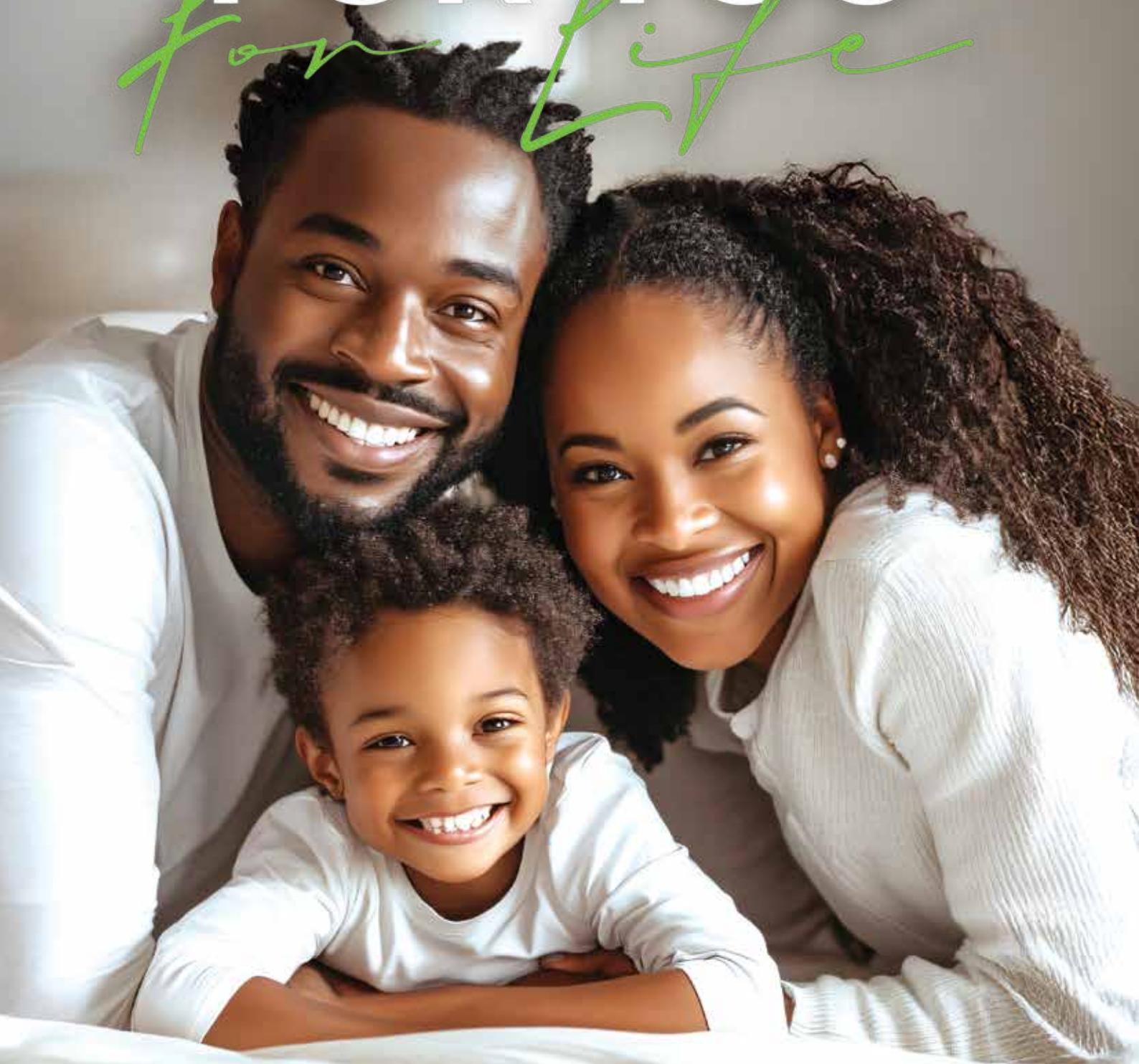




FOR YOU

For Life



HEALTH GUIDE

2026 | 1ST EDITION

Welcome to the Table Charm Health Guide

This Health Guide is your trusted resource for understanding our range of complementary medicines and how they can support your health journey.

At **TC Health**, your well-being is at the heart of everything we do. Our products are locally manufactured using top-quality, specially selected ingredients, ensuring both safety and nourishment. Every supplement is produced in line with strict SAHPRA (South African Health Products Regulatory Authority) guidelines, giving you peace of mind that each product meets the highest standards of quality, efficacy, and safety.

Our complementary medicines are designed to help:

- Restore balance in the body
- Improve function and vitality
- Reset internal systems for long-term wellness

Whether your goal is to support immunity, manage stress, enhance energy levels, or maintain overall wellness, **TC Health** offers reliable, effective solutions to help you and your family live healthier, more balanced lives.

Let this guide help you make informed choices—so you can enjoy natural, dependable support for your health, every day.

IMPORTANT: HEALTH PRODUCTS CAN NO LONGER BE RETURNED

By following **FIFO** (First In, First Out), you ensure that customers always receive fresh, high-quality products.





OUR STORY

Our Story

For over 50 years, TC Direct has been empowering people to make a change in their lives by selling and personally recommending **our range of high-quality products** across our Home, Fashion, Beauty, Personal Care and Health categories.

We are passionate about **breaking the cycle of poverty**. Our unique business opportunity allows our Business Builders to **earn through multiple income streams**. TC Direct has created thousands of opportunities by **assisting people to start their own business**, selling our selection of over 950 exclusive products part time or full time, with **no risk, or the need for extensive experience or qualifications**.

Since 1974 we have been helping everyday South Africans to **achieve their dreams, provide an income for themselves, families** and communities through an opportunity that is realistic, profitable, and more importantly, sustainable in the long term. Above all, **by helping one person sell our products, we offer them the opportunity to help others do the same**.

Our prophetic mission is to provide a trustworthy opportunity for people in need to **PROSPER**, to provide them **HOPE** through teaching, developing & support (**Sales = Income = Life**), **NEVER TO HARM** them and to help build their **FUTURE and that of further generations**.

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Tested. Trusted. Transparent.

At the heart of responsible supplementation is trust, safety, and transparency. All health supplements referenced or recommended in this guide adhere to strict quality assurance standards to ensure their safety, potency, and effectiveness.

OUR COMMITMENT TO QUALITY

Manufactured in Certified Facilities:

All supplements are produced in facilities that follow Good Manufacturing Practices (GMP), as mandated by national regulatory authorities SAHPRA (South African Health Products Regulatory Authority) using high-quality ingredients.

Each batch is fully traceable and produced under strict safety and hygiene standards.

- **Third-Party Tested: Products** are independently tested for purity, potency, and contaminants (including heavy metals, pesticides, and microbial agents) by accredited laboratories.
- **Ingredient Transparency:** Every ingredient is clearly listed on the label, with no hidden fillers, artificial colours, or banned substances.
- **Stable and Fresh:** Supplements are produced and packaged to maintain efficacy throughout their shelf life, under appropriate temperature and humidity-controlled conditions.
- **Traceability and Batch Control:** Each batch can be traced back through its entire production process, ensuring accountability and consistent quality from raw material to finished product.

SAFE USE & STORAGE OF HEALTH PRODUCTS

What Every Household Should Know:

Managing health products at home - including food, medicine, and supplements - requires awareness, responsibility, and routine. Mishandling these items can lead to reduced effectiveness or serious health risks.

IMPORTANT: HEALTH PRODUCTS CANNOT BE RETURNED

For health and safety reasons, most pharmacies, clinics, and stores do not accept returns of health products - including medicines, supplements, and medical supplies.

Smart, safe habits ensure your home is a reliable, supportive environment for health and healing.

Why This Policy Exists:

- Once a product leaves the store, its storage conditions cannot be verified.
- Returned items may have been tampered with, contaminated, or exposed to moisture, heat, or bacteria.
- Re-selling returned health products violates health regulations and puts others at risk.

What This Means for You:

- Always double-check before purchasing expiry dates, product name, dosage, and quantity.
- Do not accept broken seals or damaged packaging at the point of sale.

QUICK CHECKLIST

Safe Health Product Management at Home

- ✓ Check expiry dates monthly
- ✓ Use FIFO method (First In, First Out)
- ✓ Store health products properly
- ✓ Follow dosage instructions strictly
- ✓ Don't share prescriptions with others
- ✓ Consult a healthcare provider before new supplements
- ✓ Keep emergency contacts and poison control info handy

Why This Matters:

Poor health product management can lead to:

- Ineffective treatment
- Wasted money
- Accidental poisoning
- Nutrient imbalances
- Preventable hospital visits



Safe Use & Storage of Health Products

1 EXPIRY DATES - WHY THEY MATTER?

WHAT YOU NEED TO KNOW:

- Every product has an expiry or “best before” date - respect it.
- Expired medications can lose potency or become harmful.
- Food past its expiration date may develop bacteria or toxins.

RULES TO FOLLOW:

- Always check dates before using a product.
- If in doubt, throw it out - especially with medications or perishable foods.
- Avoid bulk-buying products with short shelf lives unless needed immediately.

TIP: Use a marker to clearly label the expiry date on packaging when hard to read.

2 STOCK ROTATION - FIRST IN, FIRST OUT (FIFO)

WHY IT'S IMPORTANT:

- Ensures older products are used first, reducing waste and spoilage.
- Helps keep your storage clean, organized, and up to date.

RULES TO FOLLOW:

- Place new items behind older ones on shelves or in your medicine cabinet.
- Check dates monthly to identify soon-to-expire items.
- Organise products by category (e.g. cold medicine, pain relief, vitamins).

TIP: Keep a small inventory list - especially useful for families or caregivers managing multiple people's needs.

3 STORAGE RULES - WHERE AND HOW MATTERS

PROPER STORAGE PRESERVES POTENCY AND SAFETY.

GENERAL STORAGE TIPS:

- Store medications and supplements in a cool, dry place away from sunlight (not the bathroom).
- Refrigerate items only if the label instructs.
- Keep products in original packaging to preserve instructions and expiry information.

SAFETY MEASURES:

- Use childproof containers for all medications.
- Store away from pets and children's reach.
- Discard damaged, leaky, or discoloured packaging.

TIP: Keep a “health basket” or box with commonly used over-the-counter products, sorted and regularly reviewed.

4 DOSAGES – STICK TO THE LABEL OR PRESCRIPTION

WHY ADHERING TO DOSAGE IS CRITICAL:

- Too little = ineffective.
- Too much = risk of side effects, overdose, or long-term damage (especially with vitamins and painkillers).

RULES TO FOLLOW:

- Follow dosage instructions exactly as prescribed or labelled.
- Never double up on a missed dose without checking with a healthcare provider.

TIP: Set reminders for regular medications or supplements to avoid missed or duplicate doses.

5 HEALTH SUPPLEMENTATION AT HOME – DO IT SMART

Supplements can support health, but they're not substitutes for a balanced diet.

GOOD PRACTICES:

- Choose high-quality supplements
- Consult a healthcare provider before starting new vitamins or herbal supplements, especially if pregnant, on medications, or managing chronic conditions.
- Store supplements like medication - away from heat, moisture, and light.

AVOID THESE MISTAKES:

- Taking multiple supplements with overlapping ingredients (e.g. too much Vitamin A, iron, or zinc).
- Assuming “natural” means safe - some herbal supplements interact dangerously with medications.

TIP: Keep a supplement log that tracks what you're taking and why - review it every few months.



Sales Tips

BUILDING YOUR HEALTH BUSINESS - THE JOURNEY TO SUCCESS WAY

Success in TC Direct is not complicated. It follows the same rhythm every day:

SHOP. SHARE. INVITE. ACTIVATE. DUPLICATE. Here's how to apply that rhythm specifically to TC Health.

1 START WITH SHOP & SHARE (IT STARTS WITH YOU)

- **Know your product inside-out.** Understand ingredients, benefits, dosage, and who it's suitable for.
- **Use the product yourself.** Confidence comes from experience.
- **Share your story.** Authenticity builds belief.

2 SELL SOLUTIONS, NOT PRODUCTS

- People don't buy supplements. **They buy relief, confidence, energy, better sleep, less pain.**
- Ask:
 - "What's your biggest health concern right now?"
 - "What would you like to improve this year?"
- Position products as part of a health journey, not a quick fix.

3 SHARE CONSISTENTLY (DAILY ACTION BUILDS SUCCESS)

- Use social media strategically:
 - Educational posts
 - Short demos
 - Personal testimonies
 - Before/after routines (ethical and compliant)
- **Engage. Respond. Build relationships.** Small actions every day beat big efforts once in a while.

4 EDUCATE, DON'T PUSH

- Host:
 - Wellness chats
 - Small health info sessions
 - "3-Day Reset" challenges
 - Product demos
- Teach first. Sell second.
- People trust educators more than sellers.

5 INVITE & ACTIVATE

- When customers love the products, invite them to:
 - Join as Business Builders
 - Shop at discount
 - Earn while they use

- "Would you like to earn from the products you're already using?"
- Help them activate properly:
 - First order
 - Clear understanding of profit
 - Support in their first sale

6 FOLLOW UP WITH CARE

- Follow up without pressure.
- Examples:
 - "How are you feeling since you started?"
 - "Have you noticed any changes yet?"
- Follow-up builds trust and repeat sales.

7 BUILD COMMUNITY

- Host online or offline:
 - Health evenings
 - Facebook Lives
 - WhatsApp health tips groups
- Invite people to learn, not just buy.
- Community increases retention.

8 STAY COMPLIANT & ETHICAL

- No medical claims
- No exaggeration
- Stick to approved language
- Your credibility is your long-term income.

9 BE A PRODUCT OF THE PRODUCT

- Use consistently.
- Share honestly.
- Shop from your own shop.
- When people see real-life results, belief grows naturally.

10 DUPLICATE AND GROW

- If you are building a team:
- Train your Business Builders in:
 - Product knowledge
 - Prospecting conversations
 - How to ask for deposits
 - Ethical marketing
 - How to activate new recruits properly

WHAT YOU DO, THEY WILL COPY.

Success in TC Health is not built on pressure, hype, or once-off effort. It is built through daily action, genuine care, and consistent belief in the products you use and share. When you shop, share, invite, activate, and duplicate with purpose, your business grows naturally. Small steps taken every day create trust. Trust creates customers. Customers become Business Builders. And that is how you build a health business that is strong, stable, and Built to Last.

Circle of Success

Success in Table Charm Direct is simple. It comes from repeating the same four steps again and again. Each step builds on the other, and together they form the heartbeat of your business.



STEP 1. Shop & Share

Buy the products you love, use them daily, and share your experience with others. When people buy from you, you earn.



STEP 2. Invite & Activate

Invite people to discover Table Charm Direct for themselves. Bring them to an Opportunity Meeting, help them register, and start their journey the right way so you can begin earning on their efforts



STEP 3. Duplicate & Grow

Show your team how to shop, share, invite, and activate just like you do. Help them stay consistent, set goals, and take daily action. When they grow in confidence and earnings, your growth follows naturally.



Remember:

The Circle of Success is not something you do once. It is a rhythm. When you keep following the steps, your business will grow stronger and last longer.



Health & Wellness

Health and wellness are two words that are often placed alongside each other in the same sentence. They are lumped together as one concept but are they similar or, in fact, different? Let's look at what the difference is between health and wellness and why, together, they are so important for our mental and physical wellbeing.

Health is defined as a state of well-being which includes the physical body, mental health and social status. Being healthy is often a goal that people want to achieve and everyone has a different definition of "being healthy" in terms of their own personal goals for their physical and mental states.

Wellness is a state of existence which is affected by all the factors we mentioned above but also includes our emotional well-being, our happiness levels, and can be impacted by what is going on around us.

The main difference between health and well-being is one is active and one is passive. Health is a goal that we aim to achieve, whereas wellness is a state of being or a process that we undertake. Integrated health and wellbeing (which is the ideal state we all actively seek) is one where one thing creates the other, and where, without one, we cannot have the other.

WHY HEALTH AND WELLNESS ARE IMPORTANT

There are a variety of reasons why health and wellness, together, is important for humans of all ages. From stay-at-home moms to full-time working fathers, promoting health and wellness both at home and in the workplace (either as an individual or as a team) is important for:

- 1 LEADING HEALTHY, HAPPIER LIVES**
- 2 OVERALL IMPROVEMENT IN PHYSICAL HEALTH AND QUALITY OF LIFE**
- 3 REDUCTION OF ILLNESS AND A LONGER LIFESPAN**
- 4 LOWER ANXIETY AND STRESS LEVELS AND IMPROVED MENTAL HEALTH**
- 5 IMPROVED SOCIAL COHESION**
- 6 LESS SOCIAL ILLS AND VIOLENCE**

At Table Charm, staying happy and healthy has never been easier. We promote the leading of happier, healthier lifestyles through a variety of supplements, foods, medication and home care products that all lead to an improved lifestyle and sustained happiness



THE POWER OF THE SEA

SEA MIRACLE - ALL-IN-ONE WELLNESS BOOSTER

Sea Miracle is more than a supplement - it's a carefully crafted tonic that blends traditional wisdom with modern science.

Sea Miracle brings the power of the sea into your daily routine - a natural, all-in-one approach to feeling relieved, restored, and replenished.



ZH290



ZT50

ZH140

ZH144

ZH143

ZH142

ZH141

SA141

WHY SEA MIRACLE?



Immune Support

Antioxidant-rich seaweed to protect cells, strengthen immunity, and regulate inflammation.



Heart & Thyroid Support

Seaweed and avocado oil help maintain healthy cholesterol, blood pressure, and thyroid function.



Gut Health

Seaweed nourishes beneficial gut bacteria, while peppermint, calendula, avocado, castor, rosemary, and lavender oils support gut health through their anti-inflammatory and digestive properties.



Skin Vitality

Natural oils like Calendula and Lavender and help moisturise, calm, and revitalise the skin.



Respiratory Wellness

Menthol and eucalyptus ease breathing, complemented by the antiviral and antimicrobial properties of seaweed.

TESTIMONIALS



Kelly - Johannesburg

"I've been using Sea Miracle for 8 years, and the results have been consistently amazing. I absolutely love it - it's truly a one-of-a-kind product! It's my go-to energy booster, especially during field visits. I no longer rely on fizzy drinks for energy - Sea Miracle does the job naturally.

After long days, I soak and massage my feet with it, which helps improve blood circulation.

I've also noticed clearer skin pigmentation. It supported me in managing thyroid issues, as I no longer experience throat irritation. My blood sugar and blood pressure levels have become more balanced, and I've genuinely noticed a positive shift in my health.

It even helped my sister's child with bronchitis and has eased my migraines. I drink it daily - while it's recommended on an empty stomach in the morning, it works well anytime. I now sleep peacefully and feel more balanced overall."

I also use Sea Miracle on my hair - spraying it directly on my scalp or mixing it with AP Hair Food. It's reduced dandruff and scalp irritation, and I've noticed improved hair growth. I even take it with me to the salon! Additionally, it has helped relieve bloating and constipation. Sea Miracle has become an essential part of my wellness routine."



Lauren - Johannesburg

"I've been using Sea Miracle Booster for the past 8 years, and it's made a noticeable difference in my overall energy levels. It's also helped ease discomfort in my joints, making daily movement much more comfortable. I truly recommend it for anyone looking to support their health naturally."



Alice - Johannesburg

"One of our business builders said Sea Miracle gives great energy. A customer who started using it had skin complications, but her skin improved significantly within a week. Additionally, two male customers reported that it boosted their libido."



Jane - Mbombela

"Sea Miracle has truly been a blessing for my entire family. It helps me manage my asthma, provides my kids with a natural energy boost, and supports all of us through flu season. It has become an essential and trusted part of our daily routine."



Mrs Jones - Tshwane

"Sea Miracle has truly transformed my experience with periods. It eased my pain, and now I go through my cycle comfortably, without any discomfort. I'm deeply grateful for the relief and balance it has brought to my life."



Zandile - KZN

"I've been using Sea Miracle along with Collagen Capsules for some time now, and the results have been remarkable. After having my ankle fused, I faced mobility challenges, but since starting this combination, my healing has progressed well - I'm even able to wear my boots again. My inflammation has significantly improved, and I'm now considering using it to support my thyroid health."

Sea Miracle All-in-One Wellness Booster - 500ml

ZH140

One Product. Countless Benefits - Inside & Out!

Sea Miracle **All-in-One Wellness Booster** is a rich infusion of Seaweed Extract, African Potato extract and Natural Oils that benefit the entire body when used as an all-in-one wellness tonic.

Used externally (topically), its mineral rich formulation has soothing and healing properties when used on the skin.

Used internally, its many benefits include relieving many stomach ailments, assisting with respiratory difficulties, helping to eliminate toxins from the body, easing bloating and indigestion, and promotes wound healing.

Sea Miracle has shown to be an effective energy booster and all-around “feel good” tonic.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Blood Conditions
- Wound Healing
- Digestive tract and stomach ailments, bloating and indigestion
- Inflammation & Aching joints
- Tired muscles and cramps
- Swollen legs and feet
- Sinus Congestion, Respiratory Conditions & Sore Throats
- Skin outbreaks and rashes
- Lack of energy and extreme fatigue

DOSAGE & DIRECTIONS

- Can be used externally (topically) and internally.

Take Internally As an All-in-one Wellness Booster

- Take 15ml (3 teaspoons) once per day.

Sore Throat

- Gargle daily or to promote general wellbeing, take one tablespoon (15 ml) once a day.

Aches, pains and stiffness

- Dissolve 6 capfuls into your bath water and relax for 20 minutes.

Use Topically Skin Conditions

- Apply directly onto the affected skin and leave overnight.

ALLERGENS Iodine

Do not take more than recommended.

Not suitable for children younger than 12 years old.



BENEFITS MAY INCLUDE

- Assists with blood conditions
- Helps eliminate toxins from the body
- Eases bloating, indigestion other digestive conditions and cleans the digestive tract
- Energises before training and assists in relaxing tired muscles and eases muscle cramps
- Relieves skin breakouts and rashes
- Promotes wound healing
- Relieves inflammation and soothes aching or stiff joints
- Promotes wound healing for swollen, sore legs and feet
- Eases sinus congestion and helps respiratory activity. Soothes sore throat
- Assists with nutritional absorption, safe for the whole family.



For further product information and warnings, scan the QR code, or view the product label.

Sea Miracle Tea Bags (20)

ZT50

Sip Your Way to Relief - A Tea That Heals from the Inside Out!

Packed with the same goodness and health benefits as the great Sea Miracle Liquid, this combination of **Rooibos, Bladderwrack Seaweed Extract and Peppermint** makes a refreshing, minty tea. With truly South African Rooibos used as a base, you will get a cup full of antioxidants, which is important to fight off free radicals that cause cell damage.

With the addition of Peppermint which is renowned for stomach-soothing properties, Sea Miracle Tea will help settle an upset stomach and bring soothing relief.

Rooibos, a caffeine free drink, is very popular amongst health-conscious consumers due to its high level of antioxidants such as aspalathin and its low tannin levels. It is well known for alleviating infantile colic, asthma and dermatological problems.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Blood Conditions
- Wound Healing
- Digestive tract and stomach ailments, bloating and indigestion
- Inflammation & Aching joints
- Tired muscles and cramps
- Swollen legs and feet
- Sinus Congestion, Respiratory Conditions & Sore Throats
- Skin outbreaks and rashes
- Lack of energy and extreme fatigue

DOSAGE & DIRECTIONS

Adults and children 12 years and older:

- Pour boiling water over the tea bag and allow to stand for 4-5 minutes before drinking.
- Drink after meals to ease digestion.
- Not suitable for children younger than 12 years old.



Top 3 Active Ingredients



Bladderwrack Seaweed Extract is a good source of iron, which is important for the proper functioning of the thyroid gland. An excellent source of fibre, which can help the growth of good bacteria in your digestive tract, promoting a healthy gut and boosting overall wellbeing.



Rooibos contains high levels of antioxidants and is well known for alleviating infantile colic, allergies, asthma and skin problems.



Peppermint helps to relax muscles, eases pain and improves digestion.

BENEFITS MAY INCLUDE

- Helps the thyroid gland to function properly, ensuring a healthy metabolism and prevents weight fluctuation
- Boosts the immune system
- Increases everyday energy levels



For further product information and warnings, scan the QR code, or view the product label.

Sea Miracle Vapour Rub - 50ml

ZH144

Breathe Easy, Feel Better - Nature's Cold & Flu Fighter in a Jar!

Sea Miracle Vapour Rub is a highly effective remedy to help alleviate the symptoms of Colds and Flu. It is made with an exclusive blend of Seaweed Extract, Peppermint, Menthol, Camphor, Eucalyptus and Pine Oil which eases nasal congestion and breathing and which aids with a restful night's sleep.

It can also be used on tired, aching legs for a cooling and refreshing effect.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Alleviates minor symptoms of bronchitis, colds and flu
- Alleviates nasal congestion and sinusitis
- Alleviates respiratory problems and difficulty breathing
- Helps to relieve coughs
- Soothes tired or aching legs and feet

DOSAGE & DIRECTIONS

Adults and children 12 years and older:

Use Topically
As a rub:

- Apply a generous amount onto the chest and neck 3 times a day.

Use as an inhalant

- Dissolve 1 teaspoon into a 500ml basin of hot water (**not boiling**) and breathe in the refreshing, minty vapour.

Children older than 1 year:

Use Topically
As a rub:

- Gently massage a small amount onto the chest especially before bedtime.
- Use sparingly on infants and young children.
- Do not use for children under 1 year old.
- Do not apply to the child's nostrils or face.
- Avoid contact with eyes, sensitive areas or open wounds. Stop use immediately if rash or allergic reaction occurs.



Top 3 Active Ingredients



Menthol contributes to a cooling sensation when applied to skin or inhaled, making it ideal for use as a decongestant that promotes the feeling of airways opening up.



Camphor Oil stimulates nerves and helps with symptoms such as pain and itching. In the nose, camphor creates a cold sensation so that breathing feels easier. Commonly used for coughs, pain and relief from itching.



Eucalyptus Oil supports the health of the respiratory system and is a great decongestant. It relieves inflammation. It assists with chest infections and provides a warming, comforting sensation on the skin.

BENEFITS MAY INCLUDE

- Eases breathing
- Opens the airways and helps the air to flow into the lungs with ease
- Eases the pain of sore muscles and joint by creating a powerful cooling sensation



For further product information and warnings, scan the QR code, or view the product label.



Jane - Mbombela

"Sea Miracle Vapour Rub has been a great help at night. It relieves cramps and, when applied to my chest, helps me breathe more easily. I also use it on my nose whenever I'm congested - it works wonders."

Sea Miracle Healing Balm - 50g

ZH148

Pure Relief, Naturally.

A natural herbal healing balm made with your favourite blend of Seaweed, Eucalyptus and Camphor. Perfect for a wide range of skin conditions.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Minor Wounds
- Burns and Scalds
- Sunburn
- Insect Bites
- Minor skin Irritations

DOSAGE & DIRECTIONS

Use Topically Skin Conditions

- Apply a small amount on affected areas and gently massage.
- Apply the ointment evenly to the affected area(s). Gently massage the ointment into the skin.
- Other uses include:

Chapped Hands: Moisturizes and relieves discomfort from chapped hands.

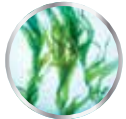
Insect Bites: Relieves itching and discomfort caused by mosquito and other insect bites.

Bruises and Minor Sprains: Can be used to soothe bruises and minor sprains.

- Not suitable for children under 2 years old.



Top 3 Active Ingredients



Seaweed Extract is a natural source of Iodine, Iron, Potassium, Magnesium, dietary fibre, B2 and B6. Packed with all your skin's favourite vitamins and minerals, and helps to soothe, soften, and reduce sensitivity.



Camphor Oil provides a cooling sensation and helps to relieve pain and itching. In the nose, camphor creates a cold sensation so that breathing feels easier. Commonly used for coughs, pain and relief from itching.



Eucalyptus Oil is known for its soothing and antiseptic properties. It relieves inflammation, can assist with chest infections and provide a warming, comforting sensation on the skin.

BENEFITS MAY INCLUDE

- Gives relief from pain and itching associated with wounds, burns and minor skin irritation
- Improves blood circulation with assists with faster healing



For further product information and warnings, scan the QR code, or view the product label.

Sea Miracle Mouth Wash - 200ml

ZH143

Not Just Mouthwash - It's a Whole-Mouth Detox!

Sea Miracle Mouth Wash contains a combination of Seaweed Extract and powerful essential oils such as Peppermint, Eucalyptus and Lavender. These oils work together to promote oral hygiene, slow down plaque growth, and leave your breath smelling fresh and minty. With added Centella Asiatica extract, it assists with gum health and healing minor sores in the mouth.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Minimizes bacterial growth
- Longer-lasting fresh breath
- Reducing plaque
- Prevent gingivitis
- Fight gum diseases
- Naturally strengthen teeth
- Aids in gum health
- Healing minor mouth sores

DOSAGE & DIRECTIONS

Use Externally

- After brushing, rinse the mouth with 15ml for at least 20 seconds. Use twice daily
- For best results, use in conjunction with Sea Charm Tooth Gel.
- Do not rinse mouth with any liquid post rinse. Do not swallow the rinse.

Top 3 Active Ingredients



Seaweed Extract is a natural source of Iodine, Iron, Potassium, Magnesium, dietary fibre, B2 and B6. Packed with all your skin's favourite vitamins and minerals, and helps to soothe, soften, and reduce sensitivity.



Camphor Oil provides a cooling sensation and helps to relieve pain and itching. In the nose, camphor creates a cold sensation so that breathing feels easier. Commonly used for coughs, pain and relief from itching.



Eucalyptus Oil is known for its soothing and antiseptic properties. It relieves inflammation, can assist with chest infections and provide a warming, comforting sensation on the skin.



BENEFITS MAY INCLUDE

- **Antibacterial Power:** The formula minimizes bacterial growth, ensuring longer-lasting fresh breath and reducing plaque.
- **Gum Health Support:** Essential oils prevent gingivitis, fight gum diseases, and naturally strengthen teeth.
- **Healing Properties:** Centella Asiatica extract aids in gum health and healing minor mouth sores.



For further product information and warnings, scan the QR code, or view the product label.

Sea Miracle Tooth Gel - 75ml

ZH142

Your Go-To For A Confident Smile

Sea Miracle Tooth Gel contains the finest herbal extracts, seaweed extract, and a blend of essential oils. It is naturally free of fluoride and sugar. Inspired by nature, this tooth gel contains activated charcoal, which is highly beneficial for removing stains from teeth.

For a bright, healthy smile that will make waves, choose Sea Miracle Tooth Gel. Your teeth will shine like seashells. Sea Miracle's activated charcoal formula provides a deep clean, absorbing particles and bacteria for pearly whites and fresh breath. Natural ingredients like neem, clove, and oak gall promote gum health and reduce plaque buildup. With regular use, you'll have a glowing, confident smile!

