious.

This daily tonic, rich in healthy microbes, supports a healthy, balanced microbiome and is 99% sugar-free, free from gluten, lactose and alcohol, and vegan friendly.

Our unique MultiplyPlus® process involves five stages of bio-fermentation using multi-strain, gut-loving probiotics, resulting in a more bio-available (easily absorbed) and bio-active complex to support healthy microflora and vibrant health and wellbeing.

Ages 3 & up: Mix 15 mL (approx. 1 tbsp) with 200 mL water, or add to your juice or smoothie.
If pregnant or breastfeeding talk to your health professional.

Available in 500 mL



Bio-Fermented Hemp

SUPERFOOD NUTRITION

MultiplyPlus® Bio-fermented papaya with hemp concentrate (Papaya fruit and leaf, Hemp seed powder), Natural vegetable sweetener (Glycerol), Citric acid, Munthari flavour, Thaumatin.

Gluten free, lactose free, alcohol free & vegan friendly.

► Henry Blooms Bio-Fermented Hemp is a delicious superfood concentrate with the goodness of hemp seeds and six strains of raw probiotics.

Hemp is a nutritious superfood known to contain the essential fatty acids Omega 6 and Omega 3, plus many vitamins and minerals for everyday wellbeing.

Our unique MultiplyPlus® process involves five stages of bio-fermentation using multi-strain, gut-loving probiotics, resulting in a more bio-available (easily absorbed) and bio-active complex to support healthy microflora and vibrant health and wellbeing.

Ages 3 & up: Mix 15 mL (approx. 1 tbsp) with 200 mL water, or add to your juice or smoothie.
If pregnant or breastfeeding talk to your health professional.

Available in 500 mL





Bio-Fermented Liquid Iron

WHOLEFOOD SOURCE OF IRON

MultiplyPlus® Bio-fermented iron concentrate [Papaya, Curry leaf powder, Iron (Ferrous fumarate)], Natural vegetable sweetener (Glycerol), Flavour (Wildberry), Citric acid, Natural flavour (Thaumatococcus).

Gluten free, lactose free, alcohol free & vegan friendly.

► Henry Blooms Bio-Fermented Liquid Iron gives you a 5 mg boost of iron per serve, to support energy production for your health and exercise goals.

Containing Curry Leaf, a natural source of iron, this delicious raw probiotic tonic is packed with healthy microbes to support digestion and healthy microflora.

Our unique MultiplyPlus® process involves five stages of bio-fermentation using multi-strain probiotics for a more bio-available (easily absorbed) and bio-active complex.

Formulated supplementary sports food.

Age 3 & up: Mix 15 mL (approx. 1 tbsp) with 200 mL water, or add to your juice or smoothie. If pregnant or breastfeeding talk to your health professional.

Available in 500 mL



Bio-Fermented Lychee Iced Tea with Green Tea

ANTIOXIDANT STRENGTH

MultiplyPlus® Bio-fermented lychee and green tea concentrate (Papaya fruit and leaf, Lychee powder, Green tea extract), Natural vegetable sweetener (Glycerol), Citric acid, Lychee flavour, Apple flavour, Sucralose.

Gluten free, lactose free, alcohol free & vegan friendly.

► Great tasting Henry Blooms Bio-Fermented Lychee Iced Tea with Green Tea is the 98% sugar free, vegan-friendly raw probiotic alternative to iced tea.

Antioxidant-rich Lychee and the natural goodness of Green Tea form a great daily duo in a fermented probiotic drink to support a healthy gut.

Our unique MultiplyPlus® process involves five stages of bio-fermentation using multi-strain, gut-loving probiotics, resulting in a more bio-available (easily absorbed) and bio-active complex to support healthy microflora and vibrant health and wellbeing.

Age 3 & up: Mix 15 mL (approx. 1 tbsp) with 200 mL water, or add to your juice or smoothie. If pregnant or breastfeeding talk to your health professional.

Available in 500 mL



Bio-Fermented Marine Collagen with Maqui, Acai, Goji and Blueberry

2.5 GRAMS OF COLLAGEN PER SERVE

MultiplyPlus® Bio-fermented marine collagen (Papaya fruit and leaf, Marine collagen, Maqui berry, Blueberry, Acai berry, Goji berry), Glycerol, Citric acid, Wildberry flavour, Thaumatococcus.

Gluten free, lactose free & alcohol free.

► Henry Blooms Bio-Fermented Marine Collagen contains 2.5 g of Marine Collagen per serve, plus the antioxidant-rich berries Maqui, Acai, Goji and Blueberry.

Marine Collagen provides integrity and elasticity to the skin, helping to keep it firm, plump, and glowing.

Our unique MultiplyPlus® process involves five stages of bio-fermentation using multi-strain, gut-loving probiotics, resulting in a more bio-available (easily absorbed) and bio-active complex to support healthy microflora and vibrant health and wellbeing.

Age 3 & up: Mix 15 mL (approx. 1 tbsp) with 200 mL water, or add to your juice or smoothie. If pregnant or breastfeeding talk to your health professional.

Available in 500 mL

Bio-Fermented Olive Leaf Extract

IMMUNE SUPPORT

MultiplyPlus® Bio-fermented Olive Extract (Papaya fruit and leaf, Apple cider vinegar, Olive leaf extract, Pomegranate seed extract), Natural vegetable sweetener (glycerol), Wildberry flavour.

Gluten free, lactose free, alcohol free & vegan friendly.

► Henry Blooms Bio-Fermented Olive Leaf Extract contains Olive Leaves together with probiotics to support the healthy balance of microflora.

Olive Leaf is not only beneficial for the immune system but is also a powerful antioxidant.

Our unique MultiplyPlus® process involves five stages of bio-fermentation using multi-strain, gut-loving probiotics, resulting in a more bio-available (easily absorbed) and bio-active complex to support healthy microflora and vibrant health and wellbeing.

Ages 3 & up: Mix 15 mL (approx. 1 tbsp) with 200 mL water, or add to your juice or smoothie.
If pregnant or breastfeeding talk to your health professional.

Available in 500 mL



Bio-Fermented Stress and Anxiety with Ashwagandha and Lemon Balm

ADRENAL SUPPORT

Multiply Plus® Bio-fermented lemon balm & ashwagandha concentrate [Papaya, Lemon balm, Withania root (Ashwagandha), Apple cider vinegar, Pomegranate], Natural vegetable sweetener (Glycerol), Flavour (Wildberry), Natural flavour (Thaumatococcus).

Gluten free, lactose free, alcohol free & vegan friendly.

► Henry Blooms Bio-Fermented Stress & Anxiety with Ashwagandha and Lemon balm is a delicious probiotic concentrate rich in superfoods known for their calmativie properties, with the supportive digestive boost from six strains of raw probiotics.

This soothing daily tonic is bursting with healthy microbes, providing support for a happy, balanced microbiome.

Our unique MultiplyPlus® process involves five stages of bio-fermentation using multi-strain, gut-loving probiotics, resulting in a more bio-available (easily absorbed) and bio-active complex to support healthy microflora and vibrant health and wellbeing.

Ages 3 & up: Mix 15 mL (approx. 1 tbsp) with up to 200 mL of chilled or sparkling water.
If pregnant or breastfeeding talk to your health professional.

Available in 500 mL



Bio-Fermented Turmeric with Ginger and Black Pepper

ANTI-INFLAMMATORY

Multiply Plus® Bio-fermented turmeric & ginger concentrate (Papaya fruit and leaf, Turmeric powder, Ginger root extract, Piper nigrum (Black pepper) extract).

Gluten free, lactose free, alcohol free & vegan friendly.

► Henry Blooms Bio-Fermented Turmeric with Ginger and Black Pepper combines the superfood benefits of Turmeric in a raw probiotic concentrate to support friendly bacteria for a healthy, happy gut.

Our bio-fermented concentrate contains Australian Certified Organic Turmeric, well known for its anti-inflammatory and health enhancing properties, combined with Ginger and Black Pepper to enhance absorption.

Our unique MultiplyPlus® process involves five stages of bio-fermentation using multi-strain, gut-loving probiotics, resulting in a more bio-available (easily absorbed) and bio-active complex.

Ages 3 & up: Mix 15 mL (approx. 1 tbsp) with 200 mL water, or add to your juice or smoothie.
If pregnant or breastfeeding talk to your health professional.

Available in 500 mL





BRAIN AND MEMORY

Brain Health Mushrooms & Ginkgo 6000

Ginkgo and Brahmi 3000

MigraEase

Brain Health Mushrooms & Ginkgo 6000

BRAIN AND COGNITIVE FUNCTION SUPPORT

Each capsule contains:

Ginkgo biloba leaf extract dry conc. 120 mg from dry leaf 6 g, Cordyceps sinensis fruiting body extract dry conc. 71.43 mg from dry fruiting body 1 g, Trametes versicolor (Turkeytail) fruiting body extract dry conc. 55.57 mg from dry fruiting body 1 g, Grifola frondosa (Maitake) fruiting body extract dry conc. 50 mg from dry fruiting body 1 g, Wolfiporia cocos (Poria cocos) fruiting body extract dry conc. 35 mg from dry fruiting body 350 mg, Ganoderma lucidum (Reishi) fruiting body extract dry conc. 28.58 mg from dry fruiting body 1 g.

No added wheat, sulfites, gluten, yeast, lupin, animal products, fish products, shellfish, mollusc, milk derivatives, eggs, soy bean products, lactose, artificial colours, flavours or preservatives.

Suitable for vegans and vegetarians.

► Henry Blooms Brain Mushrooms & Ginkgo 6000 is a one-a-day capsule, which is formulated with 5 mushroom extracts and Ginkgo biloba leaf to help support brain and cognitive function.



BENEFITS



BRAIN & MEMORY: Brain Health Mushrooms & Ginkgo 6000 is a one-a-day capsule, which is formulated with 5 mushroom extracts and Ginkgo biloba leaf to help support brain health and mental clarity, enhance memory recall, and enhance cognitive performance in aging individuals.

IMMUNITY: Maintains immune system health.

CIRCULATION: Promotes healthy blood circulation and reduces free radicals formed in the body.

Adults: Take 1 capsule daily with a meal, or as directed by your health professionals.

Available in 40 capsules

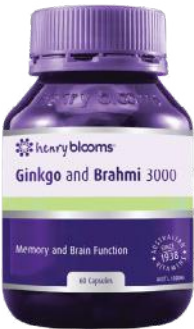
Ginkgo and Brahmi 3000

MEMORY – CLARITY – BRAIN SUPPORT

Each capsule contains:

Ginkgo biloba (Ginkgo) leaf dry extract 60 mg from G. biloba leaf dry 3 g (3000 mg min.) Std. to ginkgo flavonoglycosides 14.40 mg Std. to ginkgolides and bilobalide 3.6 mg, Bacopa monnieri (Brahmi) whole plant dry extract 150 mg, from B. monnieri whole plant dry 3 g (3000 mg min. standardised to bacosides 67.5 mg).

► Henry Blooms Ginkgo and Brahmi 3000 is formulated with the powerful herbs Ginkgo biloba and Brahmi, each with long histories of use in cognitive support.



BENEFITS



BRAIN & MEMORY: The herbs Ginkgo biloba and Brahmi have been used as brain tonics in traditional Chinese and Indian cultures for many years. This herbal formula may help support mental concentration and clarity, support learning and information processing, maintain cognitive function and support memory recall.

Adults: Take 1 to 2 capsules daily.

Available in 60 capsules

MigraEase

MILD MIGRAINE AND HEADACHE RELIEF

Each capsule contains:

Tanacetum parthenium (Feverfew) leaf powder 150mg.
Zingiber officinale (Ginger) rhizome extract dry conc. 90.91mg from dry rhizome 1g (1000mg).

Salix alba (White willow) stem bark extract dry conc. 120mg from dry stem bark 12g.

► Henry Blooms MigraEase capsule is formulated with 3 herbs which are traditionally used in traditional western herbal medicines to relieve mild migraine and headache symptoms.



