



GET 'MORE' OUT OF LIFE

Morlife is proudly an Australian owned and operated company situated on the Gold Coast in sunny Queensland. Morlife was founded by Dr Warren Stewart who has been actively involved in research and nutrition for over 25 years, it has been his personal goal to find a more natural way to rid of ill health by simply improving nutritional intake and thereby improve body function. Morlife believes in enhancing wellness through nutrition, by boosting the nutritional power of the foods we eat everyday. For nearly 10 years, Morlife has continued to create functional foods that not only taste good and contain a high content of nutrient dense superfoods but are also affordable.



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ABOUT MORLIFE



Morlife is proud to be an Australian owned & operated company, and believes Australia has a significant strong presence amongst the pioneers of the functional food market. Australia is renowned for having exceptional standards in health food & natural products.

Morlife is proudly an Australian owned and operated family business based on the Gold Coast just South of Brisbane in sunny Queensland. Morlife was established on the Gold Coast in 2002 and has been leading the development in functional foods in Australia ever since. Morlife was founded by Author, Teacher, Researcher and Doctorate Dr. Warren Stewart and his family. Dr Stewart has been actively involved in research and nutrition for over 25 years. It has been his personal goal to find a more natural way to be rid of ill health and improve nutritional intake to gain improved body function.

All Morlife products are developed in-house by leading nutritionists and researchers. Products are developed to deliver the very best functional food formulations that meet market demand. All Morlife products are manufactured in Australia at the new Queensland manufacturing plant to ensure the high quality and goodwill assurance associated with Australian made products. Morlife continues to create functional foods that not only taste good and contain a high content of nutrient dense superfoods but are affordable. It is through continual research, development and world wide supplier sourcing that Morlife is able to provide high quality products at affordable prices.

Morlifes 2010 strategic plan is strongly focused towards sustainability and corporate social responsibility. Morlife is an Australian owned and operated company ensuring economic sustainability. Where possible Morlife sources ingredients from Australia to reduce carbon foot print and to further strengthen the Australian economy. Morlife is making every effort to gather as much information on raw material suppliers to ensure they too are focused on sustainability and corporate social responsibility. Where possible product packaging is designed, printed and assembled in Australia. Morlife also does its best to source Australian raw materials when available.

Morlifes 7 Steps To Sustainability



Reduce the need for contract manufacturers to decrease carbon foot print



Improve energy efficiency of machinery



Source Australian raw-materials



Use environmentally friendly and recyclable packaging



Offset carbon foot print



Remain Australian made, owned and operated



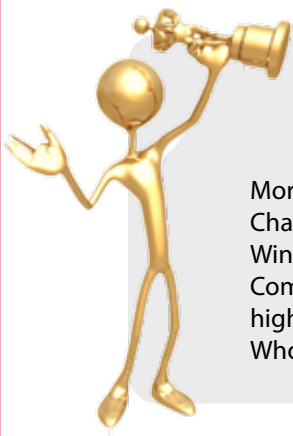
QUALITY ASSURED



To **enhance nutrient** content **Morlife** uses **certified organic** foods as much as possible and invests in food processes that lead to **composition advancements**. To bring a more effective product to the consumer Morlife goes **beyond** simply improving **basic nutrition** and **focuses on** other elements such as **facilitating the absorption of nutrients**. When developing formulations Morlife always has the **consumers wellness** in mind.

With a strong rising awareness of food safety, it is a major advantage that Morlife products are made under an internationally recognised food safety system, HACCP. Morlife is also proud to have international quality standard, ISO9001 ensuring safety and quality is first and foremost. Incorporating a quality system for best business practice is essential to making the most effective nutritional product.

It is assumed that the majority of quality health food products come with a high price tag. With Morlife, that is not the case. Quality and affordability is of paramount importance to both Morlife retailers and consumer. A concerning issue is when opposing brands market penetrate on cheaper price by diluting nutrient content. At no time does Morlife compromise quality for price, optimum wellness is the foundation of Morlifes product range. While the ingredients for a functional food are more costly, the end price of Morlife products are affordable due to an efficient manufacturing system and dedicated team of research nutritionists that source the finest ingredients from all across the globe.



AWARD WINNERS

Morlife have been proud finalists in the Food Challenge Awards for the past two years. Winning highly commended for its Goji'antiox Complete Multigrain Porridge in 2009 and highly commended for its Goji'antiox Wholegrain Toasted Muesli in 2010.