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Promote gum health
- Reduce plaque build-up
- Preventing bacterial growth
- Preventing gum infections
- Naturally whiten teeth
- Maintaining oral cleanliness

DOSAGE & DIRECTIONS

Use Externally

- Apply to toothbrush. Use to brush teeth twice a day and not more than three times a day.
- Spit & rinse thoroughly after brushing, minimize swallowing.
- For best results, use in conjunction with Sea Charm Mouth Wash.
- Keep out of reach of children. If tooth sensitivity occurs, discontinue use.
- Do not use if allergic to any listed ingredients.

Top 3 Active Ingredients



Activated Charcoal offers several benefits for oral health, including its natural whitening properties that help to remove stains from teeth. Also effective in eliminating toxins and dental plaque for a cleaner mouth.



Peppermint Oil has beneficial properties that may help relieve pain and reduce inflammation with antioxidants. Additional antimicrobial properties can reduce oral germs and reduce bad breath or guard against oral candida.



Eucalyptus Oil is known for its anti-inflammatory effects that help soothe irritated gum tissue and reduce the swelling and redness associated with gum inflammation.



BENEFITS MAY INCLUDE

- **Activated Charcoal Power:** Scientifically manufactured, it binds to particles, preventing bacterial growth, naturally whitening teeth, and maintaining oral cleanliness.
- **Oral Health Support:** Helps prevent gum infections, keeps breath fresh, and reduces plaque for strong, healthy teeth and gums.
- **Fluoride and Sugar-Free:** The gel ensures oral care without harmful fluoride and sugar.



For further product information and warnings, scan the QR code, or view the product label.

Sea Miracle Lip Balm - 30g

ZH141

Protect. Soothe. Refresh. The Lip Balm That Does It All.

Soothe and moisturise your lips, with **Sea Miracle Lip Balm**. Enriched with Seaweed, Eucalyptus and African Potato, that will leave your lips feeling soft and supple. A nourishing and hydrating lip balm that keeps your lips soft and moisturised. It provides effective protection against dryness and chapping, while its delightful menthol flavour adds a pleasant touch.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

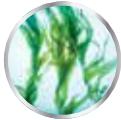
- Calming and refreshing effect on wind-chapped or sunburnt lips
- Heal, moisturize, and protect the lips

DOSAGE & DIRECTIONS

Use Externally

- Apply balm generously to dry lips.
- Do not use if allergic to any listed ingredients.

Top 3 Active Ingredients



Seaweed Extract is a natural source of Iodine, Iron, Potassium, Magnesium, dietary fibre, B2 and B6. Packed with all your skin's favourite vitamins and minerals, and helps to soothe, soften, and reduce sensitivity.



Camphor Oil provides a cooling sensation and helps to relieve pain and itching. In the nose, camphor creates a cold sensation so that breathing feels easier. Commonly used for coughs, pain and relief from itching.



Eucalyptus Oil is known for its soothing and antiseptic properties. It relieves inflammation, can assist with chest infections and provide a warming, comforting sensation on the skin.



BENEFITS MAY INCLUDE

- **Intense Hydration:** Castor Oil deeply hydrates the lips.
- **Soothing Relief:** Menthol provides a calming and refreshing effect on wind-chapped or sunburnt lips.
- **Nourishing Properties:** Eucalyptus oil, Avocado oil, Lavender oil, African potato extract, Rosemary oil, Gotu Kola extract, and Calendula oil collaborate to heal, moisturize, and protect the lips.



For further product information and warnings, scan the QR code, or view the product label.

Sea Miracle Breathe Easy Crystals - 600gm

ZH290

Breathe Easy, Naturally.

Destress and energise with **Sea Miracle Breathe Easy Vapour Crystals**. Breathe easy with this blend of Seaweed, African Potato, and Eucalyptus. Sea Miracle Vapours are activated by warm water and are great for soaking your tired body or achy feet after a long day, leaving you feeling invigorated, decongested, and relaxed. Your perfect go-to product when you are feeling unwell, tired or just rundown.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Alleviates minor symptoms of bronchitis, colds and flu
- Alleviates nasal congestion and sinusitis
- Alleviates respiratory problems and difficulty breathing
- Helps to relieve coughs
- Soothes tired or aching legs and feet

DOSAGE & DIRECTIONS

Use Externally

- **Steam & Soak:**
Sprinkle ½ a rounded spoon in a bowl to steam yourself or soak tired and achy feet.
- **Bath:** Sprinkle 2 rounded spoons under warm running water in a standard bathtub for a soothing vapour bath. Fill bathtub at least half full and allow salt to fully dissolve.

Top 3 Active Ingredients



Seaweed Extract is a natural source of Iodine, Iron, Potassium, Magnesium, dietary fibre, B2 and B6. Packed with all your skin's favourite vitamins and minerals, and helps to soothe, soften, and reduce sensitivity.



Eucalyptus Oil is known for its soothing and antiseptic properties. It relieves inflammation, can assist with chest infections and provide a warming, comforting sensation on the skin.



African Potato Extract may assist with cardiac diseases, intestinal parasites, cancer, boosting of the immune system, diabetes, testicular tumors, prostate hypertrophy, burns, ulcers and more.



BENEFITS MAY INCLUDE

- **Breathing support:** May assist to clear airways and promote easier breathing. It can help with conditions like colds, coughs, and congestion. Its aroma helps to open the sinuses and can be calming.
- **Anti-inflammatory properties:** May help alleviate muscle aches, joint pain, and sore muscles.
- **Pain Relief:** Particularly in muscles and joints. It can create a cooling sensation that helps to numb the area, providing temporary pain relief.
- **Stimulates Circulation:** May aid in recovery from strains, sprains, or general fatigue.
- **Cooling Effect:** Provides an immediate cooling sensation. The soothing aromas of eucalyptus and menthol, combined with the calming and pain-relieving effects of camphor, can help relax the body and mind, making it ideal for a stress-relieving bath.



For further product information and warnings, scan the QR code, or view the product label.

THE POWER OF THE LAND

NATURE'S EVERYDAY WELLNESS

Discover the power of South Africa's most trusted botanicals in our carefully crafted **Herbal Blend Range** - a holistic collection designed to support everyday wellbeing from the inside out.

This range makes it easy to enjoy the benefits of traditional herbs in a way that fits seamlessly into modern lifestyles.

Containing time-honoured African botanicals: Rooibos, Sutherlandia, Honeybush, and Cinnamon.

Together, these ingredients work in harmony to help promote balance, resilience, and vitality, offering daily support for digestion, immunity, energy, and general wellness.

Whether sipped, stirred, applied, or enjoyed as a comforting meal, the Herbal Blend Range delivers plant-based nourishment you can trust - naturally caffeine-free, gentle on the body, and inspired by nature's wisdom.



ZT110



ZH800



ZH805

WHY HERBAL BLEND?



**11 Herbal
Extracts**



**Immune-
Boosting**



**Mental Clarity
& Energy Boost**



**Vitamin-
Enriched**



**Anti-
Inflammatory**

TESTIMONIALS



Mary - Tshwane

"On Tuesday, 8 July 2025, we visited Soweto. One of my distributors, MJ01 Malehlohonolo, shared that her mother had suffered a stroke. After receiving the free herbal blend and giving it to her mother to drink, she was amazed to see her mother standing and washing dishes. Today, her mother is completely healed from the stroke."



Mrs Jones - Tshwane

"One of my managers was suffering from tonsillitis and couldn't eat. She was fortunate to receive the free herbal blend, and after testing it, she found relief. Within just two days, she was able to eat again."

TOP INGREDIENTS



CANCERBUSH

**Supports immunity, mood
balance, and sugar control**



HONEYBUSH

**Aids hormonal balance, heart
health, and blood sugar regulation**



ROOIBOS

**Boosts digestion, circulation,
and reduces oxidative stress**

MAY ASSIST WITH:

- Supporting general health and wellbeing
- Providing antioxidant support
- Supporting immune system function
- Assisting the body's natural stress response
- Supporting digestive comfort
- Promoting a sense of calm and balance
- Supporting everyday energy and vitality
- Assisting with metabolic and circulatory health
- Supporting healthy inflammatory response

Herbal Blend Range

Herbal Blend Concentrate - 1Lt

ZH800

Nature's Most Powerful Healing Trio - Cancerbush, Honeybush & Rooibos Unite to Energize, Protect, and Restore from Within.

TC Health Herbal Blend is a powerful blend of medicinal herbs with added Vitamins and Phyto-nutrients which are rich in Anti-oxidants addressing a diverse range of Health conditions.

This Herbal blend is special because of its wide range of health benefits, including its immune-boosting properties, anti-inflammatory and antioxidant effects, as well as its potential to assist with cancer care, mood enhancement, and stress management. It's often considered a holistic herb that addresses both physical and mental health.

Top ingredients: Cancerbush, Honeybush, Rooibos, Sceletium, Moringa, African Potato & Devil's Claw.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Digestive tract and stomach ailments
- Aching joints
- High blood pressure
- High Cholesterol
- Diabetes
- Low libido
- Anxiety and Stress and depression
- Bloating and indigestion/constipation
- Lack of energy and extreme fatigue
- Skin outbreaks and rashes
- Ulcers

DOSAGE & DIRECTIONS

Take Internally
Adults and adolescents over 12 years of age

- Take 15ml - 30ml per day in the morning.

Do not take if allergic to any of the ingredients. Do not take if on blood thinning medication.

Do not take if pregnant or breastfeeding



- ✓ Made in a SAHPRA, SAPC & DOH-licensed facility
- ✓ 100% Organic
- ✓ Halaal Certified
- ✓ GMP Quality Guarantee



BENEFITS MAY INCLUDE

- Relieves pain and inflammation helping with arthritis and bone health
- Regulates blood sugar levels for diabetics
- Improves heart health
- Reduces Stress, Anxiety and Depression
- Lowers blood pressure
- Reduces cholesterol levels
- Helps eliminate toxins from the body
- Improves libido
- Eases bloating, indigestion and constipation
- Cleanses the digestive tract
- Boosts energy
- Supports immune function
- Improves skin health
- Anti- spasmodic properties
- Anti- allergic properties
- Fights off bacteria, viruses and fungi
- Organic



For further product information and warnings, scan the QR code, or view the product label.

Herbal Blend Range

Herbal Balm with CBD Oil - 50gm

ZH805

Triple-Action Relief with CBD Calm.

TC Health Herbal Balm is a powerful blend of medicinal herbs that Soothers, relieves, and restores - naturally. This powerful botanical balm blends time-tested herbal ingredients to target pain, inflammation, and skin discomfort in one luxurious application.

Top ingredients: Methyl Salicylate, Turmeric & Green Tea Extract, African Potato Extract, Peppermint Oil, Helianthus (Sunflower) & Vitamin E Oils, CBD Oil (Cannabidiol).

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Arthritic pain
- Aching joints and muscles
- Relieves everyday/winter aches and pain
- Tension headaches(apply on temples)
- Poor circulation apply to cold feet and hands

DOSAGE & DIRECTIONS

Apply topically Adults

- Massage Herbal Balm onto affected area for fast relief.



Turmeric has anti-inflammatory, antimicrobial and antioxidant properties that help to manage several skin issues like signs of aging, pigmentation and acne.



Green Tea can sooth irritated skin and reduce inflammation, making it suitable for sensitive skin types. The vitamin E in green tea provides intense moisture, and the ability to improve circulation.



Peppermint Oil has beneficial properties that may help relieve pain and reduce inflammation with antioxidants. Additional antimicrobial properties can reduce oral germs and reduce bad breath or guard against oral candida.



African Potato Extract may assist with cardiac diseases, intestinal parasites, cancer, boosting of the immune system, diabetes, testicular tumors, prostate hypertrophy, burns, ulcers and more.



BENEFITS MAY INCLUDE

- Relieves pain and Inflammation
- Perfect for sore muscles, joint tension, bruises, arthritis, or dry, inflamed skin
- Relieves everyday aches and pains
- Refreshing, cooling sensation for overworked muscles.
- Calms, protects, and helps skin recover.
- Improves blood circulation
- Nourishes and protects
- Skin healing for minor bruises



For further product information and warnings, scan the QR code, or view the product label.

Herbal Blend Range

Sutherlandia and Rooibos Herbal Tea Bags (20)

ZT110

A unique infusion of Sutherlandia and Rooibos Tea is free from stimulants and is a natural energy source.

Cancer bush (Sutherlandia) is a South African herb, that acts like a thermostat to help the body use it's own processes to adapt to the environment, condition and mental and emotional stress. Adaptogens bring your body back to a steady balance by managing both physical and mental stressors. In Zulu, "cancer bush" is called "umwewe".

Top ingredients: Sutherlandia & Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Supporting recovery during times of physical or emotional strain
- Appetite support during low-energy periods
- Anti-inflammatory properties
- Uplifts mood naturally
- Reduces Fatigue

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water in cup, add one bag of tea and let it steep for 2-5 minutes or boil the tea on the stove for 2-5 minutes.
- Drink as is, preferably without milk and sugar. Can be enjoyed cold, especially on a hot summer's day.
- Not recommended for children younger than 2 years old. Pregnant and breastfeeding women need to consult their healthcare practitioner before drinking Sutherlandia.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- Promotes Immune support
- Powerful Anti-oxidant properties
- Rich in minerals
- Supports stress and emotional balance
- Natural energy support
- Reduces feeling of fatigue
- Supports healthy skin
- Promotes digestive comfort
- Reduces inflammation
- Boosts wellness
- Hydrates without caffeine stimulation



For further product information and warnings, scan the QR code, or view the product label.

FIRM & FAB

WEIGHT LOSS TARGETED PRODUCTS FOR A MORE FIRM AND FABULOUS YOU

This high-quality range offers a selection of **natural weight loss** targeted products with nutritious meal replacements to assist you in your journey towards a **healthy, balanced, more active lifestyle**.

There's never been a more perfect time to start looking after yourself by making sure that you maintain your weight.

The **Firm and Fab** range is the perfect start to your weight goals and helps you live a healthy lifestyle.

This high-quality range offers successful weight loss targeted products with a nutritious meal replacement to assist in healthy weight management.

WHY FIRM & FAB?

Step

1

Detox your body in only one week

Step

2

Stay hydrated

Step

3

Boost metabolism and control your appetite

Step

4

Balance your nutrition

Step

5

Make your body look and feel 10 times younger



Healthy Meal Plan

EAT 5 TIMES A DAY TO STAY ENERGISED & SATISFIED



BREAKFAST



Firm & Fab Capsules

AND

Firm & Fab Meal Replacement



AM SNACK



Slimming Herbal Tea Bags



LUNCH



Firm & Fab Meal Hoodia Capsules

OR

Firm & Fab Weight Support Syrup

AND

Firm & Fab Meal Replacement



PM SNACK



Detox Herbal Tea Bags



DINNER



Firm & Fab Meal Hoodia Capsules

OR

Firm & Fab Weight Support Syrup

AND

Balanced Meal



Stay hydrated and boost your metabolism until midday with **Firm & Fab Slimming Concentrate** - Do not use after two o'clock in the afternoon.

14:00

Improve blood circulation and skin strengthening throughout the day with **Firm & Fab Thermal Lotion** - Do not use after nine o'clock in the evening.

14:00

HOW TO DETOX



1 LIMIT ALCOHOL



2 FOCUS ON SLEEP



3 DRINK MORE WATER



4 REDUCE YOUR INTAKE OF SUGAR AND PROCESSED FOODS



5 EAT ANTIOXIDANT-RICH FOODS



6 EAT FOODS HIGH IN PREBIOTICS



7 DECREASE YOUR SALT INTAKE



8 GET ACTIVE

Firm & Fab Herbal Slimming Concentrate Strawberry Flavour - 500ml

HL105

Naturally curbs appetite, boosts metabolism, and supports effective, sustained weight management.

Herbal Slimming Concentrate may help increase the metabolic rate and control appetite. It may assist the body in burning calories and fat and could temporarily increase energy levels.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- May help increase the metabolic rate and control appetite.
- May assist the body in burning calories and fat
- Could temporarily increase energy levels.

DOSAGE & DIRECTIONS

Take Internally As a Weight Supplement

- Dilute 25ml of concentrate in one (1) litre of cold water.
- Mix well and drink throughout the day. Add ice or keep chilled in the refrigerator. Discard unused liquid after 24 hours. The total daily dose is 25ml of concentrate.
- To achieve and maintain your goal weight you must adjust your lifestyle. A calorie-controlled diet and healthy exercise programme are essential.
- Please shake well before use.
- Not suitable for children or adolescents under the age of 18.

DIABETIC FRIENDLY **CONTAINS CAFFEINE**



BENEFITS MAY INCLUDE

- Encourages the body to use stored fat as a source of energy
- L-Carnitine assists with Burning Fat and Calories
- Increasing Overall Energy
- Assists With Burning Fat
- Green Tea Extract May Reduce Cholesterol Levels
- Green Coffee Bean extract may increase metabolism and lower insulin levels
- Chromium stabilises blood sugar levels
- Garcinia Cambogia helps in reducing cravings and suppressing appetite
- Assists in lowering insulin levels



For further product information and warnings, scan the QR code, or view the product label.

Firm & Fab Meal Replacement Vanilla With Collagen - 400g

HL107

Fuel your body and nourish your skin with this collagen-infused protein meal replacement - packed with all essential and non-essential amino acids for total body wellness in every scoop.

Firm and Fab makes the perfect quick breakfast, afternoon pick-me-up, or anytime snack. It satisfies hunger while delivering balanced nutrition in an incredibly delicious way. Ditch those bland shakes and enjoy the fabulous flavour your body craves! This collagen protein shake will keep you looking and feeling your best.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Meal replacement (as part of a healthy, balanced diet).

DOSAGE & DIRECTIONS

Take Internally As a Food Supplement

- Add 50g to +/- 125-150ml of milk or water or other suitable beverage of your choice and stir thoroughly.
- The amount of fluid used can be adjusted to achieve your desired consistency.
- Take one serving daily or use as required to help meet your daily nutritional requirements. Alternatively use as recommended by your nutritional advisor.
- Do not use as a sole source of nutrition. Not for infant feeding

ALLERGENS Milk and Soya.

This product is made in a facility that uses peanuts, tree-nuts, wheat (gluten) & eggs.

CONTAINS COLLAGEN



BENEFITS MAY INCLUDE

- All in one Meal Replacement
- Contains Collagen
- High Protein
- Wheat & Gluten Free
- Contains Vitamins, Minerals, Essential and Non-essential Amino Acids
- Safe for ALL Ages
- Controls Healthy Weight
- Enriched with essential vitamins and minerals to keep you healthy.



For further product information and warnings, scan the QR code, or view the product label.

Firm & Fab 3-in-1 Thermal Lotion - 150ml

HL108

Say Bye to Bye-Bye arms!

Firm & Fab 3-in-1 Thermal Lotion contains a unique blend of plant and flower extracts that helps skin appear firmer and reduces the appearance of cellulite. Cellulite is partly the result of a reduced lymph flow. It starts when different fat cells gather in one area. Toxic substances and lymph fluid accumulate in the fat bags, causing the skin to bulge. The dimpling effect occurs when the connective fibres in the skin pull down in places where the body fat pushes upwards. With regular use of Firm & Fab Thermal Cellulite Cream, skin appears firmer, the body loses its ungainly excess weight and appears visibly slimmer, cellulitis is reduced, and the orange peel appearance diminishes.

Top ingredients: Capsicum, Piper Nigrum Seed Oil, Rosemary & Bladderwrack.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Cellulite / "orange peel" skin appearance
- Loose skin in need of firming

DOSAGE & DIRECTIONS

Apply Topically

- Apply palm of your hand and apply to affected areas.
- Massage vigorously until lotion is absorbed.
- Wash hands thoroughly after application. Do not touch eyes or mouth after application.
- Patch test: Apply a small amount of lotion on the inside of your elbow. Cover and leave for 24 hours. If irritation occurs, discontinue use.



BENEFITS MAY INCLUDE

- **Capsicum:** Is an active component of chilli peppers with an anti-inflammatory effect on the skin and works to increase blood flow
- **Piper Nigrum Seed Oil:** Stimulates circulation
- **Rosmarinus Officinalis Leaf Oil:** Known for its stimulating, energising and circulation-boosting properties
- **Bladderwrack:** Contains iodine which activates lipase and promotes fat elimination
- **Horsetail:** Facilitates collagen and elastin fibre synthesis and enables to repair damaged connective tissue caused by adipocyte growth.
- **Ivy:** Is a decongestive and its saponins help to eliminate lipids.
- **Meadowsweet:** Possesses cleansing properties and thus reduces inflammation and oedema.
- **Clematis Vitalba:** Accelerates blood circulation and promotes adipocyte metabolism.
- **Ginger Root Oil:** Ginger has antioxidant, toning, and revitalizing properties. It also functions to boost circulation; a much-needed function in any anti-cellulite regimen.
- **Arnica flower extract:** Arnica has stimulating, anti-inflammatory, and capillary-dilating properties. It is also known for its wound-healing effects.



For further product information and warnings, scan the QR code, or view the product label.

Firm & Fab Support Syrup - 150ml

HL106

This powerful tonic jumpstarts your metabolism, curbs appetite, and detoxifies your gut - cleansing from within to boost energy and reveal a healthier, lighter you.

Blast away stubborn belly fat and achieve the flat, firm tummy you've always wanted with Firm and Fab **Weight Support Syrup!** This powerful weight loss formula helps shed the kilos by improving gut health, suppressing appetite, and cleansing the digestive system.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Bloating
- Slow metabolism
- Low energy levels

DOSAGE & DIRECTIONS

Take Internally As a Weight Supplement

- Adult Dose: 1 teaspoon (5 ml) a day, half an hour before a meal.
- Children older than 12 years of age: Half a teaspoon (2.5 mL) daily, half an hour before a meal.
- Do not use continuously for more than two (2) months without consulting your relevant health care provider.
- This product is not intended to prevent or treat obesity.

DIABETIC FRIENDLY ALCOHOL FREE



BENEFITS MAY INCLUDE

- **Aloe Arborescence:**
A powerful detoxifier and immune builder.
- **Green Tea Extract:**
May Reduce Cholesterol Levels
- **Hoodia Gordonia:** Reduces appetite
- Enhances gut health
- Suppresses appetite
- Cleanses the colon
- Reduces bloating
- Improves metabolism
- Boosts energy levels while helping eliminate excess matter in the gut.



For further product information and warnings, scan the QR code, or view the product label.

Firm & Fab Slimming Capsules (60)

HL103

These fat-burning capsules supercharge your metabolism with caffeine and targeted ingredients to melt stubborn fat, reduce cellulite, and reveal a leaner, sculpted body fast.

Losing weight and looking great has never been easier with **Firm & Fab Slimming Capsules**. This powerful fat burner targets stubborn areas, reduces cellulite, and boosts energy to get the slimmer, firmer body you want.

May accelerate your metabolism, whilst ensuring that you are in control of your appetite, leaving you feeling energised, leaner and healthier.

This scientific formulation may be effective in helping you burn fat. When combined with a healthy program of diet and exercise to increase metabolism this may help you reduce fat as you build muscle and get in shape.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Weight loss (as part of a healthy, balanced diet).
- Reducing stubborn fat
- Reducing cellulite

DOSAGE & DIRECTIONS

Take Internally
As a Weight Supplement

- **Suggestion for first time users:** Begin with only 2 capsules for the first 2 days (1 before breakfast and 1 before lunch).
- **Directions for use for adults:** Take 2 capsules 30 minutes before breakfast and 1 capsule before lunch.
- Follow the dosage and directions for optimal results.
- Not suitable for use by children or individuals with heart problems.
- Pregnant and breastfeeding women should refrain from using the product.

CONTAINS CAFFEINE

Contains
Caffeine

Fat
Burner



BENEFITS MAY INCLUDE

- **Targeted Fat Burning:** Effectively targets stubborn fat areas, particularly when combined with a weight control plan.
- **Advanced Cellulite Reduction:** Assists in reducing cellulite, providing enhanced benefits beyond traditional weight loss.
- **Appetite Suppression and Energy Boost:** Suppresses appetite, accelerates metabolism, and increases energy levels, contributing to an overall healthier and more active lifestyle.
- Contains raspberry ketones help break down fat



For further product information and warnings, scan the QR code, or view the product label.

Firm & Fab Hoodia Capsules (60)

HL104

Naturally curbs appetite and crushes cravings to support healthy weight management.

Say goodbye to constant cravings and embrace a new found sense of control over your appetite. This isn't just about shedding pounds; it's about reclaiming a balanced and fulfilling approach to nourishment.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Weight loss (as part of a healthy, balanced diet).
- Known to suppress appetite

DOSAGE & DIRECTIONS

Take Internally
As a Weight Supplement

- Take 2 capsules per day on an empty stomach in the morning.
- This dosage is recommended to maximize the appetite-suppressing effects of Hoodia Gordonii.



BENEFITS MAY INCLUDE

- **Hoodia Gordonia:** A powerful appetite suppressant that helps reduce cravings and promotes weight loss
- Appetite Suppression
- Craving Reduction
- Weight Loss Support



For further product information and warnings, scan the QR code, or view the product label.

Firm & Fab Detox Herbal Tea Bags (20)

ZT20

A revitalizing blend of Rooibos and Ginger that gently detoxifies, aids digestion, and boosts natural energy - leaving you feeling light, balanced, and refreshed.

Experience a renewed sense of energy with TC's **Detox Herbal Tea**, which has specially been formulated to help eliminate toxins from the body. It assists with removing impurities from the liver and digestive system to improve its efficiency in breaking down fat. By ridding your body from toxins, you can enjoy a boost in your energy levels, enjoy a more radiant appearance and a boosted immune system.

To achieve your goal weight, it is recommended that you follow a healthy diet, cut down on sugar intake, and exercise regularly.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Achieving weight loss goals (as part of a healthy, balanced diet).
- Supporting overall health
- Boosting the immune system
- Increase vitality

DOSAGE & DIRECTIONS

Take Internally
As a Weight Supplement

- Pour boiling water over the tea bag and let it stand for 4 – 5 minutes.
- Consume one cup in the morning upon waking and one cup in the evening before bed. Customize the taste with honey and lemon if preferred.
- For optimal results, complement the tea with a healthy diet, reduced sugar intake, and regular exercise.
- Recommended for adults and children aged 16 and older.



BENEFITS MAY INCLUDE

- **Ginger-Powered Cleansing:** Ginger, a key ingredient, stimulates digestion, circulation, and sweating, effectively cleansing the colon, liver, and organs, while also boosting metabolic activity and energy levels.
- **Antioxidant Protection:** Rooibos, rich in antioxidants, safeguards against free radical damage, contributing to a more radiant appearance and supporting a robust immune system.
- **Energy Boost and Vitality:** By removing harmful toxins, the tea provides a noticeable boost in energy levels, fostering a vibrant and immune-boosted state.



For further product information and warnings, scan the QR code, or view the product label.

Firm & Fab Slimming Herbal Tea Bags (20)

ZT15

Supports healthy digestion, reduces bloating, and helps the body naturally shed excess weight - gently and effectively.

Slimming Herbal Tea with Fennel and Rooibos is specially formulated to stimulate the body's metabolism, help suppress the appetite and reduce fat absorption. It is rich in antioxidants, and the natural properties of this Tea contribute to a faster weight-loss process.

Slimming Tea helps to cleanse the body, eliminate toxins, boosts metabolism, aid weight loss, reduce cravings, support the immune system and naturally increase vitality and overall health. To achieve your goal weight, it is recommended that you follow a healthy diet, cut down on sugar intake, and exercise regularly.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Weight loss (as part of a healthy, balanced diet).
- Regulating appetite
- Supporting overall health
- Boosting the immune system
- Increase vitality

DOSAGE & DIRECTIONS

Take Internally As a Weight Supplement

- Pour boiling water over the tea bag and let it stand for 4 – 5 minutes.
- Drink one cup in the morning upon waking and one cup in the evening before bed. Customize the taste with honey and lemon if preferred.
- For optimal results, follow a healthy diet, reduce sugar intake, and incorporate regular exercise.
- To achieve weight loss goals, it is advised to maintain a healthy diet, reduce sugar intake, and incorporate regular exercise in addition to consuming the tea.
- Recommended for adults and children aged 16 and older.



BENEFITS MAY INCLUDE

- **Metabolism Stimulation:** Fennel, a key ingredient, kick-starts metabolism, enabling a healthy and efficient weight-loss process.
- **Appetite Regulation:** Fennel helps regulate appetite, curbing snacking and overeating, leading to reduced calorie consumption and weight loss.
- **Antioxidant Protection:** The Rooibos component provides antioxidants that protect against free radical damage, supporting overall health and slowing the aging process.



For further product information and warnings, scan the QR code, or view the product label.

BODY TONICS

ENHANCE AND SUPPORT EVERY SYSTEM WITHIN YOUR BODY

Your well-being is intricately connected to the balance of these systems, and **TC Body Tonics** offer a gentle and natural approach to restore harmony, combat diseases, and boost immunity. With 10 main systems working together to ensure your body functions optimally, TC Body Tonics provide a tailored solution to address a myriad of health concerns.

WHY BODY TONICS?



Nature's Nourishment



Triple-action Goodness



Balanced Harmony



Holistic Health Principles



Formulated by Experts



Safe for All Ages

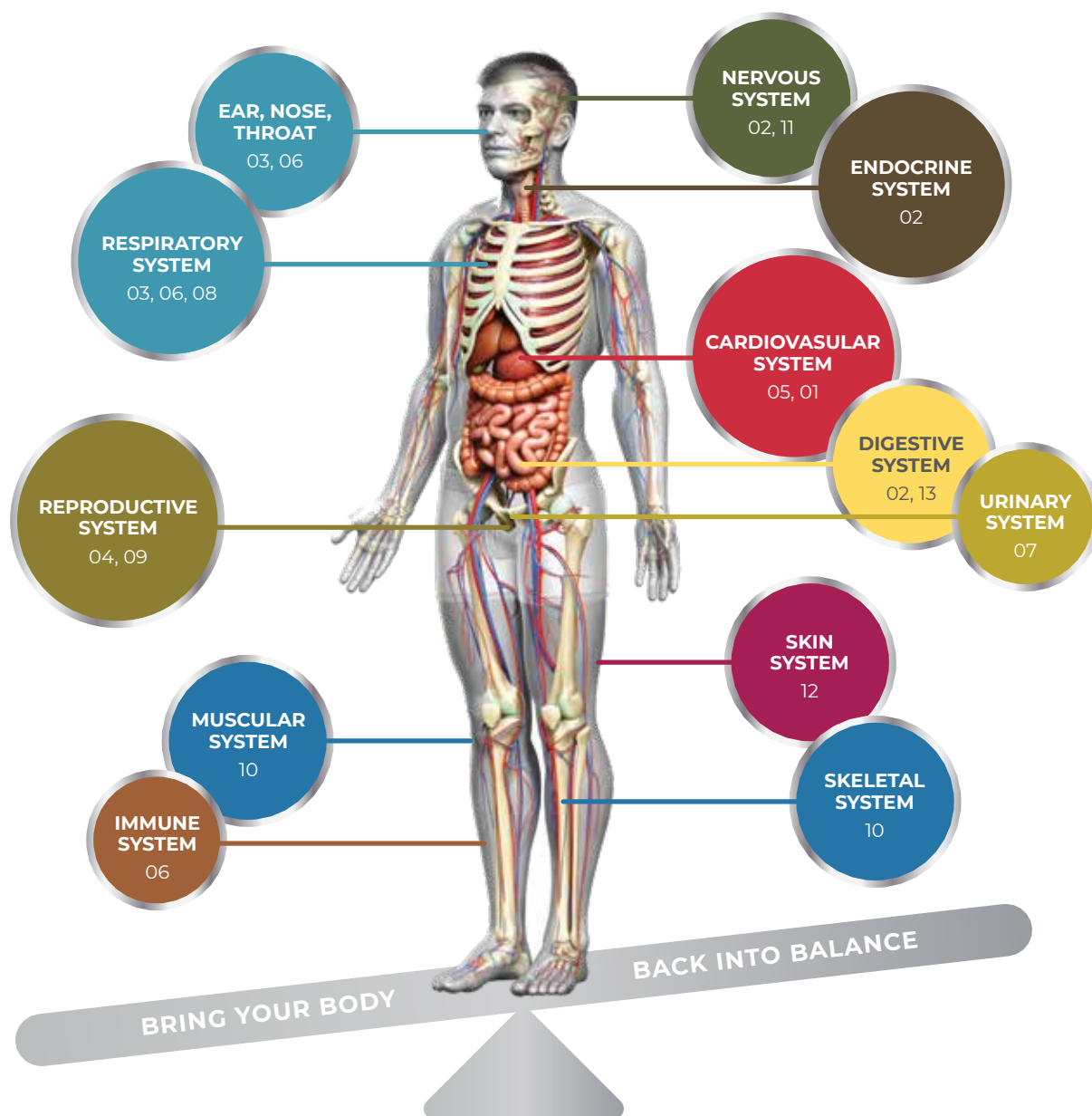


Unlock your body's full potential

with TC Health **BODY TONICS**

Introducing the Body Tonics Range – a meticulously formulated collection designed to enhance and support every system within your body.

Your well-being is intricately connected to the balance of these systems, and TC Body Tonics offer a gentle and natural approach to restore harmony, combat diseases, and boost immunity.



Frequently Asked Questions

May I use different Body Tonics at the same time?

Yes, you may. Successful results have been reported from customers with multiple conditions. A reduced dosage of 10 drops should be taken if you are taking more than 4 different variants of Body Tonics.

How long does it take to feel a difference?

The results are dependent on the severity of your symptoms. You should start to feel better within two weeks. Every person is unique and sometimes it will take a little longer to get better.

How do I use Body Tonics and is it safe to use on an ongoing basis?

Mix the dosage given on the label of the bottle with approximately 125ml (half a glass) of water. Once your symptoms have improved, take half the dosage.

Body Tonic 1 Circulation - 150ml

BT01L

The Circulation-Boosting Tonic You Didn't Know You Needed! This isn't just a tonic - it's a natural circulation powerhouse that gets your blood moving, your heart supported, and your energy flowing.

Experience the revitalizing effects of **Body Tonic 1** as it promotes healthy blood circulation, offering a holistic solution to various circulatory concerns.

Formulated with a potent blend of Hawthorn, Gotu Kola, Cayenne, Parsley, Garlic, Ginkgo Biloba, Vitamin D3, and Vitamin K2, **Body Tonic 1** is a powerhouse elixir designed to address ailments related to blood circulation. This tonic plays a crucial role in enhancing blood flow, ensuring the vital oxygen reaches every cell, and facilitating optimal cellular function by removing waste products.

Top ingredients: Hawthorn, Gotu Kola, Cayenne, Parsley, Garlic, Ginkgo Biloba, Vitamin D3, and Vitamin K2.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments that affect the circulatory system like Varicose Veins, Leg Ulcers, Anaemia, Cold Hands and Feet, Pins and Needles, Neuropathy (Damaged Nerves), Weak Blood, Cholesterol, Haemorrhoids & Gastric Ulcers.

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Improved blood circulation:** Enhances the heart's pumping capacity, potentially lowering blood pressure.
- **Vascular opening:** The combination of herbs opens blood vessels, promoting better blood flow.
- **Cholesterol management:** Assists in lowering cholesterol levels.
- **Coagulation support:** Promotes proper blood clotting for effective wound healing.
- **Leg health:** Stimulates blood flow, reducing leg swelling and heaviness.



Mary - Tshwane

"Since I started drinking Body Tonic 1, I've noticed a real improvement in my blood circulation."



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 2 Detox - 150ml

BT02L

Cleanse. Reset. Recharge. The Ultimate Full-Body Detox in a Bottle. Hit the reset button on your body with this deep-cleansing, natural detox tonic.

Experience the refreshing effects of **Body Tonic 2** as it aids in detoxification, supports digestive health, and contributes to your overall well-being.

Crafted with a potent combination of Celery, Ginseng, Peppermint Oil, Aloe Ferrox, Aloe Vera, Buchu, Ginger, and Rooibos, **Body Tonic 2** is a robust elixir designed to assist in the elimination of toxins from the body, promoting blood cleansing and supporting liver protection. Embrace the benefits of gentle detoxing to help your body rid itself of internal build-up, ensuring you feel your absolute best.

Top ingredients: Celery, Ginseng, Peppermint Oil, Aloe Ferrox, Aloe Vera, Buchu, Ginger, and Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Detoxification or removal of potentially toxic substances from the body.

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Regular Bowel Movements:** Promotes regularity and improves stomach lining.
- **Digestive Calm:** Soothes the digestive tract, alleviates upset stomach, and stimulates digestion.
- **Cleansing Support:** Assists in cleansing the digestive tract, relieving bloating and constipation.
- **Mild Diuretic Effect:** Helps eliminate excess water, supporting detox and weight loss efforts.



Mary - Tshwane

“Whenever my digestion feels off or I have food poisoning, drinking Body Tonic 2 really helps detox and makes me feel better.”



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 3 Ear, Nose & Throat - 150ml

BT03L

Breathe Freely & Feel Stronger.

Say goodbye to seasonal sniffles, stubborn congestion, and allergy discomfort with this potent blend crafted from nature's best healers:

Discover the soothing effects of **Body Tonic 3** as it provides targeted relief for ear, nose, and throat discomfort, promoting overall respiratory wellness.

Expertly crafted with Elderflower, Nettle, Astragalus, and Thyme, **Body Tonic 3** is a potent elixir designed to provide relief for ailments associated with the ears, nose, and throat. Experience the soothing benefits of natural ingredients, offering a holistic solution to various respiratory concerns.

Top ingredients: Elderflower, Nettle, Astragalus, and Thyme.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments that affect the Ear, Nose & Throat: Allergies, Sinusitis, Itching Eyes, Hay Fever & Dry Cough.

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Immune Boost:** Astragalus extract enhances immune function, helping fight allergies and the common cold.
- **Sinus Support:** Elderflower aids in soothing swollen sinuses related to colds and flu.
- **Eye Inflammation Relief:** Reduces inflammation in the eyes, alleviating redness.



Jane - Mbombela

"My daughter was scheduled for a tonsils operation, but after drinking Body Tonic 3, she has not had any tonsil issues since October 2014 to date."



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 4 Female - 150ml

BT04L

Rediscover Your Vitality - The Natural Formula Supporting Women's Wellness.

Feel balancead, energized, and confident with this expertly crafted blend designed to support women through every stage of life:

Experience the harmonizing effects of **Body Tonic 4**, promoting female well-being and addressing specific concerns related to the reproductive system.

Specially crafted with Ginseng, Chasteberry, and Dong Quai, **Body Tonic 4** is a specialized elixir designed to provide support for ailments related to the female reproductive system. Embrace the soothing benefits of natural ingredients that cater to the unique needs of women.

Top ingredients: Ginseng, Chasteberry, and Dong Quai.



MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments that affect women who struggles with PMS, Heavy Flows, Cramps, or Menopausal Discomforts.

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Menstrual Pain Relief:** Dong Quai extract offers soothing relief to menstrual pains and reduces PMS symptoms.
- **Menopausal Support:** Relieves menopausal symptoms, including hot flashes, night sweats, and general aches and pains.
- **Hormonal Balance:** Chasteberry stimulates progesterone, providing relief to pain symptoms associated with menstruation.



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 5 Heart - 150ml

BT05L

Support Your Heart Naturally - The Ultimate Formula for Circulation, Cholesterol & Inflammation!

Prioritize your heart health with **Body Tonic 5**, promoting a harmonious cardiovascular system for overall well-being.

Crafted with Garlic, Ginger, Ashwagandha, Parsley, and Ginkgo, **Body Tonic 5** is a potent elixir designed to support cardiovascular health, promoting healthy arteries and optimal blood flow. Embrace the natural benefits of these carefully selected ingredients for a harmonious heart.

Top ingredients: Garlic, Ginger, Ginkgo Biloba and Parsley.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments associated with the Cardiovascular System: High Blood Pressure, High LDL Cholesterol, High Triglyceride Levels, Post-Stroke, Post-Heart Attack, Atherosclerosis and Arteriosclerosis.

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Arterial Health:** Maintains healthy arteries, ensuring proper blood flow.
- **Blood Pressure Support:** Assists in lowering blood pressure for overall cardiovascular wellness.
- **Anti-Inflammatory Properties:** Ginger provides powerful anti-inflammatory and anti-oxidant benefits, reducing oxidative stress on the body's organs.
- **Cholesterol Regulation:** Ashwagandha may help reduce blood sugar levels, lower cholesterol, fight inflammation and infection.
- **Arterial Calcification Prevention:** Ginkgo prevents calcium buildup in the arteries, reducing the risk of hardening and calcification.



Mary - Tshwane
"Body Tonic 5 has been great for supporting a strong, healthy heart."



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 6 Immune - 150ml

BT06L

Supercharge Your Immunity - Nature's Ultimate Defense Formula!

Elevate your immunity with **Body Tonic 6**, your trusted shield against various health challenges.

Crafted with the natural power of Ginger, Astragalus, Garlic, and Parsley, **Body Tonic 6** is your Immunity Shield Elixir, designed to fortify your immune system against various ailments. Elevate your defenses and embrace the vitality of these potent ingredients.

Top ingredients: Ginger, Astragalus, Garlic, and Parsley.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments that include: Auto-immune disorders - Lupus, HIV, Viral and Bacterial Infections, STD's, Colds & Flu, Allergies, Shingles and Cancer.

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Immune Strengthening:** Boosts and fortifies the immune system for enhanced protection.
- **Respiratory Support:** Assists the body in fighting respiratory conditions and alleviating persistent coughs.
- **Antioxidant Rich:** Parsley, abundant in antioxidants, Vitamin C, and Beta-Carotene, supports the immune system and guards against chronic diseases.
- **Cold and Flu Relief:** Garlic, known for centuries, aids in combating the common cold and promoting overall immunity.
- **Blood Pressure Regulation:** Garlic contributes to reducing blood pressure, supporting cardiovascular health.



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 7 Kidney & Bladder - 150ml

BT07L

**Cleanse & Protect Your Kidneys and Bladder Naturally
- The Ultimate Detox & Defense Formula!**

Support your urinary tract health with this powerful herbal blend

Embrace the harmony of kidney and bladder health with **Body Tonic 7**, your natural elixir for renal well-being.

Infused with the natural goodness of Dandelion, Parsley, and Bearberry, **Body Tonic 7** is your Renal Harmony Elixir, focusing on kidney and bladder health. Experience the soothing effects and support for urinary tract infections, while promoting optimal kidney function.

Top ingredients: Dandelion, Parsley and Bearberry.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments that include: Swollen Ankles, Urinary Tract Infections (UTI), Kidney Stones and Water Retention (Oedema).

DOSAGE & DIRECTIONS

Take Internally

Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Bladder and Urinary Tract Support:** Bearberry and Parsley alleviate pain associated with urinary tract infections, inhibiting bacterial growth in the urinary tract.
- **Fluid Excretion:** Aids in increasing water excretion, reducing blood pressure, and eliminating toxins from the body.
- **Anti-Inflammatory:** Dandelion neutralizes the effects of free radicals, reducing inflammation in the body.



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 8 Lungs (Respiratory) - 150ml

BT08L

Breathe Deep, Feel Free - Nature's Respiratory Rescue!
Support your lungs and respiratory system.

Embrace the freedom to breathe well with **Body Tonic 8**, your natural elixir for respiratory vitality.

Revitalize your respiratory system with the natural goodness of Garlic, Nettle, Parsley, and Thyme in **Body Tonic 8**. This powerful elixir is your ally in promoting lung health and supporting conditions related to the respiratory system.

Top ingredients: Garlic, Nettle, Thyme and Parsley.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments that may affect the Respiratory System: Asthma, Bronchitis, Cough and Emphysema.

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Nutrient-Rich Support:** Nettle provides essential nutrients like Vitamins A, K & B, along with minerals such as Calcium, Iron, and Magnesium. It stimulates the immune system, preventing allergic reactions and fortifying immune cells.
- **Lung Health:** Thyme, known as the “lung herb,” acts as a natural cough remedy, opens up airways, reduces lung mucus, and relaxes airway muscles for easier breathing.
- **Antibacterial Action:** Garlic filters toxins from the bloodstream and effectively fights bacteria, contributing to overall respiratory health.



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 9 Male - 150ml

BT09L

Unleash Your Vitality - The Natural Boost for Male Health & Confidence!

Reclaim your vitality and stride confidently with **Body Tonic 9**, your natural elixir for male well-being.

Energize your masculinity with the natural potency of Saw Palmetto, Ginkgo, Tribulus, and Fenugreek in **Body Tonic 9**. This robust elixir is crafted to support and invigorate the male reproductive system.

Top ingredients: Saw Palmetto, Ginkgo, Tribulus, and Fenugreek.



MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments that affect the male reproductive system: Aids in Low Libido and Testosterone levels as well as Prostrate Health.

DOSAGE & DIRECTIONS

Take Internally

Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Testosterone Boost:** Saw Palmetto may aid in increasing testosterone levels, promoting prostate health, reducing inflammation, preventing hair loss, and enhancing urinary tract functions.
- **Libido Enhancement:** Fenugreek, with ancient ties to boosting libido, contributes to heightened sexual desire and vitality.



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 10 Muscles & Joints - 150ml

BT10L

Move Freely Again - Nature's Powerhouse for Muscle & Joint Relief!

Soothe aches and ease inflammation.

Embrace flexible movements and soothe joint discomfort with the natural prowess of **Body Tonic 10**.

Experience the natural prowess of **Body Tonic 10**, a dynamic blend of Ginger, Ginseng, Nettle, and Devil's Claw designed to provide profound anti-inflammatory benefits for your muscles and joints.

Top ingredients: Ginseng, Ginseng, Nettle and Devils Claw.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments that include: Rheumatoid Arthritis, Osteo-arthritis, Gout, Tension Headaches, Shin Splints, Joint Pain, Muscular Aches and Pains, Fibromyalgia, Backache, Osteoporosis and Shingles.

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Muscle and Joint Harmony:** Devil's Claw, native to Africa, contributes to easing pain caused by arthritis, muscle pains, back pain, gout, and more.
- **Anti-Inflammatory Support:** Nettle's anti-inflammatory properties assist in alleviating pain associated with osteoarthritis and severe back pain.



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 11 Never & Brain - 150ml

BT11L

Calm Your Mind, Sharpen Your Focus - Nature's Brain & Nerve Support!

Embrace a calm and focused mind with the soothing benefits of **Body Tonic 11**.

Unwind the complexities of stress with **Body Tonic 11**, a crafted fusion of Gotu Kola, Ginseng, Ginger, and Ashwagandha, designed to provide specialized support for your nerves and brain.

Top ingredients: Gotu Kola, Ginseng, Ginger, and Ashwagandha.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments that affect the Nervous System: Stress, Insomnia, Depression, Shock, Trauma, Headaches, Epilepsy, Alzheimer's, Parkinson's Disease and Shingles.

DOSAGE & DIRECTIONS

Take Internally

Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Boosts Memory:** Gotu Kola, a key ingredient, has shown promise in enhancing memory and cognition.
- **Reduced Anxiety:** The calming effects of Ashwagandha may contribute to reducing anxiety levels, fostering a more relaxed state of mind.
- **Improved Concentration:** Gotu Kola's cognitive benefits extend to improving concentration, aiding in tasks that require focused attention.



Mary - Tshwane
"Body Tonic 11 supports and improves my memory."



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 12 Skin - 150ml

BT12L

Fights acne-causing bacteria while speeding healing and soothing inflammation for clearer, calmer skin.

Promotes healthy, clear, and revitalized skin by naturally reducing inflammation and supporting faster healing.

Embrace natural radiance and address various skin concerns with **Body Tonic 12**.

Indulge in the rejuvenating blend of Black Walnut, Gotu Kola, and Chickweed with **Body Tonic 12**, a specialized tonic designed to enhance skin radiance and combat various skin conditions.

Top ingredients: Black Walnut, Gotu Kola, and Chickweed.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments that affect the Integumentary System: Eczema, Psoriasis, Rash, Vitiligo, Thrush, Skin Blemishes, Warts and Skin Growths.

DOSAGE & DIRECTIONS

Take Internally

Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Antimicrobial Power:** Black Walnut's antibacterial, anti-viral, anti-parasitic, and anti-fungal properties combat acne-prone skin.
- **Firmer Skin:** Gotu Kola enhances skin firmness, stimulates collagen production, and accelerates wound healing.
- **Healing Accelerator:** Chickweed speeds up the healing process for skin rashes, sores, and minor skin ailments.



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 13

Soothing Digestive - 150ml

BT13L

Soothes digestive discomfort - easing nausea, bloating, and upset stomach for gentle, effective relief.

Experience soothing relief for your digestive system with the natural efficacy of **Body Tonic 13**.

Embark on a journey of digestive harmony with **Body Tonic 13**, a curated blend of Ginger, Peppermint, Fennel, Recutita, and Chamomile designed to provide soothing relief for digestive discomfort.

Top ingredients: Ginger, Peppermint, Fennel, Recutita, and Chamomile.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments that affect the Digestive System: Indigestion, Bloating, Flatulence, IBS, Colitis, Gall Stones, Diarrhoea and Crohn's Disease.

DOSAGE & DIRECTIONS

Take Internally

Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Digestive Soothing Power:** Fennel, a potent herb, aids in calming the digestive system and alleviates spasms.
- **Anti-Inflammatory Aid:** Chamomile's anti-inflammatory and antispasmodic properties help relax the smooth muscles of the stomach and intestine.



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic 14 Super Tonic - 150ml

BT14L

Boosts circulation, sharpens focus, reduces stress, and fuels overall vitality.

Experience the supercharging effects on your wellbeing with the transformative blend of **Body Tonic 14**.

Elevate your overall wellbeing with **Body Tonic 14**, a potent blend of Gingko, Ashwagandha, Ginseng, and Fenugreek crafted to supercharge circulation, enhance brain function, and boost vitality.

Top ingredients: Gingko, Ashwagandha, Ginseng, and Fenugreek.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ailments that affect the Overall Health of the body: Chronic Fatigue, Excessive Weight Gain and Weight Loss, Depression, Gastric Reflux, Pituitary Gland Disorders, Auto Immune Disorders, Adrenal Burnout, Stress and Diabetes.

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 5 ml in half a glass of water 2-3 times daily.

Children:

- Take 2.5 ml in half a glass of water 2-3 times daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Stress Relief Champion:** Ease chronic stress, improve energy levels, and reduce fatigue.
- **Antioxidant Powerhouse:** Combat free radicals in the body, promoting overall health.
- **Brain Boosting:** Enhance short-term memory, alleviate anxiety, and improve mood.
- **Vitality Infusion:** Address ailments caused by fatigue, weight fluctuations, and depression.



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic Eye Tonic - 100ml

ZH90

Protects, strengthens, and supports vibrant, healthy eyes.

Eye Tonic's daily use helps defend against vision damage and age-related issues by fighting free radicals, inflammation, and strain. With consistent use, eyes look and feel refreshed, providing lasting comfort and clarity.

Top ingredients: Lutein (Carotenoid), Beta Carotene (Vitamin A Source) & Gingko Biloba.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Age-related vision issues
- Eye inflammation

DOSAGE & DIRECTIONS

Take Internally

Adults:

- 20 drops in half a glass of water 2-3 times daily.

Children:

- 10 drops in half a glass of water 2-3 times daily.

Consult a healthcare professional before use, especially for pregnant or nursing individuals.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- Assists with ailments that may affect the eyes.
- This formulation is specifically designed to promote eye health.
- Alcohol Free



Mary - Tshwane
"Since using Eye Tonic (100ml), my vision has improved significantly."



For further product information and warnings, scan the QR code, or view the product label.

Body Tonic Acid Balancer - 100ml

ZH95

Balance uric acid and keep your body's pH in check, helping protect against inflammation and disease.

Acid Balancer leverages the power of herbs to reduce uric acid, the root cause of gout and joint inflammation. By dissolving uric acid crystals and restoring pH levels, it relieves pain and creates an internal environment where disease struggles to take hold.

Top ingredients: Dandelion & Barley Grass.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Uric acid
- Gout and joint inflammation
- Acidic pH levels
- Acid reflux

DOSAGE & DIRECTIONS

Take Internally

Adults:

- 20 drops in half a glass of water 2-3 times daily.

Children:

- 10 drops in half a glass of water 2-3 times daily.

Consult a healthcare professional before use, especially for pregnant or nursing individuals.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Improved prostate health:** An enlarged prostate gland weakens the blood flow through the veins and prevents a man from having strong erections. Therefore, improving prostate health is the key to unlocking better sexual health and performance in men.
- **Increased blood flow:** Vasodilatory properties of the herbs in Bangalala Capsules enhance blood flow to the penis by enlarging the veins, which results in a more firm erection.
- **African Aphrodisiac:** Bangalala Capsules contain a powerful cocktail of herbs to promote improved testosterone levels, assist with better prostate health.
- **Improved testosterone levels:** This formulation improves testosterone levels and increases sexual desire, sexual potency and stamina.



For further product information and warnings, scan the QR code, or view the product label.

MAX VITAMINS

FOR THE WHOLE FAMILY

Boost everyday health with a cool Vitamins range, crafted to supercharge well-being journeys. Get a natural beauty boost with Hair Skin & Nails. Feel calm and support muscles with Magnesium Max. Keep bones strong with Calcium Magnesium & D3 Max. Strengthen the immune system with Vitamin C Max, shielding the body from daily hurdles.

Enjoy an overall vitality boost with Multivitamin Max, a mix that caters to various body needs. Show love to the liver with Liver Support, helping detox for a strong and thriving well-being. Dive into this Vitamins range, making everyday health a priority and celebrating the joy of a well-cared-for life.

WHY MAX VITAMINS?



Nature's Nourishment



Boosts Immune System



Formulated by Experts



Triple-action Goodness



ZH243



ZH550

KD144

ZH104

ZH245

ZH242

Max Vitamins Hair, Skin & Nails Capsules (30)

ZH104

Fuels vibrant hair growth, strengthens nails, and restores youthful, glowing skin from within - helping you shine naturally inside and out.

TC Direct's **Hair, Skin & Nails Capsules** are sourced and manufactured from the highest dosage of Biotin, Collagen powder and Vitamin C for increased absorbance by the body. Biotin, as a vitamin, primarily supports hair health, by breaking down macronutrients in the body for cell renewal and growth. In addition, collagen directly promotes hair follicle growth through amino acids and proteins.

Top ingredients: Biotin, Collagen Powder and Vitamin C.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Strengthen nails and nail growth
- Improve thickness of hair
- Helps with elasticity of the skin
- May reduce fine lines
- Improves skin health
- Encourage hair growth

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 1 capsule daily.

Do not take more than recommended.

Keep out of reach of children.

Contains
Collagen



BENEFITS MAY INCLUDE

- Strengthened Nails and Nail Growth
- Improved Thickness of Hair
- Elasticity of the Skin and Reduced Fine Lines



For further product information and warnings, scan the QR code, or view the product label.

Max Vitamins Multivitamin Max Capsules (30)

ZH245

All-In-One. All You Need. Multivitamin Max for Daily Health.

Taking a daily **Multivitamin** is a cost effective way to ensure against micronutrient deficiencies that can affect your immunity, health and long-term vitality. Vitamins and minerals are considered essential nutrients as they perform many roles in the body. When you don't get the required Vitamins, your body has to work harder to perform simple tasks which can lead to fatigue and other health problems.

Multivitamin Max is an easy to use once daily gelatine capsule with the vitamins and minerals your body needs to function at it's best.

Top ingredients: Vitamin A, D3, E, B1,B2, B6, B12, Folic Acid, Nicotinamide, Pantothenic Acid, Biotin, and Vitamin C.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Fatigue and exhaustion
- Stress and anxiety
- Weak Immune System
- Poor Memory
- Skin Problems

DOSAGE & DIRECTIONS

Take Internally Adults:

- Take 1 capsule daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- When you start taking vitamins, you should expect to experience the following benefits - converted into energy, your short-term memory will improve, your immune system will become stronger, your muscles will become stronger, and your skin will look healthier.
- Helps to fulfil the nutrient gap in your diet
- Helps to boost your immunity
- Helps to reduce inflammation in the body
- Increases energy levels. When you don't get enough vitamins, your body works harder to perform simple tasks, which can lead to fatigue and other health problems.
- Improved mood.
- Reduces stress and anxiety.
- Improved short-term memory.
- Maintained muscle strength.



For further product information and warnings, scan the QR code, or view the product label.

Max Vitamins Calcium, Magnesium & D3 Max Capsules (30)

ZH242

All-in-one formula that strengthens bones, supports muscle function, and boosts vitamin D - powered calcium absorption - keeping you strong, balanced, and active every day.

As we age, our bones become weaker and more susceptible to breaks. The combination of **Calcium, Magnesium and Vitamin D3 Capsules** support bone, tooth, hair and skin health and growth.

Vitamin D is required for the proper regulation of calcium and phosphate homoeostasis and bone mineralisation. Vitamin D also supports a healthy immune system

Supports bone health and strength: As we age, bones become weaker and more susceptible to breaks. Calcium, magnesium and vitamin D work together to maintain the strength and quality of our bones, reducing the risk of fractures and osteoporosis.

Top ingredients: Calcium, Magnesium & Vitamin D3.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Reduces the risk of bone fractures and Osteoporosis
- Strengthening and promoting growth of bones, teeth and hair.
- Promoting skin health

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 1 capsule daily.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- Assists with blood sugar control.
- Promotes heart health.
- Improves mood and sleep quality
- Has anti-inflammatory properties so assists with reducing pain and swelling.
- Can provide relief from the symptoms of migraines.
- Can provide relief from Menstrual Cramps.



For further product information and warnings, scan the QR code, or view the product label.

Max Vitamins Vitamin C Max Capsules (60)

ZH243

Powerful antioxidant boost that strengthens immunity, speeds up healing, and promotes radiant skin - all in a simple, convenient daily dose.

Vitamin C helps protect cells in the body and boosts the Immune System. It can also help keep the body's ligaments, tendons and collagen healthy. Vitamin C is better absorbed into the body when combined with Collagen and Iron Supplements.

Top ingredient: Vitamin C.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Colds & Flu
- Boosting & strengthening the Immune System

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 2 capsules daily after breakfast.

Children:

- Take 1 capsule daily after breakfast.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- Best known as a cell protector, immunity booster and powerful antioxidant.
- The body's ligaments, tendons and collagen (a protein found in connective tissues) rely on the presence of Vitamin C to stay strong and healthy.
- Like all antioxidants, Vitamin C counters the effects of cell-damaging free radicals.
- Vitamin C may lessen the severity and duration of colds and flu if taken at the first signs of symptoms.
- It helps to strengthen a weakened immune system and is especially useful in scavenging free radicals in smokers and alcohol consumers
- It helps the body to repair and maintain itself by reinforcing cell walls and helps to strengthen capillaries.
- Can provide relief from Menstrual Cramps.



For further product information and warnings, scan the QR code, or view the product label.

Max Vitamins Immuno Boost Powder Max - 150g

ZH550 - ORANGE, KD144 - BERRY

Packed with 1000mg of Vitamin C, this powerhouse antioxidant boosts your immune system and defends your body against daily stress and free radicals.

Immuno Boost Powder (Orange) and **Kids Immuno Boost Max Powder** (Berry) are delicious, refreshing and convenient supplements to ensure your immune system is functioning optimally. Contains 1000 Vitamin C, with added Zinc and Vitamin D3 per level scoop, just half scoop in 250ml water can help strengthen your body's natural defences.

Top ingredients: Vitamin C (1000mg), Calcium, Vitamin D3, and Zinc.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Immune Support for the whole family
- Calcium uptake improved
- Sufficient daily intake of Vitamin C, D3 and Zinc
- Strengthen immunity
- Recovery from Illness
- Elderly for Nutrition

DOSAGE & DIRECTIONS

Take Internally

Adults and Adolescents over 12 years of age:

- Add one scoop (5g) of Immuno Boost berry powder into 250ml of cold water. Mix and enjoy this tasty way to boost your immune system.
- Each container provides 30 servings.

Do not take more than recommended.

Keep out of reach of children.



NEW PACKAGING WITH THE SAME TRUSTED FORMULATION

BENEFITS MAY INCLUDE

- **Powerful Antioxidant:** With 1000mg of Vitamin C, Immuno Boost acts as a robust antioxidant, fortifying your body's natural defenses.
- **Immune System Support:** Enriched with Calcium, Vitamin D3, and Zinc, this blend is designed to enhance and fortify your immune system, promoting overall well-being.
- **All-in-One Drink:** A comprehensive solution in a single serving, Immuno Boost simplifies your daily nutrient intake



For further product information and warnings, scan the QR code, or view the product label.

ZH550



For further product information and warnings, scan the QR code, or view the product label.

KD144

EVERYDAY ESSENTIALS

FUEL YOUR BODY,
FUEL YOUR LIFE.

Step into the world of Everyday Essentials, your go-to companions for daily well-being. From revitalizing tonics to handy drops, capsules, liquid iron supplements, and immune-boosting powders, these products are like trusted friends that seamlessly blend into routines.

Crafted with care to cater to various health needs, embracing the simplicity of making health a part of daily rituals, turning each moment into an opportunity to nurture and fortify vitality. Experience the genuine effectiveness of Everyday Essentials, ensuring well-being is always at the forefront of everyday life.

WHY EVERYDAY ESSENTIALS?



Nature's
Nourishment



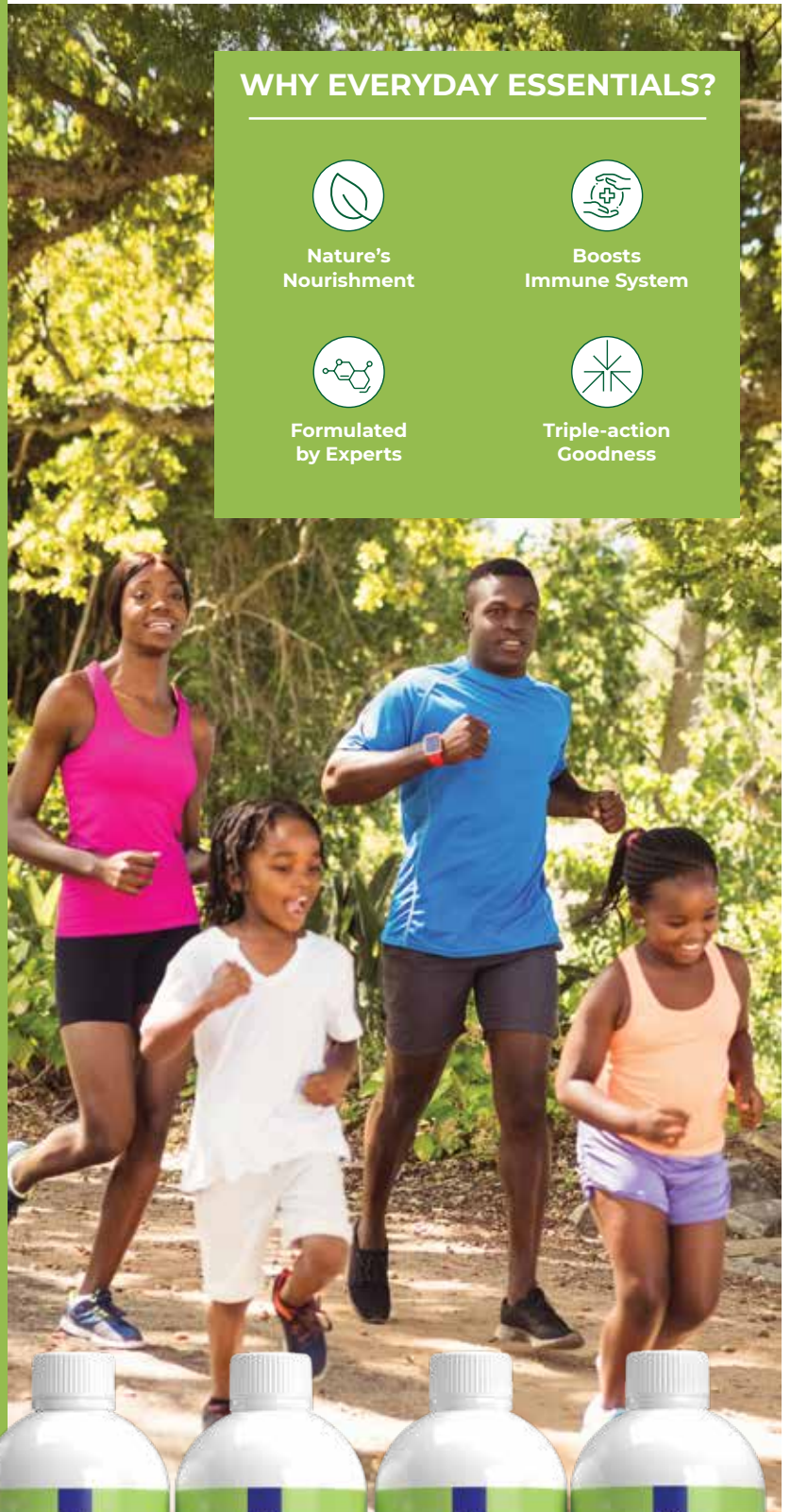
Boosts
Immune System



Formulated
by Experts



Triple-action
Goodness



ZH249 ZH189

ZH360

ZH186

ZH240



ZH188

HL20

ZH157

ZH115

ZH247

ZH132

ZH110

ZH131

ZH256

Everyday Essentials Activated Charcoal Capsules (30)

HL20

Gently draw out toxins to refresh your body, helping it heal and regain its natural vitality.

TC Direct's **Activated Charcoal** is scientifically manufactured to be absorbent, allowing it to bind to molecules, ions, and atoms, and help to eliminate toxins from your body. Each Gelatine Capsule contains 500mg Activated Charcoal. Can be incorporated as a supplement when detoxing, and can assist to alleviate symptoms of diarrhea, vomiting, stomach cramps, flatulence and indigestion.

Top ingredients: Activated Charcoal.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Diarrhea
- Food Poisoning
- Eliminate toxins
- Bloating

DOSAGE & DIRECTIONS

Take Internally

Adults:

- Take 1 capsule per day.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Prevents Diarrhea-Causing Bacteria:** Studies indicate that activated charcoal, in these capsules, may act as a barrier, preventing the absorption of diarrhea-causing bacteria into the body.
- **Combat Food Poisoning:** Assist in alleviating symptoms associated with food poisoning, including diarrhea, vomiting, stomach cramps, flatulence, and indigestion.
- **Regular Detox for Vital Health:** With regular use, effectively and safely eliminate toxins from the body, contributing to the restoration of vital health.



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Probiotic & Prebiotic with Turmeric (30)

ZH188

Fuel your gut health and immunity with a potent blend of probiotics, prebiotics, and anti-inflammatory turmeric - your all-in-one capsule for total digestive harmony and daily vitality.

Comprehensive Gut Support: Our formula includes over 2 billion CFUs to promote a healthy gut microbiome, aiding in digestion and regularity. This advanced **Probiotic & Prebiotic with Turmeric** capsule that combines prebiotics, probiotics, and the soothing benefits of turmeric. This synergistic blend supports gut balance, enhances nutrient absorption, and promotes overall wellness.

Top ingredients: Turmeric

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Gut issues
- Bloating
- Gas
- Constipation
- Lack of good gut bacteria removed by antibiotics

DOSAGE & DIRECTIONS

Take Internally

- Take 1 capsule daily. Do not take within 1 hour of taking antibiotics.

Do not take more than recommended.

Keep out of reach of children.

2 BILLION
CFU



BENEFITS MAY INCLUDE

- Healthy digestion
- Balanced gut biome
- Reduced bloating and gas
- Reduced inflammation throughout the body
- Healthy bowel movements
- Soothes abdominal pain
- Promotes the growth of beneficial bacteria
- Improved joint health
- Improved skin health by reducing inflammation
- **Nutrient-Rich Superfood:** Turmeric curcumin is packed with essential nutrients and antioxidants that help support the body's natural processes, promoting overall health and vitality
- With **2 billion CFU probiotics**, this supplement aids in maintaining a balanced gut environment, supporting natural digestion, and promoting digestive comfort and well-being.



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Omega 3 Softgels (60)

ZH240

Packs a powerful punch of brain-boosting, heart-protecting, and inflammation-fighting benefits.

Ensure optimal brain, heart and joint health with **Omega 3 Softgels**. Made from the highest quality Omega Oils, Omega Softgels are a convenient and efficient way to ensure your body gets the correct ratio and quantity of Essential Fatty Acids daily.

Omega 3 1000mg softgels are high in EPA and DHA Omega 3 fatty acids, which are derived from concentrated fish oil. Omega 3 softgels are free of sugar, salt, gluten, yeast and artificial additives.

Top ingredients: Flax Seed Oil (Omega-3 and Omega-6), Fish Oil (Omega-3 Fatty Acids) and Vitamin E.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Helps increase good cholesterol (HDL-cholesterol) and lower bad cholesterol (LDL-cholesterol)
- Helps reduce high blood pressure
- Helps reduce plaque buildup in the arteries
- Helps manage inflammation in the body
- Helps reduce the symptoms of depression
- Helps reduce the risk of heart disease
- Promotes a healthy immune system
- Helps improve memory
- Helps with aching and stiff joints

DOSAGE & DIRECTIONS

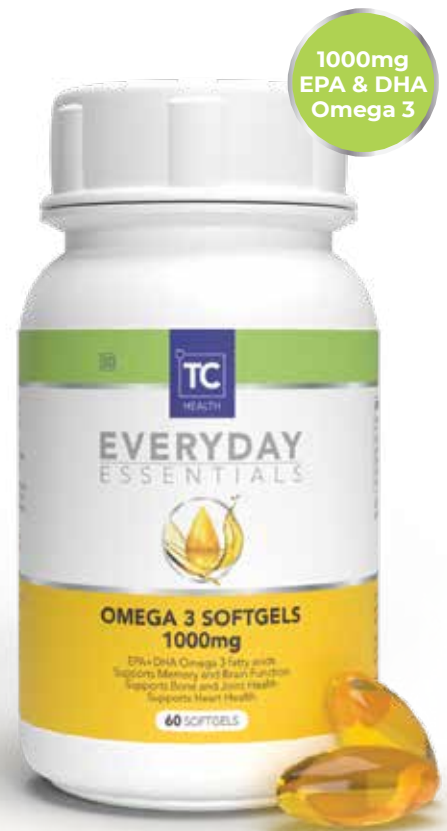
Take Internally

Children older than 6 and Adults:

- Take 2 softgels before your biggest meal of the day.

Not for breastfeeding or pregnant women

Consult with your medical practitioner if you are taking blood thinning medication or if you have a bleeding disorder.



BENEFITS MAY INCLUDE

- Essential Fatty Acids are good fats and are the main components of every cell membrane and ensure that cells function correctly.
- Flax Seed Oil contains both Omega-3 and Omega-6 essential fatty acids. Omega-3's are beneficial to heart health. Omega-6 essential fatty acids are known for reducing the risk of heart disease, lowering total cholesterol levels.
- Fish Oil is derived from the tissues of oily fish. Fish Oils contain Omega-3 fatty acids that are known to reduce inflammation in the body.
- Vitamin E helps maintain healthy skin and eyes, and strengthen the body's natural defense against illness and infection (the immune system).



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Blood Sugar Stabilizing Capsules (30)

ZH186

Naturally helping regulate blood sugar, curb cravings, and support insulin sensitivity - all in one simple, daily dose.

Blood Sugar Stabilizing capsules contains the active ingredients of Cinnamon extract (Cinnamomum cassia), Chromium Polinicotinate, Niacin (B3) and ALA (Alpha-lipoic acid). This combination helps support the body to reduce blood sugar levels and improves blood fat levels.

Top ingredients: Cinnamon Extract (Cinnamomum cassia, Chromium Polinicotinate, Niacin (B3) and Alpha-lipoic Acid.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- High blood sugar levels
- Insulin resistance
- Inflammation in the body
- High blood pressure levels

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 1 capsule daily before your biggest meal of the day.

Do not take more than recommended.

Keep out of reach of children.

DIABETIC FRIENDLY



BENEFITS MAY INCLUDE

- Helps to lower and stabilize blood sugar levels
- May reduce hunger and sweet cravings
- May help with Pre-diabetes and insulin resistance
- Chromium stabilises blood sugar levels
- Powerful anti-oxidant
- Sugar Free
- Helps digestion, absorption and creation of energy
- Diabetic Friendly
- Reduces Inflammation in the body
- May manage blood pressure
- May be beneficial for the ageing brain by boosting brain function



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Blood Sugar Control Diabetic Tonic - 150ml

ZH115

Balance Blood Sugar Naturally

Blood Sugar Control with Umhloniyane tonic contains the active ingredients of Fenugreek (*Trigonella foenum-graecum*), Cinnamon (*Cinnamomum cassia*), Artemesia afra (Umhloniyane). This combination of herbal extracts helps support the body with cell uptake of glucose.

Top ingredients: Cinnamon extract, Chromium Polinicotinate, Niacin (B3), and Alpha-lipoic acid.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Blood sugar levels
- High Blood pressure
- Inflammation
- Weight loss
- Joint pain

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 5ml once daily with meals.

Not recommended for use during pregnancy or breastfeeding.

Keep out of reach of children.

DIABETIC FRIENDLY



BENEFITS MAY INCLUDE

- Natural remedy for Blood sugar lowering
- Powerful anti-oxidant
- May help with weight loss
- Reduces Inflammation
- Improves digestion
- Sugar Free
- Diabetic Friendly
- Chromium stabilises blood sugar levels



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Liquid Iron Supplement - 150ml

ZH247

Reclaim Your Energy - For Women Who Don't Have Time to Feel Tired.

Stop dragging yourself through the day feeling constantly tired. With just a few drops of **Liquid Iron** each morning, you'll feel a wave of energy within that lasts for hours. Stay motivated and powered up as Liquid Iron reduces fatigue and enhances your stamina. Plus, improved oxygen circulation gives you a sense of overall wellbeing.

Top ingredients: Iron, Vitamin B12, Folic Acid and Vitamin C.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Low iron levels
- Tiredness and fatigue
- Low oxygen circulation
- Blood circulation (cold hands and feet)

DOSAGE & DIRECTIONS

Take Internally

Adults and Children aged 13 and older:

- Take 1 teaspoon daily.

If you have known allergies or sensitivities to any listed ingredients, avoid using Liquid Iron.

Not recommended for use during pregnancy or breastfeeding.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- May help to restore iron levels
- Contains Vitamin C for maximum absorption by the body
- Helps women with anaemia
- Restores energy
- Enhance oxygen circulation



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Aloe & Buchu Elixir - 500ml

ZH131

A scientifically crafted elixir blending Aloe Vera, Aloe Ferrox, and Buchu extracts to soothe, heal, and support your body's natural balance and wellness.

Experience Tranquility with **Aloe and Buchu Elixir!** Immerse yourself in the soothing blend of Aloe Vera and Buchu extract, expertly crafted to bring you a sense of calm and well-being. This elixir delicately combines the gentle properties of Aloe Vera, known for its digestive support and gut-healing potential, with the soothing benefits of Buchu, traditionally cherished for urinary tract harmony.

Prioritize your serenity with Aloe and Buchu Elixir, and embark on a serene journey towards holistic harmony. Combining Indigenous ingredients from Africa. Aloe & Buchu Elixir affords extra health benefits with the potency of the amazing Aloe plant. Buchu is believed, by the Koi-San to be the 'Elixir of Youth'. It is also known as South Africa's "Miracle Herb" due to its nutritional benefits.

Top ingredients: Moringa Extract, Vitamin C, Calcium, Potassium and Vitamin A.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Acidity
- Body Impurities
- Gut Health

DOSAGE & DIRECTIONS

Take Internally

Adults:

- Take 15 – 30ml daily.

Children older than 6 years old:

- Take 15ml once a day.

Do not take more than recommended.

Keep out of reach of children.

DIABETIC FRIENDLY



BENEFITS MAY INCLUDE

- Maintains PH Balance
- Helps Eliminate Impurities
- Enzyme Rich to Normalise Gut

“



Mary - Tshwane

“Aloe & Buchu are great for my skin and have really helped lower issues like my blood pressure.”

“



Kelly - Johannesburg

“Adding Aloe & Buchu really helped me get my bowels back on track. It cleared out impurities, eased constipation and bloating. It even helped lower my blood pressure and reduced the swelling in Mam Lydia's legs.”



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Moringa Multivitamin Elixir - 500ml

ZH110

Moringa - the #1 superfood - delivers a potent boost of vitamins, minerals, amino acids, and antioxidants that fuel energy, strengthen immunity, support digestion, and promote overall wellness every day.

Moringa Multivitamin Elixir provides a powerful combination of vitamins, minerals and amino acids that are essential to help protect the body against free radical damage. It is sugar free and safe for diabetics.

Known as nature's own superfood, and fortified with Ascorbic Acid, Zinc Gluconate, Vitamin B6, and Vitamin B12, can support the immune system for overall good health. It has antioxidant properties and may help protect the body against free radical damage. Moringa is naturally nutrient-rich, may lower blood sugar levels, and can help improve energy levels.

Top ingredients: Moringa Extract, Vitamin C, Calcium, Potassium and Vitamin A.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Low energy levels
- High blood sugar
- Low immune system

DOSAGE & DIRECTIONS

Take Internally
Adults:

- **Boost Energy Levels:** Take 5 – 10ml once a day to maintain good peak energy and vitality.
- **Balance Blood Sugar:** Take 15ml twice a day to boost your vitamin intake and improve your immune system.

DIABETIC FRIENDLY



BENEFITS MAY INCLUDE

- Moringa Elixir is a powerful mixture of vitamins, minerals and amino acids that are required by the body to function at its best.
- Moringa balances blood sugar levels, boosts energy levels and protects the body against free radical damage.
- It provides essential nutrients to those who do not eat enough fresh fruits and vegetables daily.
- It helps to boost the immune system and helps to improve strength and vitality after illness.



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Liquid Chlorophyll

ZH256

The Ultimate Inside-Out Freshness Solution – Fresh Breath, Clear Skin & a Clean Body.

TC **Liquid Chlorophyll** is a refreshing and powerful detox drink made from pure plant-based chlorophyll. It helps cleanse the body from within, supports liver function, and promotes clear, healthy skin. This natural green juice is known for improving energy levels, reducing body odour, and leaving you feeling fresh and revitalized every day.

Top ingredients: Chlorophyll (derived from: Spirulina Platensis Extract and Chlorella Vulgaris Extract).

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Support gentle, everyday detoxification
- Promote internal freshness and odour control
- Enhance skin clarity and appearance
- Support digestion and gut health
- Boost daily energy and vitality

DOSAGE & DIRECTIONS

Take Internally

Recommended daily intake for children over 6 years:

- 5ml (one teaspoon) daily (or as directed by a healthcare professional).

Recommended daily intake for children over 12 years and adults:

- 15ml daily (or as directed by a healthcare professional).

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Supports Natural Detoxification**
Helps support the body's natural cleansing and elimination pathways, particularly the liver and digestive system.
- **Antioxidant Support**
Provides antioxidant compounds that help neutralise free radicals and support cellular health.
- **Internal Deodorising Effect**
Traditionally used to help freshen breath and reduce body odour from within. Has a peppermint flavour
- **Skin Health Support**
May contribute to clearer-looking skin and a healthy complexion by supporting internal balance.
- **Digestive & Gut Support**
May help soothe the digestive system and support regularity.
- **Energy & Vitality**
Many users report feeling more refreshed and energised with regular use.



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Energy Tonic with Ginseng - 500ml

ZH132

Unleash Clean Energy - Fast. Powered by Panax Ginseng, B-Vits & Natural Caffeine for Mind-Body Fuel.

This **Energy Tonic** with Ginseng helps to give you a quick boost of energy when you need it most. The combination of B1, B2, B3, B6, B12, Calcium Carbonate and Panax Ginseng is all you need to enhance physical energy and fight tiredness. May assist with mental alertness and brain function. May also help with low libido.

Top ingredients: Vitamin B1, B2, B3, B6 and B12, Ginseng and Caffeine

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Lack of energy
- Physical fatigue
- Mental fatigue
- Inflammation
- Low libido

DOSAGE & DIRECTIONS

Take Internally

Adults and Adolescents over 12 years of age:

- Two teaspoons (10 ml) three times a day.
- In severe cases, the dosage may be increased to three teaspoons (15 ml) three or four times a day.
- Avoid taking this product late in the day as this product may prevent you from falling asleep.

**CONTAINS SUGAR (NOT DIABETIC FRIENDLY)
AND CAFFEINE**

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- Natural remedy for Blood sugar lowering
- Powerful anti-oxidant
- May help with weight loss
- Reduces Inflammation
- Improves digestion
- Sugar Free
- Diabetic Friendly
- Chromium stabilises blood sugar levels



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Joint Support Capsules (60)

ZH360

Powerful synergy - Glucosamine cushions joints, MSM fights inflammation and supports healing.

Bromelain naturally eases pain and swelling, and Chondroitin protects and repairs cartilage - together promoting mobility and comfort from the inside out.

The combination of Glucosamine, MSM, Bromelain and Chondroitin in the **Joint Support Capsules** is a powerful anti-inflammatory. Supports flexibility and mobility of muscles and joints. Reduces swelling and pain found in joints. Glucosamine Sulphate is a natural compound found in cartilage and is used to support mobility and flexibility by stimulating the production of synovial fluid which helps the joints to work smoothly.

MSM (Methylsulphonylmethane) is a naturally occurring sulphur compound. It is a constituent of all connective tissue, such as cartilage, and also has been shown to have an anti-inflammatory action.

Top ingredients: Glucosamine Sulphate, MSM (Methylsulphonylmethane), Chondroitin.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Sports injuries
- Sore joints
- Osteoarthritis & Rheumatoid arthritis
- Pain and swelling in joints
- Over-exertion of muscles

DOSAGE & DIRECTIONS

Take Internally

Adults:

- Take 2 capsules per day.
- With regular use the combination of these ingredients may assist to reduce pain and inflammation in joints, promote flexibility, and provide ease of mobility.

Do not take more than recommended.

Keep out of reach of children.

DIABETIC FRIENDLY



BENEFITS MAY INCLUDE

- Relieves pain and immobility caused by osteoarthritis and rheumatoid arthritis.
- Reduces pain and inflammation
- Fights pain and swelling in joints
- Reduces stiffness in the joints
- Anti-inflammatory action
- Supports flexibility and mobility of muscles and joints.



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Arnica & Hemp Pain Relief Oil - 100ml

ZH157

Nature's answer for powerful relief.

Arnica & Hemp Pain Relief Oil provides total relief of stiff and sore muscles. The super combination of Arnica and Hemp will ease muscular aches, pains, inflammation, and stiffness associated with rheumatism, arthritis, sprains, and strains. Contains anti-bruising properties as well as nourishing and therapeutic properties.

Top ingredients: Arnica & Hemp.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Inflammatory pain
- Pain and swelling associated with bruises, sprains, pulls, muscle aches, and even arthritis
- Tension and relaxes tight and tired muscles
- Low circulation and speed up the healing process
- Restorative and nourishing benefits for the body.

DOSAGE & DIRECTIONS

Apply Topically

Adults:

- Apply to the affected area and gently massage until completely absorbed into the skin.
- For best results, repeat three times a day.
- Patch test: Apply a small amount of lotion on the inside of your elbow. Cover and leave for 24 hours. If irritation occurs, discontinue use.



BENEFITS MAY INCLUDE

- Arnica oil helps to reduce inflammatory pain when applied topically.
- Typically it's used for the pain and swelling associated with bruises, sprains, pulls, muscle aches, and even arthritis, since it helps to boost circulation and speed up the healing process.
- Hemp oil has anti-inflammatory properties that will assist release tension and relax tight and tired muscles.
- Restorative and nourishing benefits for the body.



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Alkaline Fizzer (10)

ZH249

Its rapid-action fizz that helps neutralize acidity, soothe heartburn, and restore pH balance.

TC **Alkaline Fizzer**, has all the benefits of Alkaline powder in a convenient fizzy. The purpose of an alkaline fizzy is to provide the body with some of the beneficial mineral salts which may act as buffers and optimize the maintenance of optimal pH balance.

Top ingredients: Sodium Bicarbonate, Tricalcium Phosphate and Magnesium Citrate.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Irregular pH-levels
- High acidity levels
- Electrolyte loss
- Muscle pain
- Fatigue
- Headaches
- Gout
- Dizziness
- Indigestion
- Painful and swollen feet

DOSAGE & DIRECTIONS

Apply Topically
Adults:

- Take 1 or 2 effervescent tablets daily, on an empty stomach, unless otherwise prescribed by a doctor or pharmacist
- Dissolve in a small glass of water and drink.



On-The-Go
Fizzy
Supplement

Vanilla
Flavoured

BENEFITS MAY INCLUDE

- Regulating PH levels in the body - high acidity levels rise due to chronic stress, poor diet, lack of exercise, medication.
- Maintenance of optimal PH balance
- Contains beneficial mineral salts
- Alkaline levels in the body - vital to good health.
- Replacing electrolytes in the body that is lost during the day.



For further product information and warnings, scan the QR code, or view the product label.

Everyday Essentials Magnesium Glycinate Fizzer (10)

ZH189

Fast-absorbing, gut-friendly formula that calms the mind, relaxes muscles, and supports deep sleep -all in a refreshing berry fizzy drink.

TC **Magnesium Glycinate Fizzer**, can help with reducing stress and anxiety, improving sleep, supporting heart and bone health and enhancing your overall well-being. Magnesium is important to maintain muscle function and normal heart rhythm. It can also assist in the relief of muscle cramps and fatigue.

Top ingredients: Magnesium Glycinate, Vitamin C.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Stress and Anxiety
- Lack of sleep
- Aching joints
- Muscle recovery
- Muscle and nerve function
- Cramping in the elderly/athletes
- Low bone health
- Blood pressure
- Diabetes (high blood sugar levels)
- Fatigue and tiredness
- Headaches
- Dehydration

DOSAGE & DIRECTIONS

Apply Topically

Adults and children 12 years and older:

- Take 1 effervescent tablet daily, when required, or as recommended by a health practitioner.
- Dissolve in a glass of water and drink.

Children 1 - 12 years:

- Take 1/2 an effervescent tablet daily, when required, or as recommended by a health practitioner.
- Dissolve in a glass of water and drink.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- Reducing stress and anxiety
- Supporting heart and bone health
- Body that is pH balanced
- Enhancing overall well-being
- Improved muscle function and normal heart rhythm.
- Relief from muscle cramps and fatigue
- Replacing electrolytes lost during the day



For further product information and warnings, scan the QR code, or view the product label.

HERBAL ESSENTIALS

START YOUR HERBAL WELLNESS JOURNEY

Step into the lively world of Herbal Essentials, where every herbal gem is packed with goodness. From the eye-refreshing tonic to the Aloe & Buchu Elixir, Eye Tonic to African Potato capsules, each product feels like a burst of nature's wonders.

It's more than just a range; it's a personal herbal haven, making each day a colourful journey of well-being. Because feeling good is not just a goal; it's an everyday celebration!

WHY HERBAL ESSENTIALS?



Nature's Nourishment



Boosts Immune System



Formulated by Experts



Triple-action Goodness



ZH150

ZH103

ZH251

ZH49

ZH100

ZH187

ZH192



Maintaining optimal health and wellness is key to living a higher quality life, especially as we age. Healthy habits, proper nutrition, and regular exercise can help prevent various ailments like cardiovascular disease and obesity. TC Direct offers a range of top-quality health and wellness products that incorporate traditional herbs like Seaweed, Moringa, and Rooibos to pro-actively manage everyday health needs naturally.

TC Direct's supplements can help fill nutritional gaps in our diets, supporting overall health, mental and physical performance, and immune system function. While supplements can't cure conditions, they can assist in relieving symptoms and helping the body fight illness. By combining TC Direct's products with healthy eating habits and regular exercise, you can boost your physical wellness and work towards optimal health and wellbeing

FOR IMPROVED WELLNESS:



Eat healthy, balanced meals



Drink at least 8 glasses of water a day



Exercise at least 3 times a week for 30 minutes



Manage your stress and ensure sufficient sleep



Use supplements daily to complement your lifestyle

TC Health offers a range of Complementary medicines that are locally manufactured with quality ingredients for safety and efficacy according to strict SAHPRA (The South African Health Products Regulatory Authority) Health guidelines.

TC Health products are manufactured using top quality, specially selected ingredients that are safe and nourishing. Our products aim to help restore, improve and reset systems in the body and promote general health and well-being.

Herbal Essentials Moringa Capsules (60)

ZH100

Moringa - the #1 superfood - delivers a potent boost of vitamins, minerals, amino acids, and antioxidants that fuel energy, strengthen immunity, support digestion, and promote overall wellness every day.

Moringa, the No 1 Superfood provides a highly concentrated combination of Vitamin B, C, Zinc, Iron, amino acids (the building blocks of protein) and antioxidants. Our **Moringa Capsules** dissolve easily in the body, releasing a supreme daily dose of all the essential nutrients required by your body. Regular use helps to prevent disease, improves the body's ability to fight infection, increases daily energy levels and aids digestion.

Top ingredients: Moringa.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Increases energy
- Enhances immunity
- Helps prevent disease
- Helps fight against free radical damage
- Helps balance blood sugar levels
- Helps ease digestive ailments

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 2 capsules, 3 x per day with a large glass of water.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- The Moringa plant is a highly effective superfood with high nutritional value. It has powerful anti-inflammatory, antioxidant and tissue-protecting properties. It provides a measured daily dose of vitamins, minerals and amino acids to the body.
- It has immune-boosting properties, thereby helping your immune system to fight infection.
- It can help to increase your everyday energy levels, help defend the body against free radical damage and aid in balancing blood sugar levels. Anyone with blood sugar imbalance is at risk of diabetes.
- Taking Moringa Capsules may also have a balancing effect on cholesterol and help to promote a strong, healthy heart.



For further product information and warnings, scan the QR code, or view the product label.

Herbal Essentials African Potato Capsules (60)

ZH49

A powerful immune-boosting and anti-inflammatory properties, traditionally used to support everything from arthritis relief to immune defense.

The **African Potato** plant (Inkomfe) is a well known local plant, used for many years in traditional medicine. It is used mainly to clean the digestive tract, to strengthen the immune system and it can also help people with HIV/AIDS to resist infection. Its anti-inflammatory properties help to relieve pain.

Top ingredients: African Potato Extract.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Arthritis, Joint pain & Inflammation
- Muscle Injuries and relieving muscle stiffness
- Helping to strengthen and/or boost the immune system
- Can help the body resist infection
- Cleansing the digestive tract by fighting internal parasites
- Frequent episodes of constipation or diarrhoea
- Soothes skin conditions from minor irritation to eczema, burns, sunburn and more
- Fibrositis
- Shingles
- Gout

DOSAGE & DIRECTIONS

Take Internally

Adults:

- Take 2 capsules, 3 x per day with a large glass of water.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- Has potent anti-inflammatory properties
- Helps enhance the function of the T-cells in the body, which control the immune system. This is particularly helpful for people with HIV/AIDS.



For further product information and warnings, scan the QR code, or view the product label.

Herbal Essentials Ashwagandha Capsules (30)

ZH192

Daily Stress-Defence for Calm Energy, Focus & Strength.

Ashwagandha works by helping the body adapt to stress - it lowers cortisol (the stress hormone), supports balanced mood, improves sleep quality, boosts energy and focus, and may even enhance physical performance and hormone balance over time.

Top ingredients: Ashwagandha Root.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Supporting the body's response to everyday stress
- Promoting a calm, balanced mood
- Mental clarity and focus
- Supporting restful sleep quality
- Supporting energy and vitality
- Supporting physical strength and endurance
- Overall wellbeing and resilience

DOSAGE & DIRECTIONS

Take Internally

Adults:

- Take 1 capsule in the morning after breakfast.

