

holism breathe
CARDIO prevention meditation
superfood • BALANCE alternative
rest exercise natural SLEEP
NUTRITION positivity health
environment absorption
GENETICS mind-body-spirit
hydration metabolism hygiene control
circulation AGE relaxation SELF-ESTEEM healing
IMMUNITY sunshine



PRODUCTS CATALOGUE

- Health foods and supplements
- Quality assured
- Highest quality ingredients
- Organic, vegan, gluten-free and more!

Prevention rather than cure!

www.bodisync.com

info@bodisync.com

BODISYNC

◀ NATURAL HEALTH SOLUTIONS ▶

Welcome to our products catalogue...

Our Health Mission

At BodiSync our ethos is to work in partnership with our clients to develop an individualized health plan focused on prevention and natural healing that includes proactive strategies supported to help you achieve and maintain optimal health as nature intended.

We all want and indeed strive for a healthier and pain free life. However for the majority of us the reality is that we are suffering from a particular ailment or a range and combination of ailments. At BodiSync we work to balance your whole body, we work not just on your physical wellbeing but also your nutritional wellbeing. Without the necessary nutrients your body will not be able to heal effectively. Which is why we place a big importance on nutritional therapy as healing is a natural function of the body.

How to order

Order by emailing info@bodisync.com or by calling us on 07960 048275.



The importance of nutritional therapy

In many ways, supplements are to humans what fertilizer is to plants. Give a plant adequate amounts of sunlight and water, and it will survive. Add some nutrient-rich fertilizer and the plant will thrive.

For us humans, the same principle applies. A healthful, balanced diet supplies the body with sufficient nutrients to carry out routine tasks. Supplements such as vitamins, minerals, essential fatty acids, phytochemicals, and more enrich the body's internal environment to fortify cellular protection, repair, and regeneration and support the Renewal process.

Supplementation not only protects against deficiency but also bridges the gap between average nutrition, which can culminate in poor health, and optimum nutrition, which increases health and aids the body in healing itself. The extra nutrients that supplements provide prevent marauding free radicals from harming healthy cells, speed the repair and regeneration of damaged cells, and facilitate renewal. The upshot of all this is a longer, healthier, more vital life.

Information in this catalogue is correct at the time of printing. Products and ingredients may change from time to time and we are continually adding to and improving our range. The pictures used are for visual purposes only and packaging may vary.

What's inside

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Find the right supplements for you...

Use our symbols to find the supplements that best suit your particular health goals.



Alkalisng



Immune system



Antioxidants



Joints and bones



Cleanse and detox



Omega oils



Digestive system



Skin, hair and nails



Energy and active lifestyle



Vitamins, minerals and phyto-nutrients



General health and well-being



Weight management



Heart health



Women

Product information

Most of our products are suitable for vegetarians and vegans and are free from added sugar, along with artificial additives, preservatives, fillers, binders and colours (unless otherwise stated) - no added nasties!

Dietary symbols key



Suitable for vegetarians



Suitable for vegans



Dairy-free



Gluten-free

TurmericUltra

Organic turmeric powder and extract combination

A unique combination of turmeric with synergistic extracts, herbs and nutrients, which supports bone health and immunity, as well as energy levels, cognitive function, hormonal activity, acid-base metabolism, macronutrient metabolism, nails, skin, hair and more. Each capsule combines **organic turmeric powder PLUS** high-potency **turmeric extract (95% curcumin** - the active ingredient) with **ginger root extract (5% gingerols)**, **cayenne extract (100au capsaicin)**, **piperine** (black pepper) extract, **zinc citrate** and **vitamin B6**.

90 caps Code TURC90 V V D G

JB A EAL IS ☺ Sk Vit W

BONES,
ENERGY &
IMMUNITY



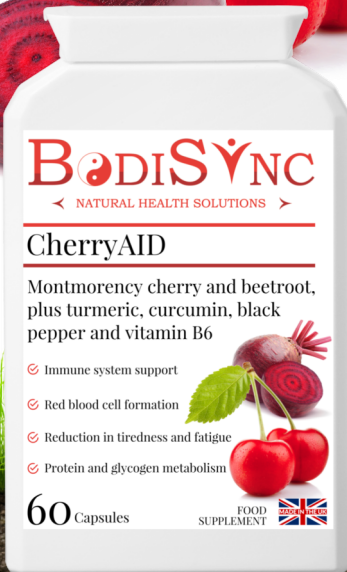
CherryAID

Montmorency cherry and beetroot formula

Combining beetroot powder and extract (10:1), with Montmorency (sour) cherry powder and extract (10:1), to provide a concentrated formula - **4500mg** per capsule. These two primary ingredients are then complimented by the addition of **vitamin B6**, **black pepper powder** and **turmeric extract (95% curcumin)** - to provide additional support for the reduction of tiredness and fatigue, immunity and more.

60 caps Code BRMC60 V V D G

pH A EAL ☺ ❤️ IS Vit



HIGH
POTENCY
FORMULA!



BODISYNC

< NATURAL HEALTH SOLUTIONS >

UltraOmega

A blend of fish oil, flaxseed oil, sunflower seed oil and vitamin E 1000mg

- ✔ Protection of cells from oxidative stress
- ✔ Contains EPA, DHA, ALA, LA and OA



60 Gelatin Capsules

FOOD SUPPLEMENT



UltraOmega

A balanced blend of omega oils

A balanced blend of these healthy fats, in ideal ratios for the human body. Derived from sunflower seed oil, flaxseed oil and fish oil - the best source - and with added vitamin E.

60 caps Code SNC60 Ⓣ





FlexAid  

Collagen, bone and cartilage support formula

A comprehensive formulation, which combines bioavailable glucosamine HCL with MSM, vitamin C, sour cherry, rosehip, turmeric, kelp, enzymes and other herbs and food-based ingredients.

60 caps

Code HF60

This is no ordinary green shake...



with 35 organic green foods, fruits, berries, herbs, seeds and enzymes!

Organic vegan nutrition made easy!



SuperGreens

Organic, high-fibre fruit, vegetable and herbal blend

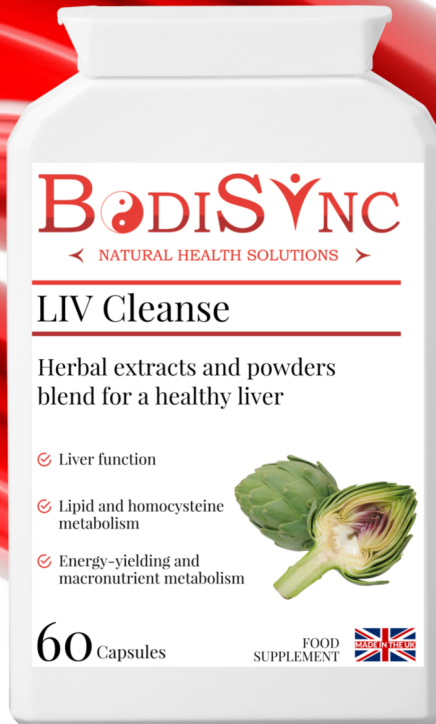
No ordinary green shake - this vegan blend contains **35 organic green foods, fruits, berries, herbs, seeds and bio-active enzymes** in a single serving - organic vegan nutrition made easy! Plus, with its naturally high food form **vitamin C** and **fibre** content, daily use of this shake is a great way to support your **immunity** and digestive health (**bulk**). Naturally low in fat, this nutritious shake has just 54 calories per serving. No added sugar or other 'nasties'!



300g powder

Code SN105





LIV Cleanse

A unique blend of herbal and vitamin ingredients, which offer support for liver function, as well as lipid, homocysteine, energy-yielding and macronutrient metabolism, mucous membranes, hair, skin and more. May be of particular benefit to those with a poor diet, who regularly overindulge in alcohol or tobacco, or generally feel run down and lethargic.

60 caps

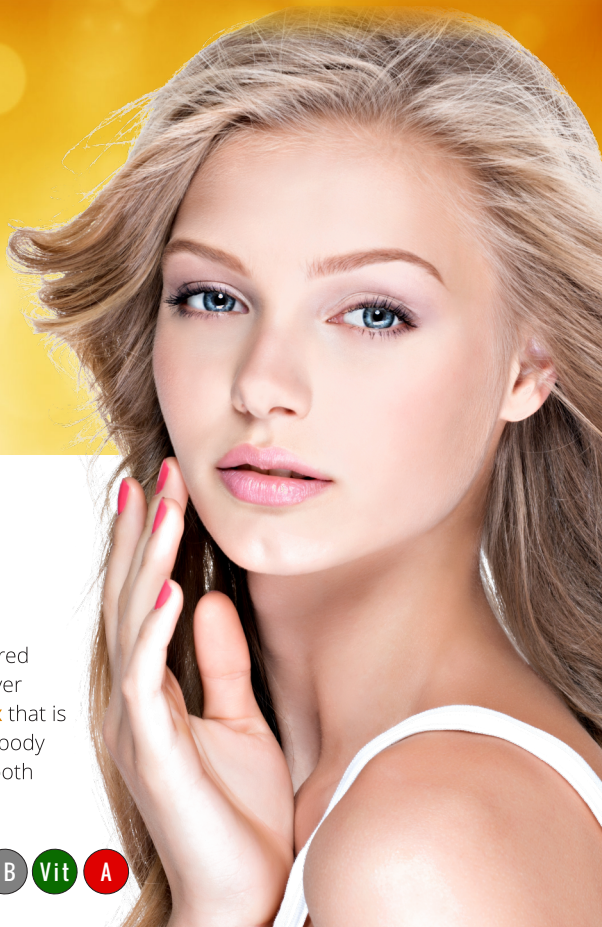
Code SN145



UltraCollagen

COLLAGEN FORMATION • HAIR, SKIN, NAILS AND BONES • PIGMENTATION

Beauty backed by science...



UltraCollagen

Marine collagen and hyaluronic beauty complex

This is more than just collagen - it contains a tailored combination of **marine collagen**, as well as a clever **vitamin, mineral, herbal and nutrient complex** that is designed to work from within to help protect the body (and skin in particular) on a cellular level against both internal and external stressors.

60 caps

Code CCX60

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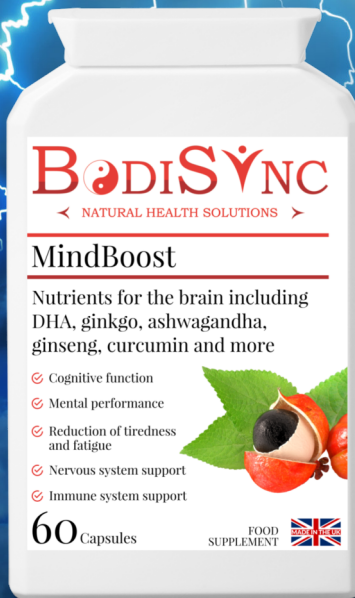
JB

Vit

A

Contributes to collagen formation and normal hair, skin and nails

Feed your mind



MindBoost

Mental performance brain supplement and more

A concentrated food supplement for the brain, and more! It contains a special combination of vitamin and mineral ingredients that are scientifically proven to support cognitive function, as well as the immune system and energy levels. It provides valuable additional nutritional energy to your brain and body. Synergistic herbal and other nutritive allies have also been added to the formula, including Korean Panax ginseng, guarana, Bacopa monnieri and more.

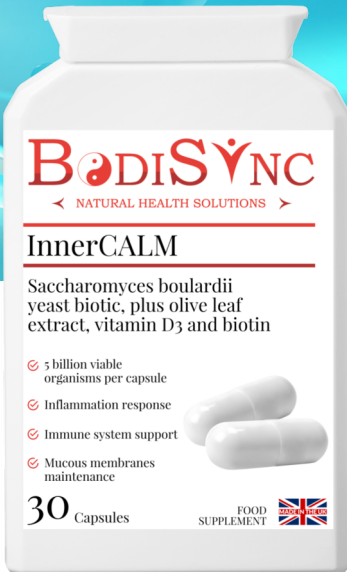


Digestizyme

High-strength digestive enzymes

A broad-spectrum range of high-strength, plant-derived digestive enzymes, combined with soothing herbs and natural digestives, which are well-known for their food-digesting actions. This food supplement offers ideal support for efficient digestive function and a healthy intestinal system.

90 caps	Code SN014	V	VV	D	G	Di	😊
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Ideal for travel!

InnerCALM

Saccharomyces boulardii yeast PLUS immunity support

A high-strength Saccharomyces boulardii yeast formula (**5 billion** organisms per capsule), with olive leaf extract, vitamin D3 and biotin for additional support of the immune system, inflammation response and mucous membranes.

30 caps	Code SAB30	D	G	Di	😊
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CONTACT US

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