QUICK FACTS



Green Tea

By simply drinking 5 cups of green tea per day you may:

- Reduce the incidence of psychological distress by 20%¹
- Improve dental health and reduce the risk of losing teeth by 20%²
- Reduce risk of blood and lymph-based cancers by 50%³
- Reduce the risk of death from heart disease by 45%⁴

1 American Journal of Clinical Nutrition
2 Preventive Medicine
3 American Journal of Epidemiology
4 Arteriosclerosis, Thrombosis and Vascular Biology



Omega 3

Omega 3 has been linked to a younger biological age according to a new study. High blood levels of omega 3 fatty acids may slow cellular aging in people with coronary heart disease.

Omega 3 is also shown to be beneficial for:

- heart health
- improved brain function
- reducing risk of some cancers
- reducing risk of chronic diseases

Journal of the American Medical Association



Wholegrains

Eat 2-3 serves of wholegrain foods per day to reduce the risk of developing chronic disease such as heart disease, diabetes and certain cancers by 20 – 30%¹

Eat up to 4 serves of wholegrains per day to reduce the risk of heart disease by up to 40% - around the same level as cholesterol-lowering statin drugs¹

1. Federal Parliamentary Secretary for Health, Australian Government's Grains Research & Development Corporation and BRI Australia



Antioxidants

FACT: Coeliac sufferers have significantly reduced antioxidant capacity¹

New studies suggest they could need increased natural antioxidants in combination with appropriate dietary supplements.

FACT: Studies showed consuming berry-derived anthocyanins increased HDL (good) cholesterol 13.7% with a 13.6% reduction in LDL (bad) cholesterol²

Increase your intake of antioxidant anthocyanins from berries to assist in improving cholesterol levels

1 J Clinical Biochemistry
2 American Journal of Clinical Nutrition



Healthy Aging

Scientists have reported the first evidence that eating blueberries, strawberries, and acai berries may not only help with a variety of health benefits, but may also help the aging brain stay healthy.

Research suggests that antioxidant polyphenols present in berries, and possibly walnuts, activate the brain's natural "housekeeper" mechanism, which cleans up and recycles toxic proteins linked to age-related memory loss and other mental decline.

USDA Agricultural Research Service Human Nutrition Centre of Aging



Immune System

Boost your immune function after exercise with Colostrum

Supplements of colostrum (from cows) may counter the drop in immune function following exercise, according to a new study from Wales. Four weeks of supplementation with bovine colostrum was shown to reverse the decreases in the function of immune cells that accompanied intense exercise

British Journal of Nutrition.



MARKET FACTS



SUPERFOODS

Superfood is a term sometimes used to describe food with high phytonutrient content that may confer health benefits as a result. For example, blueberries are often considered a superfood (or superfruit) because they contain significant amounts of antioxidants, anthocyanins, vitamin C, manganese, and dietary fibre. Morlife not only uses superfoods as primary ingredients in their product range.

FUNCTIONAL FOODS

Morlife operates in the **Functional Food** market that is described as “food and beverages that provide a health benefit beyond basic nutrition.” They are often believed to enhance health and well-being (assist in weight-loss, reduce risk of disease), enhance performance (either physical/athletic performance or memory/cognitive functions), or help manage a chronic condition.

MARKET DEVELOPEMENT

The first functional foods were developed in Japan over 20 years ago. The market was developed to fulfill the need of consumers who appreciate the role of diet in their health, and seek to prevent the onset of chronic disease through the adoption of specific behaviors.

CONSUMERS

- Functional foods are often used to compensate an unhealthy lifestyle.
- Functional food consumption is related to consumers' health motivation, perceived diet effectiveness of products, and knowledge about nutrition.
- Demographic characteristics of consumers play a minor role in consumer acceptance of functional foods.

MARKET GROWTH

Leading market research company Scientia Advise reported the ‘functional foods’ market was recorded to be worth US\$128 Billion in 2006. It is forecasted to continue to grow at a compound rate of 7% and said to be worth US\$195 Billion by 2012.

The growth has been facilitated by the emergence of solid scientific reports into the benefits of functional foods, the convergence of consumer demographics, and the changing economics of health care and greater consumer awareness.

QLD ADVANCES

A new \$100 million dollar Health and Food Sciences Precinct has just opened in Brisbane, it is a joint project between the Queensland State Government and the CSIRO, and is said to cover human health, animal health and food sciences in a ‘centre of excellence’.