BENEFITS



BRAIN & MEMORY: MigraEase capsules are formulated with 3 herbs traditionally used in Western herbal medicine to relieve mild migraine symptoms, headache symptoms, and inflammation.

They also help reduce the occurrence of symptoms of headaches and promote healthy blood circulation.

Adults: Take 1 capsule 2 times daily, or as directed by your health professionals.

Available in 30 hard capsules & 60 hard capsules



COLD RELIEF & IMMUNE SUPPORT

Cold Sore Relief
Immune Forte +
Selenium Forte 150 mcg
Vitamin C 1000 mg & Rosehip 500 mg

Zinc Max 50

Cold Sore Relief

RELIEF FROM SYMPTOMS OF FACIAL COLD SORES

Each capsule contains:

Lysine hydrochloride 625 mg, equivalent to Lysine 500 mg.

► Henry Blooms Cold Sore Relief contains an essential amino acid which may help reduce the symptoms and frequency of cold sores. It also helps in collagen formation and tissue repair.



BENEFITS



COLDS, FLU & IMMUNITY: Henry Blooms Cold Sore Relief may help reduce the number of outbreaks, severity and healing time of cold sores.



JOINTS, MUSCLES & BONES: Henry Blooms Cold Sore Relief contains an essential amino acid that is a necessary building block for all protein. It is formulated with Lysine which also aids Calcium absorption and helps in healthy collagen formation.

Adults: Take 1 capsule daily to reduce the frequency of recurrence of cold sores. Take 2 capsules up to 3 times daily to reduce the severity and healing time of cold sores.

Available in 60 capsules

Immune Forte +

IMMUNE DEFENCE

Each capsule contains:

Sambucus nigra (Elderberry) fruit extract dry conc. 80 mg equiv. to fresh fruit 4 g (4000 mg) standardised to contain anthocyanins 4.8 mg, Rehmannia glutinosa root extract dry conc. 250 mg equiv. to dry root 1.5 g, Astragalus membranaceus root extract dry conc. 100 mg equiv. to dry root 1 g (1000 mg), Zinc gluconate 34.8 mg equiv. zinc 5 mg, Ascorbic acid (Vitamin C) 50 mg.

► Henry Blooms Immune Forte + contains Elderberry, Astragalus and Rehmannia together with nutrients Vitamin C and Zinc, to provide powerful immune support.

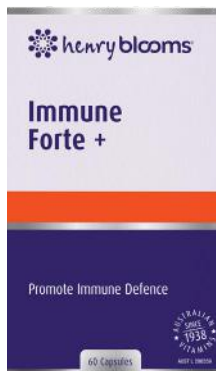
BENEFITS



COLDS, FLU & IMMUNITY: Henry Blooms Immune Forte + helps maintain a normal immune system, and supports its health and proper functioning. Enriched with nutrients that play a vital role in many immune functions, Immune Forte + also contains the antioxidants Vitamin C and Zinc, both of which may assist in protecting the body from the effects of free radical damage.

Adults: Take 1 to 2 capsules daily. For acute conditions take 1 to 2 capsules up to three times daily.

Available in 60 capsules



Selenium Forte 150 mcg

REPRODUCTIVE & IMMUNE SUPPORT

Each capsule contains:

Selenomethionine 375 micrograms equiv. Selenium 150 micrograms.

► Selenium is a compound of the powerful antioxidant glutathione which helps protect cells and tissues against the damaging effects of free radicals, while also maintaining healthy immune system function.

BENEFITS



IMMUNITY: Henry Blooms Selenium Forte enhances immune defence, maintains the immune system to fight illness and helps stimulate a healthy immune system response.



STRESS: Supports healthy mood balance, and relieves the symptoms of mild anxiety.



HEART HEALTH: Supports healthy cardiovascular system function.



MEN'S HEALTH: Supports the health and function of the male reproductive system, including the production of healthy sperm.



SKIN: The Selenium in Henry Blooms Selenium Forte 150 mcg is a compound of the important antioxidant glutathione peroxidase which helps protect cells and tissues against the damaging effects of free radicals.



WOMEN'S HEALTH: Supports female reproductive system health.

Adults only: Take one capsule with meals daily.

Available in 90 capsules



Vitamin C 1000 mg & Rosehip 500 mg

SKIN AND IMMUNE SUPPORT

Each tablet contains:
Ascorbic acid (Vitamin C) 1 g (1000 mg), Rosa canina (Rosehip) fruit extract dry conc. 50 mg equiv. to dry fruit 500 mg.

► A convenient high strength Vitamin C supplement with rosehip, which naturally contains Vitamin C and bioflavonoids.

BENEFITS

- COLDS, FLU & IMMUNITY: Vitamin C is involved in many immune mechanisms in the body and is necessary to support healthy immune function. Regular Vitamin C supplementation may aid in decreasing the duration of colds.
- SKIN, HAIR & NAILS: Vitamin C is essential for the formation of collagen (found concentrated in skin, hair, and nails).



Adults: Take 1 tablet daily with a meal.

Available in 180 tablets

Zinc Max 50

IMMUNE AND SKIN SUPPORT

Each capsule contains:
Zinc citrate dihydrate 155.8 mg equiv. to Zinc 50 mg.

► Zinc Max 50 is a high strength, one-a-day Zinc supplement.

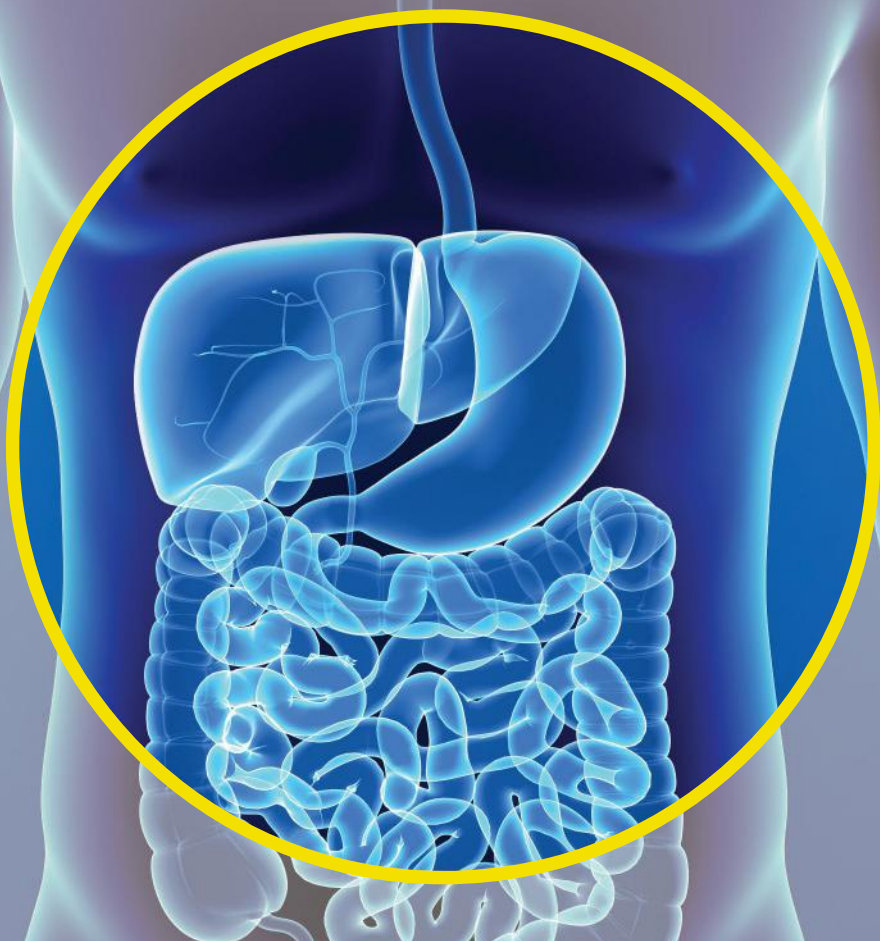
BENEFITS

- IMMUNITY: Zinc supports healthy immune system function and may reduce the severity and duration of colds.
- HEART HEALTH: Supports the health and function of the cardiovascular system.
- MEN'S HEALTH: Supports the health and function of the male reproductive system, including the production of healthy sperm.
- SKIN HEALTH: Zinc may assist in the management of mild acne and mild dermatitis and the maintenance of healthy skin and minor wound healing.



Adults and children 15 years and over: Take 1 capsule daily.

Available in 60 capsules



DIGESTION & DETOX

Ginger Calm 1000

Herb-a-lax® Capsules

Herb-a-lax® Powder

Liver Detox 1-a-day

Liver Health Milk Thistle Plus

Multi-Fibre with Probiotics Tropical Flavour
Powder

Slippery Elm Bark 375 mg Capsules

Slippery Elm Bark Powder



Ginger Calm 1000

NAUSEA RELIEF

Each capsule contains:
Zingiber officinale (Ginger) root extract dry conc. 40 mg equivalent to dry root 1 g (1000 mg).

► Henry Blooms Ginger Calm 1000 is the ideal travel companion to help relieve the symptoms of motion sickness, whether travelling by plane, train, car or boat. It also relieves morning sickness and supports healthy digestion.

BENEFITS



DIGESTION: Henry Blooms Ginger Calm 1000 can relieve the symptoms of motion sickness, seasickness, nausea and morning sickness. It also helps support digestive health and helps relieve the symptoms of dyspepsia (indigestion).



CIRCULATION: Ginger is used in traditional Chinese medicine as an anti-inflammatory and helps maintain blood circulation to the peripheral areas of the body such as the legs, hands and feet.

Adults and children over 6 years: To relieve symptoms of motion sickness, take 1 capsule 30 minutes prior to travel, followed by 1 capsule every 4 hours. To support healthy digestion, take up to 4 capsules daily. To relieve morning sickness, take 1 capsule up to 4 times daily, or as directed by your health professional.

Children under 6 years old: Only as professionally prescribed. Do not exceed 4 capsules daily.

Available in 60 capsules.



Herb-a-lax® Capsules

HERBAL LAXATIVE

Each capsule contains:

Senna leaf powder 284 mg equiv. hydroxyanthracene glycosides as sennoside B 7.1 mg, Rhamnus frangula (Buckthorn) stem bark powder 23 mg equiv. glucofrangulins as glucofrangulin A 1.61 mg, Psyllium husk powder 6 mg, Anethum graveolens (Dill) seed powder 6 mg, Glycyrrhiza glabra (Licorice) root powder 6 mg.

Available in 90 & 200 capsules

Herb-a-lax® Powder

HERBAL LAXATIVE

Each 1.5 g dried herb powder dose contains:

Senna leaf dry 1.3 g, equiv. to hydroxyanthracene glycosides calc. as sennoside B 32.63 mg, Frangula bark dry 105 mg, equiv. to glucofrangulins calc. as glucofrangulin A 7.35 mg, Anethum graveolens (Dill) fruit dry 30 mg, Licorice dry 30 mg, Psyllium husk dry 30 mg.

► Henry Blooms Herb-a-lax® is a gentle yet effective natural laxative formulated with natural compounded herbs.

Available in 200 g dried herb powder

BENEFITS



DIGESTION & DETOX: Henry Blooms Herb-a-lax® aids in the management of constipation and helps to reduce bloating. Psyllium provides a great source of fibre, and together with Licorice root powder, has a gentle soothing action on the bowel. Dill seed has a carminative action on the bowel, and helps relieve gas and settle intestinal distress.

CAPSULES Adults: Take 1 to 2 capsules daily. Drink plenty of water.

POWDER Adults: 1.5 g (approx. 1 teaspoon) with water or fruit juice before bedtime. Drink plenty of water.



Liver Detox 1-a-day

DETOXIFICATION AND DIGESTIVE RELIEF

Each capsule contains:

Taurine 50 mg, Silybum marianum (Milk thistle) fruit extract dry conc. 71.4 mg equiv. dry fruit 5 g (5000 mg) std. to contain silybin 57.1 mg, Curcuma longa (Turmeric) rhizome extract dry conc. 150 mg equiv. dry rhizome 3 g (3000 mg) std. to contain curcuminoids 97.5 mg, Piper nigrum (Black pepper) fruit extract dry conc. 5.3 mg equiv. dry fruit 132.5 mg std. to contain piperine 5 mg, Cynara scolymus (Globe artichoke) leaf extract dry conc. 40 mg equiv. fresh leaf 2 g (2000 mg).

