

A decorative border surrounds the page, featuring various fresh fruits like strawberries, blueberries, raspberries, and apples, along with green leafy vegetables and smoothies in blenders. The border is primarily red, with a green horizontal bar at the top containing the text 'OPTIMAL ESSENTIALS'.

OPTIMAL ESSENTIALS

ULTRA BONE & JOINT

Ingredient information sheet



optimaessentials
by Dr Phil Sheldon





ULTRA BONE & JOINT

Soothes. Heals. Strengthens.

The best way to nourish our bodies for peak performance is with natural, organic, plant based ingredients that provide essential nutrients for optimal health. Ultra Bone & Joint contains high quality and sustainable, nourishing, natural anti-inflammatory nutrients to help aid the body's natural healing process, protect and promote bone, joint, tendon, & ligament health. Great for muscle recovery, boosting athletic performance and naturally enhancing skin, hair, and nails.

So get back to enjoying life without feeling sore and worn out. Work at peak performance, get things done efficiently, day after day. For people who are serious about their health. Don't leave feeling amazing every day to chance!

Ultra Bone & Joint. For you health, your body, your happiness.

Why You'll Love our Ultra Bone & Joint:

- Packed full of nutrient dense superfoods
- Nourishes aching joints and muscles
- Helps heal and repair
- Safe with all medication and safe for Diabetics
- Non GMO, VEGAN, Gluten & Dairy FREE
- Nothing artificial and NO added sugar
- NOT tested on animals - (only relatives!)

INGREDIENTS:

INGREDIENTS: Glucosamine HCL (vegan), Organic Baobab, Organic Green Banana (Resistant Starch), Organic Flaxseed, Organic Broccoli, Organic Atlantic Kelp, Organic Diatomaceous Earth, Organic Inulin, Organic Matcha, Organic Stevia, Organic Chlorella, Green Apple, Organic Ginger, Organic Turmeric.

GLUCOSAMINE HCL (VEGAN):

Some of the primary benefits of vegetarian glucosamine include fighting against irritation in the intestine, stomach and the bladder area, aids in healing of injured tissues and fractures at a faster rate, minimises joint pain remarkably, protects the joints from inflammation and other factors that lead to arthritis.



ORGANIC BAOBAB:

A large fruit with a delicious citrus-like flavour and is highly nutritious supplying varying amounts of protein, fibre, vitamin C, antioxidants, potassium, magnesium, iron, zinc, calcium and B vitamins. Baobab may help reduce inflammation and prevent oxidative damage to cells and has been known to help improve digestive health and prevent conditions like constipation, intestinal ulcers, and inflammatory bowel disease. Baobab may also help reduce feelings of hunger which could promote weight loss and also help slow the increase of blood sugar levels and decrease the amount of insulin needed to keep blood sugar levels under control.

Organic Green Banana (Resistant Starch):

Resistant starch - a type of fibre - is a fantastic source of prebiotics. Green banana is loaded with inulin and insoluble fibre, which also act as prebiotics. Probiotics replenish our gut with a variety of good bacteria, but the prebiotics provides the proper fuel to keep the good bacteria happy and maintain healthy gut flora. High in essential minerals such as zinc, magnesium, phosphorous, and manganese. Additionally, green banana contains some 5HTP (5-hydroxytryptophan), a powerful supplement to help increase serotonin production in the brain which can help with depression, moods, anxiety, sleep, and headaches without any side effects.



ORGANIC FLAXSEED:

Flaxseed has long been valued for its health benefits (Hippocrates used flax as a remedy for gastrointestinal problems), but only recently have researchers investigated its helpful compounds. Flax is one of the best plant-based sources of alpha-linolenic acid, which converts in the body to the same heart-protective omega-3 fatty acids found in salmon, sardines, and mackerel. It also contains both soluble and insoluble fibre (about 3 grams of total fibre per tablespoon), which promote intestinal health. In addition, flaxseed is one of the richest dietary sources of lignans, phytoestrogens thought to protect against cancer of the breast, prostate, and colon.