Functional foods, value-added foods and ‘super’ foods will be a focus at the new precinct. Food products with additional benefits will be developed to improve health, prevent disease and provide new industry opportunities.

ALKALISING



Most people's diets, while nutritionally balanced, are **acid forming** in the body. It is not simply a matter of eating healthy foods, but ensuring that you are eating the right amounts of the right types of foods. **Regulation of pH** in your body is **absolutely essential for life**, our body cannot function properly if we are **too acidic**. Excess **acidity** in the cells is the **underlying cause of disease**, as disease cannot live in an alkaline environment.

Most cells within the body especially the blood, function best when they are slightly alkaline. In fact our body goes to great lengths to maintain the bloods alkaline balance, stealing alkaline minerals (such as calcium) from our cells and bones to protect the blood from acidity. This can impair our long-term energy and overall wellness.¹

What causes the body to be acidic?

Most people's diets, while nutritionally balanced, are acid forming in the body. It is not simply a matter of eating healthy foods, but ensuring that you are eating the right amounts of the right types of foods. Research shows that the typical western diet is high in acid forming foods, combine this with highly stressful lifestyles and this can lead to chronic acidic conditions within the cells. Excess acidity in the cells is the underlying cause of disease.^{2,3}

Why is it important to maintain an alkaline state?

Regulation of pH in your body is absolutely essential for life. Our body cannot function properly if we are too acidic. Most importantly disease cannot live in an alkaline environment. In fact our blood cells need to be maintained at a slightly alkaline pH. This is essential for oxygen transportation to our tissues and for enzymes to remain active. Similar to maintaining a swimming pool where you adjust the pH levels to ensure germs and bacteria cannot live.^{4,5}

Your bodies pH level?

The bodies pH is measured on a scale of 0-14, mid-range is at 7 where the pH is balanced. Anything below 7 is acidic and a state where your body does not function as designed. Above 7 is called alkaline, and slightly alkaline is the state in which your body thrives.⁶



Acid Forming Foods & Factors;

- Protein powders/ shakes
- Dairy
- Meat
- Cereals & Grains
- Eggs
- Processed Foods
- Fish
- Stress
- Excessive Exercise

ALKALISING PRODUCTS

Morlife Alkalising Greens rrp \$47.95 300g
Morlife Spirulina rrp \$47.95 300
Morlife Chlorella rrp \$47.95 300g
Morlife Barley/Wheat Grass rrp \$47.95 300g
Morlife Wheat Grass rrp \$47.95 300g
Morlife Barley Grass rrp \$47.95 300g



Testimonial

Thank you very much for replying to my enquiry & questions. I shall read with interest what you have sent me. I have now purchased some more spirulina for my 2 daughter's. One who had her second baby about 4 month's ago who has now increased her energy levels & says she is feeling 100% to what she was before taking spirulina. The other daughter who was low in energy & was struggling in her profession & also has a 5 year old son who is a bundle of energy.....so she is also feeling the benefits of spirulina. Thank you. Thank you so much, without sounding too dramatic, it has changed our lives.....

Posted by Margret Taylor on 19th May 2009

ALKALINE FOODS



Our **body functions best** when it is slightly **alkaline**. A diet high in acid forming foods will result in a residual acid load, which can impair health. It is recommended that you **eat 60-80% alkaline food** and only 20-40% acidic food. The best types of **alkaline foods** to eat are fresh fruit and vegetables, or supplements such as Chlorella, Spirulina, Barley Grass or Wheat Grass. **Morlife** has a **range of Alkalising products** including a super blend of alkalising foods... **Morlife Alkalising Greens**.

It is impossible to avoid acid production in the body, as acids are produced as part of regular everyday metabolism. However it is possible to minimise unnecessary causes of acidity, by limiting excess amounts of acidic foods. Acid forming foods include meats, dairy, grains, cereals and sugars. Alkaline foods include most vegetables, fruits, nuts and seeds, the best alkalising foods are green vegetables, due to their high chlorophyll content. It is important to remember that although many of the acid foods are healthy and a necessary part of our everyday diet, in excess they can cause a build up of acids within our body¹.

It is recommended that you eat 60-80% alkaline forming foods and only 20-40% acid forming foods². In our busy lives it is often difficult to maintain a perfect alkaline diet which is why Morlife has developed Alkalising Greens. It is a nutritionally researched functional formulation of 15 alkalising sources (including green fruit, vegetables and superfoods) and alkalising minerals; calcium, potassium and magnesium. It also contains prebiotics and active herbs to aid digestion as well as a wide range of phytonutrients.

Phytonutrients In Alkalising Greens:



Coral Calcium contains both **calcium** and **magnesium** in their ideal 2:1 ratio and has been shown to have superior absorption. Due to its mineral composition coral calcium has an alkalising effect in the body which is why it is used in Morlife's Alkalising Greens formulation.



Morlife uses a delicious **combination of fruits** not only for their alkalising properties but for also for their taste. Morlife also uses a combination of beneficial herbs nettle, parsley and peppermint for their functional attributes.



A careful combination of **aloe vera** and **prebiotics** are used to aid digestion. Aloe vera helps stimulate bowel function and soothe gut irritation. FOS (Fructo-oligosaccharides) has been added to promote the growth of beneficial bacteria in the gut.



Barley Grass & Wheat Grass are very similar and are both exceptionally alkalising and nutritious. They contain many vitamins, most minerals and all essential and non-essential amino acids. Both have a high antioxidant level and anti-inflammatory properties. For the most nutrient dense barley and wheat grass Morlife only uses certified organic.



Chlorella and **Spirulina** are single celled blue green algae high in protein, chlorophyll, amino acids and minerals. Spirulina is said to be good for stimulating the immune system, fatigue, anemia and allergic skin disorders. Chlorella is 60% protein and 7% chlorophyll making it the best known chlorophyll source. Morlife uses only the highest quality, most nutrient dense certified organic chlorella and spirulina.



Morlife uses a **combination of green vegetables** for their high chlorophyll content and alkalising minerals. Chlorophyll is thought to be useful for removing toxins from the body, protecting against radiation and supporting cell production.

ANTIOXIDANTS



Antioxidants are vital for neutralising excess free radicals in the body. Free radicals are unstable molecules that 'attack' other healthy molecules¹. These free radicals can begin a chain reaction in your body that eventually leads to illness and disease if allowed to run rampant². Antioxidants help to stabilise these free radicals and may help prevent the cellular damage that paves the way for illness and disease³.

What are antioxidants?

Antioxidants are molecules that reduce or inhibit damage by free radicals. When oxygen is metabolised, it creates 'free radicals' which steal electrons from other molecules, causing damage. The process of oxidation in the human body damages cell membranes and other structures. The body can cope with some free radicals and needs them to function effectively. However, an overload of free radicals has been linked to certain diseases, including heart disease, liver disease and some cancers. Oxidation can be accelerated by stress, cigarette smoking, alcohol, sunlight, pollution and other factors.⁴

Why do we need antioxidants?

We need antioxidants in our diet to stop damage caused by free radicals. Research has indicated that a diet high in antioxidants may reduce the risk of many diseases, including heart disease and certain cancers. Antioxidants scavenge the free radicals from the body cells, and prevent or reduce the damage caused by oxidation.^{5,6}

How do you get antioxidants?

Antioxidants can be found in many foods, some of which include fresh fruit, vegetables, dark chocolate and tea. There are particular 'superfoods' that are renowned for their high antioxidant properties such as goji berries, acai berries, chia seeds and pomegranate. Morlife has taken into consideration the market demand for antioxidant products & focused product development on consumable products that are high in antioxidants. To coincide with consumer behaviour towards health claims Morlife ensures every antioxidant claim and measurement is supported by a government approved ORAC graph, which is evidently comparable to other well-known high antioxidant products and clearly displayed on the back of the products packaging.

ORAC TESTING

What is an ORAC test?

ORAC stands for "Oxygen Radical Absorbance Capacity", an Australian government standard for measuring antioxidant capacity. It is believed that the ORAC measurement analyses the antioxidant capacity of the food or product. The higher the ORAC score of the food the more beneficial it is believed to be for fighting free radicals.

What is an ORAC Graph?

An ORAC graph is used to compare the antioxidant capacity of different products and foods. Morlife independently tests all its high antioxidant foods for their TAC score (total antioxidant capacity) and compares them to other products on the USDA standard reference database. To make the information easily comprehensible Morlife presents this information in a bar chart aka ORAC graph.