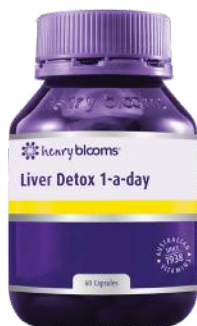
► The liver works hard every day, having multiple functions in the body including ridding the body of unwanted toxins. This liver tonic helps in the maintenance of general wellbeing and displays antioxidant activity that can assist in protecting the body from the damaging effects of free radicals.

BENEFITS

DIGESTION & DETOX: Henry Blooms Liver Detox 1-a-day is a premium quality and high potency formula to support the liver and help maintain healthy digestive function. The formula may also help relieve bloating. It contains Turmeric and Milk Thistle, which support liver health and function, plus aid in digestion. Turmeric extract has also been traditionally used in herbal medicine for the relief of mild digestive disturbances such as the sensation of fullness and flatulence.

Adults: Take 1 capsule daily with food.

Available in 60 capsules



Liver Health Milk Thistle Plus

LIVER AND DIGESTIVE SUPPORT

Each capsule contains:

Silybum marianum (Milk Thistle) fruit extract dry conc. 500 mg equiv. dry fruit 35 g, equiv. Silybin 400 mg, Taurine 50 mg.

► Henry Blooms Liver Health Milk Thistle Plus is formulated with Silybum marianum (Milk Thistle) and the amino acid Taurine to support healthy liver function and natural liver cleansing. Milk Thistle is traditionally used in Western herbal medicine to enhance liver health, support healthy liver regeneration, nourish the liver and support bile production.

BENEFITS

DIGESTION & DETOX: Henry Blooms Liver Health Milk Thistle Plus supports the liver and promotes general wellbeing. Milk Thistle supports normal liver function and may assist in healthy liver detoxification processes. It is also used in herbal medicine to help relieve minor digestive disturbances such as lack of appetite.

Adults: Take 1 capsule daily.

Available in 60 capsules



Multi-Fibre with Probiotics Tropical Flavour Powder

GUT HEALTH

Contents:

Maltodextrin, Natural Psyllium Husk Powder, Organic Wheatgrass Powder, Food flavour (Citric acid, Natural Tropical fruit flavor, Stevia), Silica, Lactobacillus rhamnosus (PA-LR12).

► Henry Blooms Multi-Fibre with Probiotics Tropical Flavour is a good source of dietary fibre with multiple benefits contributing to regular laxation.

BENEFITS



DIGESTION & DETOX: Henry Blooms Liver Health Milk Thistle Plus supports the liver and promotes general wellbeing. Milk Thistle supports normal liver function and may assist in healthy liver detoxification processes. It is also used in herbal medicine to help relieve minor digestive disturbances such as lack of appetite.

Adults: Take 3 times daily, add 5 g powder (2 teaspoons) to 200-500 mL chilled water, juice or beverage of your choice.

Children over 5 years old: mix 5 g powder once daily

Available in 300 g & 700 g



Slippery Elm Bark Capsules

CONSTIPATION RELIEF

Each capsule contains:
Slippery Elm bark powder

375 mg

Available in 120 capsules



Slippery Elm Bark Powder

CONSTIPATION RELIEF

Each 2.5 g oral powder dose contains:
Slippery Elm (Ulmus rubra) Bark Powder

2.5 g

Available in 125 g oral powder

Slippery Elm Bark capsules and powder are a convenient way to settle an acidic or irritated stomach. They can alleviate symptoms of heartburn by coating and 'soothing' the irritated upper gastrointestinal tract and reduce symptoms of indigestion, constipation and diarrhoea.

B E N E F I T S

DIGESTION & DETOX: Henry Blooms Slippery Elm Bark helps to settle an acidic or irritated stomach. Slippery Elm helps soothe the digestive tract and can be used to help relieve both constipation and diarrhoea.

CAPSULES: Adults: Take 1-2 capsules 1-3 times daily with meals.
Children over 12 years old: Take 1 capsule 1-3 times daily with meals.
POWDER: Adults: Take 2.5 g 1-3 times daily.





ENERGY, STRESS & SLEEP

- De-Stress Ultra with Ashwagandha
- Herbal Anti-Hangover
- Magnesium+Sleep Powder & Magnesium+Sleep Tablets
- Ultra-B Complex



De-Stress Ultra with Ashwagandha

STRESS & ANXIETY RELIEF

Each capsule contains:

Withania somnifera (Ashwagandha) root dry extract 300 mg equivalent to dry root 3 g (3000 mg), Schisandra chinensis (Schizandra) fruit dry extract 150 mg equivalent to dry fruit 1.5 g (1500 mg), Ziziphus jujuba var. spinosa (Zizyphus seed dry extract 100 mg, equivalent to dry seed 1 g (1000 mg), Thiamine hydrochloride (Vitamin B1) 10 mg, Riboflavin (Vitamin B2) 25 mg, Nicotinamide (Vitamin B3) 15 mg, Calcium pantothenate 20 mg equivalent pantothenic acid (Vitamin B5) 18.3 mg, Pyridoxine hydrochloride 50 mg equivalent pyridoxine (Vitamin B6) 41.1 mg, Cyanocobalamin (Vitamin B12) 5 micrograms.

► Henry Blooms De-Stress Ultra with Ashwagandha relieves symptoms of stress and enhances energy levels, containing high strength herbs including Ashwagandha, traditionally used in Ayurvedic medicine to support adrenal gland health and function.

BENEFITS



ENERGY & STRESS: Calms nerves and decreases nervous tension, calms the mind and relieves symptoms of mild anxiety, promotes physical endurance and stamina, and supports mental focus and clarity.

Adults: Take 1-2 capsules half an hour before bed, or for anxiety relief take 1 capsule twice daily.

Available in 60 capsules



Herbal Anti-Hangover

NATURAL BODY DETOXIFICATION

Active Ingredients per 50ml oral Liquid Dose:

Nicotinamide 17.76 mg, Calcium pantothenate (pantothenic acid 6.5 mg) 7.27 mg, Thiamine nitrate (thiamine 55.5 mg) 68.5 mg, Riboflavin sodium phosphate (riboflavin 3.33 mg) 4.38 mg, Pyridoxine hydrochloride (pyridoxine 3.33 mg) 4.05 mg, Biotin 55 micrograms, Cyanocobalamin 555 micrograms, Ascorbic acid 999 mg, Potassium chloride (potassium 222 mg) 423.5 mg, Magnesium citrate (magnesium 33.3 mg) 215.5 mg, Cysteine hydrochloride monohydrate (cysteine 344.5 mg) 499.5 mg, Hovenia dulcis fruit extract dry conc. (dry fruit 5.6 g) 566.1 mg, Pueraria lobata root extract dry conc. (dry root 3.33 g) 333 mg, Panax ginseng root extract dry conc. (dry root 555 mg) 55.5 mg, Malus domestica fruiting body extract dry conc. (dry fruiting body 22.2 g) 233.65 mg.

► Henry Blooms Herbal Anti-Hangover is based on traditional Chinese medicine combined with Nicotinamide (NAM) and rich in anti-oxidants. It helps to relieve symptoms of occasional hangovers and maintains cardiovascular system health.

BENEFITS



COMBATING HANGOVER: Relieve symptoms of occasional hangovers and headache symptoms.



DETOX: Assists natural body detoxification processes. Reduces free radicals formed in the body.



ENERGY & GENERAL WELLBEING: Potent ingredients assist healthy red blood cell production, help support healthy blood sugar to maintain energy production. It also helps to maintain cardiovascular system health.

Adults: Take two tablets daily before bed, or as directed by your health professional.

Available in 50 mL

Magnesium + Sleep Powder + Tablet

STRESS RELIEF

Each tablet contains:

Magnesium citrate 323.62 mg, equiv. Magnesium 50 mg, Magnesium amino acid chelate 550 mg, equiv. Magnesium 110 mg, Total Magnesium 160 mg, Colecalciferol (Vitamin D3 200 IU) 5 micrograms, Magnolia officinalis stem bark extract dry conc. (from Relora®) 37.75 mg, from dry stem bark 357.5 mg, std. to contain honokiol 1.95 mg, Phellodendron amurense stem bark extract dry conc. (from Relora®) 11.7 mg, from dry stem bark 128.7 mg, std. to contain berberine 0.13 mg, Eschscholzia californica (California Poppy) herb, flowering extract dry conc. 33.34 mg from dry herb flowering 500.1 mg.

Each serve of 5 g oral powder contains:

Magnesium citrate 906.15 mg equiv. Magnesium 140 mg, Magnesium amino acid chelate 1.5 g equiv. Magnesium 300 mg, Total Magnesium 440 mg, Colecalciferol (Vitamin D3 400 IU) 10 micrograms, Magnolia officinalis stem bark extract dry conc. (from Relora®) 71.5 mg from dry stem bark 715 mg, std. to contain honokiol 3.9 mg, Phellodendron amurense stem bark extract dry conc. (from Relora®) 23.4 mg, from dry stem bark 257.4 mg, std. to contain, berberine 0.26 mg, Eschscholzia californica (California Poppy) herb flowering extract dry conc. 66.7 mg, from dry herb flowering 1 g

► Henry Blooms Magnesium + Sleep Tablet/Powder relieves symptoms of stress and enhances sleep quality resorting to traditional western herbal medicines.

BENEFITS

ENERGY, STRESS & SLEEP: Unique Relora®, a proprietary blend of Magnolia of officialis and Phellodendron amurense to help relieve symptoms of stress and mild anxiety. California Poppy is traditionally used in western herbal medicine to induce sleep, reduce time to fall asleep, relieve disturbed sleep and enhance deep sleep. Highly bioavailable magnesium to support muscle health and relieve muscle cramps when dietary intake is inadequate.



Adults: Take two tablets daily before bed, or as directed by your health professional.

Adults: Mix 5 g (approx. 1 teaspoon) powder with 150 mL chilled water daily before bed, or as directed by your health professional.

Available in 60 Tablets and 150 g Oral powder

Ultra B Complex

ENERGY SUPPORT

Each tablet contains:

Thiamine (Vitamin B1 from thiamine nitrate 75 mg) 60.8 mg, Riboflavin (Vitamin B2) 50 mg, Nicotinamide (Vitamin B3) 100 mg, Pantothenic acid (Vitamin B5 from Calcium pantothenate 81.8 mg) 75 mg, Pyridoxine (Vitamin B6 from pyridoxine hydrochloride 50 mg) 41.1 mg, Biotin (Vitamin B7) 1 mg, Folic acid (Vitamin B9) 200 micrograms, Cyanocobalamin (Vitamin B12) 100 micrograms, Inositol 25 mg, Choline bitartrate 25 mg, Ascorbic acid (Vitamin C) 100 mg.

► Henry Blooms Ultra-B Complex combines high strength B Vitamins with Choline, Inositol and Vitamin C. It contains nutrients which can be beneficial during times of stress, assist energy production and help reduce fatigue. Rich in Vitamin B12, Ultra-B Complex can help reduce free radicals formed in the body whilst supporting brain function and mood for those deficient in B vitamins.

BENEFITS

ENERGY & STRESS: Supports energy production which relieves tiredness and fatigue, and supports a healthy stress response in the body, reducing the effects of nervous tension, stress and anxiety.

COLDS, FLU & IMMUNITY: Vitamin C acts as an antioxidant to reduce free radicals formed in the body and to support healthy immune system function.

SKIN, HAIR & NAILS: Vitamin C is essential for the formation of collagen which supports healthy skin, hair and nails.

WEIGHT LOSS & METABOLISM: Aids the metabolism of carbohydrates.



Adults: Take 1 tablet daily with food.

