

RETAIL PRODUCTS CATALOGUE 2025/26

- Health foods and supplements
- Quality assured
- Manufactured in the UK
- Highest quality ingredients
- Organic, vegetarian / vegan, halal and more



v0625R

Specialist Supplements Ltd
www.specialistsupplements.com

Tel 01597 811 027

TRADING
SINCE
1995

Welcome

to our products catalogue...

Here you will find information on all of the products currently in our range of specialist health supplements, herbal formulations and organic health foods.

People from all walks of life rely on Specialist Supplements products daily to support their health goals, whatever they might be - improving their overall health and vitality, supporting an allergy, shaping up or living an active lifestyle.

Our philosophy is that *your health is your responsibility*, so take a positive step towards better health and vitality with our help today!

How to order

Order online at
www.specialistsupplements.com

Order 24 hours a day on our quick, safe and easy-to-use website, where you'll find further product information, special offers, up-to-date stock information, delivery and postage details.

You will also be able to take advantage of our customer loyalty scheme and leave reviews!

Postal address

Unit 4, East Street Enterprise Park,
Rhayader, Powys, LD6 5ER, United Kingdom

Good to know

Our products are manufactured in the UK under quality assured processes (Good Manufacturing Practice and ISO 9001 standards), using the highest quality ingredients.

We are called Specialist Supplements for a reason - unlike most mass-market products, ours are concentrated, unique and cutting-edge.

We take great care in our choice of suppliers, always aim to offer our customers best value and do our bit for corporate social responsibility, including making regular donations to charitable causes (such as the Alliance for Natural Health (ANH), Hillside Animal Sanctuary, The Donkey Sanctuary, Crisis, The Big Issue and the RSPCA).



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. For latest product information and pricing, visit the website. The pictures used are for visual purposes only and packaging may vary.



















What's inside

Categories

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Digestion, cleanse and detox	30	Combination packs	53
Weight management	39		

Find the right supplements for you...

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

 Alkalising	 Immune system
 Antioxidants	 Joints and bones
 Children	 Men
 Cleanse and detox	 Muscle and sports
 Digestive system	 Omega oils
 Energy and active lifestyle	 Skin, hair and nails
 Eye health	 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!

All of our products are halal approved.









See online for full dietary and nutritional information.

Earn reward points

Create an account with us and you automatically join our customer loyalty scheme. You then earn points* with every purchase - the more you spend, the more you save! It's free, quick and easy to register, so what are you waiting for?

**Applies to online purchases only - you will need to register on our site.*

Dietary symbols key

	Suitable for vegetarians
	Suitable for vegans
	No added dairy
	Gluten-free
	Halal
	Kosher
	Organic EU certified
	Organic UK certified

FREE delivery available!

Free UK mainland delivery is available for orders over £24.99. See online for full details.

Immune health



Health - who wants to be average?

We believe that optimum nutrition and a sense of well-being can be achieved by almost anyone, given the right tools and information.

Unfortunately, in this modern age, people have become resigned to feeling tired, lacklustre and generally unwell. Aches and pains have become an accepted part of everyday life.

This is in no small part due to the fact that the average diet is now packed full of over-processed, nutrient-poor and chemically-enhanced food and drink. These are highly acid-forming, leading to over-acidity in the body, inflammation and, in many cases, ill-health.

Restore health and balance to your body with alkalisng and enzyme-rich nutrients from natural whole foods, which support optimal nutrition.

You are what you eat

The energy produced from the food you eat powers all of the incredible unseen processes in your body.

For instance, your digestive health is maintained by some 300 different strains of bacteria and other micro-organisms, while your immune system replaces its entire 'army' every week. Your bones are in a constant state of renewal and even your external skin is replaced every month!

All this, and more, is done using only the nutrients that you choose to supply to your body through the food you eat and any supplements you take.

Your day-to-day diet and lifestyle are the most important factors in maintaining long-term health, vitality and well-being - so make healthy choices!



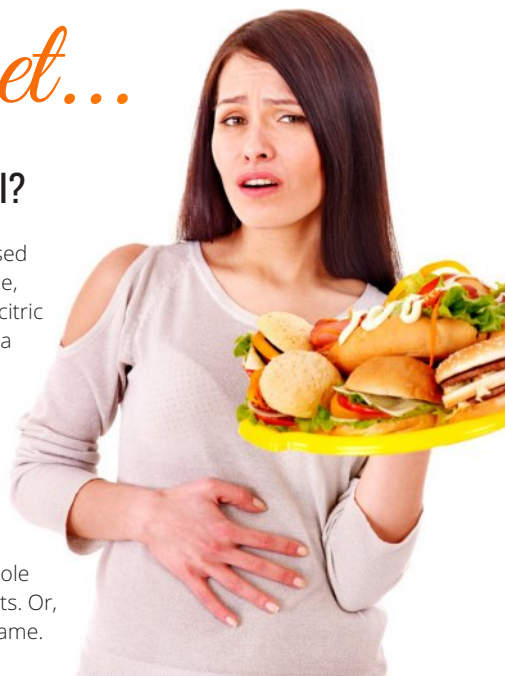
The role of diet...

Which foods are acidic, alkaline or neutral?

Whether a food is acid- or alkali-forming is not to be confused with the immediate acidity of a food. Grapefruit, for example, contains citric acid and can therefore taste sour. However, citric acid is completely metabolised and the net effect of eating a grapefruit is to actually alkalise the body!

In shaping our diets, and supporting our health and vitality for the long-term, it is essential to include the ideal ratio of acid to alkaline foods.

Below are some examples, but the key is to eat plenty of seasonal, preferably organic, fruit, vegetables and other whole foods that are naturally high in a wide range of vital nutrients. Or, where this is not always possible, to supplement with the same.



TOP TIP - Around 80% of our diet should come from alkali-forming foods

Acidic

Meat, fish, poultry and game
(including broths, soups
and extracts)

Cheese and eggs

Grains: wheat, rice, oats, barley,
buckwheat, and all grain
products (including all kinds
of flours and breads)

Sugar of all kinds and all
sugar-containing products

Beans and legumes

Condiments, coffee, tea
and alcohol

Neutral

Some seeds (including
sunflower, pumpkin and
sesame seeds)

Fats (including butter,
margarine and vegetable oils,
such as olive, sunflower, flax
and sesame)

***NOTE:** Fruits are only alkaline once
they are ripe. However, some, such as
lemons, are usually acid-forming in
practice because they aren't available in
a tree-ripened state. Dried prunes are
also acid-forming

Alkaline

Fruits* (e.g. apples, apricots,
bananas, cherries, figs, dates,
currants, grapefruit, grapes,
oranges, mangoes, papayas,
raspberries etc)

Vegetables (e.g. asparagus,
aubergines, avocados, beetroot,
broccoli, sprouts, cabbage,
carrots, celery, spinach,
cucumber etc)

Nuts (including almonds, Brazil
nuts, chestnuts etc)

Seed used as grain (millet)

Specialist
immunity
formula



advanced

IMMUNITY SPECTRUM

500mg Vitamin C
+19 OTHER ACTIVE
INGREDIENTS

Advanced Immunity Spectrum

Specialist immunity blend and powerful vitamin C formula

A powerful immunity vitamin C (512mg) formula from multiple sources (including herbs, berries, plants and ascorbic acid) **PLUS 19 additional ingredients** from herbs, berries, fruits, leaves, roots, citrus bioflavonoids, mushroom, bulbs, vitamins and minerals (vitamins C, D, E, B6, selenium and zinc).

