



Chiatah

[Chia Seeds] RRP \$6.95/150 grams
P 08 9228 2215
www.chiatah.com.au

Chiatah is the high quality, Australian super-wholefood 'chia seed' grown on the fertile Kimberley plains, in Western Australia. Chiatah is one of the richest known sources of plant-based Omega 3 and 6, high in protein, fibre, antioxidants and a range of vitamins and minerals. With little taste or aroma, sprinkle Chiatah over muesli, yoghurt and salads, or mix with water to add to soups, juices and shakes. Chiatah is simple way to enhance your nutrition! The first 1000 Options readers to email offer@thechiaco.com.au with your name and address will receive a free Chiatah sample.



Organic Mattresses

[Blessed Earth] RRP single \$995, queen \$1475.
P 07 54785898
www.blessedearth.com.au

The Blessed Earth wool mattress represents a revolutionary step forward in the Australian bedding industry. There are many claims made about products that use organic materials. Blessed Earth has gone one step further and released a Demeter certified, wool mattress, available in all sizes from bassinet to super-king. They consist of Biodynamic wool on the inside and organic cotton on the outside. Wool breathes and keeps you perspiration free. It feels completely natural to the human body, thereby allowing a deep, rejuvenating sleep. Each one is hand crafted with a 5 year guarantee, and of course is supremely comfortable. (Also available is an uncertified version).



Vital Greens

[Vital Greens] RRP \$188.95/1kg
P 1800 678 919
www.vitalgreens.com.au

Containing over 76 essential nutrients, Australia's most comprehensive superfood has two more ingredients to boost its effectiveness: Certified Organic Inulin (Fructo-Oligo Saccharides), which helps gastro-intestinal health and to stabilise the probiotics in the formula; plus high antioxidant, Certified Organic Cacao extract, which helps support healthy cholesterol levels. One dessertspoon per day delivers naturally-occurring, whole food sourced vegetable protein, vitamins, minerals, pro-biotics, antioxidants, trace elements, anthocyanidins, and omega 3, 6 and 9 essential fatty acids. Along with an improved taste, the powder form ensures maximum absorption, far superior to tablets and capsules.



Hilde Hemmes' Herbs

[Cranberry 10 000] 60 Capsules - RRP \$22.62
P 08 8264 2453
www.herbalsupplies.com.au

In recent years, the Cranberry has gained considerable recognition in Australia for its therapeutic effect on the urinary tract. Approximately 1.2% of all GP consultations relate to urinary tract health, according to the Australian Family Physician April 2000. Hilde Hemmes' Cranberry 10 000 replicates the complete phytochemical profile of whole cranberries, sealed in an easy-to-take, natural vegetable capsule. It contains Cran-Max®, which is a clinically-proven ingredient and is antibacterial, having a bacterial anti-adhesion effect (including to E.coli). Hilde Hemmes' Cranberry also reduces unpleasant urinary odours and has potent antioxidant activity.



Flora Foundation

[Zuii] RRP \$58.95/10g
P 1300 762 025
www.zuiiorganic.com

New and natural, start to wear flowers on your face! Experience the only 100% certified organic, cosmetics range produced from flowers, including: Organic Rose petals, Organic Chamomile flowers and Organic Jasmine Flowers. Zuii Certified Organics has embraced the essence of nature with a unique blend of Certified Organic Flora ingredients to nurture, protect and improve the health of your skin and the earth. Zuii's timeless and evolving colour palette is created with the benefits of organic floral ingredients, essential oils, vitamins and minerals to allow you to create any look you desire. In commitment to love of Nature and Organics, Zuii is not tested on animals, has no petrochemicals, does not use parabens or talc, and has no GM ingredients.

display
range



SunClear SPF 30+ Sunscreen

[Graham's Natural Alternatives] 50g rrp \$13.95
P 07 5596 1708
www.itchy.net.au

Graham's Natural Alternatives are the leaders in natural skin care in Australia for people who suffer from Eczema and Psoriasis. They are proud to introduce the newest product to their range of unique skin products: 'SunClear' SPF 30+ 2 hour water-resistant Natural sunscreen. The active ingredient in this amazing sunblock protection is 26% Zinc Oxide. Graham's Natural Alternatives use the latest micro-fine technology so that the sun screen goes onto the skin clear. 'SunClear' has broad spectrum protection that reflects both UVA and UVB rays. In Graham's Natural Alternatives 'SunClear' there is no Titanium Dioxide, nor chemical sun-filters. This product is suitable for the whole family, great for those with very sensitive skin and especially excellent for children.



Ocean Mineral Superfood

[Cea Life] 250ml Spray Bottle rrp \$14.95
P 1300 361 199
www.cea-life.com

Cea Ocean Mineral Superfood is the new, certified organic, Aussie super salt, capturing all the mineral goodness of the ocean. Cea contains 70% less sodium than conventional table salt and 100% more trace minerals, including iodine in its natural state. Beautifully clean with a clear sharp flavour, no other salt comes near the mineral content of Cea. It has essential salts the way nature intended, such as magnesium, potassium, calcium, selenium, and silica. Containing over 80 trace mineral elements captured in a natural, fully-dissolved state, perfectly balanced to your body's requirements. Spray Cea onto your food or add it to your drinking water, it is easy and convenient and enjoy the real flavour of full ocean mineral vitality.