Available in 60 Tablets



FISH OIL

Odourless Natural Fish Oil 1000

Odourless Natural Fish Oil 1000

RICH SOURCE OF OMEGA-3

Each capsule contains:

Natural Fish Oil 1 g (1000 mg), Delivering Omega-3 marine triglycerides 300 mg, Eicosapentaenoic acid (EPA) 180 mg, Docosahexaenoic acid (DHA) 120 mg

► Henry Blooms Odourless Natural Fish Oil 1000 is a rich source of the long chain omega-3 marine triglyceride fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).



BENEFITS



BRAIN & MEMORY: Supports brain health, helps maintain healthy cognitive function and supports the health of the eyes.



HEART & CIRCULATION: Helps maintain healthy blood triglyceride levels in normal, healthy individuals and also assists in maintaining normal cardiovascular health. Fish Oil is a good source of Omega-3 fatty acids, which are important for cardiovascular health.



JOINTS, MUSCLES & BONES: Provides temporary relief from the pain of mild arthritis. May increase joint mobility in mild arthritis.

For Omega-3 supplementation: Take 1-2 capsules daily. For mild arthritis: Take 4 capsules 3 times daily. To maintain healthy blood lipids, cardiovascular system and heart health: Take 2 capsules 3 times daily.

Available in 400 capsules



HEART AND CIRCULATION

Cholesterol Balance Beta-Glucan



Cholesterol Balance Beta-Glucan

REDUCES BLOOD CHOLESTEROL

Ingredients:

OatWell® oat bran beta-glucan powder.

► Provides high quality beta-glucan in a convenient powder. Oat beta-glucans have been scientifically researched and shown to naturally reduce blood cholesterol. Contains no colours, animal products, sweeteners, flavours or preservatives.

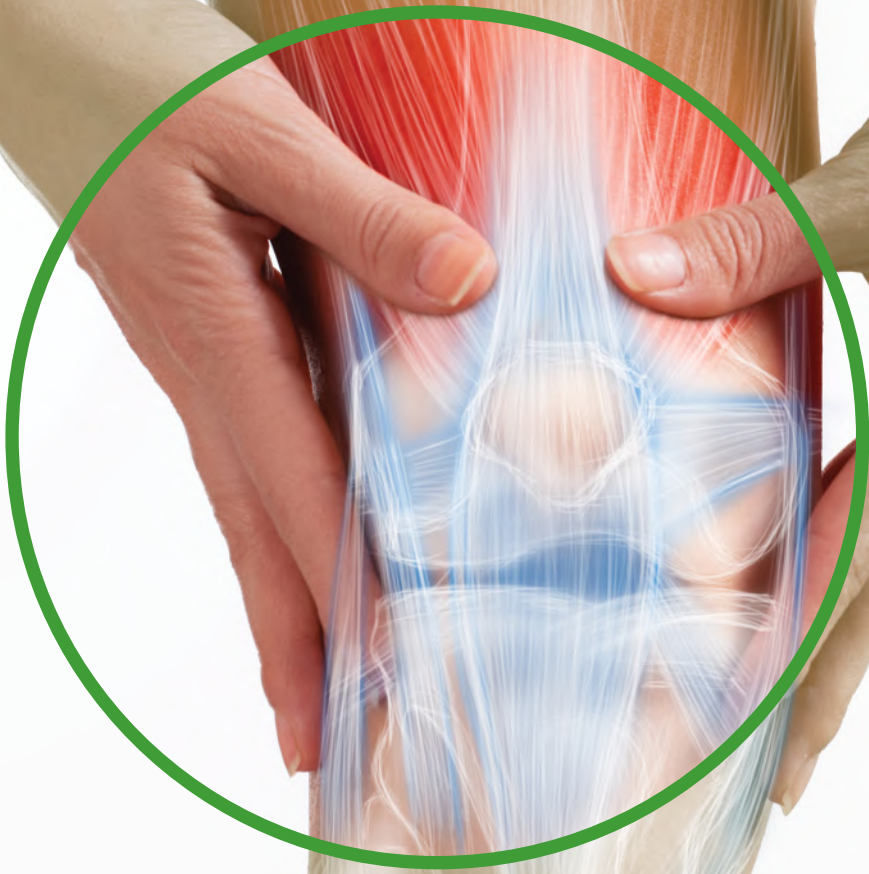
BENEFITS



CHOLESTEROL BALANCE: Oral intake of Henry Blooms Cholesterol Balance Beta-Glucan Powder forms a gel that entraps bile acids reducing their absorption which results in a lower LDL cholesterol level and a lower total cholesterol level.

Add 2 tablespoons (14 grams) to food or beverages daily.

Available in 200 g and 400 g



JOINTS, MUSCLES & BONES

Celery & Juniper
Curcumin 600 Plus
Curcumin Ultra
Glucosamine & Chondroitin
Glucosamine 1500 Plus
Gout Relief
Green Lipped Mussel 500 mg
Green Lipped Mussel and Turmeric 1500 mg

Magnesium Complex Powder
MSM 750 with Ginger & Devil's Claw
OsteoBlast
Tri-Magnesium Citrate 900 mg
Turmeric & Magnesium
Vitamin D3 1000 IU



Celery & Juniper

HEALTHY URINARY TRACT FUNCTION & MILD ARTHRITIS RELIEF

Each capsule contains:

Apium graveolens (celery) seed extract dry conc. 300 mg equiv. dry seed 3 g, Juniperus communis fruit extract dry conc. 200 mg, equiv. dry fruit 2 g.

► This formulation provides Celery Seed and Juniper Fruit Extracts which are traditionally used to help fluid retention and mild joint pain and soreness, as well as relieve muscle pains and aches.

BENEFITS



DIGESTION & DETOX: Helps maintain normal healthy digestion.



JOINTS, MUSCLES & BONES: Provides relief from mild arthritis or rheumatism symptoms such as pain, joint swelling and inflammation.



WOMEN'S HEALTH: Celery and Juniper are traditionally used in Western Herbal Medicine as diuretics, to help relieve fluid retention and help maintain healthy urinary tract function.

Adults: Take 1 to 2 capsules daily.

Available in 70 capsules



Curcumin 600 Plus

ANTI-INFLAMMATORY

Each capsule contains:

Curcuma longa (turmeric) rhizome extract dry conc. 631.6 mg equiv. to dry rhizome 15.7 g standardised to contain curcuminoids 600 mg, Piper nigrum (Black Pepper) fruit extract dry conc. 5.26 mg equiv. to dry fruit 131.5 mg standardised to contain piperine 5 mg.

► Henry Blooms Curcumin 600 Plus provides a high dose of active curcuminoids, scientifically shown to have an anti-inflammatory action along with a variety of other health benefits.

BENEFITS



DIGESTION: Supports healthy digestive system function, maintains digestive system health, and supports healthy liver function.



JOINTS: Can help reduce pain, joint stiffness and swelling associated with mild arthritis.

Adults: Take 1 capsule twice a day with a meal.

Available in 60 and 120 capsules



Curcumin Ultra

MEGA STRENGTH CURCUMIN

Each tablet contains:

Curcuma longa (turmeric) rhizome extract dry conc. 1.37 g equiv. to dry rhizome 34.2 g standardised to contain curcuminoids 1300 mg, Piper nigrum (Black Pepper) fruit extract dry conc. 12.63 mg equiv. to dry fruit 315.75 mg standardised to contain piperine 12 mg.

► Henry Blooms Curcumin Ultra is a high dose curcumin supplement, providing 1300 mg of active curcuminoids to support joint health, digestive health, liver health and maintain general health and wellbeing.

BENEFITS



DIGESTION: Supports healthy digestive function.



JOINTS: Anti-inflammatory power which helps relieve symptoms of mild osteoarthritis and mild joint aches and pains.

Adults: Take 1 tablet daily with food or as directed by your health professional.

Available in 30 tablets

Glucosamine and Chondroitin

ARTHRITIS RELIEF

Each capsule contains:

Glucosamine hydrochloride 500 mg, Chondroitin sulfate – bovine sodium 400 mg

► Henry Blooms Glucosamine and Chondroitin is formulated for optimal joint support with added cartilage development support.

BENEFITS

JOINTS: Provides temporary relief from the symptoms of mild arthritis and osteoarthritis, helping to reduce the joint swelling and pain associated with these conditions. It also plays a critical role in maintaining structural integrity of cartilage. Glucosamine and Chondroitin can increase the rate of cartilage regeneration, and the effectiveness of Glucosamine is enhanced by combining it with Chondroitin.

It also plays a critical role in maintaining structural health and stimulating regeneration of cartilage.



Adults: Take 1 capsule three times daily.

Available in 90 capsules

Glucosamine 1500 Plus

JOINT AND CARTILAGE HEALTH

Each tablet contains:

Glucosamine hydrochloride 1.5 g (1500 mg), Bovine sodium chondroitin sulfate (Chondroitin) 55.56 mg equiv. Chondroitin sulfate sodium 50 mg, Borax 26.46 mg, equiv. Boron 3 mg, Manganese amino acid chelate 20 mg equiv. Manganese 2 mg, Piper nigrum (Black Pepper) fruit dry extract conc. 5.26 mg equiv. dry fruit 131.5 mg std. to contain Piperine 5 mg.

► Henry Blooms Glucosamine 1500 Plus has been specially formulated with Chondroitin, Boron, Manganese and Black Pepper for optimal joint support.

BENEFITS

JOINTS: Maintains the space between the joints providing joint cushioning, reduces joint inflammation and swelling, supports joint cartilage health and bone health.

The 1500 mg dose has been shown to help relieve the pain associated with mild osteoarthritis and increases joint mobility and reduces mild joint stiffness.



Adults: Take 1 tablet daily.

Available in 180 tablets

Gout Relief

RELIEF FROM SYMPTOMS OF GOUT

Each capsule contains:

Apium graveolens (Celery) seed extract Dry Conc. 260 mg equiv. dry seed 5.2 g (5200 mg), Salix alba (White willow) stem bark Extract Dry Conc. 150 mg equiv. dry stem bark 15 g standardised to contain salicin 120 mg, Ascorbic acid (Vitamin C) 250 mg, Potassium citrate 84.53 mg equiv. potassium 30.6 mg.

► Henry Blooms Gout Relief is formulated with Celery Seed, White Willow Stem Bark, Vitamin C and Potassium Citrate to help reduce the occasional occurrence of symptoms of gout, assist flushing of the urinary tract, relieve mild rheumatic aches and pains, and relieve nervous tension.

BENEFITS

STRESS RELIEF: Potassium Citrate can improve stress levels, contributing to relieving nervous tension.

JOINTS, MUSCLES & BONES: This formula has been traditionally used in Western herbal medicine to relieve mild rheumatic aches and pains. Celery Seed is a natural anti-inflammatory with a history of use in treating arthritis, while White Willow Bark is a natural pain reliever used in the treatment of arthritis and joint pain.



Adults: Take 1 capsule daily.

Available in 40 capsules

Green Lipped Mussel 500 mg

JOINT HEALTH



Each capsule contains:

Green lipped mussel dried (*Perna canaliculus* flesh dry) 500 mg.

► Sourced from the crystal waters of New Zealand, Henry Blooms Green Lipped Mussel utilises the entire mussel flesh, freeze dried to create a complex of amino acids, Omega-3 fatty acids and trace nutrients, which may contribute to its anti-inflammatory properties.

BENEFITS



JOINTS: Green lipped mussel powder is a good source of glycosaminoglycans, which are often used for their beneficial effects on painful and swollen joints. It may also help maintain good joint health and mobility.

Adults: Take 2 capsules daily with meals, or as directed by your health professional.

Available in 120 capsules (Twin Pack)

Green Lipped Mussel and Turmeric 1500 mg

JOINT HEALTH AND ANTI-INFLAMMATORY



Each capsule contains:

Green lipped mussel dried 500 mg, *Curcuma longa* (Turmeric) rhizome Extract dry conc. 75 mg, equiv. dry rhizome 1.5 g (min.) stand. to contain Curcuminoids 48.75 mg, *Piper nigrum* (Black pepper) fruit Extract dry conc. 5.26 mg, equiv. dry fruit 131.5 mg (min.) stand. to contain Piperine (of *Piper nigrum*) 5 mg.