Vitamin C to support a strong and healthy immune system!

60 caps

Code IMUC60

V V D G H K

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Acai Immuno Defence

A combination acai berry, herbal, vitamin and mineral formula for immunity support PLUS

A combination of Brazilian acai berry with resveratrol and a range of vitamins, minerals and herbs (including zinc, vitamin B6, biotin, Moringa oleifera and beetroot). In capsule form, these exotic berries and synergistic nutrients can easily be incorporated into your daily diet to offer support for the immune system, energy levels, bones, skin, hair, nails and more.

100 caps

Code SN099B

V VV D G H K



IMMUNITY,
ENERGY, BONES,
HAIR, SKIN,
& NAILS!



CherryBeet (4500mg)

Energy and immunity support

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

60 caps

Code BRMC60

V VV D G H K



EyeNourish COMPLEX



NORMAL VISION FORMULA

EyeNourish Complex

A comprehensive eye supplement for support of normal vision

A research-based eye health complex, offering support for **normal vision** (backed by science), including visual fatigue related to screens – essential in today's modern age. It combines a range of specific herbs, vitamins, minerals and other nutrients for eye health, including bilberry fruit, pine bark, lutein esters, zeaxanthin, citrus bioflavonoids, vitamin C, zinc, manganese, copper, selenium and vitamin E.

60 caps

Code E8142

V V D G H K



GummyNourish

DAILY MULTIVITAMIN GUMMIES FOR ADULTS



GummyNourish

Daily multivitamin chewable gummies for adults

A daily multi-vitamin and multi-mineral chewable gummy supplement for adults. Ideal for those who hate pills, tablets and capsules or have difficulty swallowing – gummies are a fun and tasty way to take vitamins! These delicious **natural strawberry flavour** gummies are packed with essential nutrients to help support the body's nutritional needs and daily wellness, including nutrients which: support daily **energy** release; normal **immune function**; **collagen formation**; and assist the body's **metabolism** of macronutrients - **backed by science**.

60 gummies

Code MVG60

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SQUEEZE ALL THIS GOODNESS INTO YOUR DAILY DIET:

PRE-SPROUTED ACTIVATED BARLEY, LUCUMA FRUIT, LINSEED (FLAXSEED), WHEAT GRASS, QUINOA, BARLEY GRASS, ACAI BERRY, BAOBAB FRUIT PULP, KELP, SPIRULINA, TURMERIC, ALFALFA, CARROT, BILBERRY FRUIT AND MORE!



ORGANIC MaxNourish



An organic multi-nutrient super blend - in bioavailable food form for maximum absorption

An organic and vegan multi-nutrient blend, in easy-to-take capsules. Quickly and easily access **35 fruits, vegetables, sprouts, seeds and herbs PLUS bio-active enzymes** (protease, amylase, bromelain, cellulase, lactase, papain and lipase) - all this on a daily basis, with just one food supplement.

100 caps

Code MSF10

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NaturaC - food form vitamin C

Bioavailable with no synthetic ascorbic acid - a gentle food form vitamin C for maximum absorption and use by the body

Derived from some of nature's richest sources of this essential vitamin and antioxidant: Acerola cherry, rosehip, blackcurrant, parsley leaf and elderberry. Packed with bioflavonoids, vitamins, minerals and phyto-nutrients. Powerful, yet gentle and non-acidic.

60 caps

Code SS360

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GENTLE AND NON-ACIDIC!



Nattokinase

Power Complex

100MG
2000 FU

A powerful nattokinase complex, with added botanicals and nutrients



Nattokinase Power Complex

Nattokinase plus botanicals and nutrients

A powerful formula, combining nattokinase (**100mg** and **2000 Fibrinolytic Units**) with a range of potentiating botanicals and nutrients. Designed to offer support at a time in which it has never been more important to take care of your health and support your immune system on a daily basis.

60 caps

Code NATT60

V V D G H K



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Did you know...

Our hunter-gatherer ancestors had a ratio of Omega 6 to Omega 3 fatty acids of about 5:1. As a result of modern food processing and changes in our diet, the ratio is now about 24:1!

Antarctic Krill Oil (500mg)

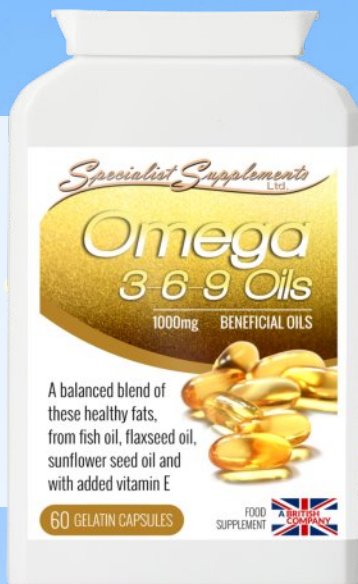
With EPA and DHA

A great source of Omega 3 oil, marine phospholipids and astaxanthin, to support the brain, heart, blood pressure, vision and more. No fishy after-taste!

60 caps

Code KO60

(D)(G)(H)



Omega 3-6-9 Oils (1000mg)

Beneficial oils for healthy joint support and more

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

(D)(G)(H)



Ashwagandha

BOTANICAL COMPLEX



INNER ZEN BLEND

Ashwagandha Botanical Complex

Ashwagandha KSM66 plus other roots, herbs, mushrooms and vitamins

A synergistic blend of ashwagandha root extract (KSM66) plus other roots, herbs, mushrooms and vitamins, formulated to support normal **hormonal activity**, the **immune system**, **energy** levels, **mental performance** and more. This food supplement combines important nutrients which contribute to normal hormonal activity, psychological function and nervous system function, helping users to better manage their stress response on a day-to-day basis. This clever formula helps the body to adapt to what it needs, when it needs it.

90 caps

Code ASWG90

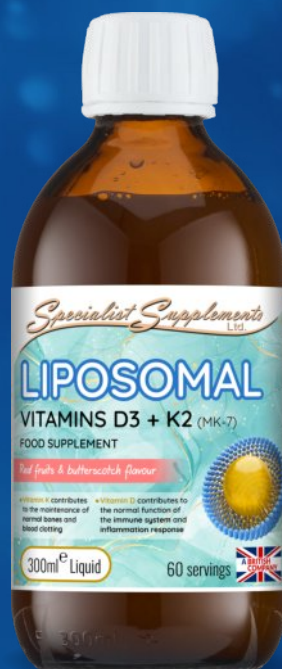
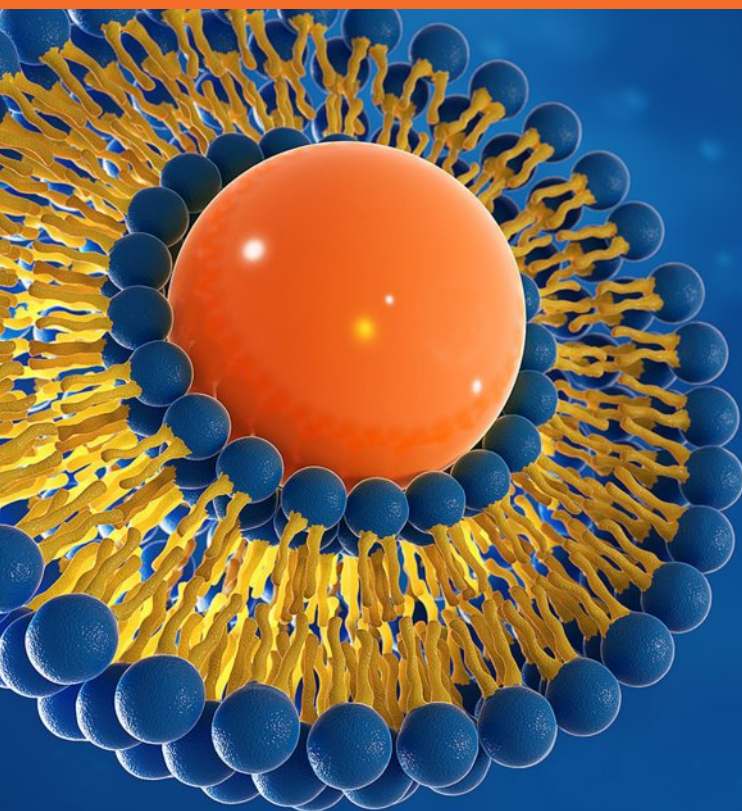
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LIPOSOMAL

VITAMINS D3 + K2

300ml
liquid



LIPOSOMAL Vitamins D3 + K2 (Red fruits and butterscotch flavour)

High strength liposomal vitamin D3 and K2 liquid supplement

A high strength vegetarian liposomal vitamin D3 and K2 **liquid supplement**, which provides vitamin **D3 4000IU (cholecalciferol)** and plant-derived **vitamin K2 100µg** (Menaquinone-7 (**MK-7**), a highly bioavailable form of vitamin K for superior absorption and bioavailability). Unlike regular vitamin D drops, our high strength vitamin D3 and K2 liposomal liquid is gentle on the stomach. **NO** magnesium stearate or synthetic flavours.

300ml liquid

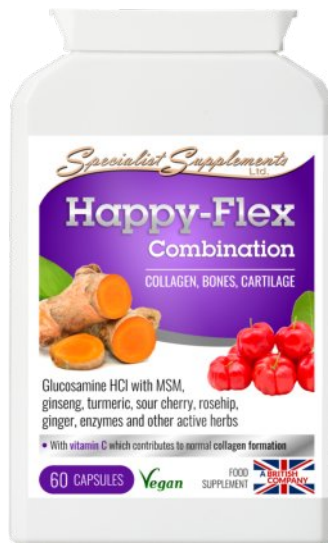
Code LPD3K2

V D G H K





A COMPREHENSIVE FORMULA FOR
COLLAGEN, CARTILAGE AND BONE SUPPORT!



Happy-Flex Combination

Collagen, bone and cartilage 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



L-Glutamine

Pure amino acid powder

Required by the body for a wide range of repair and maintenance functions, including joint and tissue maintenance, muscle repair, bone growth, wound healing, digestive health, gut wall integrity and immune system support.

100g powder

Code SN0181



MULTI-MUSHROOM

Organic Complex

Organic immunity blend with mushrooms and herbals

ORGANIC

IMMUNITY

5
MUSHROOMS

DAIRY
FREE

3
HERBS

VEGAN



MAITAKE, REISHI, SHIITAKE, LION'S MANE AND CHAGA MUSHROOM PLUS ASTRAGALUS ROOT, ACEROLA FRUIT AND BLACK PEPPER

Multi-Mushroom Organic Complex



Combination mushroom and herbal immunity blend

Multi-Mushroom Organic Complex is an **organic** mushroom immunity blend with Maitake, Reishi, Shiitake, Lion's Mane, Chaga **PLUS** Astragalus root, Acerola fruit and black pepper - all in one convenient capsule, providing important nutrients (such as vitamin C and vegan vitamin D). As well as its primary **immunity** properties, this special complex supports everything from **energy** levels, to protection of cells from **oxidative stress** - **backed by science**.

90 caps

Code MMB90

(V)(V)(D)(G)(H)(K)



Maca

COMPLEX PLUS

Maca root with specially selected herbals

3000mg



Maca Complex Plus

Specialist combination maca root, herb and mineral formula

This food supplement combines **3000mg** of maca root with ginkgo biloba, Panax ginseng, ginger root, L-Arginine, damiana leaf, organic black pepper and zinc, to offer tailored support for fertility and reproduction, testosterone levels, immune system support and much more.

90 caps

Code MACA90

V V D G H K

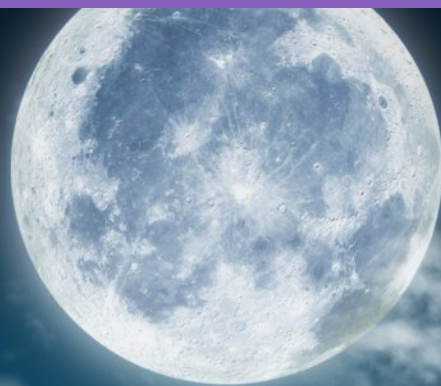


Pyjama Time

NIGHT TIME BLEND



Contributes to
the reduction of
tiredness
and fatigue



Zzzzz

With tailored
herbal, amino
acid, vitamin and
mineral ingredients

PyjamaTime

Specialist night time blend

A combination night time blend, with specially selected herbal, amino acid, vitamin and mineral ingredients. Ideal support for winding down in the evenings and waking up feeling refreshed and energised in the mornings. It combines: [Montmorency tart cherry](#), [ashwagandha KSM66](#), [passion flower](#), [German chamomile](#), [lemon balm](#) and [lavender](#) with [L-Taurine](#), [L-Tyrosine](#) and [niacin](#), [pantothenic acid](#), [vitamin B6](#), [biotin](#) and [magnesium](#).

60 caps

Code NTB-60

V V D G H K



Organic alkalising and detox formula



DETOX

NOURISH

ALKALISE

CLEANSE

Sea & Soil  

An all-in-one organic alkalising, nourishing, cleanse and detox formula

Seagreens®

An alkalising, cleansing and detoxification formula, which combines the best of nutrient-dense foods from both the sea and Earth's soil. The **organic** ingredients blended in this food supplement are: Seagreens® food-approved seaweed, artichoke, chlorella, green tea leaf, spirulina, ashwagandha root and cayenne - nutritious foods, rich in a broad spectrum of nutrients such as antioxidants, phyto-chemicals, iodine, vitamins, minerals and enzymes. All-round daily nourishment made easy.

100 caps

Code OSS-100

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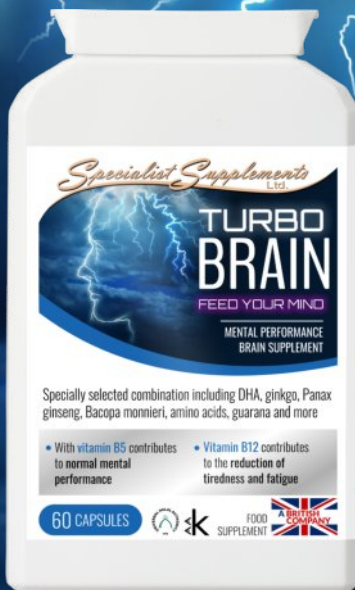
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TURBO BRAIN

BRAIN SUPPLEMENT • NUTRITIONAL COGNITIVE ENHANCER • ENERGY BOOSTER

Feed your mind



Turbo Brain

Mental performance brain supplement and more

Be a bright spark with Turbo Brain - 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.

60 caps

Code TBN60

V V V D G H K



Turmeric

HERBAL COMBO

BONES,
ENERGY &
IMMUNITY



Turmeric Herbal Combo

Turmeric powder and extract with synergistic extracts, herbs and nutrients

Turmeric Herbal Combo is 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**. The piperine has been included to potentiate the absorption of the other herbs - a well-known herbalists' combination.

90 caps

Code TURC90

V V D G H K



VitNourish



All-in-one multi vitamin and mineral formula with active cultures and herbs

VitNourish

Combination multi vitamin and mineral supplement with folic acid, dietary fibre, live bacteria and botanicals

More than just a multivitamin, this formula is ideal for those who want to take just one daily supplement that does it all! VitNourish provides a comprehensive range of vital **vitamins and minerals**, combined with: nutritious **botanicals**, essential **dietary fibre** and **live bacteria** (Lactobacillus Acidophilus, Bifidobacterium Lactis - providing **1 billion CFU**). This all-in-one formula has been designed for maximum impact - everything you need to feel your best in one easy capsule.

120 caps

Code M9584

V D G H



Daily shakes

Healthy snack

Meal shakes

Juice boost

Protein powder

Breakfast-to-go

Modern living

In this modern age of technology, media, genetic modification, environmental pollution, toxic overload and overuse of medication, nutrition has become more important than ever.

As a result of a number of factors, including modern farming and processing techniques, long-distance transportation of foods, the growth of 'fast foods' and the increased use of herbicides, pesticides, additives, preservatives and other harmful synthetic chemicals in our foods, the nutrient content of the average diet has sadly declined.

At the same time, our lifestyles have become ever more fast-paced, with increasing demands being placed on our time, energy levels, immunity, digestion and general health.

This has led many people to wonder how they might better support their bodies, ensure healthy nutrient intake and achieve optimum nutrition in a modern context.

Nutrition made easy

How do we ensure that our families are getting the broad spectrum of nutrients that they need on a daily basis?

What's more, if we have a restricted diet (such as vegan, vegetarian, organic, coeliac, diabetic, dairy-free or gluten-free), how can we help to avoid deficiencies?

One of the best ways to achieve these health goals remains through careful meal planning - nothing can replace a balanced diet. Eating a variety of fresh, seasonal and organic fruits, vegetables and other natural whole foods goes a long way to helping you achieve optimum nutrition.

However, for the reasons already mentioned, it is not always possible to meet your body's nutritional requirements through diet alone.

Daily shakes, fortified with high-quality, food form nutrients and free from added 'nasties', can provide a quick and easy means of topping up on nutrients.

Smoothie inspiration

Not sure how to incorporate our powders into your day? Here are some ideas!

Choose your liquid

Milk Juice Rice milk Soya milk
Nut milk Water

1

Add fruit and veg

Berries Celery Lemon Cucumber
Bananas Oats Spinach Apple Seeds
Carrots

2

Boost your juice!

3



Check out our yummy,
nutrient-packed
powders on the next
few pages!





MEALtime - in 2 delicious flavours

A vegan meal shake and protein powder, in delicious chocolate and vanilla flavours

These light, nutritious meal shakes and **non-GMO soy protein** isolate powders are fortified with vitamins, minerals and dietary fibre. Ideal for vegetarians and vegans and people with sensitive stomachs. High in protein and fibre, low in saturated fat and calories and with no artificial sweeteners.

300g powder

Code 0616MCF / SN049

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Low in
saturated fat
and no added
sugar!



Premium quality whey protein powder

High in
protein

NO artificial
sweeteners,
flavours or
GMOs



WheyNourish (chocolate and vanilla flavours)

Premium quality whey protein from concentrate and isolate

This whey protein powder delivers a high level of protein per serving, to support muscle mass and healthy calorie intake. Unlike most whey protein powders found on the high-street, our formula contains a blend of both whey protein concentrate and whey protein isolate, notably from EU and British sourced milk which is hormone-free and non-GMO. No artificial sweeteners, colours or flavours!

600g powder

Code WPP600C / WPP600V



**BEST
SELLER!**

This is no ordinary organic green shake



Over 35 green
foods, vegetables,
fruits, berries,
herbs, mushrooms,
algae and seeds in
one easy serving!

Organic vegan nutrition made easy, with naturally high food form vitamin C content

GreeNourish® Complete



Organic foods blend with over 35 nutritious foods and herbs

GreeNourish Complete is no ordinary green shake - this high-fibre blend contains **over 35 nutritious organic ingredients**, including greens, fruits, berries, herbs, mushrooms, algae and seeds - daily 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, high in quality lean plant protein and no added sugar or other 'nasties'. The ideal daily supplement.



300g powder

Code SN105

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With hemp seed **PLUS** alfalfa, beetroot, Ceylon cinnamon bark, dandelion root, green tea leaf, spirulina, Acerola cherry fruit, chlorella, blackcurrant, parsley leaf, baobab fruit pulp, spinach leaf, acai berry and fenugreek



HempNourish

Plant protein from hemp **PLUS** added herbs

A complete, balanced and natural plant protein powder from **hemp seed PLUS nutrients** from other beneficial foods and herbs. A nutritious combination, high in quality vegan protein with all essential amino acids, and rich in dietary fibre. Dairy-free and gluten-free. Easily digestible; no bloating!

Contains no hexanes or toxic chemicals

500g powder

Code HPP500

V V V D G H



PeaNourish

High protein, high fibre plus phyto-nutrients

A concentrated pea protein powder with added dietary fibre and herbs, packed with phyto-nutrients. Naturally low in carbohydrates and with an excellent amino acid profile. Hypoallergenic, dairy-free and gluten-free. Easily digestible; no bloating.

Contains no hexanes or toxic chemicals

500g powder

Code PP500

V V V D G H



Pea protein powder **PLUS**
chicory root, green tea, spirulina, acai berry, dandelion root and stevia



Enhance your daily diet with a premium rice protein powder blend

RiceNourish

Chocolate flavour brown rice protein blend

This **brown rice protein** powder blend, with **added dietary fibre** from chicory root extract, as well as **phyto-nutrients** from green tea extract and guarana seed extract, boosts the user's daily intake of lean protein and generally enhances the diet.

It is a delicious chocolate flavour, low in saturated fat and high in protein and fibre.

RiceNourish contains no artificial sweeteners and can be enjoyed as a breakfast, lunch, or anytime shake, or as a guilt-free, tasty dessert!

500g powder

Code RICE-CHOC-500

V V D G H



Digestion, & Cleanse & Detox



The importance of digestion

Nutritional medicine places great emphasis on the digestive tract.

This is understandable, because it is where we obtain the goodness from the food we eat and where we eliminate toxins and waste, which would be harmful to our bodies if left to remain.

The health of our liver, lymphatic system and immune system are also all greatly affected by the state of our digestive system, and intestines more particularly.

Body cleanse and detox

We are continually exposed to toxins, in one form or another, and so our bodies are continually trying to remove them.

Every toxin you are exposed to will arrive at your liver, your body's chief detoxification organ. However, none of the detoxification systems work in isolation; they all depend on one another.

If one detox system is overworked or functioning poorly (such as the digestive system), this will place additional stress on other systems.

COLON HEALTH SUPPORT...

COL-Clear[®] formulas

COL-Clear[®] A and COL-Clear[®] B - Herbal colonics complex

This herbal colonics complex comes in two versions. It combines a range of herbal ingredients, such as **barberry, cayenne, dandelion root, rhubarb, aloe vera, fennel seed**, as well as **sugar beet fibre** in COL-Clear A, which contributes to an increase in faecal bulk and normal bowel function. As used by colonic hydrotherapists and clinics, in conjunction with their sessions.

100 caps

Code 052L-00 / L055-00

V V D G H K



...WITH

ACTIVE HERBALS



With sugar beet
fibre to support an
increase in bulk...

Using glucomannan in combination
with an energy restricted diet
contributes to weight loss.*

*Beneficial effect is obtained with a daily intake of 3g of glucomannan in
three doses of 1g each, together with 1-2 glasses of water, before meals.



Fibre & Full



Healthy bowels blend and weight loss supplement

A high fibre, **bulk and weight loss** support combination supplement, with psyllium husks, sugar beet fibre, bacteria, prebiotics (FOS), glucomannan fibre, L-Glutamine and herbs (fennel seed, peppermint leaf and ginger root). 1 heaped teaspoon of powder (5g) contains 1g of glucomannan.

180g powder

Code SN040



Efficient digestion is the
cornerstone of good health

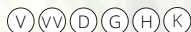
Dietary Fibre Complex

A high fibre blend for support of bulk and bowel function

A multi-fibre nutritional formula, derived from a unique combination of **psyllium husks, flaxseed, sugar beet, prune, fig** and other high-fibre foods and herbs. A combination of **insoluble and soluble fibre**, which is more than just roughage - it also provides cellulose, pectin, hemicellulose, lignin and gums. Ideal support an increase in faecal bulk and normal bowel function.

100 caps

Code DF120



Liver Clear

Healthy liver function

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.



INGREDIENTS INCLUDE: CHOLINE, BIOTIN, ARTICHOKE, BEETROOT, BURDOCK ROOT, CAYENNE, FENNEL SEED, DANDELION ROOT, LIQUORICE ROOT, PARSLEY LEAF, TURMERIC, BLACK AGED GARLIC, GINGER ROOT AND MORE!

60 caps

Code SN145

V V D G H K

CD Di



Home Enema Kit

Durable, re-usable and easy-to-use

A 2 litre capacity device with an anal cannula for enemas in the privacy of your own home. Also doubles as a vaginal irrigation cannula. Ideal as part of a colon cleansing or full body cleanse and detox programme. For best results, use in conjunction with our probiotics, digestive system and colon cleanse products.

Code SNE01

CD Di

As recommended
by Marie Claire

DIGESTIVEaid

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 V V D G H Di ☺

Ideal support for healthy digestion!



Ideal for
travel!

InternaCALM

Di ☺ IS

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

V V V D G H K



SPOREgone®



An all-in-one yeast balance, detox, digestion and colon health support supplement

A comprehensive **caprylic acid** formula made up of **herbs, probiotics** and **vitamins**. Helps to support the correct balance of gut micro-flora (bacteria and yeasts), integrity of the gastrointestinal tract and encourages the growth of friendly bacteria. **A must try!** Combine with a low-sugar and low-yeast diet.

60 caps

Code SN012



Nat-Lax® TNT

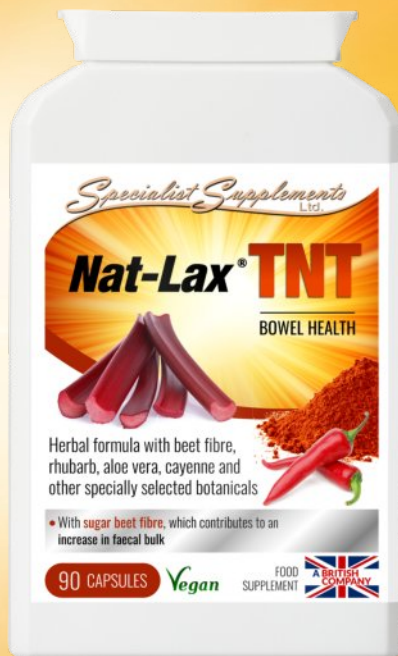


Herbal colon blend

A herbal colon combination with sugar beet fibre (for support of an increase in bulk), glucomannan and synergistic herbs (rhubarb, cayenne pepper, dandelion root, aloe vera leaf, ginger root, black garlic, nettle leaf and barberry bark). As used by detox clinics and colonic hydrotherapists.

90 caps

Code 070L-0



**WITH SUGAR
BEET FIBRE!**



Oxy-Klenz®

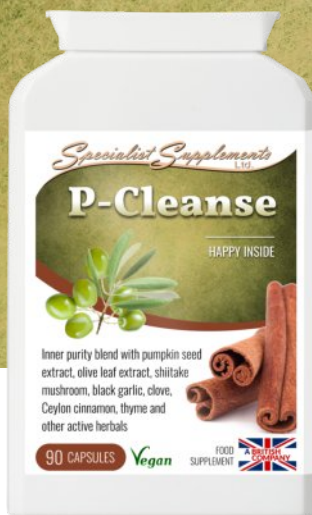
Magnesium based bowel formula

A magnesium based bowel formula, with ingredients specifically selected to contribute to an increase in faecal bulk, normal bowel function, electrolyte balance and more. Also with sugar beet fibre, the prebiotic FOS, apple cider vinegar, ascorbic acid (vitamin C), citric acid and citrus bioflavonoids.

100 caps

Code SN100

V V D G H K



**INTESTINAL
DETOX
SUPPORT**

**SAY NO TO
UNWANTED
'GUESTS'!**

P-Cleanse

An internal cleansing effect for gastrointestinal support

An inner purity blend of **active herbals** to support gastrointestinal health, including pumpkin seed, chicory root, grapefruit seed, cinnamon, clove bud, shiitake mushroom, cayenne pepper, black garlic, olive leaf, fenugreek seed, konjac and more. Say **NO** to unwanted guests. Ideally used when going abroad or on your return, particularly from developing countries.

90 caps

Code SN076

V V D G H K



Multi-Flora ProBio

8 strain vegan live bacteria supplement

A high-strength, **vegan**, multi-strain live bacteria supplement with **4 billion** friendly bacteria per capsule, for full-spectrum support of the small and large intestines. This live bacteria blend supports a healthy balance of gut microflora, a healthy digestive system and strong immune system. Just 1 capsule contains the same amount of bacteria found in around **8 tubs of probiotic yoghurt**, without the added sugar, fat and calories!

30 caps

Code PB30

V VV D G H K

CD

Di

😊

IS

**4 BILLION
GOOD
BACTERIA
PER CAPSULE**



**20 BILLION
GOOD
BACTERIA
PER CAPSULE**



ProBio MAX

8 strains and 20 billion organisms per capsule

This **vegan** and **MAX** version of our multi-strain live bacteria formula contains 5 times the active friendly bacteria per capsule - a massive **20 billion** (practitioner strength). Just 1 capsule contains the same amount of bacteria found in around **40 tubs of probiotic yoghurt**, without the added dairy, sugar, fat and calories! Full-spectrum bowel support.

30 caps

Code PBMAX30

V VV D G H K

CD

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IS



Easy-to-take live culture powder

Tasteless powder

Easy-to-use powder

Safe for all ages



Gut-Buddies Infantis Complex

Special multi-strain formula suitable for all ages

A unique probiotic powder that contains **7 strains** of naturally-occurring friendly bacteria, including the child-specific Bifidobacterium infantis strain - **1 billion** beneficial live bacteria per serving. We have also added the prebiotic **FOS** to the formula, to support the growth of friendly bacteria. Suitable for all ages. In a tasteless powder form - just add to food or liquid.

60g powder

Code KP30S

V VV D G H K





Weight management support



Make it count this time

The best kept secret in the slimming world is that there is no “magic pill” that is going to make you lose weight and keep it off for the long-term.

If there is a product that makes that claim, it is either part of a fad diet or could be detrimental to your health. In this age of miracle diets, it can be hard to know what your body really needs to lose weight.

The smart approach to staying fit and in shape, and achieving your ideal weight naturally, is to maintain a lifestyle of healthy eating and regular exercise, which reflects your individuality.

Of course, it's not always as easy as that - if it was, it would be a cinch for everybody to lose weight. Sometimes you need a little extra support, particularly in the early days.

Sensible supplementation, used in conjunction with a balanced, calorie-controlled diet, can help you to achieve your goals.

Specialist Supplements' Weight Management range is specifically designed to support your body's own natural processes, including metabolism, fat burning and the processing of complex carbohydrates.

400mg apple cider vinegar powder **PLUS** cayenne, ginger root, turmeric, green tea leaf, organic black pepper and chromium



Apple Cider Vinegar Complex

Herbal weight management and digestive health combination

This food supplement has been formulated with a specialist blend of synergistic herbs and nutrients. Each capsule combines **400mg of apple cider vinegar powder** with **cayenne, ginger root, turmeric, green tea leaf, organic black pepper** and **chromium**.

120 caps

Code ACV-120

V VV D G H

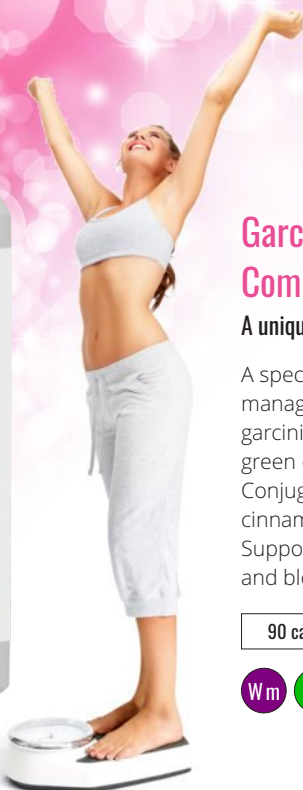
Wm

Di

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A

BODY
LEAN



Garcinia Cambogia Complex

A unique slimmer's complex formula

A specialist combination of weight management ingredients, including garcinia cambogia, glucomannan, green coffee, kidney bean, Conjugated Linoleic Acid (CLA), cinnamon and chromium picolinate. Supports macronutrient metabolism and blood glucose levels.

90 caps

Code SN006



Wm

W

THE
SLIMMERS'
CHOICE

THERMOthin®

An 'in shape' combination food supplement

A synergistic combination of herbs, vitamins, minerals and other nutrients (including glucomannan fibre from konjac) to support the various aspects of weight loss, including metabolism, satiety, blood glucose levels, thyroid function, immune system, hormonal balance, energy levels and more. Ideal for use during a weight management programme, suitable for men and women and recommended to be used in conjunction with a sensible exercise regime and balanced, calorie-controlled diet.

90 caps

Code SN085



Wm

W

EAL





Concentrated green coffee
bean extract **PLUS** kelp,
cinnamon, cayenne and
chromium for that extra kick!

8000mg

**50%
CGA**



Green Coffee Bean EXTREME (8000mg)

High-strength weight management support formula

This concentrated weight management support supplement contains green coffee bean (**8000mg**) derived from "raw" unroasted coffee beans, providing 50% chlorogenic acid (CGA). It has been blended with a unique combination of kelp (a source of iodine), cinnamon, cayenne and chromium for that extra kick!

60 caps

Code GCE60

V V D G H K

Wm W

Gentle & effective

A nutrient-dense herbal support formula for healthy water balance in the body



WATERgo

As recommended by NOW magazine to help the body gently eliminate excess water

A gentle, yet effective fluid balance support supplement, which combines active herbals, vitamins and other nutrients that are easily absorbed and used by the body to support the natural elimination of stored water and waste via the kidneys. With **alfalfa, juniper berry, celery, dandelion leaf, kelp, nettle leaf, parsley leaf, radish leaf, watercress, magnesium oxide** and **vitamin B6**. Independently rated as one of the most effective water balance herbal combinations on the market!

90 caps

Code SN017

V V V D G H K





Women

Specialist Supplements' range for women provides the extra support you need at the highest quality

Women have unique health needs

Let's face it - being a woman is not always easy! Pre-menstrual problems and unpleasant menopause symptoms have, until fairly recently, been accepted as a woman's lot.

Yet the experience of, for instance, bloating, low energy levels, water retention, irritability, headaches, tension, breast tenderness and hot flashes associated with these periods in a woman's life, are avoidable in the vast majority of cases.

Diet and nutrient intake are key.

Hormones are some of the most powerful chemicals in the body, so it is hardly surprising that they can wreak havoc when not properly balanced.

Unlike synthetic treatments and medications, natural vitamins and other essential nutrients obtained from the diet can support the balance in a woman's body, without disrupting its natural chemistry.

Specialist Supplements have formulated products to support a woman's unique health needs.

Collagen Nourish⁺

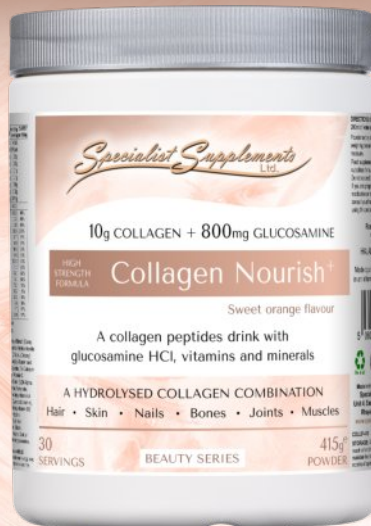
Hair ★ Skin ★ Nails ★ Bones ★ Muscles ★ Joints



HIGH-STRENGTH
FORMULA



10,000mg collagen
800mg glucosamine



Collagen Nourish + (Sweet Orange Flavour)

High-strength collagen peptides drink mix, with glucosamine HCl, vitamins and minerals

Collagen Nourish + is a delicious sweet orange flavour drink mix, which contains high-strength, high quality **hydrolysed collagen (10,000mg / serving)**, plus **glucosamine HCl (800mg / serving)**, and a range of **vitamins** and **minerals**.

Hydrolysed collagen is a protein supplement made from collagen that has been broken down into smaller molecules ("**collagen peptides**"). These peptides are more water soluble and therefore have enhanced bioavailability.

This formula contains 10g hydrolysed collagen per serving, generally recognised to be the optimal daily intake for best results.

415g powder

Code COLLP-415

(D)(G)(H)



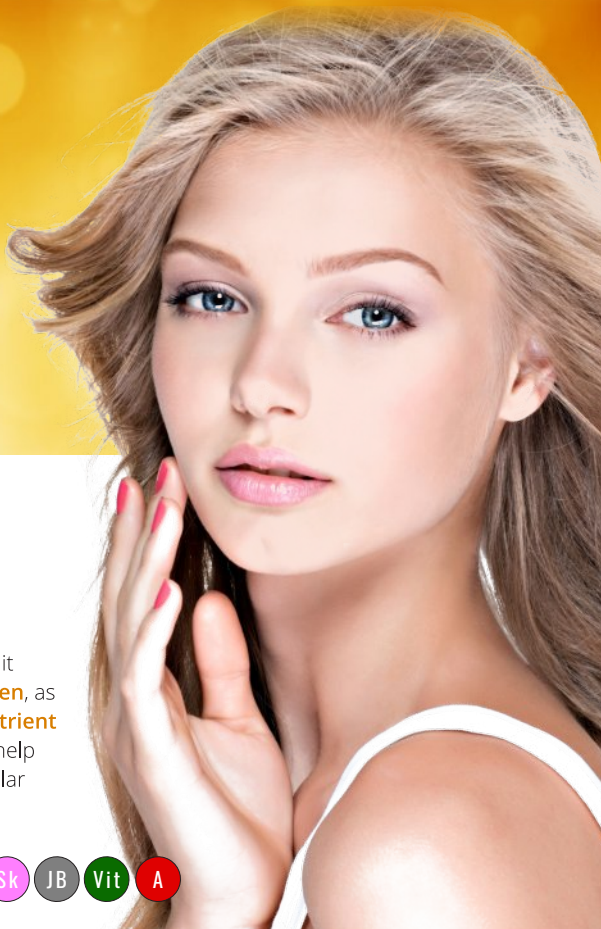
A hydrolysed collagen combination

Collagen Ultra Beauty

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



Beauty backed by science...



Collagen Ultra Beauty

Marine collagen and hyaluronic beauty complex

Collagen Ultra Beauty 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

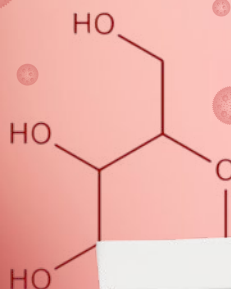
(D)(G)(H)



Contributes to collagen formation and normal hair, skin and nails

D-Mannose Power Complex

HIGH-STRENGTH FORMULA
(900MG PER SERVING)

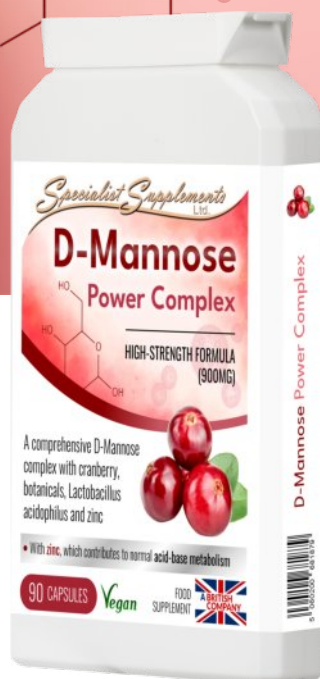


D-Mannose Power Complex

High-strength D-mannose supplement, with cranberry extract, botanicals and live bacteria culture

A high-strength* D-mannose supplement (**900mg**), enriched with cranberry (**2160mg**), Lactobacillus acidophilus live cultures (**2 billion CFU**), zinc, cinnamon, oregano and bamboo leaf (providing silica) – all in one convenient and easy to take capsule.