ORGANIC BROCCOLI:

A cruciferous vegetable, rich in antioxidants which help protect against both cancer and heart disease. Broccoli is one of the most nutrient-dense foods. It's an excellent source of vitamins A, C, and K, folic acid, and fibre. It's also a good source of potassium, phosphorus, magnesium, and the vitamins B6 and E. Broccoli also contains the carotenoid lutein, glucosinolates and phytochemicals that have tremendous anti-cancer effects.



ORGANIC ATLANTIC KELP:

Called a "miracle plant" because of its huge therapeutic properties, kelp is rich in iodine (important for the proper functioning of thyroid) and iron (important for blood cell function), natural vitamins, minerals, including essential trace minerals. Also contains alkali, important for maintaining a proper pH balance in order for our bodies to function properly.

ORGANIC DIATOMACEOUS EARTH:

Diatomaceous earth is a naturally occurring sand extracted from the earth and is a concentrated source of silica. It has many health benefits including helping cleanse the digestive tract to support a healthy digestion, improve cholesterol levels and heart health, provide the body with trace minerals, improve bone health, promote hair growth, and promote healthy skin and strong nails.



ORGANIC INULIN:

Inulin is a fibre that has been linked to several health benefits. Your gut bacteria converts inulin and other prebiotics into short-chain fatty acids, which nourish colon cells and provides various health benefits including cholesterol and triglycerides. It is also great for weight loss, constipation, diarrhoea, and diabetes.

ORGANIC MATCHA:

A finely ground powder of specially grown and processed green tea leaves. It offers many health benefits as the whole leaves are used, it's actually a more potent source of nutrients than steeped green tea. A polyphenol in matcha called EGCG has been shown in research to boost metabolism, and slow or halt the growth of cancer cells.



ORGANIC STEVIA:

Extracted from the leaves of the Stevia Rebaudiana plant, it is in fact 150 times sweeter than sugar but does not affect blood sugar levels. Used for more than 1500 years by native South American Indians and used both in Brazil and Paraguay. Classified as a 100% natural sweetener being plant derived and is not an artificial sweetener or chemicals added, with virtually no calories. It is used extensively around the world as a natural sweetener. Stevia has also been shown to assist with digestion and has been shown to improve the gut bacteria in the colon.

ORGANIC CHLORELLA:

This tiny algae packs a powerful punch. Containing more chlorophyll per gram than any other plant it provides all of the B vitamins, vitamins C and E, amino acids (including all nine essential ones), enzymes and rare trace minerals as well as protein and carbohydrates. It acts as both a powerful nutrient and a detoxifying food, helps protect the body in its fight against both viruses and cancer.



GREEN APPLE:

Green apples have a lot of health and beauty benefits. Not only are they are rich in calcium, they are also packed with nutrients, minerals and vitamins that are good for the overall health, plus have a high fibre content which helps increase the body's metabolism. Green apples also help with detoxification, improve circulation. Green apples have other added benefits as well. They help in slowing down the ageing process and help in proper nourishment of the skin eliminating dark circles to a great extent.

ORGANIC GINGER:

Used to aid digestion, treat stomach upset, diarrhoea and nausea. Also helps treat arthritis and heart conditions and believed to help the common cold, flu-like symptoms, headaches, and even painful menstrual periods. Recent studies have also shown that ginger reduces the severity and nausea during chemotherapy.



ORGANIC TURMERIC:

Turmeric is a key ingredient in curries, turmeric contains curcumin. It is considered to help with digestive disorders, act as an anti-inflammatory by lowering histamine levels, is an antioxidant protecting against free radical damage, protects the liver from certain toxins, improves circulation and has shown to decrease symptoms of skin cancers and reduced the incidence of chemically caused breast cancer.



HOW TO USE:



BLEND IT: add one scoop (40g) into your favourite smoothie recipe as a snack or meal.



MIX IT: Mix 1 - 2 spoons (included) in the evening before bed in a cup of hot (or cold) milk of your choice (almond milk, coconut milk, etc).



ADD IT: Add a couple spoons into yoghurt, porridge or baked in energy/protein bars, muffins & cookies.