► Henry Blooms Green Lipped Mussel and Turmeric are a powerful anti-inflammatory duo, with black pepper to enhance absorption.

BENEFITS



JOINTS: Anti-inflammatory properties of green lipped mussels enhanced by black pepper combined to assist the temporary relief of arthritic pain and is ideal to use with stiff, swollen joints. Green lipped mussel is a valuable source of nutrients to assist the temporary relief of the pain and inflammation associated with mild arthritis and maintaining normal, healthy joints. Additionally, it may help increase joint mobility associated with arthritis.



DIGESTION & DETOX: Support digestive, gall bladder and liver function. Henry Blooms Green Lipped Mussel & Turmeric with black pepper may also help relieve the symptoms of heartburn.

Adults: Take 2 capsules daily with meals, or as directed by your health professional.

Available in 100 capsules

Magnesium Complex

MUSCLE HEALTH

Each 5 g oral powder dose contains:

Magnesium amino acid chelate 1.7 g (1700 mg) equivalent Magnesium 343 mg, Magnesium orotate dihydrate 106 mg equivalent Magnesium 7 mg, Magnesium glycinate dihydrate 427.4 mg equivalent Magnesium 50.0 mg, Total elemental Magnesium 400 mg, Calcium ascorbate dihydrate 243.5 mg equivalent ascorbic acid 200 mg equivalent Calcium 22.9 mg, L-Glutamine 500 mg, Taurine 1 g (1000 mg), Potassium aspartate 386.5 mg equivalent Potassium 80 mg.

► Great-tasting and easily absorbed, each serve contains 400 mg elemental Magnesium with a variety of important cofactors.

BENEFITS

STRESS RELIEF: May help reduce the frequency and severity of mild tension headaches and supports nervous system health. The amino acid Taurine facilitates the transport of Magnesium, Calcium and Potassium into and out of the body's cells. This formula can also reduce symptoms of stress, and supports energy levels and production.

IMMUNITY: Vitamin C acts as an antioxidant and helps maintain proper immune function.

JOINTS, MUSCLES & BONES: Magnesium helps to relieve and assists in the prevention of muscle cramps, with glutamine helping muscle building and repair. Magnesium is important for healthy bone density.

SPORTS PERFORMANCE: Aids in the prevention of and relief from muscular cramps and spasms, and assists post exercise recovery.



Adults: Take 1 tsp (5 g) daily in water or juice, or as directed by your health professional.

Available in 200 g and 400 g oral powder

MSM 750 with Ginger & Devil's Claw

JOINT & MUSCLE PAIN RELIEF

Each capsule contains:

Dimethyl sulfone (MSM) 750 mg, Zingiber officinale (ginger) root extract dry conc. 40 mg equiv. to dry root 1 g (1000 mg), Harpagophytum procumbens (Devil's Claw) root extract dry conc. 10 mg equiv. to dry root 25 mg std. to contain harpagosides 150 mcg.

► The three core ingredients of MSM, Ginger and Devil's Claw create a powerful formula to assist in the management of pain and inflammation associated with mild arthritis and exercise, and can provide temporary relief to sore joints and muscles.

BENEFITS

JOINTS: May assist with the management of pain and inflammation associated with mild arthritis or exercise, may provide temporary relief to mild joint soreness and mild joint swelling, and assists post exercise recovery.



Adults: Take 1 capsule twice daily with food.

Available in 120 capsules



OsteoBlast

BONE AND MUSCLE HEALTH

Each tablet contains:

Calcium carbonate (Calcium 450 mg) 1.125 g, Hydroxyapatite (Calcium 50 mg) 217.39 mg, Colecalciferol (Vitamin D3 500 IU) 12.5 micrograms, Phytomenadione (Vitamin K1) 23 micrograms, Menaquinone 7 (Vitamin K2) 45 micrograms, Borax (Boron 1 mg) 8.82 mg, Silicon dioxide (Silicon 7.25 mg) 15.52 mg, Heavy magnesium oxide (Magnesium 114.61 mg) 190 mg, Manganese gluconate (Manganese 2.5 mg) 21.93 mg, Copper gluconate (Copper 800 mcg) 5.72 mg, Zinc oxide (Zinc 5 mg) 6.22 mg.

► Henry Blooms OsteoBlast is formulated with Calcium and nine additional co-factors to provide holistic bone and muscle support.

BENEFITS



JOINTS, MUSCLES & BONES: Henry Blooms OsteoBlast is formulated with Calcium, Magnesium, Copper, Manganese, Zinc, Boron, Silicon, Vitamin, Vitamin K1, and Vitamin K2 to aid bone development, promote bone mineralisation, and support bone and muscle strength.

Adults: Take 1 tablet twice a day with water after meals.

Available in 60 tablets



Tri-Magnesium Citrate 900 mg

MUSCLE SUPPORT

Each capsule contains:

Magnesium citrate 900 mg, equivalent to magnesium 139 mg.

► Magnesium is an essential mineral involved in over 300 enzyme systems, helping to regulate Calcium absorption and required for normal nerve and muscle function.

BENEFITS



JOINTS, MUSCLES & BONES: Supports the formation of healthy bones by assisting with the absorption of Calcium.



HEART HEALTH: Supports heart health and cardiovascular system health.



SPORTS PERFORMANCE: Assists in the prevention of muscular cramps and spasms.



ENERGY, STRESS & SLEEP: Relieves fatigue when dietary magnesium intake is inadequate.



WEIGHT LOSS & METABOLISM: Aids carbohydrate metabolism and metabolism of magnesium.

Adults: Take 1 capsule two to three times daily.

Available in 60 and 150 capsules

Turmeric and Magnesium

ANTI-INFLAMMATORY & MUSCLE SUPPORT

Each capsule contains:

Curcuma longa (Turmeric) rhizome extract dry conc. 75 mg equiv. to dry rhizome 1.5 g standardised to contain Curcuminoids 48.75 mg, Heavy magnesium oxide 165.81 mg equiv. to Magnesium 100 mg, Magnesium amino acid chelate 200 mg equiv. to Magnesium 40 mg, Magnesium citrate 453.07 mg equiv. to Magnesium 70 mg Total elemental Magnesium 210 mg, Piper nigrum (black pepper) fruit extract dry conc. 5.26 mg equiv. to dry fruit 131.5 mg standardised to contain Piperine 5 mg.

► Henry Blooms Turmeric & Magnesium combines two potent ingredients for both joints and muscles into a vegetarian capsule, with Black pepper for enhanced absorption and triple action joint and muscle care.

BENEFITS

JOINTS, MUSCLES & BONES: Turmeric is traditionally used in Western Herbal Medicine as an anti-inflammatory to help relieve joint pain. Magnesium supports bone formation, and is an important mineral required for normal nerve and muscle function. Magnesium also helps in the development of healthy teeth and may assist with muscle cramping.

DIGESTION & DETOX: Helps maintain normal healthy digestion.



Available in 60 capsules

Adults: Take 1 tablet daily with food.

Vitamin D3 1000 IU

STRONGER BONES

Each capsule contains:

Cholecalciferol 25 mcg (1000 IU)

► Vitamin D helps the body's absorption of Calcium and Phosphorus, important minerals for bone health. A diet deficient in Calcium can lead to osteoporosis later in life. Vitamin D helps maintain muscle health, function and strength to improve balance and stability in ageing individuals.

BENEFITS

JOINTS, MUSCLES & BONES: Vitamin D helps support and maintain bone mineralisation, health and strength, and helps maintain muscle health, function and strength.

IMMUNITY: Supports immune system health.



Available in 60, 200 and 400 capsules

Adults and children over 12 years: Take 1 capsule daily.



MEN'S HEALTH

His Multi
V-Drive Men



His Multi

MULTI-NUTRIENTS AND ENERGY SUPPORT

Each tablet contains:

Beta-carotene 5.4 mg, Biotin 150 micrograms, Borax 4.41 mg, equiv. boron 500 micrograms, Calcium ascorbate dihydrate 54.47 mg, equiv. ascorbic acid (Vitamin C) 45 mg, equiv. calcium 4.97 mg, Calcium hydrogen phosphate 169.78 mg, equiv. calcium 50 mg, equiv. phosphorus 38.63 mg, Calcium pantothenate 25.56 mg, equiv. pantothenic acid (Vitamin B5) 23.41 mg, equiv. calcium 2.15 mg, Choline bitartrate 120.35 mg, Chromium nicotinate 350 micrograms, equiv. chromium 35 micrograms, Cholecalciferol (Vitamin D3) 0.025 mg (1000 IU), Colloidal anhydrous silica 19.25 mg, equiv. silicon 9 mg, Copper gluconate 8.57 mg, equiv. copper 1.2 mg, Cyanocobalamin (Vitamin B12) 10 micrograms, D-alpha-Tocopheryl acid succinate (Vitamin E) 10 mg, Ferrous fumarate 24.31 mg, equiv. iron 8 mg, Folic acid 400 micrograms, Heavy magnesium oxide 215.52 mg, equiv. magnesium 130 mg, Manganese sulphate monohydrate 8.3 mg, equiv. manganese 2.7 mg, Molybdenum trioxide 67.5 micrograms, equiv. molybdenum 45 micrograms, Nicotinamide (Vitamin B3) 50 mg, Phytomenadione (Vitamin K1) 0.07 mg, Potassium iodide 150.4 micrograms, equiv. iodine 115 micrograms, equiv. potassium 35.4 micrograms, Pyridoxine hydrochloride 30.39 mg, equiv. pyridoxine (Vitamin B6) 25 mg, Riboflavin (Vitamin B2) 15 mg, Selenomethionine 174 micrograms, equiv. selenium 70 micrograms, Thiamine nitrate 18.5 mg, equiv. thiamine (Vitamin B1) 15 mg, Ubidecarenone (Co-Enzyme Q10) 5 mg, Zinc oxide 17.43 mg, equiv. zinc 14 mg, Citrus bioflavonoids extract 12.5 mg, Lycopersicon esculentum fruit extract dry conc. 16 mg from fruit 800 mg, equiv. steroidal alkaloids calculated as solanine 8.8 mg, stand. to contain lycopene 0.8 mg.

► Henry Blooms His Multi is a scientific formulation catering to the tailored needs of men.

Containing vitamins, minerals, and herbs, it supports immune health and energy production, helps relieve fatigue, supports muscle function and prevent nutrition deficiencies from a balanced diet.

BENEFITS



ENERGY: Comprehensive vitamins and minerals formulation optimises energy levels, enhances vitality, and maintains physical endurance for men through regulating metabolism and nutrient absorption.



REPRODUCTIVE SYSTEM: Through optimising the reproductive system functions, it promotes prostate and sperm health, supports healthy reproductive and thyroid hormones, and supports testosterone synthesis.



MUSCLE, BONE & JOINTS: Containing essential substances that are important in supporting muscle health and relaxation, bone health, healthy body tissues, and joint cartilage growth.



HEART & CIRCULATION: It supports blood health and assists in maintaining the transport of oxygen in the body and oxygen levels of blood. It is also formulated to support heart health and healthy cardiovascular system function.

STRESS: It supports nervous system health and maintains healthy stress responses in the body.

Adults: Take one tablet daily with a meal, or as directed by your health professional.

Available in 60 Tablets

V-Drive Men

MEN'S REPRODUCTIVE HEALTH

Each capsule contains:

Trigonella foenum-graecum (Fenugreek – Testofen®) seed dry extract 300 mg derived from T. foenum-graecum seed dry 9.9 g (9900 mg), Zinc amino acid chelate 75 mg equivalent zinc 15 mgm, Magnesium aspartate 200.9 mg equivalent magnesium 16.9 mg, Pyridoxine hydrochloride 6 mg equivalent pyridoxine (Vitamin B6) 4.9 mg.

► Henry Blooms V-Drive Men is a clinically tested formula* that helps maintain healthy testosterone levels. It not only helps men bulk-up their muscle mass, but also helps rev-up their sex drive.

BENEFITS

MEN'S HEALTH: Henry Blooms V-Drive Men is a clinically tested formula* that helps maintain healthy testosterone levels. Libido improvements shown in a clinical trial** include positive effects on sexual arousal, frequency of sexual activity and orgasm.