Do not exceed the recommended daily dosage unless prescribed by a relevant practitioner.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- Helps support the body's response to everyday stress
- Promotes a calm, balanced mood
- Supports mental clarity and focus
- Helps support restful sleep quality
- Supports sustained energy and vitality
- Helps support physical strength and endurance
- Contributes to overall wellbeing and resilience



For further product information and warnings, scan the QR code, or view the product label.

Herbal Essentials Cranberry Capsules (30)

ZH187

Helps prevent urinary tract infections, support bladder health, and fight bacteria.

TC Direct's **Cranberry Capsules** may assist with urinary tract infections and the burning sensations that is associates with this. Rich in anti-oxidants and full of vitamins. They may reduce the risk of Candida (Thrush) and UTI's.

Top ingredients: Cranberry Powder (Vaccinium Macrocarpon).

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Urinary tract infections
- Candida (Thrush)
- Burning sensation associated with bladder infections
- Cold and flu symptoms
- Other infections
- Weight loss
- Cholesterol
- Acidity in urine
- Indigestion

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 1 capsule per day, preferably with breakfast

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- Urinary tract infections and the burning sensations that are associated with this
- Reduce the risk of Candida (Thrush) and UTI's.
- Weight loss, when taken on a regular basis
- Natural antibacterial properties may help to reduce the likelihood of infections in the bladder and urinary tract.



Laureen -
Johannesburg
"Cranberry Capsules have helped me effectively manage urinary tract and bladder infections."



For further product information and warnings, scan the QR code, or view the product label.

Herbal Essentials Bangalala Capsules (15)

ZH103

A potent herbal blend that boosts testosterone, enhances blood flow, supports prostate health, and revitalizes sexual performance for lasting confidence and vitality.

The powerful combination of herbs in **Bangalala Capsules** are designed to improve the condition of erectile dysfunction and to promote overall sexual health. It helps to improve testosterone levels, prostate health, increase blood flow, vitality, and enhance sexual performance.

Top ingredients: Bangalala root.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Assists with erectile dysfunction
- Helps to improve testosterone levels
- Helps to improve prostate health
- Helps to increase blood flow
- Helps to improve sexual desire and performance

DOSAGE & DIRECTIONS

Take Internally

Adults:

- "Silver Bullet": For fast results, take 6 capsules 30 mins prior to sexual intercourse.
- Therapeutic / longer term use: Regular use can have a long-term effect on a man's sexual health by improving the multiple factors that may be leading to poor sexual desire and performance. Take 1-2 capsules daily (for 2 weeks on and 2 weeks off) and then 3-6 capsules 30 minutes before sexual intercourse, preferably on an empty stomach.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- Improved prostate health: An enlarged prostate gland weakens the blood flow through the veins and prevents a man from having strong erections. Therefore, improving prostate health is the key to unlocking better sexual health and performance in men.
- Increased blood flow: Vasodilatory properties of the herbs in Bangalala Capsules enhance blood flow to the penis by enlarging the veins, which results in a more firm erection.
- African Aphrodisiac: Bangalala Capsules contain a powerful cocktail of herbs to promote improved testosterone levels, assist with better prostate health.
- Improved testosterone levels: This formulation improves testosterone levels and increases sexual desire, sexual potency and stamina.



For further product information and warnings, scan the QR code, or view the product label.

Herbal Essentials Power Up Unisex Drops - 100ml

ZH150

Boost energy, enhance vitality, and support overall wellness for both men and women.

This exceptional formulation, **Power Up Unisex Drops**, has been designed to increase sexual performance in men and women. The combination of these ingredients help to improve low libido, increase blood flow to the sex organs, lift energy levels and relieve symptoms of anxiety. Power Up Unisex drops not only enhances sexual experience, but is also a natural energy booster.

Top ingredients: Cinnamon, Ginseng, Horny Goat Weed, Cayenne, Zinc, Magnesium, and Vitamins B3 and B6.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Low libido
- Low blood flow to sex organs
- Low energy levels
- Anxiety

DOSAGE & DIRECTIONS

Take Internally

Adults:

- Take 5 – 10ml one hour before vitality is required.
- Do not exceed 20ml during a 24-hour period.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- Assists with increasing sexual performance
- Helps improve low libido
- Helps to increase blood flow to the sex organs
- Increases energy levels
- Helps to relieve symptoms of anxiety related to intercourse
- Enhances the sexual experience
- Horny Goat Weed has aphrodisiac properties and helps stimulate male and female hormones to improve sexual function and arousal.



For further product information and warnings, scan the QR code, or view the product label.

Herbal Essentials Castor Oil - 150ml

ZH251

Experience the ancient secret for modern beauty and wellness - 100% pure Castor Oil that deeply nourishes hair, lashes, skin, and brows while supporting scalp health, promoting hair growth, soothing inflammation, boosting circulation, and aiding natural detox for full-body vitality.

Castor Oil which comes from the castor seeds (*Ricinus Communis*) which is an organic cold-compressed hexane free plant oil which contains vitamin E and key fatty acids to help with the healing process. The plant seed oil has been praised as a treatment for hair growth and complexion problems. Also known for its "Detox" properties.

Top ingredients: Castor oil.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Liver detox
- Dry and rough skin
- Dry and Damaged Hair
- Period pain and joint pain
- Sun spots and blemishes
- Reduces bags under the eyes

DOSAGE & DIRECTIONS

Take Internally

Adults and Adolescents over 12 years of age:

- 5-10ml orally once as a single dose on an empty stomach as required.

Children 2 to 12 years of age:

- 1-5ml orally once as a single dose on an empty stomach as required.

Take Internally

- Castor oil can be applied directly to the skin and hair. Massage a small amount into the affected area.

Consult a healthcare professional before use, especially for pregnant or nursing individuals.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- Anti-bacterial and anti-fungal
- Supports overall liver Health and function
- Supports the body's defence mechanisms
- Supports healthy tissue growth
- Rich in ricinoleic acid for healing properties
- Stimulates Lymphatic system (which helps the body get rid of toxins in the body)
- Promotes healthy bowel movements
- Period pain (place in navel)
- Helps joint pain by penetrating and helping with inflammation
- Reduces Sun spots and blemishes
- Nourishes Dry and brittle skin, hair and nails
- Deep penetrating oil
- Improves blood flow and oxygenation



For further product information and warnings, scan the QR code, or view the product label.

MORINGA

HARNESS THE ENERGISING POWER OF MORINGA OLEIFERA

Start a healthy journey with our Moringa products. Moringa Capsules have great benefits, Moringa Elixir is a vitamin-packed mix, and Anti-oxidant Tea blends Moringa and Rooibos for wellness.

Dive into Moringa's goodness for health, energy, and a refreshing feel-good vibe. Enjoy the natural boost every day, making well-being a simple part of your routine.

WHY MORINGA?



90
Phytonutrients



8 Essential
Amino Acids



Iron &
Calcium



27% Vegetable
Protein



47 Active
Antioxidants



36 Anti-
Inflammatories



ZH450



ZH425



ZH100



ZH110



ZT05

Moringa Range

Moringa Capsules (60)

ZH100

Moringa - the #1 superfood - delivers a potent boost of vitamins, minerals, amino acids, and antioxidants that fuel energy, strengthen immunity, support digestion, and promote overall wellness every day.

Moringa, the No 1 Superfood provides a highly concentrated combination of Vitamin B, C, Zinc, Iron, amino acids (the building blocks of protein) and antioxidants. Our **Moringa Capsules** dissolve easily in the body, releasing a supreme daily dose of all the essential nutrients required by your body. Regular use helps to prevent disease, improves the body's ability to fight infection, increases daily energy levels and aids digestion.

Top ingredients: Moringa.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Increases energy
- Enhances immunity
- Helps prevent disease
- Helps fight against free radical damage
- Helps balance blood sugar levels
- Helps ease digestive ailments

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 2 capsules, 3 x per day with a large glass of water.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- The Moringa plant is a highly effective superfood with high nutritional value. It has powerful anti-inflammatory, antioxidant and tissue-protecting properties. It provides a measured daily dose of vitamins, minerals and amino acids to the body.
- It has immune-boosting properties, thereby helping your immune system to fight infection.
- It can help to increase your everyday energy levels, help defend the body against free radical damage and aid in balancing blood sugar levels. Anyone with blood sugar imbalance is at risk of diabetes.
- Taking Moringa Capsules may also have a balancing effect on cholesterol and help to promote a strong, healthy heart.



For further product information and warnings, scan the QR code, or view the product label.

Moringa Range

Moringa Multivitamin Elixir - 500ml

ZH110

Moringa - the #1 superfood - delivers a potent boost of vitamins, minerals, amino acids, and antioxidants that fuel energy, strengthen immunity, support digestion, and promote overall wellness every day.

Moringa Multivitamin Elixir provides a powerful combination of vitamins, minerals and amino acids that are essential to help protect the body against free radical damage. It is sugar free and safe for diabetics.

Known as nature's own superfood, and fortified with Ascorbic Acid, Zinc Gluconate, Vitamin B6, and Vitamin B12, can support the immune system for overall good health. It has antioxidant properties and may help protect the body against free radical damage. Moringa is naturally nutrient-rich, may lower blood sugar levels, and can help improve energy levels.

Top ingredients: Moringa Extract, Vitamin C, Calcium, Potassium and Vitamin A.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Low energy levels
- High blood sugar
- Low immune system

DOSAGE & DIRECTIONS

Take Internally
Adults:

- **Boost Energy Levels:** Take 5 – 10ml once a day to maintain good peak energy and vitality.
- **Balance Blood Sugar:** Take 15ml twice a day to boost your vitamin intake and improve your immune system.

DIABETIC FRIENDLY



BENEFITS MAY INCLUDE

- Moringa Elixir is a powerful mixture of vitamins, minerals and amino acids that are required by the body to function at its best.
- Moringa balances blood sugar levels, boosts energy levels and protects the body against free radical damage.
- It provides essential nutrients to those who do not eat enough fresh fruits and vegetables daily.
- It helps to boost the immune system and helps to improve strength and vitality after illness.



For further product information and warnings, scan the QR code, or view the product label.

Moringa Range

Moringa & Rooibos Herbal Tea Bags (20)

ZT05

A Natural energy boost while gently detoxifying and nourishing your body with powerful antioxidants and essential vitamins.

TC Health Anti-oxidant Tea, infused with **Moringa and Rooibos**, is naturally caffeine free and rich in anti-oxidants, vitamins and nutrients. Moringa is considered a superfood due to it's high content of vitamins, minerals, anti-oxidants, and fibre. Regular consumption of Moringa and Rooibos may help to regulate blood sugar levels, increase vitality and help to protect the body against free radical damage.

Top ingredients: Moringa & Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Helps restore energy
- Helps fight fatigue
- Helps Immunity
- Helps to provide nutrients in the body
- Supports overall wellness

DOSAGE & DIRECTIONS

Take Internally

Adults and children (12 years and older):

- Pour boiling water over the teabag and allow to stand for 4 - 5 minutes.
- Add additional honey and lemon to taste, if preferred.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- The Moringa plant is a prime superfood with high nutritional value.
- It has potent anti-inflammatory, anti-oxidant and tissue protecting properties and helps boost the immune system.
- It contains:
 - 7 x more Vitamin C than oranges
 - 4 x more Calcium than milk
 - 4 x more Potassium than bananas
 - 4 x more Vitamin A than carrots
- Daily consumption helps boost the immune system, provides sustained energy, and supplies essential vitamins and nutrients to the body.
- Energy boosting



For further product information and warnings, scan the QR code, or view the product label.

Moringa Range

Moringa Leaf Powder (50g)

ZH425

Packs a powerful nutritional punch with essential vitamins, antioxidants, and natural energy - perfect for boosting health in a sustainable, versatile way.

Moringa Leaf Powder provides a powerful combination of vitamins, minerals and amino acids that are essential to help protect the body against free radical damage. It is sugar free and safe for diabetics.

Known as nature's own superfood, and fortified with Ascorbic Acid, Zinc Gluconate, Vitamin B6, and Vitamin B12, can support the immune system for overall good health. It has antioxidant properties and may help protect the body against free radical damage. Moringa is naturally nutrient-rich, may lower blood sugar levels, and can help improve energy levels.

Top ingredients: Moringa Extract, Vitamin C, Calcium, Potassium and Vitamin A.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Low energy
- Low immunity
- Helps with anemia (tiredness, cold hands and feet)
- Helps prevent disease
- Helps fight against free radical damage
- Low/high blood sugar levels
- Digestive ailments

DOSAGE & DIRECTIONS

Take Internally

Adults and children (12 years and older):

- Pour boiling water over the teabag and allow to stand for 4 - 5 minutes.
- Add additional honey and lemon to taste, if preferred.



BENEFITS MAY INCLUDE

- The Moringa plant is a highly effective superfood with high nutritional value. It has powerful anti-inflammatory, antioxidant and tissue-protecting properties. It provides a measured daily dose of vitamins, minerals and amino acids to the body.
- Rich in iron (for people suffering from anemia)
- It has immune-boosting properties, thereby helping your immune system to fight infection.
- It can help to increase your everyday energy levels.
- Helps defend the body against free radical damage and aid in balancing blood sugar levels.
- Balancing effect on cholesterol and help to promote a strong, healthy heart.



For further product information and warnings, scan the QR code, or view the product label.

Moringa Range

Moringa Hot Chocolate - 500g

ZH450

Indulge in Calm - A Rich, Soothing Chocolate Drink Infused with Ashwagandha and African Potato to Relax Your Mind, Support Adrenal Health, and Ease Inflammation During Stressful Times.

Harness the energising power of Nature's own Superfood with TC Health's Food Essentials Moringa range. Bursting with amino acids, antioxidants, fibre, vitamins and minerals, the Moringa Range of Food Essentials is a convenient and delicious way to get a daily nutritional boost. It provides the foundational nutrition the body needs to support healthy digestion, a healthy immune system, optimum blood sugar levels and sustained energy. **TC Moringa Hot Chocolate**, with no added sugar, makes a smooth and warming drink to enjoy with your family.

Top ingredients: Moringa Extract, Vitamin C, Calcium, Potassium and Vitamin A.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Boosting energy levels
- Helps to balance blood sugar levels
- Helps to protect the body against free radical damage
- Helps to build a strong immune system to fight off infections
- Provides essential nutrients to those who lack fresh fruits and vegetables in their daily diet

DOSAGE & DIRECTIONS

Take Internally

- Enjoy as cold or hot drink.
- Add 1 heaped teaspoon to 200ml milk, water or milk alternative.
- Stir in the Hot Chocolate powder until fully mixed. Sit back and enjoy!



BENEFITS MAY INCLUDE

- Moringa Elixir is a powerful mixture of vitamins, minerals and amino acids that are required by the body to function at its best.
- Moringa balances blood sugar levels, boosts energy levels and protects the body against free radical damage.
- It provides essential nutrients to those who do not eat enough fresh fruits and vegetables daily.
- It helps to boost the immune system and helps to improve strength and vitality after illness.



For further product information and warnings, scan the QR code, or view the product label.

AFRICAN POTATO

NATURE'S HEALING POWER

The African Potato range offers a natural boost for your well-being.

The African potato (scientific name: *Hypoxis hemerocallidea*) is a traditional medicinal plant native to Southern Africa.

It has been used for centuries in African traditional medicine, and more recently, it has attracted interest for its potential health benefits. It's your go-to solution for a healthier you!

WHY AFRICAN POTATO?



Immune System Support



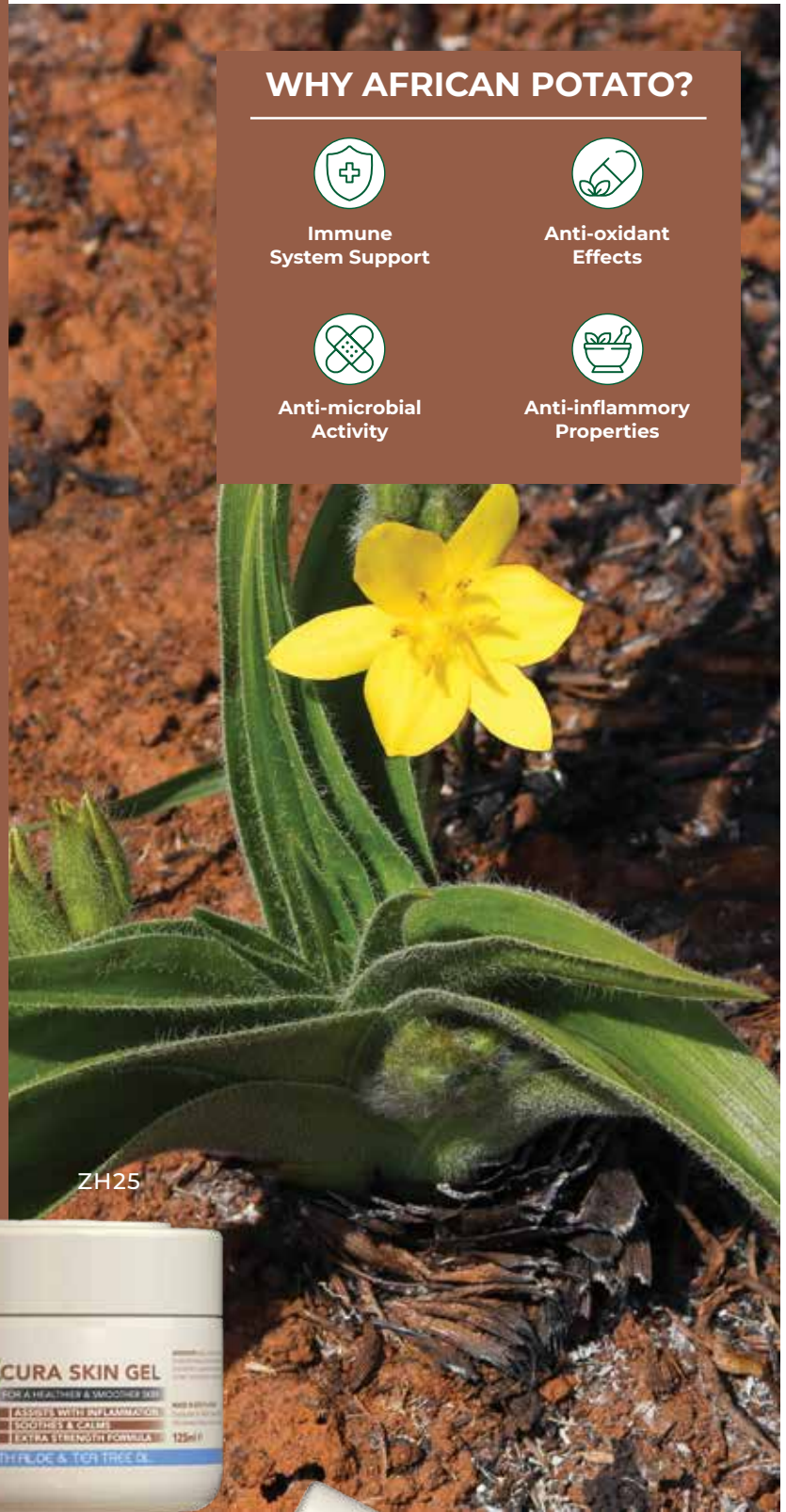
Anti-oxidant Effects



Anti-microbial Activity



Anti-inflammatory Properties



ZH25



ZH75



ZH15



ZH47

African Potato Range Wonder Rub Rub - 100ml

ZH75

Instant, Targeted Relief.

Zonke Healing **Wonder RubRub** contains multiple anti-inflammatory actives that help bring soothing relief to aches and pains, help relax sore muscles and ease tension.

Top ingredients: Turmeric, Eucalyptus Oil and African Potato Extract.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Helps increase blood flow, promoting faster recovery.
- Non-Greasy and Fast Absorbing (if applicable)
- Turmeric helps reduce swelling, stiffness, and pain naturally. Muscular aches and pains
- Sprains
- Sore muscles
- Tension
- Painful joints
- Swelling and stiffness

DOSAGE & DIRECTIONS

Apply topically

Adults:

- Massage Zonke Healing Wonder RubRub onto the affected area for rapid relief.
- Avoid contact with eyes, and delicate skin.
- Patch test: Apply a small amount of lotion on the inside of your elbow. Cover and leave for 24 hours. If irritation occurs, discontinue use.



BENEFITS MAY INCLUDE

- **Powerful Heat Rub Formula:** The unique formula, featuring Turmeric, Eucalyptus, and African Potato extract, penetrates deeply to provide relief for painful joints, sprains, and tension in the body.
- **Rapid Absorption and Muscular Relief:** African Potato extract, known for its rapid absorption into the skin and muscles, assists with symptoms associated with muscular pain, arthritic pain, and various skin conditions like psoriasis and eczema.
- **Versatile Soothing Properties:** Wonder Rub Rub may assist with muscular aches

and pains, sore muscles, tension, swelling, stiffness, and other discomforts, offering comprehensive relief for a variety of conditions.



For further product information and warnings, scan the QR code, or view the product label.

African Potato Range

African Potato Hydrating Jelly - 125ml

ZH47

Natures Nourisher.

A soothing and **Hydrating Jelly** infused with African Potato extract that may help stimulate skin repair and provide an effective barrier against moisture and friction.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- May help with accelerating healing of minor skin scrapes and wounds.
- Helps lock in moisture in the skin and provides essential hydration to dry, cracked skin.
- May help bring soothing relief to skin friction and provides a protective barrier against areas exposed to moisture.

DOSAGE & DIRECTIONS

Apply topically
Adults:

- Smooth gently over areas in need of nourishment and protection against dampness and friction.
- Patch test: Apply a small amount of lotion on the inside of your elbow. Cover and leave for 24 hours. If irritation occurs, discontinue use.



BENEFITS MAY INCLUDE

- Infused with **African Potato** extract (*Hypoxis hemerocallidea*) in a petroleum jelly base that may help accelerate skin healing and help treat other skin ailments.
- African Potato is an essential plant species used in traditional medicine in southern Africa. It is suggested to be an effective natural alternative to cortisone treatments, but without any of the harmful side effects. It contains a high sterol content which possesses potent antioxidant and anti-inflammatory properties.



For further product information and warnings, scan the QR code, or view the product label.

African Potato Range

African Potato Cream - 125ml

ZH15

Natures Nourisher.

The rich antimicrobial and antioxidant ingredients found in **African Potato Cream** may help nourish and restore dry, cracked, or irritated skin, and supports skin healing.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Arthritis, gout and fibromyalgia
- Muscular pain, sprains & joint pain
- Swelling and stiffness
- Pain associated with restless legs
- Dry skin, eczema, rashes and psoriasis
- Cracked heels
- Minor skin burns and sunburn
- Inflamed pimples and acne
- Tennis elbow and varicose veins
- Pain associated with diabetes (tingling or burning sensation from diabetic foot problems)
- Scars, bedsores, insect bites, warts and stretch marks

DOSAGE & DIRECTIONS

Apply topically
Adults:

- Apply 2 – 4 times per day to the affected area, or as required.
- Patch test: Apply a small amount of lotion on the inside of your elbow. Cover and leave for 24 hours. If irritation occurs, discontinue use.



BENEFITS MAY INCLUDE

- **African Potato** (*Hypoxis hemerocallidea*) is an essential plant species used in traditional medicine in southern Africa. It is suggested to be an effective natural alternative to cortisone treatments, but without any of the harmful side effects.
- It penetrates and absorbs rapidly into the skin and muscles and may be used to help treat symptoms associated with muscular pain, arthritic pain, psoriasis, eczema and many other skin conditions.



For further product information and warnings, scan the QR code, or view the product label.

African Potato Range Cura Skin Gel - 125ml

ZH25

Natures Healer.

Made from Aloe Vera and Tea Tree Oil, **Cura Skin Gel** helps soothe and soften skin naturally. It helps bring soothing relief to dry or irritated skin and may assist with minor skin burns, sunburn, insect bites, skin irritations, swelling, and scar prevention.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- May assist with relieving skin inflammation and psoriasis
- Helps soothe dry, itchy or irritated skin
- Assists with minor skin burns, sunburn, rashes and skin irritations
- Helps moisturise and hydrate dry, flaky skin
- May accelerate wound healing and help reduce skin infections
- May help reduce redness and swelling associated with acne
- May help balance oily skin
- May help lighten skin blemishes and improve overall skin appearance

DOSAGE & DIRECTIONS

Apply topically

Adults:

- Apply 2 – 4 times per day to the affected area, or as required.
- Patch test: Apply a small amount of lotion on the inside of your elbow. Cover and leave for 24 hours. If irritation occurs, discontinue use.



BENEFITS MAY INCLUDE

- **Aloe Vera** is a medicinal plant used to help treat various health conditions for thousands of years. Some of its topical benefits include its ability to help soothe sunburn and minor burns, moisturise and hydrate the skin, accelerate wound healing, and help reduce skin infection, redness and acne may help lighten skin blemishes.
- **Tea Tree Oil**, also known as Melaleuca Oil, has many medicinal uses, ranging from helping to treat psoriasis to healing wounds and soothing dry, itchy, and oily skin. When used topically, tea tree oil is

believed to be antibacterial and that it can help treat various skin conditions and/or improve the overall appearance of the skin.



For further product information and warnings, scan the QR code, or view the product label.

FUNCTIONAL FOODS

BEYOND BASIC NUTRITION

Functional foods are foods or beverages that provide health benefits beyond basic nutrition. In addition to supplying essential nutrients, they contain naturally occurring or added bioactive components that support **normal body functions and overall wellbeing**.

Functional foods are intended to **help maintain health, support the body's systems, and promote long-term wellness** when consumed as part of a balanced diet and healthy lifestyle.

WHY FUNCTIONAL FOODS?



Immune System Support



Digestive Health Support



Energy & Metabolism Support



Anti-oxidant Protection



Heart Health Support



Weight Management Support



ZH452



ZH252



ZH255



ZH460

Functional Foods Range

Ashwagandha & African Potato Hot Chocolate - 500g

ZH452

Indulge in Calm - A Rich, Soothing Chocolate Drink Infused with Ashwagandha and African Potato to Relax Your Mind, Support Adrenal Health, and Ease Inflammation During Stressful Time.

Harness the power of **Ashwagandha and African Potato** with TC Health Food Essentials. TC Hot Chocolate is packed with ingredients that calms the body and promotes restfulness. Ashwagandha is an adaptogen that regulated the adrenal glands during stressful.

Top ingredients: Cocoa Powder, African Potato powder, Skim milk powder, Ashwagandha powder

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Stress & anxiety
- Low testosterone levels
- Cortisol and inflammation
- Lack of focus

DOSAGE & DIRECTIONS

Take Internally

- Enjoy as a hot or cold drink.
- Add 5-10g (1 or 2 teaspoons) of powder to 250ml milk, water or Milk alternative.
- Stir in the hot chocolate powder until fully mixed
- Enjoy



BENEFITS MAY INCLUDE

- Ashwagandha is best known for reducing stress and anxiety. It may also modestly enhance various aspects of physical performance, increase testosterone levels, and improve reproductive health, but more research is needed to confirm these effects.
- May help reduce cortisol and inflammation
- Supports focus, improved sleep, and productivity
- Brain-friendly ingredients: raw cacao powder, Ashwagandha root powder extract and African Potato powder extract
- Brings balance back into the body during stressful periods. Brings on a sense of calm when you are in stressful moments
- African potato benefits:
 - Anti-oxidant
 - Anti-inflammatory
 - Anti-diabetic
 - Anti-convulsant
 - Immune Booster
 - Anti-candida



For further product information and warnings, scan the QR code, or view the product label.

Functional Foods Range

Golden Spice Superfood Mix - 100g

ZH460

A powerful, multi-spice formula designed for maximum absorption and real results - combining nature's most effective anti-inflammatory ingredients in one convenient daily blend.

Our **Golden Spice Superfood Mix** features Turmeric and Black Pepper for better absorption. Ginger and Cayenne for circulation & increased digestion. Garlic and Cinnamon for heart and immune support.

Top ingredients: Turmeric, Black Pepper, Ginger, Cayenne, Garlic & Cinnamon

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Supports a healthy inflammatory response
- Helps strengthen the immune system
- Promotes digestive comfort and gut health
- Supports healthy circulation



DOSAGE & DIRECTIONS

Take Internally

- Add 1-2 teaspoons (5-10 g) daily to support your wellness routine.
- Stir into warm water, herbal tea, smoothies, or golden milk. You can also mix into soups, stews, curries, roasted vegetables, or simply sprinkle over meals for a rich, warming flavour.
- Tip: For better absorption (especially turmeric), enjoy with a source of healthy fat like milk or oil. Black pepper is already included to enhance effectiveness.



BENEFITS MAY INCLUDE

- Supports joint health and recovery
- Supports digestion (reduces bloating, nausea)
- Anti-inflammatory
- Helps with circulation
- Helps maintain heart health (blood pressure, cholesterol)
- Natural antimicrobial properties
- Helps regulate blood sugar levels
- Supports metabolism
- Adds antioxidant benefits
- Boosts circulation
- May increase metabolism
- Creates a warming effect in the body
- Enhances absorption of turmeric
- Supports digestion



For further product information and warnings, scan the QR code, or view the product label.

Superfood Mix Recipes

Nourishing recipes to boost immunity and wellness every day.



GOLDEN IMMUNITY LATTE

Comforting wellness drink

Ingredients

- 1 cup milk (dairy or plant-based)
- 1 tsp Golden Superfood Spice Mix
- 1–2 tsp honey or maple syrup
- Optional: dash of vanilla

Method

1. Heat milk in a saucepan
2. Add spice mix and whisk well
3. Stir in sweetener
4. Serve warm



GOLDEN CHICKEN/VEG CURRY

Quick nourishing meal

Ingredients

- 1 onion, chopped
- 2 tomatoes, chopped
- 2 tsp Golden Superfood Spice Mix
- 2 cups chicken / chickpeas / lentils
- 1 cup coconut milk

Method

1. Sauté onion until soft
2. Add tomatoes and cook down
3. Stir in spice mix
4. Add protein and coconut milk
5. Simmer for 15–20 minutes



DAILY IMMUNE SHOT

Morning wellness boost

Ingredients

- ½ cup warm water
- Juice of ½ lemon
- ½ tsp Golden Superfood Spice Mix
- 1 tsp honey

Method

1. Mix and drink immediately

Functional Foods Range

Radiant Glow L-Glutathione Powder - 150g

ZH252

Skin Radiance & Total Body Detox in One Scoop

This advanced formulated **Glow L-Glutathione Powder** is packed with essential nutrients and antioxidants to support collagen production, improve skin tone, boost hydration and protect against aging.

Top ingredients: Glutathione, Ascorbic Acid, Vitamin E, Biotin, Licorice Root Powder, Vitamin A Palmitate, Niacinamide, Vitamin B5.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Detox body and skin
- Reduce spots and acne
- Reduce unwanted pigmentation

DOSAGE & DIRECTIONS

Take Internally Adults

- Add 5g (1 teaspoon) of powder to your water, juice or a breakfast shake and smoothie.
- Take one serving daily or as required.