**Figures quoted are per serving*



90 caps

Code DM8871

V V V D G H K



**IMMUNE SYSTEM FUNCTION AND PROTECTION OF CELLS FROM
OXIDATIVE STRESS - BACKED BY SCIENCE**

Herbal support for women at any stage of life



A gentle
helper



MENOstage

Herbal support during difficult cycles, perimenopause and the menopause

A unique herbal combination food supplement designed to support women before, during and after difficult monthly cycles, as well as during perimenopause and the menopause. It contains a blend of most of the well-known women's herbs (including **red clover**, **bamboo**, **wild yam** and **sage leaf**), as well as nutrients which support natural balance in the body and a feeling of vitality and well-being (such as **Siberian ginseng**, **soya isoflavones**, **vitamin B6** and **zinc citrate**).



60 caps

Code SN015

V V D G H K



Contributes to the regulation of hormonal activity



SPORTS SERIES

Specialist Supplements' range for athletes, providing tailored support at all stages of your training regimen

Maximising results with tailored sports nutrition

Getting your workout nutrition right is essential, because you need to prepare your body for an intense physical challenge, and then ensure that it has the right fuel to repair and grow once training is completed.

Our Sports Series range of products offers targeted support for everything from performance, endurance, speed, strength and muscle growth, to immunity, bone health, metabolism, mobility, recovery and much more.

Whether you are a seasoned athlete or a fitness enthusiast, focussing on correctly fuelling each stage of your training (pre, during and post workout) is crucial for success.

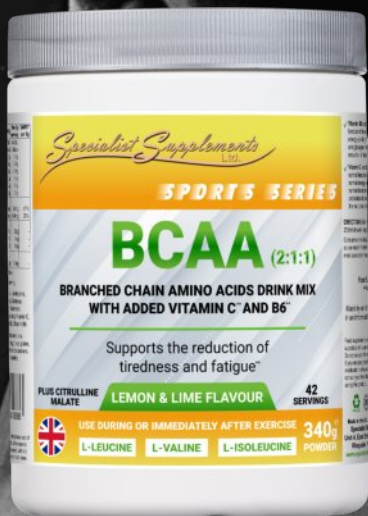
Proper pre-workout nutrition and fuelling will provide you with targeted support for

increased stamina, blood sugar levels, energy and focus during training, helping to delay the onset of fatigue.

Hydration and replenishment of important minerals (such as potassium, chloride and sodium) during exercise, will keep muscles functioning optimally.

And ultimately, supported recovery not only helps to reduce the risk of injury, but also ensures that you can perform at your best during your next workout session.

The combination of tried and tested nutrients in our Sports Series range of products have been selected for their specific actions to help maximise the impact of your training in the shortest possible time - with science-backed results.



BCAA (Lemon & Lime Flavour)

2:1:1 branched chain amino acids (BCAA) drink mix

A delicious drink mix, which contains essential branched chain amino acids (leucine, isoleucine and valine), plus vitamin B6, vitamin C and L-Citrulline malate (a direct precursor to nitric oxide).

Suitable for use during or immediately after exercise.

Made in an Informed Manufacturer Facility

340g powder

Code BCAA-340

V V D G H



CREATINE

Creatine monohydrate drink mix

An unflavoured, easy-to-mix drink, which contains pure creatine monohydrate (**5g per serving**) for increased physical performance in terms of speed, power and strength.

Suitable for use immediately after exercise.

Made in an Informed Manufacturer Facility

500g powder

Code CMH500

V V D G H



HYDRATE (Berry Flavour)

Electrolyte and carbohydrate blend

A berry flavour drink mix, which contains an electrolyte and carbohydrate blend designed for rapid hydration. It tastes great, is easy to mix and is also gentle on the stomach.

Suitable for use before, during or after exercise.

Made in an Informed Manufacturer Facility

540g powder

Code HYDRA-540

V V D G H



POST WORKOUT (Chocolate Flavour)

Protein and carbohydrate drink mix for post-workout

Post workout drink with proteins, carbohydrates and other key nutrients, specially blended to support recovery, energy replenishment and rehydration during the post workout period.

Suitable for use after exercise.

Made in an Informed Manufacturer Facility

1800g powder

Code PW1800

H





WORKOUT (Orange Flavour)

Pre-workout drink mix

A pre-workout drink mix with nitric oxide, amino acid and creatine blends, plus caffeine, vitamins and minerals.

Suitable for use before or during exercise. **Made in an Informed Manufacturer Facility.**

440g powder

Code PWT-440

V V D G H



Combination Packs

FASTER RESULTS

BETTER OUTCOMES

SAVINGS

Check out our tailored packs online now!



Which supplements?

Ever felt overwhelmed by the range of supplements on offer, or wondered which combination of products to take for best results? We've got the answer! Check out our tailored packs online, designed to support specific health goals. Get faster results, enjoy better outcomes and benefit from multi-buy savings!

CLEANSE & DETOX PACK

Start detoxing now - it's easier than you think!

The health products included in our tailored Cleanse and Detox Pack have been specifically chosen for their cleansing, protective, alkalising and nutrient-dense ingredients, which support the body's detox organs and systems (healthy liver function in particular), as well as natural detoxification processes, digestive regularity and a strong immune system.



HEALTH & VITALITY SUPPORT PACK



Health, energy and vitality!

The health products included in our tailored Health and Vitality Support Pack have been specifically chosen because their nutrient-dense superfood, superfruit, food-form, antioxidant, herbal and probiotic ingredients represent one of the most popular and useful combinations to support health, vitality, energy levels, immunity and well-being.

TOTAL GUT THERAPY PACK

Love your gut!

The health products included in our tailored and super-charged Total Gut Therapy Pack have been specifically chosen for their powerful digestion support actions.



WEIGHT MANAGEMENT PACK

In support of your weight management and shape-up goals!

The food supplements included in our tailored Weight Management Pack have been chosen for their specific actions, which simultaneously support the various aspects of weight loss (including metabolism, satiety, blood glucose levels, thyroid function, immune system, hormonal balance, energy levels and more).



SEE ONLINE FOR SHAPE-UP POWDERS



VISIT OUR WEBSITE FOR FULL INFO AND TO SEE OUR OTHER PACKS

specialistsupplements.com

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