ENERGY: May help boost energy, increase muscle mass, strength and stamina.

SPORTS PERFORMANCE: V-Drive Men may assist with improved body composition - increased lean body mass, enhanced muscle and diminished visceral fat.



Adults: Take 1 capsule each morning and 1 capsule each evening, before food.

Available in 40 capsules

*Steels et al. Phytother Res. 2011 Sep; 25(9):1294-300; Sponsor: Gencor Pacific.

**Rao et al. Aging Male. 2016 Jun; 19(2): 134-42. Sponsor: Gencor Pacific.



ORAL HEALTH

Kids Probiotic Toothpaste
On the Go Probiotic Mouthwash
Oral Fresh Probiotic
Probiotic Mouthwash
Probiotic Mouthwash Ultra Sensitive
Probiotic Mouthwash Whitening

Probiotic Toothpaste
Probiotic Toothpaste Whitening



Kids Probiotic Toothpaste

HEALTHY TEETH AND GUMS

Ingredients (flavour free):

Glycerin, Water, Hydrated Silica, Sorbitol, Calcium Carbonate, Xylitol, Xanthan Gum, Cocos nucifera (Coconut) Oil, Sodium Lauroyl Sarcosinate, Sodium Benzoate, Aloe barbadensis (Aloe Vera) Leaf Juice, Lactobacillus paracasei GMNL-33 (Dental-Lac®), Carbomer.

*Note: Organic Orange contains Flavour (Organic Orange) and Organic Watermelon contains Flavour (Organic Watermelon).

▶ Henry Blooms Kids Probiotic Toothpaste is full of goodies and none of the nasties. Formulated with a unique probiotic strain, Dental-Lac® and Xylitol effectively work to clean the teeth and gums, combat acids formed by bacteria and compete with non-beneficial bacteria to leave little mouths fresh and clean

BENEFITS



ORAL HEALTH: Henry Blooms Kids Probiotic Toothpaste combines Dental-Lac® and Xylitol to clean the teeth and gums, promote healthy oral microflora, fight non-beneficial bacteria and reduce plaque-causing acids.

Brush gently in a circular motion twice daily. Rinse and spit out after brushing. This toothpaste is safe if swallowed, but swallowing is not recommended.

Available in 50 g



On the Go Probiotic Mouthwash

Probiotic Oral Care

Ingredients:

Water, Glycerine, Polysorbate-20, Propylene glycol, Xylitol, Mentha Piperita (Peppermint) oil, Lactobacillus paracasei GMNL-33 (Dental-lac®), Mentha Viridis (Spearmint) leaf oil, Eugenia Caryophyllus (Clove) flower oil, Methyl paraben, Rosmarinus officinalis (Rosemary) leaf oil, Sodium benzoate, Potassium sorbate, Sativioside, Citric acid.

Free from fluoride, alcohol, aluminium, added sugar, animal products, lactose, parabens, sulphites, titanium dioxide or peroxide.

▶ Henry Blooms On-the-Go Probiotic Mouthwash is specially formulated to promote healthy mouth flora, maintain strong teeth and gums, and provide fresh breath, all without fluoride, alcohol, and peroxide.

BENEFITS



ORAL HEALTH: Henry Blooms On the Go Probiotic Mouthwash combines the power of Dental-Lac® probiotics and natural teeth and gum protection with on-the-go convenience. The single use sachets are your handbag, gym bag or glovebox-friendly companion for when you need an instant freshness boost any time, anywhere. It balances the microflora in the mouth just as probiotics harmonise the gut microbiome, keeping the delicate pH of the mouth in check, whilst combating acids formed by non beneficial strains of bacteria.

Adults: After brushing teeth, rinse mouth thoroughly with 1 sachet (11 mL) mouthwash for 30 seconds.

Available in 11mL*20 Sachets

Oral Fresh Probiotic

PROBIOTIC ORAL CARE

Ingredients:

Xylitol, Mannitol (natural sweeteners), Peppermint leaf (natural flavour), Lactobacillus acidophilus, silicon dioxide (firming agent), magnesium stearate (stabiliser), Lactobacillus paracasei, Streptococcus thermophilus, thaumatin (sweetener).

► Great-tasting Henry Blooms Oral Fresh Probiotic mints freshen your breath, naturally balance the delicate pH in the mouth and help fight harmful bacteria and acids to create a healthy, fresh balance.

Each serve contains 3 probiotic strains delivering 3 billion CFUs to support gastrointestinal health and benefit overall nutrient digestion and absorption



BENEFITS

ORAL HEALTH: Henry Blooms Oral Fresh Probiotic protection helps bring a natural balance of flora to the mouth plus stabilises the pH of the mouth, reduces plaque-causing acids and helps fight bad breath.

Available in 24 chewable probiotic mints

Probiotic Mouthwash

PROBIOTIC MOUTH FRESHNESS

Ingredients:

Water, Glycerin, Polysorbate 20, Xylitol, Sodium benzoate, Mentha Piperita (Peppermint) Oil, Lactobacillus paracasei GMNL-33 (Dental-Lac®), Stevia Rebaudianna Extract, Mentha Viridis (Spearmint) Leaf Oil, Potassium Sorbate, Citric Acid, Eugenia Caryophyllus (Clove) Flower Oil, Rosmarinus Officinalis (Rosemary) Leaf Oil.

► Henry Blooms Probiotic Mouthwash is a gentle, probiotic solution to oral care. Formulated with Dental-Lac® to compete with bad bacteria in the mouth and help balance the mouth's delicate microflora, and without alcohol, which can wipe out the good bacteria in the mouth along with the bad. Natural peppermint leaves you with long-lasting freshness.

BENEFITS

ORAL HEALTH: Henry Blooms Probiotic Mouthwash helps stabilise the natural pH of the mouth, reducing plaque-causing acids and encouraging mouth and breath freshness. Dental-Lac® helps balance the natural flora of the mouth.



Adults: Rinse mouth thoroughly with 20 mL mouthwash for 30 seconds after brushing teeth.

Available in 375 mL



Probiotic Mouthwash Ultra Sensitive

PROBIOTIC MOUTH FRESHNESS

Ingredients:

Water, Glycerin, Sorbitol, Xylitol, Mentha Piperita (Peppermint) Oil, Sodium Benzoate, Calcium Hydroxyapatite, Lactobacillus paracasei GMNL-33 (Dental-Lac®), Mentha Viridis (Spearmint) Leaf Oil, Potassium Sorbate, Citric Acid.

► Henry Blooms Ultra Sensitive Probiotic Mouthwash provides gentle mouth care with the addition of probiotic protection. The non-irritating formula is alcohol and peroxide free, making it gentle enough for sensitive mouths while providing cavity protection and balancing the delicate pH of the mouth. Dental-Lac®, a unique probiotic strain, works to combat acids formed by non-beneficial strains of bacteria and balance the microflora in the mouth.

BENEFITS



ORAL HEALTH: Henry Blooms Probiotic Mouthwash helps stabilise the natural pH of the mouth, reducing plaque causing acids and encouraging mouth and breath freshness. Calcium hydroxyapatite aids the remineralisation of demineralised enamel on the tooth surface, helping to reduce sensitivity and maintain strong, healthy teeth.

Adults: Rinse mouth thoroughly with 20 mL mouthwash for 30 seconds after brushing teeth.

Available in 375 mL



Probiotic Mouthwash Whitening

WHITENING & FRESHNESS

Ingredients:

Water, Glycerin, Cocos Nucifera (Coconut) Oil, Xylitol, Propanediol, Centella Asiatica Extract, Polygonum Cuspidatum Root Extract, Scutellaria Baicalensis Root Extract, Camellia Sinensis Leaf Extract, Glycyrrhiza Glabra (Licorice) Root Extract, Chamomilla Recutita (Matricaria) Flower Extract, Rosmarinus Officinalis (Rosemary) Leaf Extract, Salvia Officinalis (Sage) Extract, Sodium Bicarbonate, Mentha Piperita (Peppermint) Oil, Sodium Benzoate, Lactobacillus paracasei GMNL-33 (Dental-Lac®), Mentha Viridis (Spearmint) Leaf Oil, Potassium Sorbate, Citric Acid.

► Henry Blooms Whitening Probiotic Mouthwash naturally helps to reduce stains and whiten teeth while leaving the mouth minty fresh. Baking soda gently helps to whiten teeth without the need for bleaching or harsh abrasives, while Dental-Lac® and Xylitol work to balance oral microflora and maintain healthy teeth and gums.

BENEFITS



ORAL HEALTH: Henry Blooms Whitening Probiotic Mouthwash contains Dental-Lac®, a functional Lactobacillus probiotic strain formulated for dental hygiene. It has been shown to compete with unhealthy strains of bacteria to help balance oral microflora and maintain healthy teeth and gums. Beneficial bacteria can help in reducing oral pathogens and improving halitosis (bad breath).

Adults: Rinse mouth thoroughly with 20 mL mouthwash for 30 seconds after brushing teeth.

Available in 375 mL

Probiotic Toothpaste

HEALTHY TEETH AND GUMS

Ingredients:

Glycerin, Calcium carbonate, Water, Xylitol, Carrageenan, Sodium bicarbonate, Sodium lauroyl sarcosinate, Mentha piperita (Peppermint oil), Lactobacillus paracasei (Dental-Lac®), Aloe barbadensis (Aloe Vera) leaf juice, Xanthan gum.

► Henry Blooms Probiotic Toothpaste contains Dental-Lac® for healthy mouth flora and a fresher mouth and breath, helping to fight unhealthy strains of oral bacteria, and maintain healthy teeth and gums, with a refreshing peppermint sensation.

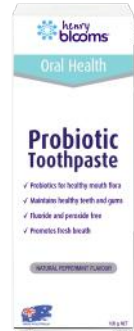
BENEFITS

ORAL HEALTH: Henry Blooms Probiotic Toothpaste helps stabilise the natural pH of the mouth, reducing plaque causing acids and encouraging mouth and breath freshness. Dental-Lac® helps balance the natural flora of the mouth while Xylitol is known to support dental and oral health.



Adults: For best results, brush after every meal or twice a day.

Available in 100 g



Probiotic Toothpaste Whitening

HEALTHY TEETH AND GUMS

Ingredients:

Glycerin, Water, Sorbitol, Hydrated Silica, Xylitol, Sodium Bicarbonate, Calcium Carbonate, Cocos Nucifera (Coconut) Oil, Sodium Lauroyl Sarcosinate, Mentha Piperita (Peppermint) Oil, Xanthan Gum, Sodium Benzoate, Calcium Hydroxyapatite, Aloe barbadensis (Aloe Vera) Leaf Juice, Lactobacillus paracasei GMNL-33 (Dental-Lac®), Carbomer.

► Bring the power of probiotic protection to your mouth with Henry Blooms Whitening Probiotic Toothpaste, formulated to effectively clean the teeth and gums while naturally removing stains and whitening teeth. Without the need for bleaching, Henry Blooms Whitening Probiotic Toothpaste deeply cleanses to remove toxins and stains while supporting a balanced oral microbiota.

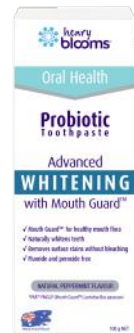
BENEFITS

ORAL HEALTH: Henry Blooms Probiotic Toothpaste helps stabilise the natural pH of the mouth, reducing plaque causing acids and encouraging mouth and breath freshness while whitening the teeth, naturally.



Adults: For best results, brush after every meal or twice a day.

Available in 100 g





PROBIOTICS

Daily Probiotic Broad Spectrum
SB Probiotic

Daily Probiotic Broad Spectrum

RESTORE DIGESTIVE BALANCE

Each capsule contains:

Bifidobacterium lactis 4.5 billion CFU, *Lactobacillus acidophilus* 15 billion CFU, *Lactobacillus rhamnosus* 5.5 billion CFU.

No added sulfites, wheat, gluten, yeast, animal products, milk derivatives, eggs, soy bean products, lactose, sugars, artificial colours, flavours or preservatives.

