



# ANNIQUE rooibos

UNIQUELY  
ROOIBOS



# New Forever Healthy Products



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# Collagen



Did you know? By the age of 60 we could lose up to 50% of our body's collagen.

## 6 Reasons Why Collagen Declines

- Smoking
- Alcohol
- Eating too much sugar
- Stress
- Sun exposure
- Lack of sleep



# Collagen Drink

## Unique Selling Points

- Contains hydrolyzed Type I and Type III collagen
- Is bioactive and can easily be absorbed into the blood stream. It can improve the functioning of cells in many different ways
- Helps repair body tissues
- Provides structural support for skin, hair, nails, muscles and tendons



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# How much do I need?

10–15g	30g
<p>The starting range for people who want to lose weight and increase energy</p> <p>This amount will reduce inflammation, line your gut and improve the digestive system</p> <p>You will also see visibly improved hair, skin and nails</p>	<p>Aim for 30g per day if you have joint pain, want to build muscles or need a anti-ageing booster</p>



# Collagen Drink



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# Thyroid Support

**Feeling out of whack?**

**Your thyroid could be the cause!**

**Do you have:**

- Unexplained weight gain?
- Fatigue?
- Brain fog?
- Anxiety?
- Hormonal imbalance
- Insulin resistance
- Metabolic Syndrome?



# Thyroid Disorders

## Hyperthyroidism (overactive thyroid)

**Overactive thyroid disease means thyroid hormone levels are too high.**

- An overactive thyroid means thyroid hormone levels are too high. The name for this condition is hyperthyroidism.
- Too much thyroid hormone plays havoc with your body systems and makes them run too fast.
- The symptoms are the opposite of hypothyroidism.

## Hypothyroidism (underactive thyroid) – most common

**Underactive thyroid disease means thyroid hormone levels are too low.**

- An underactive thyroid means thyroid hormone levels are too low. It's called hypothyroidism.
- Not having enough thyroid hormone slows down your body and its systems.
- Hypothyroidism often goes unnoticed, sometimes for years, before being diagnosed.



# Overactive Thyroid



## Symptoms

- Nervousness
  - Irritability
  - Panic disorder
  - Insomnia
- Weight loss despite a good appetite
  - Thinning of your skin
  - Fine brittle hair
- More frequent bowel movements
- Lighter flow, less frequent menstrual periods
  - Increased perspiration
- Muscular weakness especially involving the upper arms and thighs
  - Shaky hands
  - Racing heart



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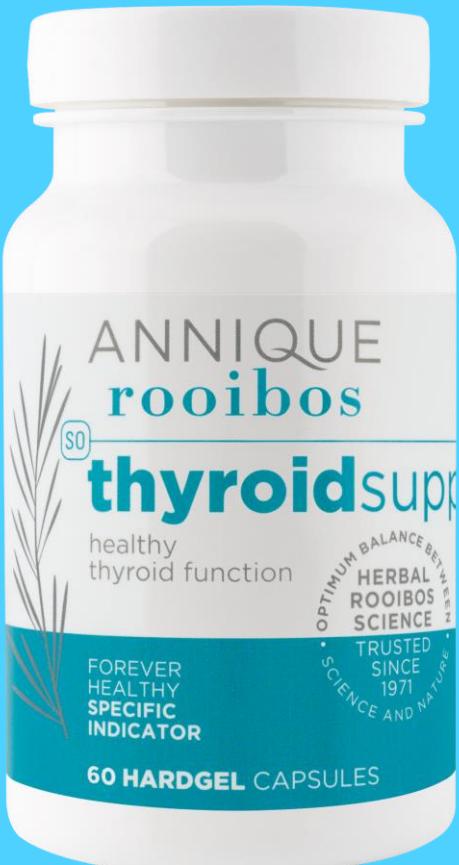
# Underactive Thyroid

## Symptoms

- Depression
- Difficulty concentrating
- Anxiety attacks, brain fog
- Fatigue, exhaustion, feeling run down and sluggish
- Unexplained or excessive weight gain
- Inability to lose weight no matter what you do
- Dry, coarse and/or thinning hair
- Constipation, indigestion
- Increased menstrual flow, more frequent periods
- Infertility/miscarriage
- Dry, coarse and/or itchy skin
- Feeling cold, especially in the extremities
- Muscle cramps



# Thyroid Support

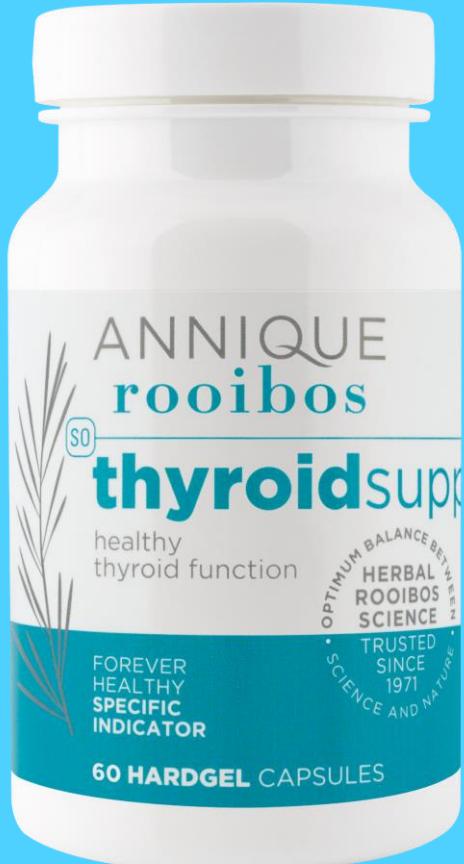


Full article available in Thyroid flyer sent with ANews

## Key active ingredients:

- **Vitamin B12** - Deficiency is related to hypothyroidism
- **Zinc** - Required for thyroid hormone production, it helps protect the thyroid from damage caused by oxidative stress.
- **Selenium** Needed for many different enzymes, and it is an essential component of thyroxine, arguably the most important hormone in the thyroid gland.
- **Molybdenum** A crucial trace mineral which interacts with enzymatic systems to influence overall well-being and carbohydrate metabolism.
- **Copper** essential capacity in thyroid hormone manufacturing and absorption
- **L-Tyrosine** An amino acid which plays a critical role in the manufacturing of thyroid and other hormones

# Thyroid Support



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## Key active ingredients:

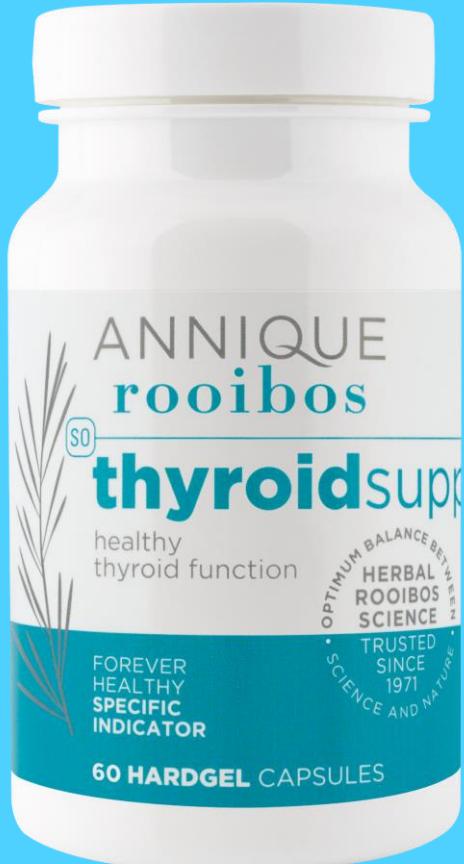
**Kelp** - Iodine deficiency is the leading cause of hypothyroidism.

- stabilization of metabolism and body weight
- brain development in children
- fertility
- optimization of your immune system

**Rhodiola rosea** - an adaptogen herb fat burning, energy enhancing and brain boosting power.

- Supporting adrenal glands/adrenal function
- Reducing anxiety and depression
- Combating effects of stress
- Burning body fat
- Stabilizing blood sugar
- Lowering cholesterol
- Boosting immunity

# Thyroid Support

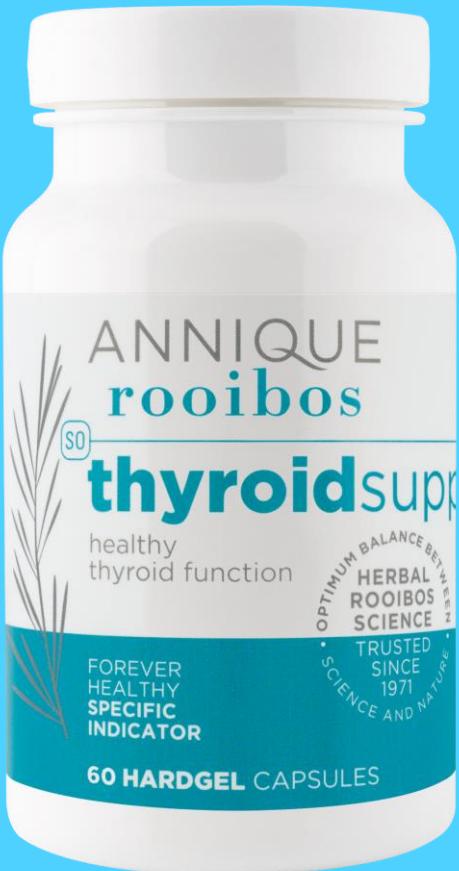


## Key active ingredients:

- **Ashwagandha** - An adaptogen herb that has shown incredible results for lowering cortisol and balancing thyroid hormones.
- **Guggul** - Proven to promote weight loss, balance thyroid function
- **Green Rooibos** - Adds antioxidants and aids in absorption

Full article available in Thyroid flyer  
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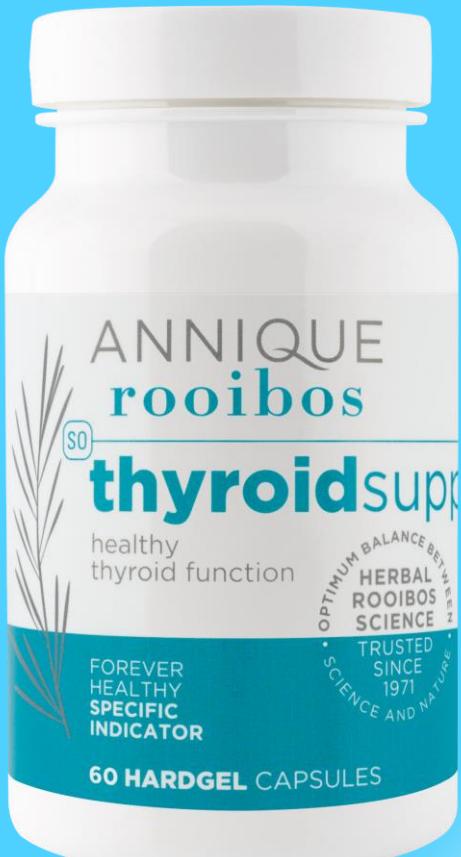
# Thyroid Support



## Benefits:

- Supports healthy synthesis of thyroid hormones.
- Assists with hormone metabolism, which can be negatively impacted by stress or poor diet.
- Supports the conversion of thyroxine (T4) to triiodothyronine (T3), an essential function of the thyroid gland.
- Features Rhodiola rosea extract, which may support a healthy response to mild, everyday stress and may help relieve stress-related fatigue.

# Thyroid Support



AE/08292/22

Take 2 capsules  
first thing in the  
morning on an  
empty stomach



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# Superfood Red



Anti-ageing

Resveratrol

Cranberry

Full article available in March 2022  
Replique – page 3

# Superfood Red



## Benefits

- Anti-Ageing
- Reduces oxidative damage
- Improves kidney function
- Supports healthy brain function
- Lowers blood pressure
- Lowers blood sugar

# Superfood Red



A blend of powerful antioxidant ingredients to combat premature ageing and free radicals

Contains resveratrol – a polyphenol that is produced by plants as part of their natural defense mechanisms

Also contains grapeseed extract, cranberry extract and Rooibos

# Superfood Red



Take one  
capsule in the  
morning

AE/08291/22



# Magnesium Glycinate



## Did you know?

According to the World Health Organisation, 75% of South Africans only consume half of the required daily amount of magnesium.

Full article available in March 2022  
Replique – page 4

# Magnesium Deficiency



Full article available in March 2022  
Replique – page 4

## Health conditions:

- Gastrointestinal diseases, like irritable bowel syndrome, Crohn's disease, celiac disease and ulcerative colitis
- Diabetes
- Pancreatitis
- High thyroid hormone levels
- Kidney disease

## Medication:

- Prescription drugs used to treat acid reflux or peptic ulcers
- Diuretics that assist with water retention

## Lifestyle factors:

- Drinking too much coffee, fizzy drinks or alcohol
- Eating too much salt
- Heavy menstrual periods

# Magnesium Glycinate



- Contains glycine that works with the neurotransmitters in our brain
- Makes you feel calmer and promotes sleep
- May lower inflammation
- May improve your blood sugar levels
- Contains 10 effervescent tablets
- Raspberry flavour

Full article available in March 2022  
Replique – page 4

# Magnesium Glycinate



## Benefits

- Relieves anxiety
- Promotes bone health
- Manages blood sugar in people with diabetes and may lower the risk of developing type 2 diabetes
- Maintains normal heart rhythms
- Reduces symptoms of premenstrual syndrome
- Amplifies exercise performance

Full article available in March 2022  
Replique – page 4

# OptiCalMag vs Magnesium Glycinate



OptiCalMag	Magnesium Glycinate
Combination of calcium and magnesium citrate	Combination of magnesium and glycine
Easy on the stomach	Easy on the stomach
Contains vitamins D3 & E essential for bone, heart and arterial health	
OptiCalMag builds and maintains strong bones, hair, nails and skin	Contains much more magnesium than OptiCalMag to assist with insomnia, stress, blood sugar control, depression, PMS and much more



Full article available in March 2022  
Replique – page 5

# Magnesium Glycinate



Available  
from  
May 2022

Dissolve one  
fizzy tablet in a  
glass of water  
and take  
before bedtime

AE/08290/21

Full article available in March 2022  
Replique – page 4



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