BENEFITS MAY INCLUDE

- Glowing, brighter skin in weeks
- Reduced pigmentation and blemishes
- Reduces inflammation
- Stronger hair and nails
- Total body detox support
- This product may also support detoxification, energy metabolism, and immune function, though its primary appeal is cosmetic wellness, particularly for those wanting brighter, clearer, younger-looking skin.



For further product information and warnings, scan the QR code, or view the product label.

Functional Foods Range

Glow Herbal Tea (Turmeric and Orange Rooibos Tea) (20)

ZT90

Our Orange & Turmeric Rooibos Tea blends the golden power of turmeric with a burst of citrus sunshine - all on a smooth, antioxidant-rich rooibos base. Naturally caffeine-free and beautifully balanced, it's your daily cup of glow from the inside out.

TC Health Glow Tea, infused with **Orange and Turmeric**, is free from stimulants and is a natural source of anti-oxidants. It contains many vitamins and minerals, including vitamins B and C, as well as calcium, potassium, phosphorus, sodium, and iron. It is known to relieve pain and inflammation, improve the immune and digestive systems, and even enhance cognitive function.

Top ingredients: Orange, Turmeric & Unfermented Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Helps with Pre-mature ageing
- Helps with free Radical damage to your skin
- Anti-inflammatory properties
- Promotes Detoxification
- Uplifts mood naturally

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water in cup, add one bag of tea and let it steep for 2 – 5 minutes or boil the tea on the stove for 2 – 5 minutes.
- Drink as is, preferably without milk and sugar. Can be enjoyed cold, especially on a hot summer's day.
- Not recommended for children younger than (2) years.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- Promotes good Healthy skin
- Contains Anti-oxidant properties
- Rich in minerals
- Supports immunity
- Soothes digestion,
- Reduces inflammation
- Boosts wellness



For further product information and warnings, scan the QR code, or view the product label.

Functional Foods Range Mushroom Coffee Blend - 300g

ZH255

Fuel your mind. Strengthen your roots.

Our adaptogenic **Mushroom Coffee Blend** Coffee for Focus & Concentration features Ashwagandha, African Potato, Cordyceps, Lion's Mane, Gotu Kola, and Coffee - is designed to help users achieve sustainable energy, mental clarity, stress resilience, and immune support.

Top ingredients: Ashwagandha, African Potato, Cordyceps, Lion's Mane, Gotu Kola, and Coffee.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Ease stress and balance cortisol, grounding your energy without the crash.
- Immune-strengthenener rich in anti-inflammatory compounds.
- Boost stamina, cellular energy, and athletic performance.
- Support memory, focus, and neurogenesis.
- Mental clarity, circulation, and nervous system rejuvenation.

DOSAGE & DIRECTIONS

Take Internally Adults

- Mix in 2-6 teaspoons per cup in hot water. Add milk as desired.
- Dissolves easily. Stir and enjoy.



BENEFITS MAY INCLUDE

- Ashwagandha – to ease stress and balance cortisol, grounding your energy without the crash.
- African Potato – an underutilized immune-strengthenener rich in anti-inflammatory compounds.
- Cordyceps – revered for boosting stamina, cellular energy, and athletic performance.
- Lion's Mane – the brain mushroom, known to support memory, focus, and neurogenesis.
- Gotu Kola – an ancient herb for mental clarity, circulation, and nervous system rejuvenation.



For further product information and warnings, scan the QR code, or view the product label.

HERBAL TEAS

ENJOY A HEALTHY CUP OF TEA WITH ROOIBOS TEA

Revitalize your well-being with the TC Herbal Tea range – a collection crafted to infuse your life with health and vitality. From moments of serene calm to bursts of invigorating energy, each cup is a step towards a more vibrant you. Embrace the natural benefits woven into every blend, tailored to nourish your body and soul.

With TC Herbal Teas, your journey to wellness is a delightful and flavourful experience, because feeling great should be as simple as enjoying a soothing cup of tea.

WHY HERBAL TEAS?



Nature's Nourishment



Boosts Immune System



Formulated by Experts



Triple-action Goodness



ZT05

ZT10

ZT25

ZT30

ZT90

ZT100



ZT35

ZT40

ZT48

ZT50

ZT80

ZT110

- **ZT30 Calming Tea:** Relax and find balance with our calming blend of **Melissa leaf** and Rooibos. It helps release tension, improve your mood, and helps with restful sleep.
- **ZT10 Constipation Relief Tea:** Discover gentle relief in our carefully crafted blend. It helps to ease constipation, and naturally cleanse the body. Aids with digestion and contains **Sennae Folium**.
- **ZT25 Immune Support Tea:** Strengthen your body's defences with our nurturing blend of **Honey, Ginger, and Rooibos**.
- **ZT05 Anti-oxidant Tea:** Boost your body and mind with the goodness of **Moringa**. Experience the strength of antioxidants to fight off harmful free radicals and stay focused.
- **ZT60 Hemp Tea:** Unwind with **Hemp Tea**, packed with antioxidants and essential nutrients. It eases discomfort, induces relaxation, and fosters restful sleep.
- **ZT35 Blood Sugar Control Tea:** Fight inflammation, regulate your blood sugar levels and manage your weight with our Blood Sugar Control Tea which contains **Rooibos & Cinnamon**.
- **ZT45 Pure Green Rooibos Tea:** Elevate your heart health, enhance blood circulation, and lower your cholesterol levels. Good for reducing visceral fat and weight loss.
- **ZT80 Honeybush Tea**
The taste of Honeybush tea is similar to Rooibos tea but with a hint of honey and a bit sweeter.
 - Boost Immune System
 - Manages Blood Sugar Levels
 - Promotes Relaxation
 - May assist with Hormonal Imbalances
 - Menstrual Regulation
- **ZT40 Energy Tea:** Boost focus and energy with the powerful mix of **Matcha** and Rooibos. Beat stress, stay focused, and increase your energy naturally. May have a calming effect when stressed. **CONTAINS CAFFEINE.**

- **ZT110 Restore Tea:** A unique infusion of **Sutherlandia** and Rooibos tea is free from stimulants and is a natural energy source and supports resilience to physical and emotional stressors, helping to restore balance to the body's systems.
- **ZT90 Glow Tea:** A unique infusion of **Orange and Turmeric**, it's free from stimulants and is a natural source of antioxidants. Can help boost immunity, while its soothing properties can calm the digestive system and reduce bloating.
- **ZT100 Stomach Ease Tea: Mint and Ginger** offers a range of benefits, including soothing digestive issues like indigestion and nausea. Its anti-inflammatory properties can help calm pain and discomfort.



THE ESSENCE OF GOOD HEALTH IN EVERY SIP

TC Health Teas are a celebration of wellness. Rich in antioxidants, caffeine-free and low in tannins, our Rooibos Teas offer a refreshing and revitalizing experience without any negative side effects.

Embrace a natural way to revive yourself, nurturing your body from the inside out.



PURE GOODNESS, ZERO COMPROMISES

Our commitment to your health extends to the purity of our teas. With no added colorants, preservatives, or calories, TC Health Teas are a guilt-free pleasure.

Whether enjoyed as a comforting winter drink or a refreshing drink on a warm day, each sip is a step towards a healthier, happier you.



BESPOKE BLENDS FOR HOLISTIC BENEFITS

At TC Direct, we go beyond the ordinary by infusing our teas with a unique combination of herbs, amplifying their benefits for your well-being.

Herbal Tea Range

Moringa & Rooibos Herbal Tea Bags (20)

ZT05

A Natural energy boost while gently detoxifying and nourishing your body with powerful antioxidants and essential vitamins.

TC Health **Anti-oxidant Tea**, infused with **Moringa and Rooibos**, is naturally caffeine free and rich in anti-oxidants, vitamins and nutrients. Moringa is considered a superfood due to its high content of vitamins, minerals, anti-oxidants, and fibre. Regular consumption of Moringa and Rooibos may help to regulate blood sugar levels, increase vitality and help to protect the body against free radical damage.

Top ingredients: Moringa & Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Helps restore energy
- Helps fight fatigue
- Helps Immunity
- Helps to provide nutrients in the body
- Supports overall wellness

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water into a cup, add one bag of tea and let it steep for 2-5 minutes or boil the tea on the stove for 2-5 minutes.
- Drink as is, preferably without milk and sugar.
- Can be enjoyed cold, especially on a hot summer's day. However, ensure that you keep the tea in the fridge for no longer than 48 hours.
- Not recommended for children younger than two (2) years. Pregnant and breastfeeding women need to consult their healthcare practitioner before drinking Rooibos and Moringa Tea.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- The Moringa plant is a prime superfood with high nutritional value.
- It has potent anti-inflammatory, anti-oxidant and tissue protecting properties and helps boost the immune system.
- It contains:
 - 7 x more Vitamin C than oranges
 - 4 x more Calcium than milk
 - 4 x more Potassium than bananas
 - 4 x more Vitamin A than carrots
- Daily consumption helps boost the immune system, provides sustained energy, and supplies essential vitamins and nutrients to the body.
- Energy boosting



For further product information and warnings, scan the QR code, or view the product label.

Herbal Tea Range

Rooibos, Ginger & Mint Herbal Tea Bags (20)

ZT100

The perfect balance of ginger's gentle warmth and mint's cool calm on a naturally caffeine-free rooibos base that nurtures your body and revives your senses in every sip.

TC Health **Stomach Ease Tea**, infused with Rooibos, Ginger and Mint, is used to help with digestion, fever, and headaches and is a strong source of antioxidants, which can help fight damage caused by free radicals.

Top ingredients: Ginger, Mint & Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Helps with oral care and fresher breath
- Helps with headaches
- Helps with digestion
- Helps relieve digestive discomfort, bloating, and nausea while promoting relaxation and calm.
- Bloating and indigestion
- Nausea and vomiting
- May help with weight loss

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water in cup, add one bag of tea and let it steep for 2 – 5 minutes or boil the tea on the stove for 2 – 5 minutes.
- Drink as is, preferably without milk and sugar to enjoy the citrus and spicey taste. Can be enjoyed cold, especially on a hot summer's day.
- Not recommended for children younger than (2) years.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- Ginger aids digestion and reduces inflammation, mint soothes the stomach and refreshes the senses
- Contains Anti-oxidant properties
- Rich in minerals
- Supports immunity
- Soothes digestion,
- Reduces inflammation
- Boosts wellness



For further product information and warnings, scan the QR code, or view the product label.

Herbal Tea Range

Hemp and Rooibos Herbal Tea Bags (20)

ZT50

This soothing tea helps ease chronic pain, relax muscles, and restore deep, restful sleep - naturally calming body and mind.

Take a moment to savour the soothing blend of our Hemp Seed and Rooibos-infused tea – a comforting remedy thoughtfully crafted for your well-being. Consider it a companion, gently easing chronic discomfort and releasing tension from tired muscles. It's not just tea; it's your retreat into tranquillity. Enriched with the natural benefits of hemp seed and the calming essence of Rooibos, each sip is a pathway to a serene and rejuvenating sleep. Because sometimes, relief is as simple as enjoying a cup of goodness. Here's to your journey to wellness, one calming brew at a time.

Top ingredients: Hemp Seed & Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Chronic pain
- Lack of sleep

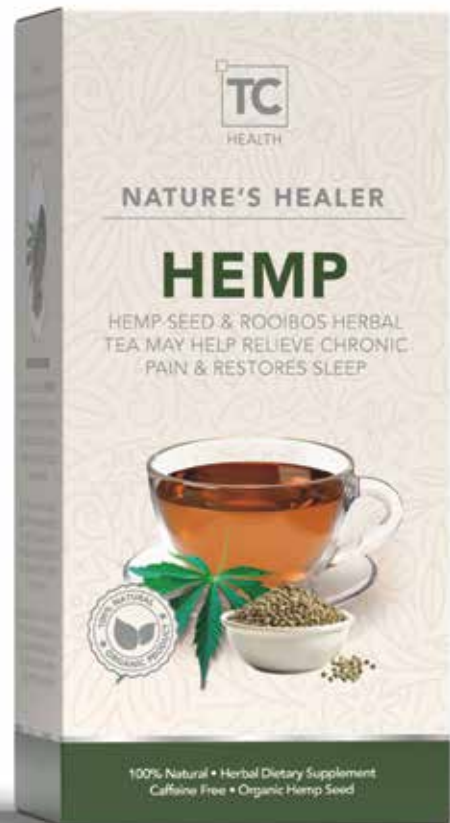
DOSAGE & DIRECTIONS

Take Internally

Adults and children (14 years and older):

- Pour boiling water over the teabag and allow to stand for 4 - 5 minutes. Do not drink more than four or five cups per day. Green tea is best for overall health and wellbeing.
- Don't drink with a meal as it prevents absorption of Iron, especially if you are anaemic.
- Drink 1 hour before or after meals.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- **Holistic Healing:** Packed with vitamins, nutrients, and antioxidants, our Hemp Tea harnesses the power of Cannabidiol (CBD) without any toxic elements or side effects.
- **Natural Pain Relief:** Tap into the natural pain-relieving properties of hemp, addressing chronic pain and relaxing tense muscles for a renewed sense of well-being.
- **Calming Sleep Aid:** Promote calm and restful sleep, helping you unwind after

a hectic day and providing a natural remedy for sleeplessness.



For further product information and warnings, scan the QR code, or view the product label.

Herbal Tea Range

Honeybush and Rooibos Herbal Tea Bags (20)

ZT80

Warm Hints of Honey. Earthy Rooibos Richness. A Soul-Soothing Tea for Any Time of Day.

Sip on the wholesome goodness of our **Honeybush & Rooibos Tea**, expertly infused with **Honey Bush**, fondly known as the “Cancer Bush,” and Rooibos. It’s not just tea; it’s like a little wellness ritual in a cup. Packed with antioxidants, this blend is your natural partner in fortifying your body’s immunity. Think of it as a friendly boost for your well-being, supporting you from head to toe. Because sometimes, the simplest sips can be the most powerful. Here’s to a cup that cares for your health in every way. Cheers to feeling your best!

Top ingredients: Honey Bush & Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Respiratory ailments
- Low immune system

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water into a cup, add one bag of tea and let it steep for 2-5 minutes or boil the tea on the stove for 2-5 minutes.
- Drink as is, preferably without milk and sugar. Can be enjoyed cold, especially on a hot summer’s day.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- **Respiratory Resilience:** Honeybush, renowned for treating respiratory ailments, provides a soothing touch to your lungs, promoting clearer breathing.
- **Antibacterial Armor:** Harness the antibacterial prowess of Honeybush to fortify your body’s defenses against harmful invaders.
- **Holistic Harmony:** Rooibos, a treasure trove of antioxidants, teams up with Honeybush to boost immunity, fight inflammation, and aid in various health concerns.



For further product information and warnings, scan the QR code, or view the product label.

Herbal Tea Range

Constipation Relief Herbal Tea Bags (20)

ZT10

Supports healthy digestion, eases bloating, and helps flush out toxins for a lighter, cleaner you.

Savour the benefits of our **Colon Cleanse Tea**, thoughtfully infused with **Senna Folium** to lend a hand to your digestive well-being. Imagine it like a gentle guide for your gut, easing digestion and minimizing those troublesome abdominal pains. It's not just tea; it's a natural ritual that helps prevent toxins from overstaying their welcome in your colon. Feel the refreshing nudge toward a cleaner, more comfortable you. Because sometimes, the simplest sips can make the biggest difference. Here's to a happy, healthy gut – one cup at a time.

Top ingredients: Sennae Folium & Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

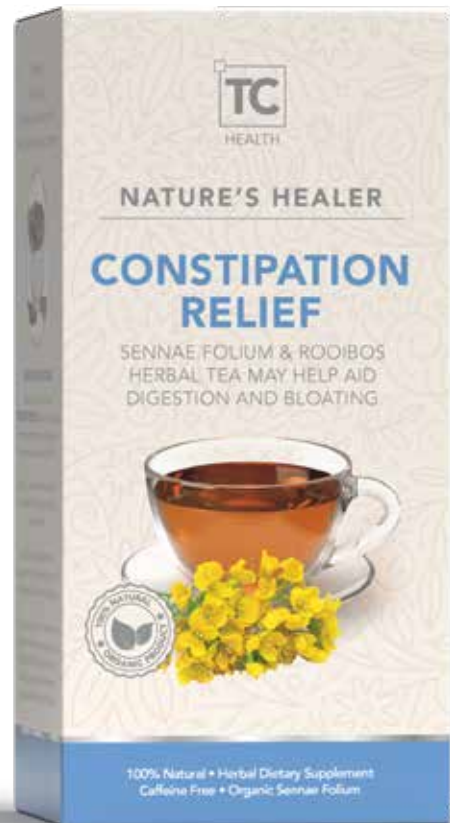
- Constipation
- Irritable bowel syndrome
- Premature aging
- Bloating
- Abdominal pain
- Water retention
- Toxin buildup

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water in cup, add one bag of tea and let it steep for 2-5 minutes or boil the tea on the stove for 2-5 minutes.
- Drink as is, preferably without milk and sugar.
- Not recommended for children younger than 6 months.
- Pregnant and breastfeeding women need to consult their healthcare practitioner before drinking Rooibos & Senna tea.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- **Gentle Laxative Power of Sennae Folium:** Derived from a potent herb, Sennae Folium offers effective relief from constipation, irritable bowel syndrome (IBS), ensuring your colon stays clear and healthy.
- **Antioxidant Armour with Rooibos:** Rich in antioxidants, Rooibos shields against free radical damage, tackling the root causes of premature aging, DNA damage, and collagen loss.
- **Holistic Digestive Support:** Colon Cleanse Tea assists in relieving constipation, bloating, and abdominal pain, while also eliminating excess water and preventing toxin buildup in the colon.



For further product information and warnings, scan the QR code, or view the product label.

Herbal Tea Range

Blood Sugar Control Herbal Tea Bags (20)

ZT35

Cinnamon blend helps balance blood glucose levels, improve insulin sensitivity, and curb sweet cravings - naturally and gently.

Wrap yourself in the comforting aroma of our **Blood Sugar Support Tea**, where the sweet dance of **Cinnamon** and Rooibos comes alive. This isn't just tea; it's like having a caring companion by your side. Bursting with antioxidants, this cup of tea actively supports your journey to maintaining a balanced blood sugar level. Consider it a nurturing sip that champions your well-being. Sometimes, the smallest sips make the biggest impact on your health. Here's to a tea that's got your back – one flavourful mugful at a time.

Top ingredients: Cinnamon & Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

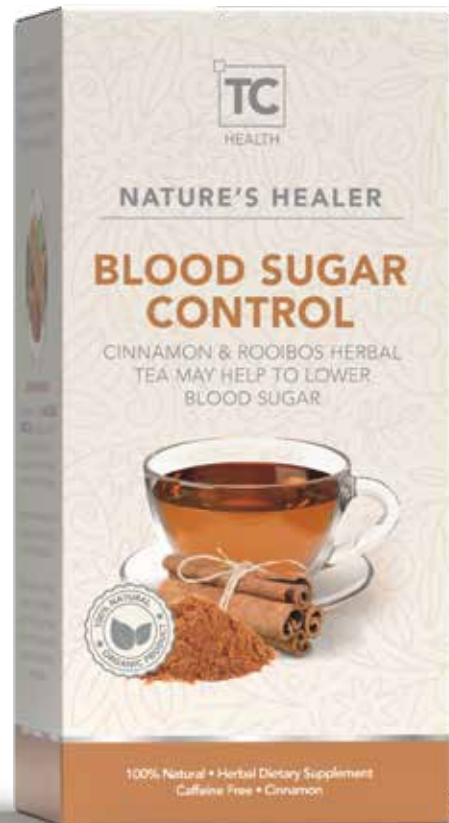
- High blood sugar levels
- Low immune system

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water in cup, add one bag of tea and let it steep for 2-5 minutes or boil the tea on the stove for 2-5 minutes.
- Drink as is, preferably without milk and sugar. Can be enjoyed cold, especially on a hot summer's day.
- Drink with one tablespoon of honey each morning before breakfast.
- Pregnant and breastfeeding women need to consult their healthcare practitioner before drinking Rooibos & Cinnamon tea.
- Not recommended for children younger than (2) years.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- **Cinnamon's Blood Sugar Mastery:** Harness the blood sugar-regulating power of Cinnamon, known for its ability to lower blood sugar levels. A helping hand for those aiming at diabetes management.
- **Antioxidant Guardian - Rooibos Elegance:** Immerse themselves in the antioxidants found in Rooibos, guarding against free radical damage and promoting anti-ageing benefits.
- **Immune System Ally:** Rooibos goes beyond, supporting the immune system in its battle against viruses and fortifying their body's natural defense system.



For further product information and warnings, scan the QR code, or view the product label.

Herbal Tea Range

Immune Support Herbal Tea Bags (20)

ZT25

Strengthens your immune system naturally with a comforting dose of antioxidants and wellness support.

Nourish your well-being with our **Immune Support Tea**, where the goodness of **Honey, Ginger**, and Rooibos comes together in a comforting blend. It's not just tea; it's like a cozy sweater for your immune system. Rich in antioxidants, this cuppa is your natural ally, giving your body the support it needs to stand strong. Picture it as a warm hug for your well-being, enhancing your body's immune response system. Because feeling your best should be as simple as enjoying a flavourful sip. Here's to a cup that cares as much as you do. Cheers to your health!

Top ingredients: Honeybush, Ginger & Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Respiratory ailments
- Colds, flu and nasal congestion
- Inflammation
- Low immune system
- Sore throat

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water in cup, add one bag of tea and let it steep for 2-5 minutes or boil the tea on the stove for 2-5 minutes.
- Drink as is, preferably without milk and sugar. Can be enjoyed cold, especially on a hot summer's day.
- Not recommended for children younger than 6 months.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- **Respiratory Relief with Honey and Ginger:** Harness the natural prowess of Honey and Ginger to treat respiratory ailments. Alleviate colds, flu, nasal congestion, and sore throat with Honey's antibacterial properties and Ginger's anti-inflammatory magic.
- **Ginger's Immune Boost:** Ginger's anti-inflammatory compounds not only soothe sore throats but also bolster the immune system, potentially speeding up recovery from colds and flu.
- **Rooibos' Immune Support:** Rooibos plays a vital role in supporting the immune system, combating viruses, and enhancing the body's natural defense mechanisms. Its antioxidants shield against free radical damage, promoting overall health.



For further product information and warnings, scan the QR code, or view the product label.

Herbal Tea Range

Calming Herbal Tea Bags (20)

ZT30

This gentle tea promotes relaxation, eases anxiety, and calms the nerves - helping you unwind and enjoy a peaceful night's sleep.

Indulge in the soothing embrace of our **Calming Tea**, expertly infused with **Melissa Officinalis** to bring a touch of tranquillity to your day. A warm cup that goes beyond just a beverage, it's like a gentle hug for your soul. Let the natural magic of this blend whisk away feelings of anxiety and agitation, leaving you with a sense of calmness and serenity. And as the day winds down, let it guide you into a restful night's sleep, because everyone deserves the gift of peaceful slumber. Embrace the serenity – it's more than tea, it's a moment of pure comfort crafted just for you.

Top ingredients: Melissa Officinalis (Lemon Balm) & Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Insomnia
- Anxiety and agitation

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water into a cup, add one bag of tea and let it steep for 2-5 minutes or boil the tea on the stove for 2-5 minutes.
- Drink as is, preferably without milk and sugar. Can be enjoyed cold, especially on a hot summer's day.
- However, ensure that you keep the tea in the fridge for no longer than 48 hours.
- Pregnant and breastfeeding women need to consult their healthcare practitioner before drinking Rooibos & Melissa Leaf tea.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- **Cinnamon's Blood Sugar Mastery:** Harness the blood sugar-regulating power of Cinnamon, known for its ability to lower blood sugar levels. A helping hand for those aiming at diabetes management.
- **Antioxidant Guardian - Rooibos Elegance:** Immerse themselves in the antioxidants found in Rooibos, guarding against free radical damage and promoting anti-ageing benefits.
- **Immune System Ally:** Rooibos goes beyond, supporting the immune system in its battle against viruses and fortifying their body's natural defense system.



For further product information and warnings, scan the QR code, or view the product label.

Herbal Tea Range

Energy Herbal Tea Bags (20)

ZT40

This vibrant tea delivers a clean, natural energy boost while flooding your body with antioxidants and essential vitamins.

Revitalize your day with our **Energy Tea** – a special brew that brings the lively blend of **Matcha** and Rooibos straight to your cup. It's not just tea; it's like a friendly chat with your taste buds, waking them up with a burst of goodness. Brimming with vitamins and antioxidants, each sip is a natural pick-me-up, giving your body that invigorating boost. Imagine it as a little high-five for a more energetic and vibrant you – because we all need a flavourful companion to brighten our daily hustle. Here's to a tea that feels like a delightful chat and adds that extra pep to your step. Cheers to a more energized and uplifting routine, one joyful cup at a time!

Top ingredients: Matcha & Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Lack of concentration and focus
- Low energy

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water in cup, add one bag of tea and let it steep for 2-5 minutes or boil the tea on the stove for 2-5 minutes.
- Drink as is, preferably without milk and sugar. Can be enjoyed cold, especially on a hot summer's day.
- Pregnant and breastfeeding women need to consult their healthcare practitioner before drinking Rooibos & Cinnamon tea.
- Not recommended for children younger under 6, as it contains caffeine.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- **Respiratory Relief with Honey and Ginger:** Harness the natural prowess of Honey and Ginger to treat respiratory ailments. Alleviate colds, flu, nasal congestion, and sore throat with Honey's antibacterial properties and Ginger's anti-inflammatory magic.
- **Ginger's Immune Boost:** Ginger's anti-inflammatory compounds not only soothe sore throats but also bolster the immune system, potentially speeding up recovery from colds and flu.
- **Rooibos' Immune Support:** Rooibos plays a vital role in supporting the immune system, combating viruses, and enhancing the body's natural defense mechanisms. Its antioxidants shield against free radical damage, promoting overall health.



For further product information and warnings, scan the QR code, or view the product label.

Herbal Tea Range

Green Rooibos Herbal Tea Bags (20)

ZT45

It's exceptionally high antioxidant content - far greater than regular rooibos - offering powerful cellular protection, gentle energy, and natural support for heart, skin, and blood sugar health.

Embrace the soothing warmth of our Natural Caffeine-Free Pure **Green Rooibos Unfermented Tea** – a blend that wraps around you like a gentle, nature-inspired hug. This isn't just tea; it's a refreshing breeze straight from the harvest, a sip of vitality for your well-being. It's like a heart-to-heart conversation with nature, each delightful sip holding onto the incredible health benefits just for you. More than a beverage, it's a direct link to the earth's goodness, delivering a taste of pure wellness in every comforting cup. Here's to tea that's a warm, comforting hug, sharing the natural embrace and well-being with every inviting sip.

Top ingredients: Unfermented Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Helps when fasting
- Helps blood flow throughout the body thus improving Blood pressure
- Helps to naturally boost energy levels and endurance
- Helps to burn Visceral fat, particularly when exercising
- Great for Heart Health
- Great for Brain health keeping you clear minded
- Helps with Gut health to keep you regular
- Great for weight management

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water into a cup, add one bag of tea and let it steep for 2-5 minutes or boil the tea on the stove for 2-5 minutes.
- Drink as is, preferably without milk and sugar. Can be enjoyed cold, especially on a hot summer's day.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- Improves blood flow and lowers cholesterol
- Reduced visceral fat (fat around the organs)
- Beneficial when slimming down and burning fat
- The antioxidants found in Rooibos can help protect against free radical damage, which is one of the main causes of premature ageing, damage to your DNA, cells and collagen
- Rooibos is naturally low in tannin, rich in minerals and boasts a high volume of antioxidants.



For further product information and warnings, scan the QR code, or view the product label.

Herbal Tea Range

Glow Herbal Tea (Turmeric and Orange Rooibos Tea) (20)

ZT90

Our Orange & Turmeric Rooibos Tea blends the golden power of turmeric with a burst of citrus sunshine - all on a smooth, antioxidant-rich rooibos base. Naturally caffeine-free and beautifully balanced, it's your daily cup of glow from the inside out.

TC Health Glow Tea, infused with **Orange and Turmeric**, is free from stimulants and is a natural source of anti-oxidants. It contains many vitamins and minerals, including vitamins B and C, as well as calcium, potassium, phosphorus, sodium, and iron. It is known to relieve pain and inflammation, improve the immune and digestive systems, and even enhance cognitive function.

Top ingredients: Orange, Turmeric & Unfermented Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Helps with Pre-mature ageing
- Helps with free Radical damage to your skin
- Anti-inflammatory properties
- Promotes Detoxification
- Uplifts mood naturally

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water in cup, add one bag of tea and let it steep for 2 – 5 minutes or boil the tea on the stove for 2 – 5 minutes.
- Drink as is, preferably without milk and sugar. Can be enjoyed cold, especially on a hot summer's day.
- Not recommended for children younger than (2) years.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- Promotes good Healthy skin
- Contains Anti-oxidant properties
- Rich in minerals
- Supports immunity
- Soothes digestion,
- Reduces inflammation
- Boosts wellness



For further product information and warnings, scan the QR code, or view the product label.

Herbal Tea Range

Sutherlandia and Rooibos Herbal Tea Bags (20)

ZT110

A unique infusion of Sutherlandia and Rooibos Tea is free from stimulants and is a natural energy source.

Cancer bush (Sutherlandia) is a South African herb, that acts like a thermostat to help the body use it's own processes to adapt to the environment, condition and mental and emotional stress. Adaptogens bring your body back to a steady balance by managing both physical and mental stressors. In Zulu, "cancer bush" is called "umwewe".

Top ingredients: Sutherlandia & Rooibos.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Supporting recovery during times of physical or emotional strain
- Appetite support during low-energy periods
- Anti-inflammatory properties
- Uplifts mood naturally
- Reduces Fatigue

DOSAGE & DIRECTIONS

Take Internally

- Pour boiling water in cup, add one bag of tea and let it steep for 2-5 minutes or boil the tea on the stove for 2-5 minutes.
- Drink as is, preferably without milk and sugar. Can be enjoyed cold, especially on a hot summer's day.
- Not recommended for children younger than 2 years old. Pregnant and breastfeeding women need to consult their healthcare practitioner before drinking Sutherlandia.

NATURALLY CAFFEINE FREE



BENEFITS MAY INCLUDE

- Promotes Immune support
- Powerful Anti-oxidant properties
- Rich in minerals
- Supports stress and emotional balance
- Natural energy support
- Reduces feeling of fatigue
- Supports healthy skin
- Promotes digestive comfort
- Reduces inflammation
- Boosts wellness
- Hydrates without caffeine stimulation



For further product information and warnings, scan the QR code, or view the product label.

MEDICINE CABINET ESSENTIALS

YOUR GO TO ESSENTIALS FOR DAILY DEFENSE AND VITALTY

Be prepared for life's unexpected moments with our range of essential defence items. From soothing throat sprays and powerful viral combat capsules to fast-acting cough syrups, our medicine cabinet essentials have got you covered.

Stay ahead of the germs, bugs, and discomforts that can disrupt your day, and keep your family's health and well-being protected with our trusted and effective solutions.

WHY ESSENTIAL DEFENCE?



Viral
Combat



Pain
Relief



Immune
Support



Health &
Wellbeing



ZH209



ZH248

ZH185

ZH184

ZH210

ZH161

ZH215

ZH165

ZH146

Essential Defence Viral Combat - Cold & Flu Capsules (60)

ZH185

Viral Combat delivers a 4-way defense - antiviral, antibacterial, expectorant, and immune support - to protect and strengthen your body against viral infections.

Viral Combat with Pelargonium Sidoides and Rosa Canina (Rosehip) is your aid your body's immune system as first line of defence against viral infections. Viral Combat offers a 4-way protection system against viral attacks. It has been shown to possess antiviral, antibacterial, expectorant and immune supporting properties.

Top ingredients: Allium Sativum (Garlic) Powder, Zingiber Officialis (Ginger) Powder & Magnesium Stearate.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Colds & flu
- Low immunity
- Viral and bacterial infections
- Chest infections

DOSAGE & DIRECTIONS

Take Internally

Adults and children over 12 years:

- Take one (1) capsule twice daily with food.

Children 6 to 12 years:

- Take one (1) capsule daily with food.

Do not exceed the recommended dosage.

Keep out of reach of children.

**4
WAY
EFFECT**

- ✓ ANTI-VIRAL
- ✓ ANTI-BACTERIAL
- ✓ EXPECTORANT
- ✓ IMMUNE SUPPORT



BENEFITS MAY INCLUDE

- Contains ginger (new formulation) which is anti-bacterial, anti-viral, anti-inflammatory as well as immune boosting
- Contains garlic which has potent anti-viral activity
- Boosts immune system by increasing white blood cells which fight infection.



For further product information and warnings, scan the QR code, or view the product label.

Essential Defence Headache & Pain Relief Tonic - 150ml

ZH248

This potent blend of Turmeric, Feverfew, and Black Pepper delivers fast-absorbing, natural relief - targeting inflammation, pain, and boosting overall wellness.

Enriched with potent anti-inflammatory, anti-bacterial and anti-fungal properties of Turmeric and Pepper, our **Headache and Pain Relief Tonic** improves the inflammatory symptoms and discomfort caused by arthritis. It eases mild to moderate pain associated with headaches, migraines and fevers.

This fast-acting liquid is immediately absorbed in the stomach for fast pain relief and is absorbed twice as fast as standard tablets.

Top ingredients: Turmeric (Curcuma Longa) Extract, Feverfew Powder (Tanacetum Parthenium L) Extract and Black Pepper (Piper Nigrum) Extract for quick and better absorption by the body.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Headaches
- Migraine
- Pain or fever

DOSAGE & DIRECTIONS

Take Internally
Adults:

- Take 5 ml (1 teaspoon) once daily

Children 13 years and older:

- Take 2,5ml (half a teaspoon) once daily

Discontinue use and consult a doctor if any adverse reactions occur. Do not use if allergic to any listed ingredient. Do not use after the expiry date stated on the bottle. Do not use if pregnant or breastfeeding. Do not take for longer than 6 consecutive months.

Do not take more than recommended.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- May reduce the symptoms of headaches and migraines
- Traditionally used as an anti-inflammatory
- May assist in reducing pain and fever



For further product information and warnings, scan the QR code, or view the product label.

Essential Defence Cold & Flu Effervescent Tablets (10)

ZH184

Effervescent power meets potent antioxidant NAC for quicker recovery and stronger defenses during cold and flu season.

TC Cold & Flu +NAC200 is its fast-acting relief of cold and flu symptoms, including congestion, coughs, and sore throat. It is known for providing quick and effective relief, allowing users to feel better and get back to their daily activities sooner. Additionally, TC Cold & Flu +NAC200 is available in a convenient and easy-to-use format, making it a popular choice for those looking for relief from cold and flu symptoms.

Top ingredients: N-Acetyl Cysteine (NAC), Vitamin C, Elderberry and Caffeine

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Colds and flu
- Low immunity
- Viral and bacterial infections
- Chest and Nasal infections

DOSAGE & DIRECTIONS

Take Internally

Adults and children over 12 years:

- Take one (1) capsule twice daily with food.

Children 6 to 12 years:

- Take one (1) capsule daily with food.

Do not exceed the recommended dosage.

Keep out of reach of children.

Not suitable for pregnant or breast-feeding women.



BENEFITS MAY INCLUDE

- Fast-acting relief of cold and flu symptoms, including congestion, coughs
- Loosen phlegm due to NAC, an effective mucolytic agent
- Healthy immune system
- Reduced stress
- Improved recovery after periods of intense stress



For further product information and warnings, scan the QR code, or view the product label.

Essential Defence Pelargonium Cough Syrup - 150ml

ZH210

Soothes and clears chest infections, relieving both wet and dry coughs - sugar and alcohol free.

TC Health Cough Syrup contains a rich infusion of Pelargonium Sidoides, Ginger, Menthol and Peppermint Oil to help soothe and treat chest infections.

Top ingredients: Pelargonium Sidoides (African Geranium), Ginger, Menthol and Peppermint Oil.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Cold & flu symptoms
- Sore throat
- Blocked sinuses & congested airways
- Coughs
- Mucus
- Low immunity

DOSAGE & DIRECTIONS

Take Internally

Adults and adolescents over 12 years:

- 1 to 2 teaspoonfuls (5 ml to 10 ml)

Children 8 to 12 years:

- 1/2 to 1 teaspoonful (2.5 ml to 5 ml).

These doses may be given every 6 hours as needed.

Do not exceed the recommended dosage.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Reduces Common Cold Severity:** Reduces the duration and severity of the common cold, acting as a natural immune-boosting remedy.
- **Throat Pain Relief:** The anti-inflammatory properties provide effective relief from throat pain, ensuring comfort during coughing and cold-related discomfort.
- **Sinus and Airway Comfort:** Alleviates blocked sinuses and congested airways, offering a refreshing and comforting sensation.
- **Soothing Antioxidant Relief:** Brings soothing relief to sore throats, while also aiding in the natural breakdown of mucus and easing coughs.



For further product information and warnings, scan the QR code, or view the product label.

Essential Defence G-Fense Spray - 100ml

ZH161

Powered by Hypochlorous Acid (HOCl 330), this revolutionary spray is your all-in-one natural shield - killing viruses, bacteria, and fungi while being gentle enough for wound care.

Our revolutionary **G-Fense Germ Defense Spray** is a powerful anti-oxidant and is used to kill micro-organisms. It contains HOCl (Hypochlorous Acid 330), which is a natural biocide and the perfect weapon to fight against germs. This powerful germ defense spray is anti-viral, anti-bacterial, anti-fungal and is also ideal for wound care and healing.

Non-Toxic to skin, lungs, eyes, mouth, animals, food and the environment.

Top ingredients: Hypochlorous Acid 330 (Natural biocide)

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Burn wounds
- Diabetic sores
- Ulcers
- Open wounds
- Eye infections
- Sore throat
- Gum infections
- Nappy rash
- Athletes foot
- Sun burn
- Acne

DOSAGE & DIRECTIONS

Apply Topically

- Spray directly and leave to dry completely.
- Wound care: Thoroughly wet clean gauze with G-Fense spray and place on the affected area for 10-15 minutes.
- Repeat daily for the first two days, thereafter every second day.



Hypo-
allergenic

Anti-
bacterial

100%
Natural

Non-toxic
and safe
to use

BENEFITS MAY INCLUDE

- Fight against pathogens (micro-organisms that can cause disease).
- Destroys biofilm secreted by bacteria within seconds of application.
- Anti-inflammatory effect reducing pain, swelling and redness immediately.
- Reverses environmental sun damage and ageing
- Repairs the skin after manipulation treatments and wounds
- Protection against germs anytime, anywhere. Use it as a hand sanitiser, nasal spray, mouth rinse, as eye drops as well as a wound cleanser. It is ideal for disinfecting frequently touched objects, such as steering wheels, door handles and sun visors.



For further product information and warnings, scan the QR code, or view the product label.

Essential Defence Nasal Spray - 30ml

ZH146

A powerful yet gentle saline blend designed to refresh, relieve, and breathe life back into your sinuses instantly.

Clear your congestion fast with TC Nasal Spray. The simple saline solution brings soothing relief to stuffed up noses for babies, kids, and adults. No more endless sneezing, sniffing, and sinus pressure. Just a few sprays gets you back to breathing clearly and comfortably. Rediscover the joy of an uncongested day!

Top ingredients: Sodium Chloride (Salt), Purified Water, Preservatives: EDTA2Na, Benzalkonium Chloride.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Nasal congestion or blocked nose
- Sinus pressure
- Sniffles
- Thick mucus

DOSAGE & DIRECTIONS

Take Internally

Adults and children over 2 years:

- Spray once to twice into each nostril as required, several times a day.

Infants and children under 2 years:

- Spray once into each nostril as required, several times a day.

Do not exceed the recommended dosage.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Versatile Congestion Relief:** TC Nasal Spray helps alleviate congestion caused by allergies, colds, flu, and seasonal dryness, providing versatile relief.
- **Safe for All Ages:** This saline-based nasal spray is safe for babies and children, assisting in decongestion, especially for infants who cannot blow their noses.
- **Holistic Nasal Care:** The spray not only relieves congestion but also flushes pollen, dust, and germs from nasal passages, reduces mucus thickness, adds moisture for easier breathing, and relieves pressure inside the nose.



For further product information and warnings, scan the QR code, or view the product label.

Essential Defence Throat Spray - 30ml

ZH209

Soothes throat irritation, clears congestion, and cools your senses instantly.

Find quick and effective sore throat relief with **Throat Spray**. This premium blend harnesses the power of natural oils and extracts to combat soreness and irritation. The anti-septic, anti-viral, and anti-inflammatory properties go to work immediately, easing discomfort and soothing scratchy, inflamed throats.

Top ingredients: Clove Oil, Eucalyptus Oil, Menthol, White Thyme, Peppermint, Ginger.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Sore or inflamed throat
- Congestion or blocked sinuses

DOSAGE & DIRECTIONS

Take Spray directly onto the sore area and swallow gently.

Adults and children over 12 years and older:

- Take 4 sprays every 30 minutes to 1 hour, as required.

Children 8 years and older:

- Take 2 sprays every hour, as required.

Do not exceed the recommended dosage.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Anti-Microbial Relief:** Clove Oil offers powerful anti-microbial, anti-fungal, antiseptic, anti-viral, and anti-inflammatory properties, effectively treating sore throats and combating infections.
- **Decongestant and Pain Relief:** Menthol aids in relieving symptoms of colds by addressing blocked sinuses and congested airways, offering antibacterial and pain-relieving benefits.
- **Soothing and Anti-Inflammatory Support:** Thyme, Peppermint, and Ginger collectively

provide antioxidant, anti-microbial, and decongestant properties, offering relief for sore throats, irritated or itchy throats, and inflamed airways.



For further product information and warnings, scan the QR code, or view the product label.

Essential Defence Gez'Igazi (Blood Cleanser) - 250ml

ZH165

Healing, detoxifying, and revitalizing from the inside out.

Gez'igazi, formulated using natural essential oils and nanotechnology, for rapid and effective results. The combination of the select ingredients may boost the immune system, help the body to flush toxins, eliminate worms in the digestive system, maintain healthy pH levels, aid the maintenance of the cardiovascular system and aid blood circulation.

Top ingredients: Yellow Spice Power (Turmeric Extract), Milk Thistle, Ashwagandha, Pelargonium & Astragalus.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Low immunity
- Excess acidity
- Low blood circulation

DOSAGE & DIRECTIONS

Take Internally

Adults:

- 5 ml once a day.

Children 13 years and older:

- 2.5 ml once every day.

Can be taken mixed in water or juice.

Do not exceed the recommended dosage.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Get Stronger Inside:** Makes your immune system stronger to fight off sickness.
- **Clean Out the Bad Stuff:** Clears away toxins from your blood, making it cleaner.
- **Build a Better Defense:** Helps your body fight off infections and stay strong.



For further product information and warnings, scan the QR code, or view the product label.

Essential Defence Acid Soothe - 250ml

ZH215

Its fast-acting, dual-action formula that quickly neutralizes stomach acid and provides lasting relief from heartburn and indigestion - so you can feel comfortable and calm, anytime.

When heartburn hits, **TC Health Acid Soothe** starts neutralizing excess acid in seconds, giving you fast relief from the burning, discomfort, and pain. No more popping antacid tablets over and over. This liquid solution gets to work quickly to relieve symptoms and leave you feeling comfortable again. Trusted by doctors and pharmacists to provide effective, on-the-spot acid relief.

Top ingredients: Aluminum Hydroxide (Helps neutralize excess stomach acid), Magnesium Hydroxide (Aids in reducing acidity and providing relief from indigestion).

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Heart burn
- Excess acidity or stomach acid
- Symptoms from indigestion

DOSAGE & DIRECTIONS

Take Internally

Adults, Elderly and Children 14 years and older:

- Two to four (5ml) teaspoons.
- Take 15 minutes to 1 hour after meals and at bedtime.

Not recommended for children less than 14 years old.

Do not exceed the recommended dosage.

Keep out of reach of children.



BENEFITS MAY INCLUDE

- **Acidity Control:** Neutralizes excess acidity caused by various factors.
- **Quick Relief:** Provides fast and effective relief from heartburn and indigestion.
- **Inflammation Reduction:** Reduces inflammation and calms the burning sensation in the stomach.



For further product information and warnings, scan the QR code, or view the product label.

COLLAGEN & SKIN CARE

GLOW UP WITH COLLAGEN

Collagen is the most abundant protein in the human body, accounting for approximately 30% of total protein content. It provides essential structural support to the skin, bones, tendons and connective tissues, helping maintain firmness, hydration and overall tissue strength.

From as early as our mid-20s, however, the body's natural collagen production begins to decline by roughly 1% per year. Over time, this gradual reduction may contribute to visible signs of ageing such as fine lines and wrinkles, along with joint discomfort, reduced tissue resilience and slower recovery.

As a result, many people turn to collagen supplementation to help support their body's structural protein levels. Most collagen supplements contain collagen peptides, collagen broken down into smaller, more easily absorbed forms, which provide key amino acids that may support natural collagen synthesis and normal cellular function.

WHY COLLAGEN?



Animal-based Sources



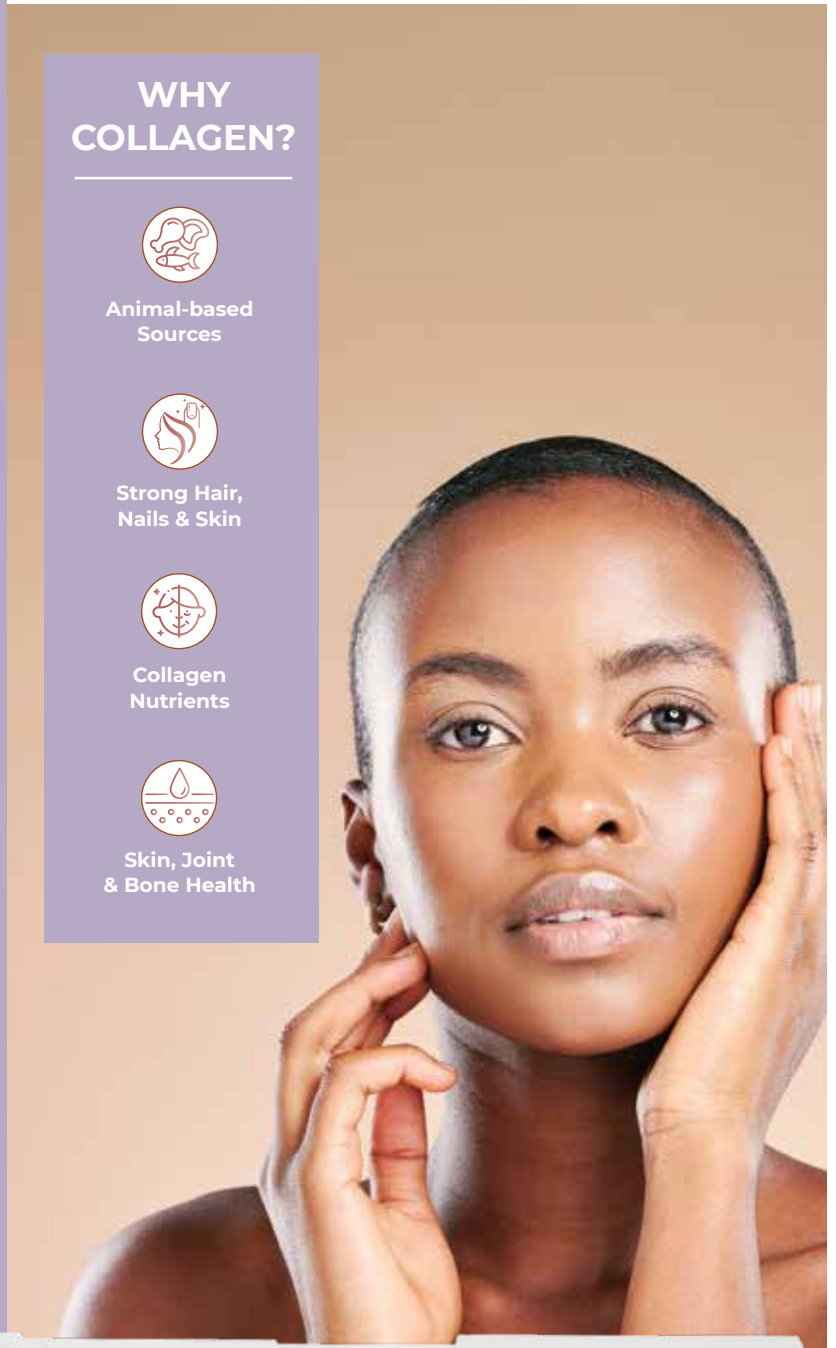
Strong Hair, Nails & Skin



Collagen Nutrients



Skin, Joint & Bone Health



ZH362

CL01

CL02

CL03

CL04

ZH253

Collagen Range Collagen Capsules (60)

CL01

Turn back the clock with our advanced collagen capsules - clinically proven to reduce fine lines, improve skin elasticity, and restore youthful radiance

Collagen Capsules provide 1200mg collagen peptides per daily dose of 2 gelatin capsules. Collagen is often referred to as the glue that helps the body repair and restore. It is a building block and the most abundantly found protein in the body which assists the body systems to function optimally. As we age, our body's own collagen decreases. Supplemental Collagen has been shown to support the body's own collagen formation and density which supports bone and joint health and promotes strong hair, nails, and skin. This translates to improved gut health, enhanced metabolism, improved joint stiffness and connective tissue repair.

Top ingredient: Collagen Peptides (1200mg).

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Stiff joints
- Aging skin
- Low collagen density
- Trouble sleeping

DOSAGE & DIRECTIONS

Take Internally
Adults

- Take two capsules per day



BENEFITS MAY INCLUDE

- May reduce the symptoms of headaches and migraines
- Traditionally used as an anti-inflammatory
- May assist in reducing pain and fever



For further product information and warnings, scan the QR code, or view the product label.

Collagen Range

Collagen Creamer Vanilla - 300g

CL02

Indulge in creamy vanilla bliss while nourishing your skin from within - our collagen creamer delivers age-defying benefits with every sip, supporting smoother skin, stronger hair, and a radiant glow.

Collagen Creamer Vanilla provides an easy of getting in your daily dose of collagen peptides. Transform your daily tea or coffee with this beauty boosting blend. Every serving (3 teaspoons into your favourite beverage) will improve collagen density for strong nails and thicker hair as well as improved skin. This vanilla flavoured creamer is a must to start your morning and beauty regime.

Top ingredients: Collagen Peptides and Vanilla Essence.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Stiff joints
- Aging skin
- Low collagen density
- Trouble sleeping

DOSAGE & DIRECTIONS

Take Internally Adults

- 3 teaspoons into your favourite beverage (tea or coffee).
- Dissolves easily. Stir and enjoy.



BENEFITS MAY INCLUDE

- Supports joint Health
- Promotes Thicker hair and stronger nails
- Improves skin elasticity and wrinkles as we age
- Improved gut health
- Repairs muscle and prevents injury
- Improves bone health
- May reduce hunger and sweet cravings
- Helps improve sleep



For further product information and warnings, scan the QR code, or view the product label.

Collagen Range

Collagen Creamer Cinnamon - 300g

CL03

Infused with warm cinnamon and age-defying collagen, this creamy blend supports glowing skin, joint health, and healthy blood sugar levels - all in one delicious, skin-loving sip.

Collagen Creamer Cinnamon provides an easy of getting in your daily dose of collagen peptides. Transform your daily tea or coffee with this beauty boosting blend. Every serving (3 teaspoons into your favourite beverage) will improve collagen density for strong nails and thicker hair as well as improved skin. This cinnamon flavoured creamer is a must to start your morning and beauty regime.

Top ingredients: Collagen Peptides and Cinnamon.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Stiff joints
- Aging skin
- Low collagen density
- Trouble sleeping

DOSAGE & DIRECTIONS

Take Internally **Adults**

- 3 teaspoons into your favourite beverage (tea or coffee).
- Dissolves easily. Stir and enjoy.



BENEFITS MAY INCLUDE

- Supports joint Health
- Promotes Thicker hair and stronger nails
- Improves skin elasticity and wrinkles as we age
- Improved gut health
- Repairs muscle and prevents injury
- Improves bone health
- May reduce hunger and sweet cravings
- Helps improve sleep
- Sugar Free
- Diabetic Friendly



For further product information and warnings, scan the QR code, or view the product label.

Collagen Range

Collagen Creamer Salted Caramel - 300g

CL04

Indulge in creamy caramel bliss while nourishing your skin from within - our collagen creamer delivers age-defying benefits with every sip, supporting smoother skin, stronger hair, and a radiant glow.

Collagen Creamer Salted Caramel provides an easy of getting in your daily dose of collagen peptides. Transform your daily tea or coffee with this beauty boosting blend. Every serving (3 teaspoons into your favourite beverage) will improve collagen density for strong nails and thicker hair as well as improved skin. This cinnamon flavoured creamer is a must to start your morning and beauty regime.

Top ingredients: Collagen Peptides and Cinnamon.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Stiff joints
- Aging skin
- Low collagen density
- Trouble sleeping

DOSAGE & DIRECTIONS

Take Internally **Adults**

- 3 teaspoons into your favourite beverage (tea or coffee).
- Dissolves easily. Stir and enjoy.



BENEFITS MAY INCLUDE

- Supports joint Health
- Promotes Thicker hair and stronger nails
- Improves skin elasticity and wrinkles as we age
- Improved gut health
- Repairs muscle and prevents injury
- Improves bone health
- May reduce hunger and sweet cravings
- Helps improve sleep
- Sugar Free
- Diabetic Friendly

COMING
SOON

Collagen Range

Hydrolyzed Collagen Joint Care - 300g

ZH362

Unlock powerful joint support with a science-backed blend of Hydrolyzed Collagen, MSM, Vitamins D3 & K2, and Turmeric - designed to keep you moving freely and feeling unstoppable.

Hydrolyzed Collagen Joint Care provides an easy way of getting in your daily dose of collagen peptides. Transform your daily tea/coffee and smoothie with this anti-inflammatory boosting blend. Every serving is your daily dose of strength, flexibility, and vitality.

Packed with Hydrolyzed Collagen Powder, it supports healthier skin, joints, and bones. Combine that with Magnesium Sulphate and Calcium Carbonate for muscle recovery and bone density. We've added Turmeric and MSM, powerful anti-inflammatories to ease joint pain and support mobility — perfect for active lifestyles or anyone dealing with stiffness. To keep your immune system strong, we included Vitamin C, Zinc, Vitamin D3, and Vitamin K2 - a powerhouse combo to boost your defences and promote overall health.

Top ingredients: MSM, Turmeric, Vitamin D3 and Vitamin K2.

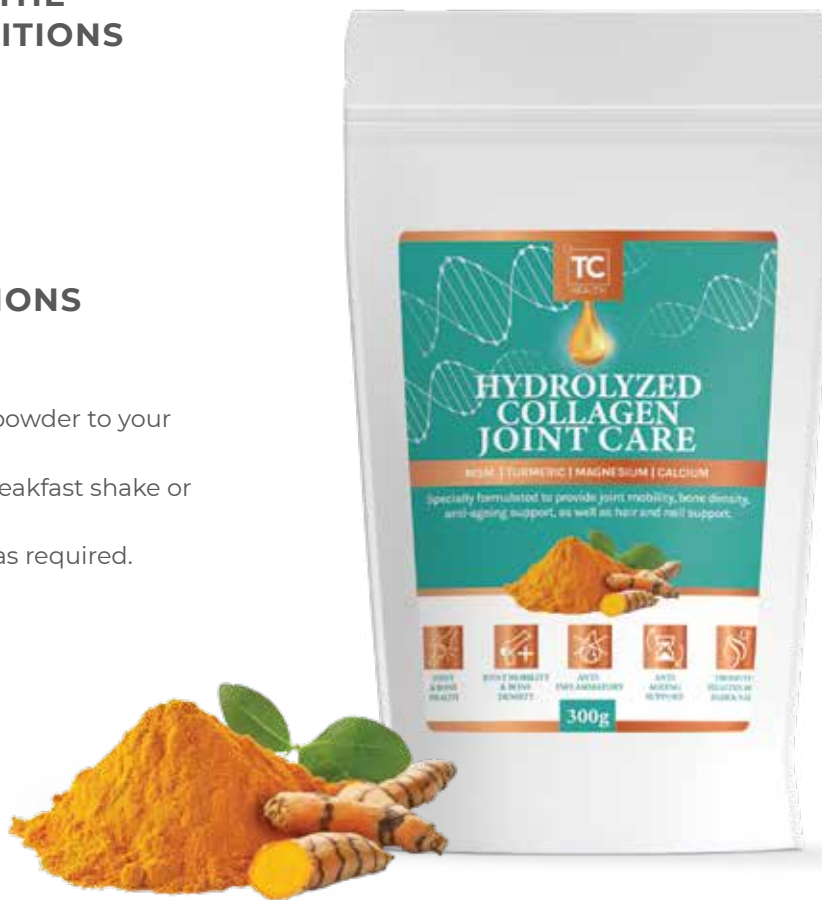
MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Stiff joints
- Aging skin
- Low collagen density
- Trouble sleeping

DOSAGE & DIRECTIONS

Take Internally Adults

- Add 10g (2 teaspoons) of powder to your coffee or tea.
- May also be added to a breakfast shake or smoothie.
- Take one serving daily or as required.



BENEFITS MAY INCLUDE

- Supports joint mobility and bone density health
- Anti-inflammatory reducing pain, swelling and discomfort
- Anti-ageing support
- Promotes thicker hair, clearer skin and stronger nails
- Improves skin elasticity and wrinkles
- Improves gut health
- Repairs muscle and prevents injury
- Helps improve sleep
- Sugar Free
- Diabetic Friendly
- Halal
- Antibiotic free
- GMO free



For further product information and warnings, scan the QR code, or view the product label.

Collagen Range Creatine with Collagen (Cherry) - 300g

ZH253

Strength Within. Beauty Throughout.

Creatine with Collagen is a powerful blend of Creatine and Collagen designed to fuel your body from the inside out. Whether you're working out, staying active, or just want to feel strong and supported, this unique formula helps you build strength, protect your joints, and nourish your skin, hair, and nails.

Top ingredients: Collagen Peptides and Cherry.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Supporting lean muscle strength and tone
- Maintaining muscle mass, especially as women age
- Physical performance and exercise recovery
- Joint, tendon, and ligament support
- Bone health support
- Supporting brain function
- Mental clarity and focus
- Skin firmness and elasticity
- Healthy hair and nail strength
- Overall vitality and functional movement

DOSAGE & DIRECTIONS

Take Internally Adults

- 2 rounded scoops (approx. 10g) dissolved in 250ml cold water.
- Dissolves easily. Stir and enjoy.



BENEFITS MAY INCLUDE

- Muscle & mobility support
- Joint & bone health
- Brain function & clarity
- Recovery & vitality
- Skin, hair & nails



For further product information and warnings, scan the QR code, or view the product label.

KIDS' HEALTH

HEALTHY HABITS START YOUNG.

Kids are full of boundless energy, laughter, and joy - and their health is the foundation that makes it all possible. It's no secret that children's health is vital to their overall well-being and happiness, but it's also essential for their future success.

Good health starts with a healthy lifestyle - balanced nutrition, regular exercise, and restful sleep. When children are well-nourished and active, they have the energy and focus they need to thrive in all areas of their lives, including school, sports, and friendships.

WHY KIDS' HEALTH?



Nature's Nourishment



Boosts Immune System



Formulated by Experts



Triple-action Goodness



ZH207

KD141

ZH250

Kids' Health

Kid's Multi Vitamin Syrup - 100ml

ZH250

This sugar-free multivitamin syrup specially formulated for children which assists with growth. Helps to strengthen and support the immune system.

This sugar-free **Multivitamin Syrup** has specially been formulated for children and helps to promote healthy growth and helps to strengthen the immune system. It provides all the essential daily nutrients and vitamins, and helps to lay the foundation for great health. You can be sure that your child is getting all the essential vitamins they need on a daily basis to ensure healthy growth and development.

Top ingredients: Vitamins A, B1, B2, B3, B6, C and D.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Helps to ensure healthy growth and Development.
- Helps to strengthen the immune system and therefore fight off infections
- Helps with energy

DOSAGE & DIRECTIONS

Apply Topically

Children (10 months to 18 years of age):

- Take one teaspoon (5ml) in the mornings.
- Do not take if you are allergic to any listed ingredient.



BENEFITS MAY INCLUDE

- Made with **Vitamins A, B1, B2, B3, B6, C and D**, you can be sure that your child is getting all the essential vitamins they need on a daily basis to ensure healthy growth and development.
- **Vitamin A** promotes normal growth and development, tissue and bone repair, healthy skin, eyes, and immune responses.
- **Vitamin B1** helps foster healthy nerves and muscles in children - to break down carbohydrates and convert it into energy.
- **Vitamin B2** helps boost the production of red blood cells in a child's body. It helps with digestion and energy production.
- **Vitamin B3** helps convert fats and carbohydrates into energy. It helps the normal functioning of the nervous system and digestive system in children.
- **Vitamin B6** promotes brain development in children. It helps the release of brain chemicals like serotonin, which regulates moods, and helps them cope with stress.
- **Vitamin C** helps form and repair red blood cells, bones, and tissues. It promotes healthy gums and strengthens the blood vessels, minimizing bruising from falls and scrapes.
- **Vitamin D** is essential for healthy bone growth and development. It helps to absorb calcium and can help prevent delayed motor development, muscle weakness, aches and pains, and bone fractures.



For further product information and warnings, scan the QR code, or view the product label.

Kids' Health

Kids Chewable Multivitamin Tablets (60)

KD141

A delicious berry-flavored chewable multivitamin that kids love and adults can take too - packed with essential daily nutrients for growing bodies and busy lives!

TC Kids Multivitamin 60's convenient chewable multivitamin tablet for children as well as adults that contains essential vitamins for daily use. Has the taste of berries so children will love them.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Helps to ensure healthy growth
- Helps to strengthen the immune system and therefore fight off infections
- Helps healing process

DOSAGE & DIRECTIONS

Apply Topically

Adults (18 years and older):

- 8 sprays in the mouth, once daily.

Children (9 years and older):

- 6 sprays in the mouth, once daily.

Children (5 years and older):

- 2 sprays in the mouth, once daily.



BENEFITS MAY INCLUDE

- Don't need water to be able to take your daily multi-vitamin
- Easy to chew for children and adults
- Essential vitamins and minerals for growth



For further product information and warnings, scan the QR code, or view the product label.

Kids' Health Learner's Support Spray - 30ml

ZH207

Boost focus, enhance memory, and fuel mental clarity for optimal learning.

Learner's Support Vitamin Spray easily fits into your daily schedule, are convenient, and can be taken anywhere and any time. Simply spray directly into your mouth for an effective and convenient way to supplement your health. Vitamin Sprays have shown a 95% absorption rate through the gums, cheeks and under the tongue

Top ingredients: L-Carnitine, Green Tea Extract and Gingko Biloba.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Memory loss.
- Lack of focus
- Short attention span
- Low energy
- Fatigue
- Low stamina

DOSAGE & DIRECTIONS

Apply Topically

Adults (18 years and older):

- 8 sprays in the mouth, once daily.

Children (9 years and older):

- 6 sprays in the mouth, once daily.

Children (5 years and older):

- 2 sprays in the mouth, once daily.



BENEFITS MAY INCLUDE

- **L-Carnitine for Memory Marvel:** L-Carnitine, hailed for its ability to improve memory and mental function, particularly in those with memory loss.
- **Green Tea Extract for Cognitive Excellence:** Boosts cognitive functions, enhances working memory, protects brain cells, and improves overall memory.
- **Gingko Biloba for Alertness and Stamina:** Enhances mental alertness, improves attention span, and may positively impact mood, energy, fatigue, stamina, and endurance.



For further product information and warnings, scan the QR code, or view the product label.

DENTAL CARE

FIGHT BACTERIA WITH EVERY BRUSH.

Experience the next generation of oral care with our Probiotic Fluoride Toothpaste range. Powered by probiotics, these toothpastes not only fight cavity-causing bacteria but also alleviate gum inflammation and promote overall oral health.

Discover the difference a balanced, healthier mouth can make with every brush.

WHY DENTAL CARE?



Plaque & Decay Protection



Relieve Sensitive Teeth



Brightens Teeth Appearance



PC22



PC20

PC24

Dental Care Probiotic Toothpaste - Protective - 75ml

PC20

Healthy Teeth and Gums.

TC Protective Probiotic Toothpaste is specially formulated with fluoride, calcium and key ingredients to help clean and strengthen teeth, fight cavities, prevent tartar and plaque, and freshen breath.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Fights Bad Breath at the Source.
- Supports Gum Health.
- Reduces inflammation and plaque buildup.
- Helps prevent bleeding gums.
- Protects Against Cavities Naturally.
- Gentle & Preventative Oral Care.
- Proactive support for long-term oral health.
- Strengthens Tooth Enamel.
- Prevents Tooth Decay (Cavities).
- Smoothens and Protects Tooth Surface

DOSAGE & DIRECTIONS

Apply Topically Adults

- Brush twice a day or as directed by a dentist or physician.
- Minimise swallowing, and ensure to spit and rinse thoroughly after brushing.

Children aged 6 years and younger

- Use a pea-sized amount, brush twice a day or as directed by a dentist or physician.
- Minimise swallowing, and ensure to spit and rinse thoroughly after brushing.

Discontinue use if any irritation occurs.

Keep away from children.



BENEFITS MAY INCLUDE

- **Probiotic:** While traditional toothpaste focuses on removing harmful bacteria, probiotic toothpaste goes a step further by balancing your oral microbiome - supporting good bacteria while naturally crowding out the bad.
- **Fluoride:** One of the most effective tools for maintaining oral health. Strengthens tooth enamel, making teeth more resistant to attacks from plaque, bacteria, and sugars in the mouth. Regular use of fluoride toothpaste significantly reduces the risk of cavities by slowing down the loss of minerals from enamel and enhancing remineralisation. Fluoride can reverse early-stage decay (before a cavity forms) by rebuilding enamel through a natural repair process.
- **Calcium:** in a toothpaste is known for its ability to support strong teeth and enamel and prevent erosion. It can also help create a protective mineral layer on the enamel, making teeth smoother and more resistant to acid, plaque, and bacteria.



For further product information and warnings, scan the QR code, or view the product label.

Dental Care Probiotic Toothpaste - Sensitive - 75ml

PC22

Healthy Teeth and Gums.

TC Sensitive Probiotic Toothpaste is specially formulated to help block pain signals from your dental nerve to your brain, so you don't feel any discomfort. Use every day to help relieve sensitive teeth and soothe teeth and gums. It is also formulated with fluoride to fight against cavities for healthy teeth and gums.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Fights Bad Breath at the Source.
- Supports Gum Health.
- Reduces inflammation and plaque build-up.
- Helps prevent bleeding gums.
- Protects Against Cavities Naturally.
- Gentle & Preventative Oral Care.
- Proactive support for long-term oral health.
- Strengthens Tooth Enamel.
- Prevents Tooth Decay (Cavities).
- Smoothens and Protects Tooth Surface

DOSAGE & DIRECTIONS

Apply Topically Adults

- Brush twice a day or as directed by a dentist or physician.
- Minimise swallowing, and ensure to spit and rinse thoroughly after brushing.

Children aged 6 years and younger

- Use a pea-sized amount, brush twice a day or as directed by a dentist or physician.
- Minimise swallowing, and ensure to spit and rinse thoroughly after brushing.

Discontinue use if any irritation occurs.

Keep away from children.



BENEFITS MAY INCLUDE

- **Probiotic:** While traditional toothpaste focuses on removing harmful bacteria, probiotic toothpaste goes a step further by balancing your oral microbiome - supporting good bacteria while naturally crowding out the bad.
- **Fluoride:** Strengthens tooth enamel, making teeth more resistant to attacks from plaque, bacteria, and sugars in the mouth. Regular use of fluoride toothpaste significantly reduces the risk of cavities by slowing down the loss of minerals from enamel and enhancing remineralisation. Fluoride can reverse early-stage decay (before a cavity forms) by rebuilding enamel through a natural repair process.
- **Calcium:** Support strong teeth and enamel and prevent erosion. It can also help create a protective mineral layer on the enamel, making teeth smoother and more resistant to acid, plaque, and bacteria.
- **Potassium Citrate:** Blocks pain signals from your dental nerve to your brain, so you don't feel any discomfort.
- **Aloe Vera Extract:** Soothe teeth and gums, and fights cavities



For further product information and warnings, scan the QR code, or view the product label.

Dental Care Probiotic Toothpaste - Whitening - 75ml

PC24

Healthy Teeth and Gums.

TC Whitening Probiotic Toothpaste has enhanced stain removal abilities, the latter prevents the formation of hard plaque with microgranules to gently polish away stains and whiten teeth, and fluoride to protect against cavities and freshens breath.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- Fights Bad Breath at the Source.
- Supports Gum Health.
- Reduces inflammation and plaque buildup.
- Helps prevent bleeding gums.
- Protects Against Cavities Naturally.
- Gentle & Preventative Oral Care.
- Proactive support for long-term oral health.
- Strengthens Tooth Enamel.
- Prevents Tooth Decay (Cavities).
- Smoothens and Protects Tooth Surface

DOSAGE & DIRECTIONS

Apply Topically Adults

- Brush twice a day or as directed by a dentist or physician.
- Minimise swallowing, and ensure to spit and rinse thoroughly after brushing.

Children aged 6 years and younger

- Use a pea-sized amount, brush twice a day or as directed by a dentist or physician.
- Minimise swallowing, and ensure to spit and rinse thoroughly after brushing.

Discontinue use if any irritation occurs.

Keep away from children.



BENEFITS MAY INCLUDE

- **Probiotic:** While traditional toothpaste focuses on removing harmful bacteria, probiotic toothpaste goes a step further by balancing your oral microbiome - supporting good bacteria while naturally crowding out the bad.
- **Fluoride:** Strengthens tooth enamel, making teeth more resistant to attacks from plaque, bacteria, and sugars in the mouth. Regular use of fluoride toothpaste significantly reduces the risk of cavities by slowing down the loss of minerals from enamel and enhancing remineralisation. Fluoride can reverse early-stage decay (before a cavity forms) by rebuilding enamel through a natural repair process.
- **Calcium:** Support strong teeth and enamel and prevent erosion. It can also help create a protective mineral layer on the enamel, making teeth smoother and more resistant to acid, plaque, and bacteria.
- **Sodium phytate and phytic acid:** Enhanced stain removal abilities.
- **Hydrated Silica:** Helps to remove plaque and other particles from your teeth



For further product information and warnings, scan the QR code, or view the product label.

COMPLETELY ME

TAKE ON THE DAY WITH CONFIDENCE

TC Completely Me range offers everyday protection and freshness for women.

Specially formulated to be kind to all skin types, a sensitive fragrance free product with added probiotic strains that assists with controlling candida and odour control for intimate hygiene.

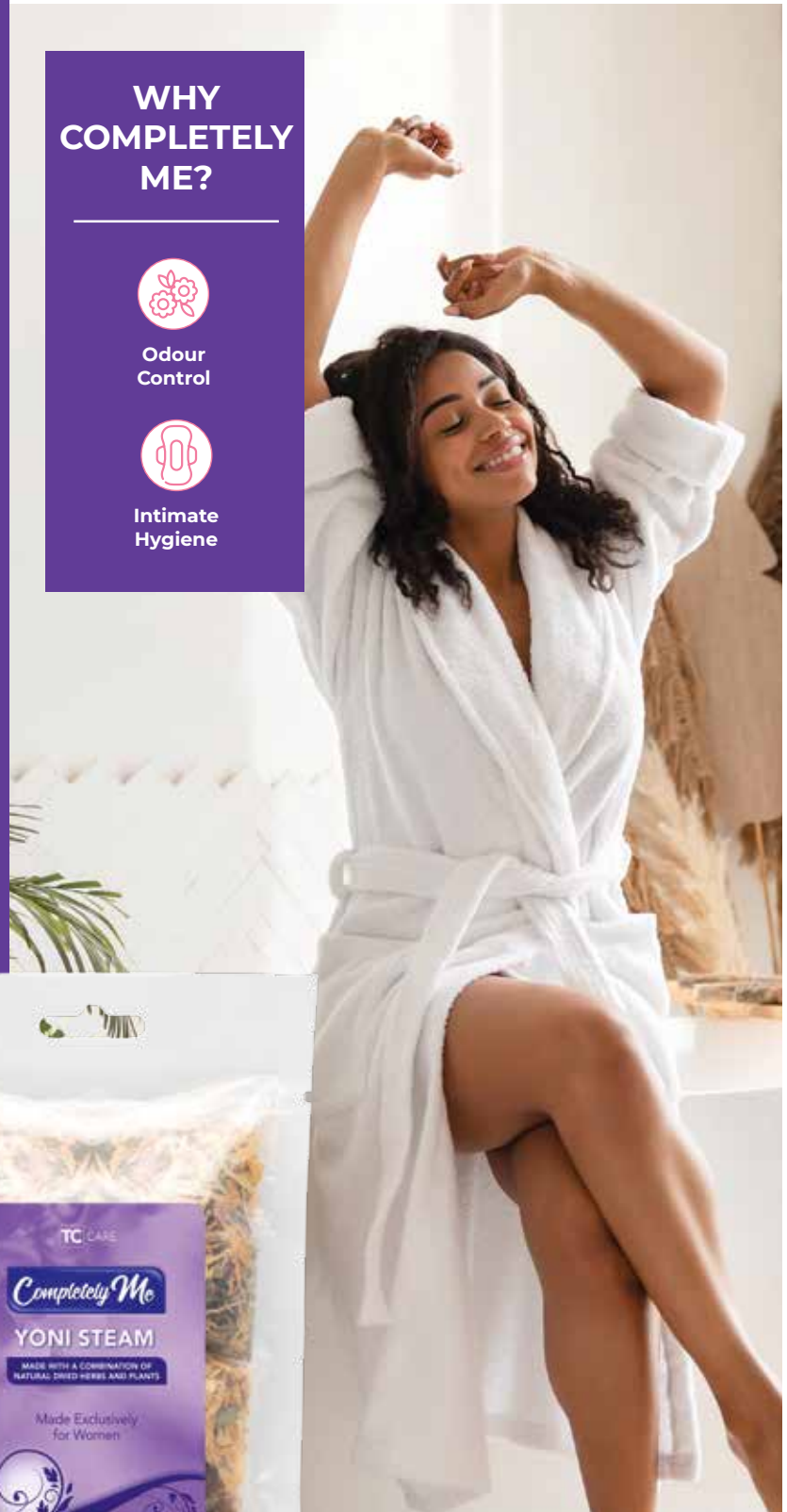
WHY COMPLETELY ME?



Odour Control



Intimate Hygiene



PC150

Completely Me Yoni Steam Herbs - 3 x 20g Sachets

PC150

Ancient Ritual, Modern Wellness - Yoni Steam for Deep Feminine Renewal, Detoxification, and Balance.

Completely Me Yoni Steam, made with a combination of natural dried herbs and plants, exclusively for women who wish to practice the ancient method of vaginal steaming. Respected by traditional healers around the world, Yoni steaming is practiced to reconnect with your body and utilize the wisdom of plant medicine to heal your cycle.

Our Yoni Steam pack comes with 100% organic flowers and herbs, ethically sourced. Yoni steaming has been reported to reduce pain, bloating and exhaustion associated with menstruation, harmonise hormone and menstrual irregularities, remove unpleasant odours and discharge, may assist fertility, and nourish and tighten vaginal walls. Soothe and revitalize your reproductive system with the ancient practice of Yoni Steaming.

Top ingredients: Natural dried herbs and plants.

MAY ASSIST WITH THE FOLLOWING CONDITIONS

- May reduce pain, bloating and exhaustion associated with menstruation.
- May tighten and nourish the Vaginal walls
- May heal yeast infections and Fibroids
- May remove unpleasant odours and discharge
- Provide relief from Hormonal issues
- Harmonize menstrual irregularities

DOSAGE & DIRECTIONS

Use Externally

- Bring 500ml / 1L water to boiling point
- Add one sachet of herbs and keep simmering for up to 10 minutes with the lid on top of boiling vessel e.g. stainless steel bowl.
- Remove the boiling vessel from heat and allow to cool for 2 minutes.
- Steam in one of the following methods:
 1. Place two chairs side by side and place the steaming/boiling vessel between the chairs and sit over the vessel.
 2. Cushion the ground with towels, kneel hovering over the pot and place arms in front to stabilize your body
 3. Place steaming pot on toilet and sit over toilet seat.
- Wrap material around your body and vessel to retain the Yoni Steam until all steam is finished.



BENEFITS MAY INCLUDE

- Reduce pain, bloating and exhaustion associated with menstruation
- Remove unpleasant odours and discharge
- Provide relief from hormonal issues.
- Harmonize hormone and menstrual irregularities
- Tighten and nourish the vaginal walls



For further product information and warnings, scan the QR code, or view the product label.

HEALTH PRODUCT AILMENT GUIDE

Let our ailment guide help you make informed choices - so you can enjoy natural, dependable support that restores balance in the body, improves function and vitality, and resets internal systems for long-term wellness every day.

Support Category	Body Tonics	Health & Wellness Product Code	Health & Wellness Product Description
Abdominal Discomfort Support	02 13	ZH131, ZH140, ZH240, ZH165, ZH256, ZT45	Aloe Buchu elixir, Sea Miracle, Alkaline Fizzer, Omega 3 soft gels, Gez'Igazi, Liquid Chlorophyll, Pure Green Rooibos tea
Anti Microbial Support	12	ZH800, ZH140, ZH240, ZH49, ZH131, ZH100, ZH110, ZH161, ZH460	Herbal Blend, Sea Miracle, Omega 3 softgels, African Potato capsules, Aloe Buchu elixir, Moringa capsules, Moringa Multivit elixir, G-Fence spray, Golden Spice mix
Anti-Bacterial Support	06 07	ZH161, ZH140, ZH800, ZH110, ZH188, ZH243, ZH550, ZH185, ZH209, ZH146, ZH250, ZH460	G-Fence spray, Sea Miracle, Herbal Blend, Moringa Multivitamin elixir, Pro & Prebiotic with Turmeric caps, Vit C capsules, Immuno Boost powder, Viral Combat caps, Throat spray, Nasal spray, Kids Multivit syrup Golden Spice mix
Anti-Inflammatory Support	02 06 10 13 14	ZH800, ZH240, ZH360, ZH362, ZH131, ZH249, ZH188, ZH460	Herbal Blend, Omega 3 softgels, Joint Support capsules, Hydrolyzed Collagen Joint Care powder, Aloe & Buchu elixir, Alkaline fizzer, Pro & Prebiotic with Turmeric capsules, Golden Spice mix
Blood Sugar Control Support		ZH800, ZH186, ZH115, ZT35	Herbal Blend, Blood Sugar Stabilizing capsules, Blood Sugar Control tonic, Blood sugar control tea
Body Discomfort	01 06 10	ZH140, ZH49, ZH131, ZH185, ZH248, ZH95, ZH256, ZH460	Sea Miracle, African Potato capsules, Aloe Buchu elixir, Viral Combat capsules, Headache and Pain syrup, Acid Balancer tonic, Liquid Chlorophyll, Golden Spice mix
Body Immune Response Help	03 06	ZH140, ZH184, ZH146, ZH185, ZH209, ZH210, ZH255, ZH460	Sea Miracle, Colds & Flu + ACC200 fizzer, Nasal spray, Viral Combat capsules, Throat spray, Cough syrup, Mushroom Coffee Blend, Golden Spice mix
Circulation Support	01 05 11	ZH140, ZH240, ZH189, ZH805, ZH49, ZH131, ZH100, ZH460	Sea Miracle, Omega 3 softgels, Magnesium Glycinate, Herbal Balm, African Potato capsules, Aloe Buchu elixir, Moringa Multivit elixir, Moringa capsules, Golden Spice mix
Cold and Flu Support	03 06 08	ZH140, ZH243, ZH242, ZH49, ZH184, ZH185, ZH209, ZH146, ZH210, ZH250, ZH460	Sea Miracle, Vitamin C capsules, Cal-Mag-D3 capsules, African Potato capsules, Cold & Flu + ACC200, Viral Combat capsules, Throat spray, Nasal spray, Cough syrup, Kids Multivitamin syrup, Golden Spice mix
Constipation Relief	02	ZH131, ZH251, ZH240, ZH188, ZH256, ZT10	Aloe Buchu elixir, Castor Oil, Omega 3 soft gels, Pro & Prebiotic with Turmeric capsules, Liquid Chlorophyll, Constipation relief tea
Digestive & Stomach Discomfort	02 13	ZH188, HL20, ZH131, ZH49, ZH256, ZT100	Pro & Prebiotic with Turmeric capsules, Activated Charcoal capsules, Aloe Buchu elixir, African Potato capsules, Liquid Chlorophyll, Stomach Ease tea
Digestive Health	02 13	ZH140, ZH131, ZH188, ZH249, ZH215, ZH240, ZH95, ZH256, ZT100, ZH460	Sea Miracle, Aloe Buchu elixir, Omega 3 soft gels, Gez'Igazi, Acid Soothe, Acid Balancer, Alkaline Fizzer, Probiotic & Turmeric capsules, Liquid Chlorophyll, Stomach ease Tea, Golden Spice mix
Emotional Balance and Wellbeing	11 14	ZH800, ZH240, ZH245, ZH192, ZT30	Herbal Blend, Omega 3 soft gels, Multivit capsules, Ashwagandha capsules, Calming Tea
Eye Health	03	ZH110, ZH100, ZH245, ZH240, ZH90	Moringa Multivit elixir, Moringa capsules, Multivitamin capsules, Omega 3 soft gels, Eye tonic
Focus Clarity and Memory	11 14	ZH253, ZH188, ZH240, ZH207, ZH189, ZH110, ZH192, ZH255	Creatine & Collagen powder, Pre & Probiotic capsules, Omega 3 soft gels, Learners Support spray, Magnesium Glycinate, Moringa Multivit elixir, Ashwagandha capsules, Mushroom Coffee Blend

Support Category	Body Tonics	Health & Wellness Product Code	Health & Wellness Product Description
Foot Hygiene	12	ZH800, ZH165, ZH805	Herbal Blend, Gez'Igazi, G-Fence spray, Herbal Balm
Hair, Skin, Nails & Bone Health Support	04 12	CL01, CL02, CL03, ZH362, ZH251, ZH252, ZH104, ZH242, ZH189, ZT80	Collagen creamers, Collagen capsules, Hydrolyzed Collagen Joint Care, Castor Oil, Radiant Glow L-Glutathione powder, Hair Skin & Nails capsules, Calcium Mag D3 capsules, Magnesium Glycinate, Honeybush tea
Headaches	02 11	ZH165, ZH242, ZH253	Gez'Igazi, Calcium Mag D3 capsules, Creatine & Collagen
Healthy Cholesterol Levels	01 05 11	ZH240, ZH110, ZH189, ZH800, ZH100, ZH425	Omega 3 softgels, Moringa Elixir, Magnesium Glycinate, Herbal Blend, Moringa capsules, Moringa powder
Healthy Iron Level Support (Anemia)	01	ZH110, ZH100, ZH245, ZH425, ZH247, ZH243, ZH460	Moringa Multivit elixir, Moringa capsules, Multivit caps, Moringa powder, Liquid Iron syrup, Vit C capsules, Golden Spice mix
Heart Health	01 05 14	ZH240, ZH165, ZH110, ZH100, ZH189	Omega 3 softgels, Gez'Igazi, Moringa Multivitamin, Moringa capsules, Magnesium Glycinate
Heartburn and Reflux Help	01 05	ZH215, ZH249, ZH95, ZH131, ZH110, ZH100	Acid Soothe, Alkaline Fizzers, Acid Balancer, Aloe Buchu, Moringa Multivit, Moringa capsules
High blood pressure/ Hypertension Support	01 05	ZH189, ZH240, ZH242, ZT45	Magnesium Glycinate, Omega 3 soft gels, Cal-Mag-D3 capsules, Pure Green Rooibos tea
Hydration and Electrolyte Balance		ZH253, ZH249, ZH189, ZH242	Creatine & Collagen, Alkaline Fizzer, Magnesium Glycinate, Cal-Mag-D3 capsules
Immune System Function	03 06	ZH140, ZH243, ZH550, ZH242, ZH245, ZH49, ZH185, ZH209, ZH210, ZH250, KD141, ZH255, ZT25, ZH460	Sea Miracle, Vitamin C capsules, Immuno Boost powder, Cal-Mag-D3, Multivit capsules, African Potato capsules, Viral Combat capsules, Throat spray, Cough syrup, Multivit kids syrup, Kids Multivit chewable tablets, Mushroom Coffee Blend, Immune Support tea, Golden Spice mix
Joint and Mobility Support	07 10	ZH240, ZH165, ZH49, ZH100, ZH110, ZH360, HL20, ZH800, ZH805, ZH249, ZH362, ZH460	Omega 3 soft gels, Gez'Igazi, African Potato caps, Moringa capsules, Moringa Multivit, Joint Support capsules, Activated Charcoal caps, Herbal Blend, Herbal Balm, Alkaline Fizzer, Hydrolysed Collagen Joint Care powder, Golden Spice mix
Libido and Vitality Health	04 09 11 14	ZH150, ZH103, ZH800, ZH132, ZT40	Power Up, Bangalala capsules, Herbal Blend, Energy tonic, Energy tea
Natural Detoxification	02	ZH800, ZH140, ZH131, ZH110, ZH100, ZH49, HL20, ZH256, ZT20, ZH252	Herbal Blend, Sea Miracle, Aloe Buchu, Moringa Multivit elixir, Moringa capsules, African Potato caps, Activated Charcoal caps, Liquid Chlorophyll, Firm & Fab detox tea, Radiant Glow L-Glutathione powder
Oral Health	02	ZH142, ZH143, ZH161, ZH188, ZH140, PC20, PC22, PC24	Sea Miracle toothpaste, Sea Miracle mouthwash, G-Fence spray, Pre & Probiotic capsules, Sea Miracle, Probiotic toothpaste (Protective, Sensitive and Whitening)
Piles	02	ZH131, ZH140, ZH240, ZH188	Aloe & Buchu elixir, Sea Miracle, Omega 3 soft gels, Pro & Prebiotic with Turmeric capsules
Promotes Calm and Mood	11 14	ZH240, ZH800, ZH805, ZH253, ZH192, ZH255, ZT30	Omega 3 soft gels, Herbal Blend, Herbal Balm, Creatine & Collagen, Ashwagandha capsules, Mushroom Coffee Blend, Calming Tea
Recovery Support	01 05 11	ZH240, ZH188, ZH189, ZH805, ZH800, ZT110, ZH253	Omega 3 softgels, Pre & Probiotics, Magnesium Glycinate, Herbal Balm, Herbal Blend, Restore Tea, Creatine & Collagen powder
Sinus & Respiratory Discomfort	03 06	ZH140, ZH188, ZH110, ZH165, ZH209, ZH146	Sea Miracle, Pre & Probiotic capsules, Moringa Multivit elixir, Gez'Igazi, Colds & Flu with ACC, Throat spray, Nasal spray

Support Category	Body Tonics	Health & Wellness Product Code	Health & Wellness Product Description
Skin Health	02 12	ZH140, ZH131, ZH110, ZH188, ZH240, HL20, ZH425, ZH800, ZH252, ZH251, ZH256, ZT90	Sea Miracle, Aloe Buchu elixir, Moringa Multivit elixir, Pro & Prebiotic with Turmeric capsules, Omega 3 soft gels, Activated Charcoal capsules, Moringa powder, Herbal Blend, Radiant L-Glutathione powder, Castor Oil, Liquid Chlorophyll, Glow Tea
Sleep Support	11	ZH189, ZH253, ZH192, ZH255, ZH252	Magnesium Glycinate, Creatine with Collagen, Ashwagandha capsules, Mushroom Coffee Blend, Ashwagandha and African Potato Hot chocolate
Sore Throat	03 06	ZH209, ZH185, ZH210, ZH550, ZH140	Throat spray, Sea Miracle, Viral Combat caps, Pelargonium cough syrup, Immuno Boost powder
Tiredness & Fatigue	14	ZH140, ZH132, ZH150, ZH110, ZH100, ZH425, ZH165, ZH242, ZH247, ZH256, ZT40, ZH253	Sea Miracle, Energy tonic, Power Up, Moringa Multivit elixir, Moringa capsules, Moringa powder, Gez'Igazi, Cal-Mag-D3 capsules, Liquid Iron tonic, Liquid Chlorophyll, Energy Tea, Creatine & Collagen powder
Urinary Tract Health	02 07	ZH187, ZH249, ZH131	Cranberry capsules, Alkaline fizzer, Aloe & Buchu Elixir
Varicose Veins	01 05	ZH140, ZH805, ZH110, ZH100, ZH240	Sea Miracle, Herbal Balm, Moringa Multivit elixir, Moringa capsules, Omega 3 soft gels
Weight Management Support	02 13 14	HL106, HL104, HL103, HL105, HL20, ZH131, HL107, ZH256, ZT15, ZT20	Firm & Fab Weight Support syrup, Hoodia capsules, Firm & Fab capsules, Herbal Slim, Activated Charcoal capsules, Aloe & Buchu elixir, Thermal lotion, Firm & Fab Meal Replacement with Collagen, Liquid Chlorophyll, Firm & Fab Detox tea, Firm & Fab Slimming tea
Wet and Dry Coughs	06 08	ZH210, ZH140, ZH144, ZH184	Cough syrup, Sea Miracle, Sea Miracle vapour rub, Colds & Flu with ACC200

Traditionally herbal tonics were used as preventative treatments and to improve overall wellbeing, both mentally and physically. Specific herbal tonics can be used for treating or preventing specific ailments. Use our ailment guide to find the Body Tonic that best suits your needs. This guideline is not intended to replace a relationship with a qualified health care professional and is not intended as medical advice. Guidelines should not be used to diagnose, treat, prevent or cure any disease or condition.



TABLE CHARM DIRECT
HOME | HEALTH | FASHION | BEAUTY

EMPOWERED

Start building your Health Business the Journey to Success way

Success at Table Charm Direct follows a clear and proven pathway called The Circle of Success. This is the foundation of the Journey to Success - and it works when applied with consistency.

STEP 1 SHOP & SHARE

It Starts with you. Use the products you love. Experience them daily. Build belief through personal use. When you share your story with confidence, customers respond. When customers buy, income begins.

Belief is the foundation of growth.

STEP 2 INVITE & ACTIVATE

Turn interest into income. When people love the products, invite them to join the opportunity. Help them: Register correctly, place their first order, and understand how they earn.

Belief is the foundation of growth.

STEP 3 DUPLICATE & GROW

Multiply what works. Show your new Business Builders how to follow the same simple system.

Activation is the moment the business truly begins.

When they apply the Circle of Success consistently, they grown in confidence and earnings - and so do you. Growth in Table Charm Direct happens through duplication. Leadership begins when you help others succeed.

Advance Through Earnings Plan

Build something that lasts.

As your team grows and activity increases, you move through clear levels within the Earning Plan.

You unlock: Higher income potential, Greater recognition, Expanded leadership influence, and Long-term rewards. This is not quick money. **It is structured, sustainable growth.**

**YOU ARE EMPOWERED.
YOU ARE SUPPORTED.
YOU ARE PART OF THE
JOURNEY TO SUCCESS.**

BUILT FOR GENERATIONS

This opportunity is more than income. It is a pathway to build a profitable business that can support your family and be passed from generation to generation.



www.tcdirect.co.za
+27 (0)11 2226 1600

Contact _____
Mobile _____

Jeremiah 29:11: "For I know the plans I have for you", declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."