▶ Henry Blooms Daily Probiotic Broad Spectrum contains 3 probiotic strains to help maintain intestinal beneficial flora, support digestive system health and immune system function.

BENEFITS

DIGESTION: Provides a good source of intestinal flora, helping to control harmful bacteria in the digestive system and relieve symptoms of bloating, gas or flatulence. May also aid in regularity and support healthy digestion.



IMMUNITY: Supports immune system function, maintains gastrointestinal system health, and promotes intestinal good bacteria growth.



Adults and Children over 8 years old:

Take 1 capsule daily, or as directed by your health professional.

Available in 60 capsules

SB Probiotic

GUT AND DIGESTIVE SUPPORT

Each capsule contains:

Saccharomyces cerevisiae (Boulardii) 250 mg (5 billion CFU).

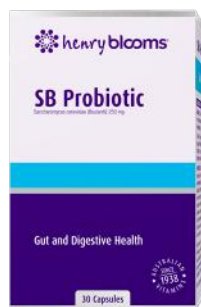
▶ Contains probiotics to support beneficial gut flora, including during antibiotic therapy. Perfect for travel with no refrigeration required.

BENEFITS

DIGESTION: Contains *Saccharomyces cerevisiae* (Boulardii), which may help maintain digestive system health and support good gut flora during antibiotic use. It may also help reduce the occurrence of symptoms of traveller's diarrhoea.



IMMUNITY: Helps maintain healthy populations of beneficial bacteria, essential for the maintenance of healthy gastrointestinal immune function, and works together with the body to re-establish healthy microflora during antibiotic therapy.



Adults: Take 1-2 capsules daily, or as directed by your health professional. Take 2-4 capsules daily to support healthy gastrointestinal function, or as directed by your health professional.

Available in 30 and 60 capsules



SPORTS PERFORMANCE

Acetyl-L-Carnitine 500
Acetyl-L-Carnitine Powder

L-Glutamine Powder
MSM Powder



Acetyl-L-Carnitine 500

FAT METABOLISM

Each capsule contains:
Acetyl levocarnitine hydrochloride 500 mg

► Henry Blooms Acetyl-L-Carnitine 500 benefits include fatty acid metabolism, assisting synthesis of neurotransmitters, increasing muscle energy output during exercise and more.

BENEFITS



SPORTS PERFORMANCE: Acetyl-L-Carnitine is used by athletes and body builders for its ability to increase muscle energy output during exercise.



WEIGHT LOSS & METABOLISM: Acetyl-L-Carnitine is the acetylated form of L-Carnitine which is commonly used as a fat metaboliser.



BRAIN & MEMORY: Helps maintain levels of the neurotransmitter acetylcholine in the brain and may assist in the maintenance of normal mental function in healthy adults.



ENERGY: Helps convert fatty acids into energy and support cellular energy maintenance.

Adults: Take 1 capsule twice daily with meals, or as directed by your health professional.

Available in 60 and 180 capsules



Acetyl-L-Carnitine Powder

FAT METABOLISM

Contains:
Acetyl Levocarnitine Hydrochloride 1 g/g

► Henry Blooms Acetyl-L-Carnitine Powder supports fatty acid metabolism within muscle and provide energy. Acetyl-L-Carnitine is able to cross the blood-brain barrier and provide brain benefits that Carnitine alone cannot.

BENEFITS



SPORTS PERFORMANCE: Acetyl-L-Carnitine is an ideal workout support as it helps increase energy output, stamina and endurance.



BRAIN & MEMORY: Supplies the brain with energy by assisting in the production of acetylcholine, required for proper brain function. Acetyl-L-Carnitine helps synthesis of neurotransmitters.



ENERGY: Acetyl-L-Carnitine supports fatty acid metabolism within the muscle, and the transport of fatty acids to provide energy.



WEIGHT LOSS & METABOLISM: Plays a role in fat metabolism.

Adults: Add 1 g (approx. 1/4 tsp.) once daily to food, juice or water, or as directed by your healthcare professional. Consume immediately after mixing.

Available in 250 g

L-Glutamine Powder

MUSCLE AND GUT HEALTH

Contains:
Glutamine (L-glutamine) 1 g/g

► Glutamine is the most abundant amino acid found in the body, contributing to energy production, immune system health and gastrointestinal mucosal membrane health. During times of physical stress, exercise and exertion, Glutamine reserves are often depleted. L-Glutamine helps support muscle health after exercise, making it a perfect complement to weight training and exercise programmes.

BENEFITS

SPORTS PERFORMANCE: L-Glutamine is necessary for maintenance of muscle mass and prevention of muscle wastage, making it a perfect complement to weight training and exercise programmes.



GASTROINTESTINAL SYSTEM HEALTH: In the gut, L-Glutamine is an important fuel for intestinal mucosal cells. It is important for maintaining the integrity of the intestinal lining and supports normal gut barrier function and permeability.



MUSCLE HEALTH: Glutamine is the most important component of muscle protein, necessary for building and repairing muscle.



Adults: Take 1.5 g (approx. 1/4 tsp) once daily on an empty stomach, preferably in the morning or between meals, or as directed by your health professional. To support muscle health after exercise: Take 5 g (approx. 1 tsp) once daily, or as directed by your health professional.

Available in 300 g



MSM Powder

JOINT AND MUSCLE HEALTH

Each 3 g powder dose contains:
Dimethyl sulfone (Methylsulfonylmethane – MSM) 3 g.

► Henry Blooms MSM Powder is 100% pure crystalline MSM, an easily absorbed source of organic sulphur.

BENEFITS

SPORTS PERFORMANCE: Relieves muscle pain after exercise.



JOINTS, MUSCLES & BONES: Maintains joint cartilage health, supports joint health, muscle health and relieves symptoms of mild arthritis including mild joint aches, pains, stiffness and inflammation.



Adults: Add 3 g (approx. ¾ metric teaspoon) 1 to 2 times daily to food or beverages, or as directed by your health professional.

Available in 300 g oral powder.





SKIN, HAIR & NAILS

Horse Chestnut 1500 mg
Night Collagen 7 Days
Super Colloidal Silica 300 mg

Horse Chestnut 1500 mg

MILD VARICOSE VEINS RELIEF

Each capsule contains:

Aesculus hippocastanum seed extract dry conc. 250 mg equiv. dry seed 1.5 g standardised to contain Escin 50 mg.

► Henry Blooms Horse Chestnut 1500 mg helps relieve symptoms of mild varicose veins, including leg aching, heaviness, leg swelling and pain. Horse Chestnut is traditionally used in Western herbal medicine to reduce symptoms of haemorrhoids, help manage muscle strain, and reduce leg cramps.

BENEFITS

MILD VARICOSE VEINS RELIEF: Horse Chestnut helps to support blood capillary health and reduce the appearance of mild varicose veins.

HEALTHY BLOOD CIRCULATION: Horse Chestnut helps to relieve mild inflammation and helps to relieve the pain and swelling associated with mild varicose veins. Horse Chestnut is traditionally used in Western herbal medicine to relieve leg cramps and help in the management of muscle strains.



Adults: Take 2 capsules daily, or as directed by your health professional.

Available in 90 capsules

Night Collagen 7 Days

SKIN, HAIR AND NAIL HEALTH

Each sachet contains:

Multiply Plus® bio-fermented probiotic concentrate [Papaya, Marine Collagen, Maqui Berry, Sour Cherry, Humulus Lupulus (Hops), Valeriana Officinalis (Valerian)], glycerol (natural vegetable sweetener), berry flavour, xanthan gum, citric acid, silica, potassium sorbate, sodium benzoate. Contains Fish. Not suitable for Vegans or Vegetarians

► Henry Blooms Night Collagen 7 Days is formulated for healthy digestive systems to support healthy skin, hair and nails.

BENEFITS

DIGESTIVE SUPPORT: Our formula includes 6 gut-repairing probiotic strains to improve wellbeing and enhance health and beauty while you snooze. The strains used during the fermentation process include Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus plantarum, Lactobacillus bulgaricus, Bifidobacterium lactis, Saccharomyces.



SKIN, HAIR & NAILS: Henry Blooms' unique 5-stage bio-fermentation process, collagen (marine collagen) rich MultiplyPlus®, produces a nutrient-rich, highly bioavailable gel of raw probiotics that the body can soak up straight away to support healthy skin, hair, and nails.



Adults: Consume one full sachet per day 1-2 hours before bed.

Super Colloidal Silica 300 mg

SKIN, HAIR AND NAIL HEALTH

Each capsule contains:

Colloidal anhydrous silica 300 mg equivalent Silicon 140 mg.

► Henry Blooms Super Colloidal Silica is formulated for healthy hair, skin, nails and connective tissue.

BENEFITS

SKIN, HAIR & NAILS: Henry Blooms Super Colloidal Silica contains Silica microparticles in a colloidal form, which allows for easier absorption and utilisation in the body. Silica is required for healthy connective tissues including skin, hair, nails, bones and cartilage. Insufficient Silica is associated with brittle and weak nails and hair.



CONNECTIVE TISSUE & BONES: Silica is involved in the formation of healthy collagen in connective tissues and is an important component of teeth and supports the bone matrix. It is one of the essential nutrients for the development of healthy bone density.



Adults: Take 1-2 capsules daily with a meal, or as directed by your health professional.

Available in 60 capsules and twin pack (2 x 60 capsules)



VITAQIK® LIPOSOMAL SPRAYS

VitaQIK® Liposoma Energy CoQ10 Oral Liquid

VitaQIK® Liposomal Immunity Elderberry Oral Liquid

VitaQIK® Liposomal Turmeric Oral Liquid

VitaQIK® Liposomal Vitamin B12 Oral Liquid

VitaQIK® Liposomal Vitamin C Oral Liquid

VitaQIK® Liposomal Vitamin D3 + K2 Oral Liquid

VitaQIK® Liposomal Energy CoQ10 Oral Liquid

LIPOSOMAL ENERGY SUPPORT

Each 2 mL dose contains:
Ubidecarenone (CoQ10) 50 mg.

- ▶ VitaQIK® is the simple way to deliver targeted nutrients for maximum uptake and vibrant good health. All VitaQIK® formulas are sugar free, vegan friendly and taste delicious. Sublingual liposomal delivery enhances absorption.

B E N E F I T S

HEART HEALTH: Supports cardiovascular system health and heart health.



ENERGY SUPPORT: Supports energy production and maintains CoQ10 levels in the body.



Adults: Shake well before use. Spray 2 mL (4 sprays) under the tongue once daily, or as directed by your health professional. Hold liquid under the tongue for 5 seconds before swallowing.

Available in 50 mL



VitaQIK® Liposomal Immunity Elderberry Oral Liquid

LIPOSOMAL IMMUNE SUPPORT

Each 1 mL dose contains:
Ascorbic acid (Vitamin C) 25 mg, Sambucus nigra (Elderberry) fruit extract dry conc. 76 mg equiv. dry fruit 3.8 g

- ▶ VitaQIK® is the simple way to deliver targeted nutrients for maximum uptake and vibrant good health. All VitaQIK® formulas are sugar free, vegan friendly and taste delicious. Sublingual liposomal delivery enhances absorption.

B E N E F I T S

IMMUNITY: Supports immune system health.



SKIN HEALTH: Supports collagen formation and skin health.



Adults: Shake well before use. Spray 1 mL (2 sprays) under the tongue once daily, or as directed by your health professional. Hold liquid under tongue for 5 seconds before swallowing.

Available in 50 mL



VitaQIK® Liposomal Turmeric Oral Liquid

LIPOSOMAL ANTI-INFLAMMATORY ACTION

Ingredients:

Water, natural sweetener (glycerol), ethanol, lecithin, Turmeric extract powder*, citric acid, flavour (Pineapple), Lemon oil, thaumatin, menthol, sodium benzoate, potassium sorbate.

*equivalent 2000 mg Turmeric per serve.

- ▶ VitaQIK® is the simple way to deliver targeted nutrients for maximum uptake and vibrant good health. All VitaQIK® formulas are sugar free, vegan friendly and taste delicious. Sublingual liposomal delivery enhances absorption.

