

- 1 Vitamin and mineral supplement
- 2 High in calcium
- 3 High in antioxidants (Rooibos)
- 4 Use as a meal replacement
- 5 Drink before a match/training
- 6 Low carbohydrate
- 7 Use as recovery drink or snack
- 8 Mix with Green Rooibos for extra antioxidants
- 9 Add extra ingredients like nuts, yogurt and spices for variety
- 10 **FREE from:**
  - Gluten • Sugar • MSG • Wheat • Nuts • Caffeine • Tartrazine

## 10 Reasons why Lifestyle Shake is ideal for Active People



To find out more or place an order, please contact:

Follow us on Facebook and Instagram for more tips on how Rooibos can support your health and fitness goals



March 2020  
Version 1

## Rooibos Health and Beauty Experts

# Annique

HEALTH AND BEAUTY

Annique strives to change people's lives everyday by utilising the power of nature, Rooibos.

Did you know that Rooibos can help you achieve your health and fitness goals?



## Why Annique?

- 1 **First in the world to develop Rooibos-based health and beauty products since 1971**
- 2 **Award-Winning** - Two gold medals for the formulation of the Annique Rooibos products and International Woman Inventor of the year from the World Intellectual Property Organisation in Geneva, Switzerland
- 3 **Rooibos** - Indigenous to South Africa, it has been scientifically proven to aid in heart health, diabetes, allergies and even sports performance
- 4 **Made in South Africa** - Locally established, developed and manufactured
- 5 **Superior quality** - More than 200 Rooibos-based wellness and beauty products of superior quality
- 6 **Income opportunity** - Annique's Direct Selling model offers anyone the chance to sell our desirable, high-end products to make an extra income. It is low risk and flexible, so you can adapt it to your lifestyle

# Rooibos Revives Active Skin!

If you're an athlete, there's a good chance that your skin is exposed to various harsh conditions. Extreme temperatures, harmful sun rays, sweat, dirt and chlorine from pool water will do a number on your skin.

## DID YOU KNOW?

Rinsing your face with Rooibos-infused water will improve skin allergies and prevent ageing! Rooibos is packed with antioxidants that counter skin ageing chlorine and chemicals in tap water.

Check out our blog at [annique.com](http://annique.com) for more Rooibos hacks

# Sports and Gym Bag Essentials

Liquid Skin Nutrition



Top Tip:

Cool off hot skin by placing Liquid Skin Nutrition in a cooler bag

A multivitamin skin spray

Revives problem and sunburnt skin

BB Cream



Evens out skin imperfections

SPF 30

Minimises fine lines

Miracle Tissue Oil Face Cream SPF 15



SPF 15 minimises damage skin induced by UV rays

Multi-functional face cream ideal for people who love the outdoors

For uneven skin-tone

Prof. Simeon Davies, head of Cape Peninsula University of Technology (CPUT)'s Sports Management Department completed a study that found that Rooibos may contribute to an improvement in physical performance. He established that Rooibos improves the performance of people who completed repetitive exhausting exercise sets, by reducing fatigue. Another study done by Prof Jeanine Marnewick, found that Rooibos can play a preventative role in oxidative stress induced by exercise. The body uses its natural defence system of antioxidants to combat the harm that oxidative stress causes.

Annique's Rooibos products are perfect for athletes and fitness enthusiasts, with a wide variety of options to choose from:

# Rooibos Enhances Sports Performance

## FATIGUE



## ENERGY

Ground-breaking formula! NAD, an energy boosting coenzyme, declines dramatically after 40 and is crucial for optimal health as it enables your body to convert maximum energy from the foods you eat.

NEW



## PAIN

New CBD is pure and THC free. A world-first combo of CBD isolate and Green Rooibos, forms the ideal sports supplement with natural sleep and pain relief benefits.



Improves sleep and anxiety



ZeroAche+ is a herbal pain cream for sore muscles and stiffness

Contains Rooibos and cayenne

## JOINT DISCOMFORT

Bone Broth superfood contains protein and collagen to help rebuild muscle and support bones.

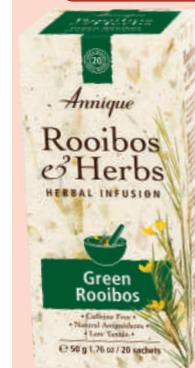
Stiffness



## ENDURANCE

May aid in RECOVERY

Unfermented Rooibos is packed with health promoting antioxidants. Replace your water intake with Green Rooibos for maximum benefits.



Elec-trolytes

## DEHYDRATION

OptiToniQ+ is a solution of Himalayan salts and pure water. Replaces lost minerals and micro minerals from excessive sweating.