

ANNIQUE rooibos

Forever Healthy
Supplements
Version 2 – Feb 2024



6 Reasons to Take Supplements

**Managing
stress**

**Disease
prevention**

**Modern lifestyle:
Diets lacking
nutrition**

**Avoid
expensive
medical
care**

**Improved
mood and
vitality**



Modern Lifestyle is Wiping out our Health

Expensive health care

Inferior food quality

Stress

Modern environment and diet



Health Supplements



Forever Healthy: Unique Benefits

F Formulated to meet specific South African needs

O Optimum balance between science and nature providing

R Rooibos provides superior

- Antioxidants
- Anti-allergic and
- Anti-spasmodic properties
- Anti-ageing
- Anti-carcinogenic



Forever Healthy: Unique Benefits

E Excellent quality ingredients and unique formulas

V Value for money

E Enhanced absorption with

- green Rooibos
- more absorbable forms of vitamins and minerals

R Recommendations are easy



10 Reasons for Including Rooibos

1. Rich in antioxidants and polyphenols
2. Reduces cholesterol and blood pressure that can lead to heart disease
3. Anti-allergenic
4. Anti-spasmodic
5. Anti-ageing



10 Reasons for Including Rooibos

6. Helps to fight cancer
7. Anti-viral and anti-bacterial
8. Helps **reduce** stress
9. Helps to balance blood sugar levels
10. Contains enzymes to improve nutrient absorption



OptiFlora+

8 obvious signs that you need probiotics:

- ✓ Stress
- ✓ Constipation
- ✓ Diarrhoea
- ✓ Infections
- ✓ Use of antibiotics
- ✓ Food poisoning
- ✓ Skin conditions
- ✓ Allergies



Pro-
biotics



OptiFlora+

UNIQUE BENEFITS

- **Unique Formula**
- **Contains 15 probiotic species**
- **And a total of 18 billion CFUs (colony forming units – i.e. the amount of probiotics in the formula)**



15 Probiotic Strains

**1st
in SA**

**Advanced
and
Intensive**



OptiFlora+

UNIQUE BENEFITS

What makes the OptiFlora+ stand out?

- Includes 10 billion CFU Bacillus Subtilus Spores
- Sets the new standard in formulation of probiotics globally



Benefits of Bacillus Subtilus Spores

- Helps to restore the normal gut microbiota
- Reduces diarrhoea
- Helps improve IBS - Irritable Bowel Syndrome
- Reduces the risk of infection in the gut
- Dental health – Helps reduce dental plaque in humans
- Decreases weight gain



OptiFlora+

RECOMMENDED FOR

- Food allergies
- Lactose intolerance
- Infections
- Constipation
- Irritable Bowel Syndrome (IBS) symptoms
- Bloating
- Indigestion
- Diarrhoea
- Acne and eczema



Pro-biotics



OptiFlora+

PRODUCT STORY



OptiFlora+

HOW TO USE IT

Best taken on an empty stomach

For adults:

- Best taken with water
- Take one capsule per day
- We advise that you seek medical advice from your health care practitioner if you are on medication or suffer from any medical condition before starting any new medicine, supplement or remedy.



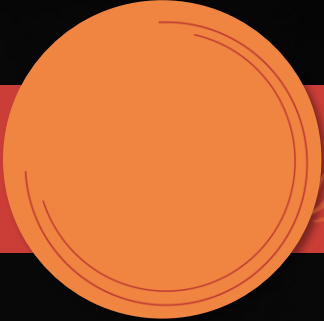
For children:

Not recommended for children under the age of 12

Time of day:

- AM or PM. Probiotics are most effective when taken on an empty stomach to make sure the good bacteria make it to the gut as quickly as possible.
- The best time to take a probiotic is either first thing in the morning before eating breakfast or before going to sleep at night.

OptiVite



PRODUCT STORY



OptiVite

UNIQUE BENEFITS

Unique formula:

- 12 essential vitamins
- 9 minerals
- Green Rooibos extract

***ONLY South African
Multi-Vitamin with Methionine in trace
elements***

Multi
vitamin



OptiVite

UNIQUE BENEFITS

Which means: Better absorption of Selenium, which means:

Better thyroid function and less weight control problems

Better absorption of Zinc, which means better:

- Hormonal balance of insulin and glucagon with less blood sugar problems
- Eyes and prostate

Rooibos extract means better:

Digestive system, which means better:

- Absorption of food nutrients and vitamins
- Immunity and energy



OptiVite

HOW TO USE IT

Children:

From age 8 – x 1 per day

Adults:

1-2 capsules per day or as recommended by your healthcare practitioner

Time of day: AM



OptiMega

PRODUCT STORY



OptiMega

UNIQUE BENEFITS

Omega
3



Supports:

- Brain health
- Heart health
 - Cholesterol, **heart memory, mood**
- **Helps reduce:**
 - **Skin conditions, like eczema**
 - **Inflammation**



OptiMega

HOW TO USE IT

Omega
3



Adults:

1 – 2 capsules per day, or as recommended by your healthcare practitioner

For children:

From the age of 3 years, 1 capsule per day

Tip: empty one OptiMega capsule into a prepared Annique Lifestyle Shake to boost their Omega 3 oil intake that is vital for body and brain development

Menopause sufferers can take up to 4 a day to relieve symptoms

Time of day: PM



OptiCalMag

UNIQUE BENEFITS

- Unique formula and ratio of calcium vs magnesium
- More absorbable form of minerals
- **Helps prevent muscle cramps and osteoporosis**
- **Supports healthy bones, muscle and nerve function**
- **Helps regulate blood pressure and blood sugar levels**

Calcium & Magnesium



OptiCalMag

PRODUCT STORY

Calcium needs magnesium to get transported and absorbed. Magnesium relaxes muscles Calcium contracts.



OptiCalMag

HOW TO USE IT

Women: Take 2 – 4 capsules per day

Men: 1 capsule, or as recommended by your healthcare practitioner

Time of day: PM

Calcium &
Magnesium



OptiC

UNIQUE BENEFITS

- Unique formula
- Zinc and selenium aid in absorption
- Rooibos aids in absorption

No
stomach
upset



OptiC

PRODUCT STORY

Your body needs vitamin C to form blood vessels, cartilage, muscle and collagen in bones and is vital to your body's healing process, immunity and the absorption of iron



OptiC

HOW TO USE IT

Adults:

Take 1 – 2 capsules per day

Time of day: AM

Not recommended for children under 3 years.

*When the first signs of cold or flu start, take 1 capsule every 2 hours for 3 days.

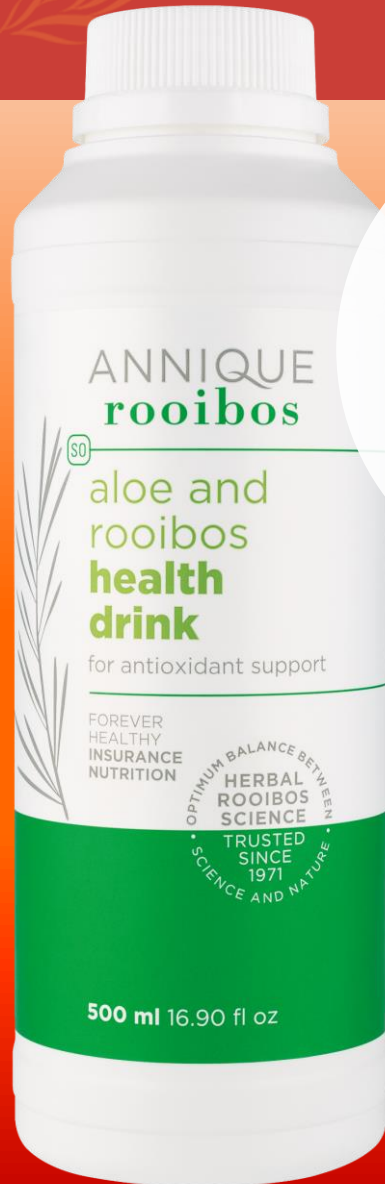
**No
stomach
upset**



Aloe Drink

UNIQUE BENEFITS

Colon Cleanser



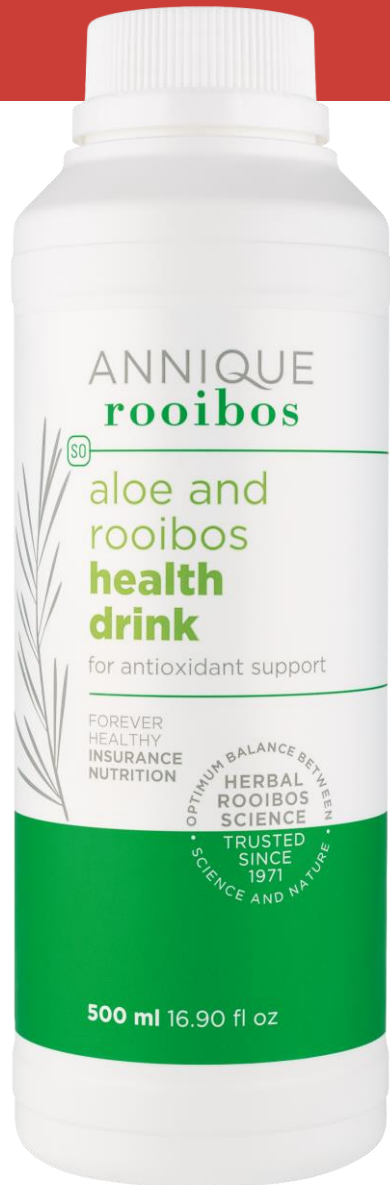
- Aloe Ferox, Rooibos = indigenous
- Great taste

RECOMMENDED FOR:

- Digestive health
- Immune system



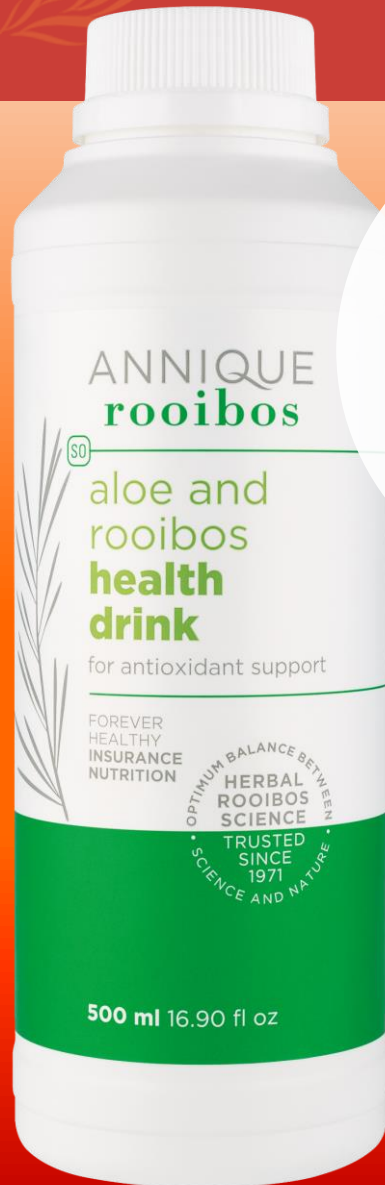
Aloe Drink PRODUCT STORY



Keep your digestive system and colon clean and healthy to prevent waste build up that causes disease

Aloe Drink

HOW TO USE IT



Colon Cleanser

1. Adults: can drink 25ml of Annique's Aloe & Rooibos Health Drink twice a day with meals

2. Children: between the ages of 2-12 can take half of the adult dosage per day

It can be mixed with water or taken on its own

Time of day: AM



Bone Broth

Superfood



UNIQUE BENEFITS

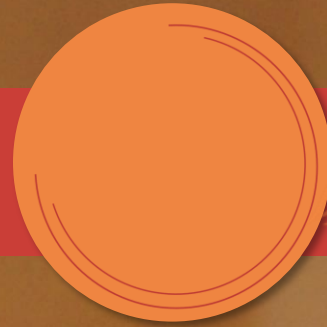
- Hydrolysed collagen
- Hydrolysed gelatine
- Easier absorption
- New improved flavour
- 20g protein per serving
- Contains no milk
- Multiple benefits

Bone Broth

PRODUCT STORY



Bone Broth is collagen protein and minerals and is like the glue between your body's cells.



Bone Broth

Superfood



HOW TO USE IT

Add the contents of the 26g sachet to 250ml of warm water or to Annique's Rooibos Tea Drink warm.

It can also be added to stews, soups and casseroles

Time of day: AM

Suitable from the age of 12 years

Collagen Drink



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 BENEFITS



- 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
- Helps provide structural support for skin, hair, nails, muscles and tendons

Collagen Drink

PRODUCT STORY



Collagen Drink

HOW TO USE IT



For optimal results, take one 20 g sachet, once per day.

Dissolve one sachet (20 g) in 150ml- 250ml cold water and stir until dissolved.

Time of day: AM or PM

The collagen drink contains 20g (4 teaspoons) of collagen

For experience the full benefit and for optimal results, use the collagen drink (or Bone Broth) daily for at least 3 months.



Collagen Drink

HOW TO USE IT

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 an anti-ageing booster</p>



Bone Broth / Collagen Drink

DIFFERENCES

BONE BROTH

69. g Protein per 100 g and 6.5 fat

INGREDIENTS:

- Hydrolyzed Collagen
- Hydrolyzed Gelatine
- Fiber
- Fat, Salt, Spices

Bone Broth is protein, collagen and minerals - drink hot as supplement and can be used as a meal - it will help you to feel full and sustain you for a long period

COLLAGEN DRINK

90 g Protein per 100 g and 0 fat

INGREDIENTS:

- Hydrolyzed Collagen

Collagen drink is pure collagen and nice to drink cold as supplement - but not as a meal



NAD

UNIQUE BENEFITS

RECOMMENDED FOR:

- **Helps maintain** healthy DNA
- Helps support body's sleep-wake-clock
- Assist with metabolic health – **preventing diabetes and is a natural weightloss aid**
- Helps protect the brain
- **Improves energy & focus**



- An essential co-enzyme
- First in the world!

**Anti-ageing
supplement**

A

NAD

PRODUCT STORY



NAD

HOW TO USE IT

Adults: Suitable for people aged 18 years and older

Use 1-2 capsules per day

Time of day: AM



**Anti-ageing
supplement**



CBD

UNIQUE BENEFITS

Calms the
immune
system



- Pure
- No THC
- First in the world

CBD is not psychoactive, meaning it does not get you high

RECOMMENDED FOR:

- Anxiety and depression
- Inflammation
- Pain
- **Sleep**



CBD

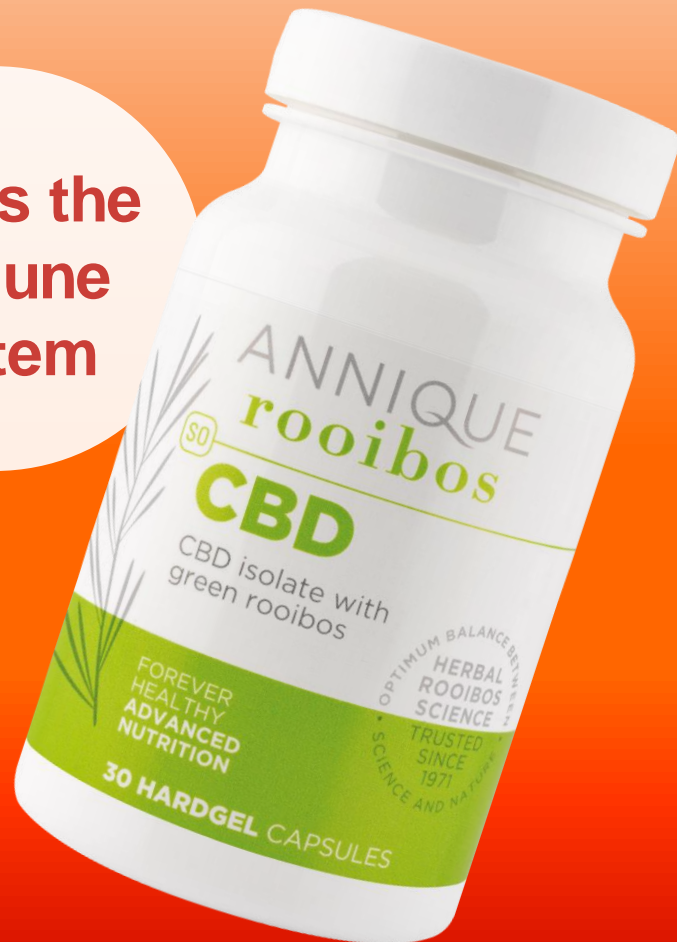
PRODUCT STORY



CBD

HOW TO USE IT

Calms the
immune
system



Adults: 1 Capsule per day or as recommended by your healthcare practitioner

Time of day: PM

Do not exceed maximum daily allowance of 20mg CBD (2 capsules)

*NOT suitable for children

(The SA government regulates use of CBD from the ages of 18 years and older)

OptiCalm

UNIQUE BENEFITS

Stress



- Unique formula
- B-vitamins in higher doses
- Green Rooibos for added antioxidants
- **B vitamins play a vital role in maintaining good health and well-being.**
- **They have a direct impact on your energy levels, brain function, and cell metabolism.**



OptiCalm

PRODUCT STORY



Your personal therapist to
destress, focus, enhance
mood and stamina



OptiCalm

HOW TO USE IT

Stress



Adults:

1 – 2 capsules per day, or as recommended by your healthcare practitioner

Children:

From 10 years – 1 per day

Time of day: AM

*Safety during pregnancy and breastfeeding has not been established, so these women should consult their healthcare practitioner before taking OptiCalm



OptiDerm

UNIQUE BENEFITS

Hair, skin
& nails



- Comprehensive, unique formula
- Vitamins, minerals, Green Rooibos

RECOMMENDED FOR:

- All skin challenges from acne, allergies, dry skin and ageing
- Brittle, slow growing nails
- Hair growth, lustre and condition



OptiDerm

PRODUCT STORY



You daily beauty therapist from inside



OptiDerm

HOW TO USE IT

**Hair, skin
& nails**



Adults: 2 capsules per day or as recommended by your health practitioner

Children: Only from 16 years

Time of day: AM

Warning

Do not use if allergic to Iodine.

Zerotox

UNIQUE BENEFITS

- Unique formulation
- Remains in digestive tract
- **Not absorbed by in bloodstream**
- Green Rooibos adds antioxidants



**Removes
toxins and
heavy metals**



Zerotox

PRODUCT STORY



Safely sucks up
(absorbs) heavy
metals, toxins and
nitrates that cause
illness and allergies

Zerotox

HOW TO USE IT

Adults:

1 – 2 capsules per day, or as recommended by your healthcare practitioner

Children:

From the age of 6 months – 1 per day

Time of day: AM

Pregnant and breastfeeding women should consult their healthcare practitioner before taking Zerotox.

*Do NOT take Zerotox within 2 hours of taking prescribed drug medication or chemotherapy



Ideally, take Zerotox after 2 drinks, however taking it before, during or after will still have a very strong result.

You may also take 3 Zerotox at the end of the evening before bed.

It is advisable to take Zerotox if one has been drinking moderately but feel slightly tipsy.