B E N E F I T S

ANTI-INFLAMMATION: Turmeric has become very well known for its health benefits with an affinity for joint and brain health.



Adults: Shake well before use. Spray 2 mL (4 sprays) under the tongue once daily, or as directed by your health professional. Hold liquid under the tongue for 5 seconds before swallowing.

Available in 50 mL





VitaQIK® Liposomal Vitamin B12 Oral Liquid

LIPOSOMAL ENERGY & NERVOUS SYSTEM SUPPORT

Each 1 mL dose contains:

Cyanocobalamin 500 micrograms (Vitamin B12)

► VitaQIK® is the simple way to deliver targeted nutrients for maximum uptake and vibrant good health. All VitaQIK® formulas are sugar free, vegan friendly and taste delicious. Sublingual liposomal delivery enhances absorption.

BENEFITS



ENERGY: Supports healthy red blood cell production and energy production.



SPORTS PERFORMANCE: Aids the metabolism of macronutrients, including carbohydrates, proteins and fats.



IMMUNITY: Supports healthy immune and nervous function.

Adults: Shake well before use. Spray 1 mL (2 sprays) under the tongue once daily, or as directed by your health professional. Hold liquid under the tongue for 5 seconds before swallowing.

Available in 50 mL



VitaQIK® Liposomal Vitamin C Oral Liquid

LIPOSOMAL ANTIOXIDANT ACTION

Each 2 mL dose contains: Ascorbic acid (Vit C) 180 mg, Sodium ascorbate 79.2 mg equiv.

Ascorbic Acid (Vit C) 70 mg.

Total Vitamin C 250 mg

► VitaQIK® is the simple way to deliver targeted nutrients for maximum uptake and vibrant good health. All VitaQIK® formulas are sugar free, vegan friendly and taste delicious. Sublingual liposomal delivery enhances absorption.

BENEFITS



IMMUNITY: Supports immune system health. Antioxidant action reduces free radical damage to body cells.



SKIN HEALTH: Supports skin health and collagen formation.

Adults: Shake well before use. Spray 2 mL (4 sprays) under the tongue once daily, or as directed by your health professional. Hold liquid under the tongue for 5 seconds before swallowing.

Available in 50 mL



VitaQIK® Liposomal Vitamin D3 and K2 Oral Liquid

LIPOSOMAL BONE SUPPORT

Each 2 mL dose contains:

Colecalciferol (Vitamin D3 1000 IU) 25 micrograms, Menaquinone 7 (Vitamin K2) 10 micrograms

► VitaQIK® is the simple way to deliver targeted nutrients for maximum uptake and vibrant good health. All VitaQIK® formulas are sugar free, vegan friendly and taste delicious. Sublingual liposomal delivery enhances absorption.

BENEFITS



IMMUNITY: Supports healthy immune system function.



JOINTS, MUSCLES & BONES: Maintains bone health, supports bone mineralisation, promotes calcium absorption and maintains healthy calcium levels. Helps prevent dietary Vitamin D and K2 deficiencies.

Adults: Shake well before use. Spray 2 mL (4 sprays) under the tongue once daily, or as directed by your health professional. Hold liquid under the tongue for 5 seconds before swallowing.

Available in 50 mL



WOMEN'S HEALTH

Cranberry 35,000mg Plus
Evening Primrose Oil 1000 mg
Her Multi
Lady-Lac® Cranberry 60,000 with Probiotics

Lady-Lac® Probiotic Intimate Spray
Lady-Lac® Probiotic Intimate Wash
Raspberry Leaf 2000



Cranberry 35,000mg Plus

Urinary Tract Health

Each capsule contains:

Vaccinium macrocarpon (Cranberry) fruit extract dry conc. 200 mg equiv. fresh fruit 5 g
Vaccinium macrocarpon (Cranberry) fruit extract dry conc. 50 mg equiv. fresh fruit 30 g
Colloidal anhydrous silica 53.53 mg (silicon 25 mg) Ascorbic acid (Vitamin C) 50 mg

► Henry Blooms Cranberry 35,000mg Plus supports urinary tract health, reduces medically diagnosed cystitis, and promotes skin health and repair.

BENEFITS



URINARY TRACT HEALTH: With potent cranberry fruit extract, it supports a healthy urinary system and reduces occurrence of cystitis.



SKIN HEALTH: Enriched with Vitamin C, it also promotes skin repair and overall skin health. Enjoy the benefits inside and out!

Adults: Take 1 capsule 2-3 times daily with meals, or as directed by your health professional.

Available in 30 Capsules



Evening Primrose Oil 1000 mg

PREMENSTRUAL TENSION RELIEF AND SKIN HEALTH

Each capsule contains:

Evening Primrose Oil 1 g (1000 mg) equiv. gamma-Linolenic acid (GLA) 100 mg

► Henry Blooms Evening Primrose Oil 1000 mg is a rich natural source of the Omega-6 essential fatty acid gamma-Linolenic acid (GLA). GLA is converted in the body to prostaglandins, which are hormone-like compounds which help to regulate a number of bodily functions, including the female reproductive system, and support good health and wellbeing.

BENEFITS



WOMEN'S HEALTH: Supports female healthy hormonal balance and is traditionally used in Western herbal medicine to relieve symptoms of premenstrual tension.



SKIN: Traditionally used in Western herbal medicine to maintain skin health and skin integrity and relieve symptoms of mild eczema, such as itchy skin.

Adults: Take 1 capsule 2-3 times daily with meals, or as directed by your health professional.

Available in 200 capsules



Her Multi

Beneficial Multi-Nutrients Energy Support for Her

Each capsule contains:

Vaccinium macrocarpon (Cranberry) fruit extract dry conc. 200 mg equiv. fresh fruit 5 g
Vaccinium macrocarpon (Cranberry) fruit extract dry conc. 50 mg equiv. fresh fruit 30 g
Colloidal anhydrous silica 53.53 mg (silicon 25 mg) Ascorbic acid (Vitamin C) 50 mg

► Henry Blooms Her Multi is an innovative formula to cater to the essential nutritional needs for women in addition to a balanced diet. One a day, it supports immune health, promotes energy production, helps relieve fatigue, supports healthy hair, skin and nails in modern women's busy lifestyle.

BENEFITS



ENERGY CREATION: Comprehensive vitamins and minerals formulation optimises energy levels for women through regulating metabolism and enhancing nutrient absorption.



REPRODUCTIVE SYSTEM SUPPORT: Henry Blooms Her Multi optimises the female reproductive system functions through providing full spectrum of nutrient needs and powerful anti-oxidant ingredients.



MUSCLES, BONE & JOINTS: Containing key substances that are important in muscle growth, bone density maintenance, and joint health, Henry Blooms Her Multi supports musculoskeletal structure health.



CARDIOVASCULAR SYSTEM HEALTH: Assist in maintaining oxygen levels of blood, support blood health and support

Adults: Take 1 capsule 2-3 times daily with meals, or as directed by your health professional.

Available in 60 Film Coated Tablets

Lady-Lac® Cranberry 60,000 with Probiotics

PROBIOTIC & VAGINAL HEALTH

Each capsule contains:

Vaccinium macrocarpon (Cranberry) fruit extract dry conc. 100 mg equiv. dry fruit 60 g, Lactobacillus reuteri 1.5 Billion CFU, Lactobacillus rhamnosus 1.5 Billion CFU, Lactobacillus plantarum 30 mg

► Lady-Lac® Cranberry 60,000 with Probiotics is a high strength one-a-day oral capsule formula combining Cranberry and probiotics to support women's health, including female urinary tract health and maintaining vaginal healthy flora. Lady-Lac® Cranberry 60,000 With Probiotics is suitable for use every day to support women's vibrant health and wellbeing.

BENEFITS

WOMEN'S HEALTH: The Cranberry content of Lady-Lac® Cranberry 60,000 With Probiotics can help prevent the occurrence of medically diagnosed cystitis caused by urinary tract infections (UTIs), relieves burning and irritation upon urination associated with medically diagnosed cystitis, supports urinary tract health and maintains healthy urinary tract function.

VAGINAL HEALTHY FLORA: Each dose of Lady-Lac® Cranberry 60,000 with Probiotics contains 3 billion CFUs of probiotics, and 30 mg postbiotics to support vaginal healthy flora.



Adults: Take 1 capsule daily with a meal, or as directed by your health professional.
Children under 18 years old: Only as professionally prescribed.

Available in 30 capsules



Lady-Lac® Probiotic Intimate Spray

ON-THE-GO FRESHNESS

Ingredients:

Rose Water, Glycerol, Aloe Barbadensis Leaf Juice, Cocamidopropyl Betaine, Sodium Lauroyl Methyl Isethionate, Saccharomyces, Ferment Lysate Filtrate, Lactobacillus plantarum (Lady-Lac®), Menthol, Sodium Methyl Oleoyl Taurate, Dehydroacetic Acid, Benzyl Alcohol, Coco-Glucoside, Lauryl Glucoside, Rose Damask Absolute (Rosa Damascena Flower Oil), Citric Acid, Sodium Benzoate, Potassium Sorbate, Fragrance (White tea).

► Your handbag companion for on-the-go freshness. Formulated with subtle white tea scent, an antioxidant-rich, boosted form of Aloe Vera and probiotics to harmonise the microflora of the intimate area and provide lasting freshness.

Spray on intimate areas or panty to provide long-lasting fragrance and freshness.

Available in 30 mL



Lady-Lac® Probiotic Intimate Wash

DAILY VAGINAL FRESHNESS

Ingredients:

Aqua, Cocamidopropyl Betaine, Sodium, Lauroyl Methyl Isethionate, Aloe Barbadensis, Leaf Juice, Glycerol, Sodium Methyl Oleoyl, Taurate, Polyquaternium-39, Saccharomyces, Ferment Lysate Filtrate, Lactobacillus plantarum (Lady-Lac®), Menthol, Lauryl Glucoside, Coco-Glucoside, Dehydroacetic Acid, Benzyl Alcohol, Citric Acid, Sodium Benzoate, Potassium Sorbate, Fragrance (White tea).

► A soap-free daily wash with subtle white tea fragrance which nourishes, hydrates and moisturises intimate skin, reducing inflammation and itchiness while soothing the skin.

Formulated with an antioxidant-rich, boosted form of Aloe Vera and added probiotics, this gentle wash balances the delicate pH in the vagina for optimal harmony.

Pump small amount onto hand and apply to intimate area. Rinse thoroughly with warm water.

Available in 250 mL





Raspberry Leaf 2000

FEMALE REPRODUCTIVE TONIC

Each capsule contains:

Rubus idaeus (Raspberry) extract equivalent to dry leaf 2 g (2000 mg)

► Henry Blooms Raspberry Leaf 2000 acts as an antispasmodic to help relieve menstruation pain and help relieve heavy periods.

BENEFITS



WOMEN'S HEALTH: Raspberry Leaf has been traditionally used in Western herbalism as a general female reproductive tonic and to help with the relief of dysmenorrhoea.

Adults: Take 1 to 2 capsules twice daily.

Available in 60 capsules

**80 YEARS OF
HERBAL MASTERY
FOR **MAXIMUM** EFFECTIVENESS**



Henry Blooms health products have sat side by side with Australian families through it all; your child's first cold, your parents' arthritic pain, and we know you turn to us for support to de-stress and get a good night's sleep after a long day. Our customers are our family, and with our ingrained dedication to support our customers with health and wellness throughout all stages of their lives, whilst leading the way in advanced innovations for future generations, you can rely on Henry Blooms to nurture healthy and happy families with quality and trusted vitamins, supplements and gut-loving probiotics for generations to come.

Henry Blooms is a family company big on heart and integrity, supporting and caring for the health of Australian families since 1938.

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WARNINGS: ALWAYS READ THE LABEL. FOLLOW THE DIRECTIONS FOR USE. THIS PRODUCT MAY NOT BE RIGHT FOR YOU. READ THE LABEL BEFORE PURCHASE. IF SYMPTOMS PERSIST, TALK TO YOUR HEALTH PROFESSIONALS. VITAMIN AND MINERAL SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET.