



{ Vitalise & Cleanse }
GURU

filtered water. banana. spinach. chia seeds. spirulina. vegan probiotics. brahmi. tulsi."

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	998kJ	200kJ	
Protein	4.6g	0.9g	
Fat, total	2.0g	0.4g	
-Saturated	0.2g	0.0g	
Carbohydrate	46g	9.2g	
-Sugars	29.0g	5.8g	
Sodium	8mg	2mg	



{ Soothe & Replenish }
LASSI

coconut water. mango. coconut yoghurt. aloe vera. peppermint. spirulina. ginger. chamomile. marshmallow root. salt.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	1010kJ	202kJ	
Protein	3.5g	0.7g	
Fat, total	6.4g	1.3g	
-Saturated	5.4g	1.1g	
Carbohydrate	37.4g	7.5g	
-Sugars	33.9g	6.8g	
Sodium	54mg	11mg	



{ Balance & Peace }
SHANTI

coconut water. avocado. coconut yoghurt. chia seeds. mint. aloe vera. stevia. marshmallow root. calendula.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	1650kJ	329kJ	
Protein	5.3g	1.1g	
Fat, total	29.8g	6.0g	
-Saturated	12.0g	2.4g	
Carbohydrate	23.2g	4.6g	
-Sugars	17.1g	3.4g	
Sodium	71mg	14mg	



{ Harmonise & Glow }
YIN

strawberries. filtered water. cashews. maca. ashwagandha. shatavari. vanilla stevia.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	1670kJ	334kJ	
Protein	11.4g	2.3g	
Fat, total	28.1g	5.6g	
-Saturated	4.7g	0.9g	
Carbohydrate	19.8g	4.0g	
-Sugars	13.2g	2.6g	
Sodium	14mg	3mg	



{ Energise & Awaken }
YANG

almond milk. banana. coconut mylk powder. dates. hemp protein. sea salt. caramel stevia. brahmi. astragalus. cinnamon.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	2180kJ	437kJ	
Protein	13.4g	2.7g	
Fat, total	30.9g	6.2g	
-Saturated	14.3g	2.9g	
Carbohydrate	43.8g	8.8g	
-Sugars	31.2g	6.2g	
Sodium	356mg	71mg	



{ Elevate & Immortalise }
AMBROSIA

almond mylk. banana. blueberries. raspberries. chia seeds. açai. lucuma. Radiance Elixir Powder.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	1950kJ	390kJ	
Protein	9.2g	1.8g	
Fat, total	12.3g	2.5g	
-Saturated	2.4g	0.5g	
Carbohydrate	72.5g	14.5g	
-Sugars	45.9g	9.2g	
Sodium	208mg	42mg	



{ Balance & Vitalise }
LOVELY DAYS

almond mylk. mango. chia seeds. tumeric. tulsi. schisandra. sea salt. vanilla stevia.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	1950kJ	390kJ	
Protein	11.9g	2.4g	
Fat, total	32.1g	6.4g	
-Saturated	2.1g	0.4g	
Carbohydrate	28.0g	5.6g	
-Sugars	26.0g	5.2g	
Sodium	119mg	24mg	



{ Protect & Alkalis }
PURIFY

filtered water. ginger. apple cider vinegar. pau d'arco. schisandra. turmeric. stevia.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	87kJ	17kJ	
Protein	0.5g	0.1g	
Fat, total	0.3g	0.1g	
-Saturated	0.1g	0.0g	
Carbohydrate	3.1g	0.6g	
-Sugars	1.2g	0.2g	
Sodium	11mg	2mg	



{ Glow & Beautify }
ROSE BEAUTY

filtered water. lime juice. tremella. rose water. shatavari. she oak. stevia. rose petals.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	56kJ	11kJ	
Protein	0.4g	0.1g	
Fat, total	0.1g	0.0g	
-Saturated	0.0g	0.0g	
Carbohydrate	0.6g	0.1g	
-Sugars	0.6g	0.1g	
Sodium	6mg	1mg	



{ Detox & Restore }
RECOVERY

alkaline water. The Beauty Chef Hydration Elixir. lemon juice. triphala. activated charcoal.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	422kJ	84kJ	
Protein	0.2g	0.0g	
Fat, total	0.1g	0.0g	
-Saturated	0.0g	0.0g	
Carbohydrate	25.2g	5.0g	
-Sugars	0.9g	0.2g	
Sodium	7mg	1mg	



{ Restore & Fortify }
UNEARTHED

carrot. beetroot. lemon. ginger. burdock.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	1080kJ	216kJ	
Protein	6.8g	1.4g	
Fat, total	0.8g	0.2g	
-Saturated	0.0g	0.0g	
Carbohydrate	39.0g	7.8g	
-Sugars	38.6g	7.7g	
Sodium	291mg	58mg	



{ Cleanse & Defend }
RADIANT

carrot. apple. ginger. lemon. turmeric. astragalus.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	1160kJ	231kJ	
Protein	5.5g	1.1g	
Fat, total	0.8g	0.2g	
-Saturated	0.1g	0.0g	
Carbohydrate	45.2g	9.0g	
-Sugars	43.1g	8.6g	
Sodium	234mg	47mg	



{ Protect & Support }
SUNSHINE C

orange. lemon. ginger. turmeric. bee pollen.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	884kJ	117kJ	
Protein	3.6g	0.7g	
Fat, total	0.9g	0.2g	
-Saturated	0.2g	0.0g	
Carbohydrate	37.7g	7.5g	
-Sugars	35.8g	7.2g	
Sodium	36mg	7mg	



{ Alkalis & Nourish }
GARDEN

celery. cucumber. apple. broccoli. spinach. cos. coriander. nettle.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	760kJ	152kJ	
Protein	7.4g	1.5g	
Fat, total	0.8g	0.2g	
-Saturated	0.1g	0.0g	
Carbohydrate	27.2g	5.4g	
-Sugars	26.8g	5.4g	
Sodium	264mg	53mg	



{ Refresh & Enhance }
WILDERNESS

apple. celery. lemon. mint. spinach. ginger. schisandra.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	982kJ	196kJ	
Protein	4.0g	0.8g	
Fat, total	0.5g	0.1g	
-Saturated	0.1g	0.0g	
Carbohydrate	42.7g	8.6g	
-Sugars	41.4g	8.3g	
Sodium	242mg	48mg	



{ Purify & Replenish }
FIELDS

celery. cucumber. broccoli. cos. spinach. parsley. lemon. dandelion.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	427kJ	85kJ	
Protein	7.8g	1.6g	
Fat, total	1.0g	0.2g	
-Saturated	0.1g	0.0g	
Carbohydrate	8.2g	1.6g	
-Sugars	8.2g	1.6g	
Sodium	337mg	67mg	



{ Restore & Balance }
DETOX TEA

filtered water. chai seeds. rooibos. dandelion root. coriander seed. cinnamon husk. peppercorn. turmeric. stevia.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	177kJ	36kJ	
Protein	1.6g	0.3g	
Fat, total	3.0g	0.6g	
-Saturated	0.3g	0.1g	
Carbohydrate	0.7g	0.1g	
-Sugars	0.0g	0.0g	
Sodium	6mg	1mg	



{ Enhance & Extend }
LONGEVITY TEA

alkaline water. The Beauty Chef Antioxidant. lemon juice. jiaogulan goji berries.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	1kJ	0kJ	
Protein	0.0g	0.0g	
Fat, total	0.0g	0.0g	
-Saturated	0.0g	0.0g	
Carbohydrate	0.8g	0.2g	
-Sugars	0.2g	0.0g	
Sodium	5mg	1mg	



{ Nourish & Soothe }
PEACE MYLK

almond mylk. filtered water. coconut mylk powder. dates. almond butter. passionflower. chamomile. cardamom. cinnamon. nutmeg. ginger. fennel. pepper. star anise. cloves. sea salt.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	1800kJ	360kJ	
Protein	18.2g	3.6g	
Fat, total	34.6g	6.9g	
-Saturated	7g	1.4g	
Carbohydrate	11.9g	2.4g	
-Sugars	8.2g	1.6g	
Sodium	299mg	60mg	



{ Support & Adapt }
CACAO BLISS

almond mylk. dates. cacao. cinnamon. vanilla stevia. maca. tulsi. sea salt.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	1640kJ	329kJ	
Protein	10.8g	2.2g	
Fat, total	14.6g	2.9g	
-Saturated	4.4g	0.9g	
Carbohydrate	66.1g	13.2g	
-Sugars	40.3g	8.0g	
Sodium	324mg	65mg	



{ Nurture & Nourish }

MOTHER'S MYLK

almond mylk. dates. hemp protein. turmeric. tulsii. nettle. fenugreek. ginger. cinnamon. cardamom. peppercorn. cayenne. sea salt.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	1600kJ	321kJ	
Protein	13.1g	2.6g	
Fat, total	20.7g	4.1g	
-Saturated	1.7g	0.3g	
Carbohydrate	33.2g	6.6g	
-Sugars	30.7g	6.2g	
Sodium	182mg	36mg	



{ Soothe & Nourish }

LUNA SOUP

navy beans. olive oil. onion. celery. leek. cauliflower. sea salt. garlic. white miso (soy). pepper. umeboshi vinegar. mirin. tahini (sesame). water.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	811.6kJ	234.57kJ	
Protein	8.7g	2.52g	
Fat, total	6.96g	2.01g	
-Saturated	0.44g	0.13g	
Carbohydrate	22.17g	6.41g	
-Sugars	4.62g	1.33g	
Sodium	933.05mg	289.67mg	



{ Protect & Support }

GREEN SOUP

vegetable stock. broccoli. onion. navy beans. mirin. leek. celery. white miso (soy). umeboshi vinegar. tahini (sesame). olive oil. garlic. sea salt. pepper.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	995kJ	221kJ	
Protein	10.2g	2.3g	
Fat, total	8.9g	1.9g	
-Saturated	0.5g	0.1g	
Carbohydrate	27.0g	6.0g	
-Sugars	4.2g	0.6g	
Sodium	1.2mg	0.3mg	



{ Ground & Nourish }

EARTH SOUP

pumpkin. water. onion. mirin. celery. umeboshi vinegar. white miso (soy). tahini (sesame). ginger. olive oil. sea salt.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	684kJ	152kJ	
Protein	5.0g	1.0g	
Fat, total	8.2g	1.8g	
-Saturated	0.5g	0.1g	
Carbohydrate	15.5g	3.6g	
-Sugars	2.7g	0.6g	
Sodium	1.2mg	0.3mg	



{ Ease & Digest }

SOMA SOUP

carrot. water. onion. garlic. olive oil. coriander (ground). turmeric. white miso (soy). mirin. tahini (sesame).

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	643kJ	176kJ	
Protein	5.08g	1.4g	
Fat, total	7.14g	1.96g	
-Saturated	0.55g	0.15g	
Carbohydrate	14.89g	4.09g	
-Sugars	8.07g	2.22g	
Sodium	851.8mg	234.02mg	



{ Thrive & Replenish }

VEG BROTH

water. celery. sweet potato. carrot. pumpkin. lemon. onion. sea salt. garlic. ginger. turmeric. black pepper. burdock root. gotu kola. shiitake. arame.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	177.5kJ	35.5kJ	
Protein	1.65g	0.33g	
Fat, total	0.3g	<0.1g	
-Saturated	<0.1g	<0.1g	
Carbohydrate	6.5g	1.3g	
-Sugars	3.95g	0.79g	
Sodium	765mg	153mg	



{ Soothe & Nourish }

LUNA SOUP

navy beans. olive oil. onion. celery. miso. leek. cauliflower. sea salt. garlic. white pepper. umeboshi vinegar. mirin. tahini.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	811.6kJ	234.57kJ	
Protein	8.7g	2.52g	
Fat, total	6.96g	2.01g	
-Saturated	0.44g	0.13g	
Carbohydrate	22.17g	6.41g	
-Sugars	4.62g	1.33g	
Sodium	933.05mg	289.67mg	



{ Protect & Support }

GREEN SOUP

vegetable stock. broccoli. onion. navy beans. mirin. leek. celery. white miso. umeboshi vinegar. tahini. olive oil. garlic. sea salt. pepper.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	995kJ	221kJ	
Protein	10.2g	2.3g	
Fat, total	8.9g	1.9g	
-Saturated	0.5g	0.1g	
Carbohydrate	27.0g	6.0g	
-Sugars	4.2g	0.6g	
Sodium	1.2mg	0.3mg	



{ Ground & Nourish }

EARTH SOUP

pumpkin. vegetable stock. onion, mirin. celery. umeboshi vinegar. white miso. tahini. ginger crushed. olive oil. sea salt.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	684kJ	152kJ	
Protein	5.0g	1.0g	
Fat, total	8.2g	1.8g	
-Saturated	0.5g	0.1g	
Carbohydrate	15.5g	3.6g	
-Sugars	2.7g	0.6g	
Sodium	1.2mg	0.3mg	



{ Ease & Digest }

SOMA SOUP

onion. carrot. garlic. sunflower/olive oil mix. coriander powder. turmeric. white miso. mirin. vegetable stock. tahini.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	643kJ	176kJ	
Protein	5.08g	1.4g	
Fat, total	7.14g	1.96g	
-Saturated	0.55g	0.15g	
Carbohydrate	14.89g	4.09g	
-Sugars	8.07g	2.22g	
Sodium	851.8mg	234.02mg	



{ Thrive & Replenish }

VEG BROTH

water. celery. sweet potato. carrot. arame. pumpkin. lemon. onion. sea salt. garlic. ginger. turmeric. black pepper. burdock root. gotu kola. shiitake.

SERVINGS/PACKAGE: 1		SERVING SIZE: 500ML	
AVERAGE QUANTITY	PER SERVING	PER 100ML	
Energy	177.5kJ	35.5kJ	
Protein	1.65g	0.33g	
Fat, total	0.3g	<0.1g	
-Saturated	<0.1g	<0.1g	
Carbohydrate	6.5g	1.3g	
-Sugars	3.95g	0.79g	
Sodium	765mg	153mg	