HIGH ANTIOXIDANT PRODUCTS

Morlife Snack Range price from \$8.95 Morlife Cereals price from \$7.95

Morlife Beverages price from \$19.95 Morlife Teas price from \$5.45

Morlife Boosting Powders price from \$24.95

Morlife Chia Seeds price from \$5.95



DID YOU KNOW

Research suggests antioxidants could be beneficial for:

- premature aging⁷
- cardiovascular disease⁸
- alzheimer's disease⁹
- parkinson's disease¹⁰
- rheumatoid arthritis¹¹
- diabetes¹²
- chronic fatigue¹³

GOJI BERRIES



Goji Berries are considered an antioxidant dense superfood with abundant health benefits, providing a natural approach to gaining wellness. Research shows this 'superfood' provides more antioxidant power than many other high-antioxidant fresh berries and fruits.

Goji berries (aka Chinese Wolfberries) are bright red and grow in the cool mountainous regions of northern China. Chinese people have eaten goji berries for at least 1,700 years, they are used extensively in traditional Chinese Medicine for kidney and liver problems, infertility and as a blood tonic.¹

Goji berries contain possibly the highest antioxidant levels of all known fruits and vegetables, rivalled only by other "super fruits" such as Acai berries.

Furthermore, goji berries contain unique polysaccharides (long carbohydrate structures) that may have the ability to stimulate the immune system and increase body defences against bacteria, viruses and fungi^{2,3}.

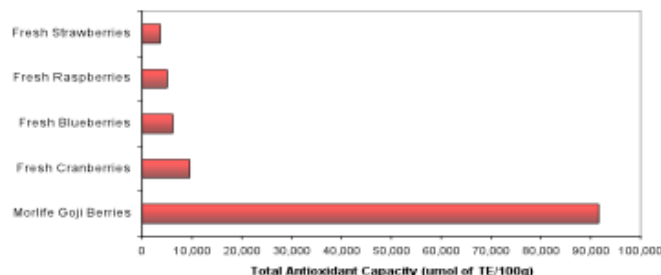
Goji berries contain various vitamins including betacarotene, B vitamins (B1, B2, B3 and B6), vitamin C and vitamin E. They also contain various trace minerals, including zinc, magnesium, potassium, sulphur, iron, calcium, phosphorus and even germanium. Goji berries are quite high in iron, in fact weight for weight sun-dried goji berries contain more iron than steak.^{4,5,6,7}

Goji berries are a natural approach to wellness. They are easy to eat and are especially good for those who want to maintain a youthful energetic lifestyle as they contain high levels of antioxidants and a wide range of nutrients.

Morlife has incorporated these magical berries into a wide range of it's products; Dried Goji Berries, Dark Chocolate Goji Berries, Dark Chocolate 5 Berry Mix, Goji'antiox Tea, Goji Berry Pure Juice, Goji Berry with Grape Juice, Goji'antiox Wholegrain Natural Muesli, Toasted Muesli and Porridge.



Berry Comparison ORAC Graph



Testimonial

Just have to let you know that I have fallen in love with your dark chocolate coated goji berries - they are so delicious and seriously addictive. The chocolate is just excellent and I love that you can treat yourself to a very small handful of them - while keeping an idea on the waistline!

Recieved from Sonja on 27th May 2010

BEVERAGES

Goji'antiox Instant Tea
rrp \$9.95 100g

Goji Berry Pure 99% 1l
rrp \$39.95 makes 6l

Goji Berry with Grape 1l
rrp \$39.95 makes 6l



SNACKS

Goji Snacks

Dried Goji Berries
rrp \$10.95 250g

Chocolate Coated Goji Berries
rrp \$8.95 150g

5 Berry Mix
rrp \$8.95 125g

Chocolate Coated 5 Berry Mix
rrp \$9.95 125g



CEREALS

Goji'antiox Cereals

Goji'antiox Porridge
rrp \$7.95 400g

Goji'antiox Natural Muesli
rrp \$7.95 400g

Goji'antiox Toasted Muesli
rrp \$8.95 400g



ACAI BERRIES



The acai berry is full of antioxidants, amino acids & essential fatty acids¹, all of which are a vital part of a healthy diet. Due to the nutritional makeup of the Acai berry, it has an amazing number of health benefits. It has antioxidant properties, is antibacterial and anti-inflammatory and is great for the cardiovascular system². Like most superfoods the acai berry has a great taste, some liken it to a blend of berries & chocolate.

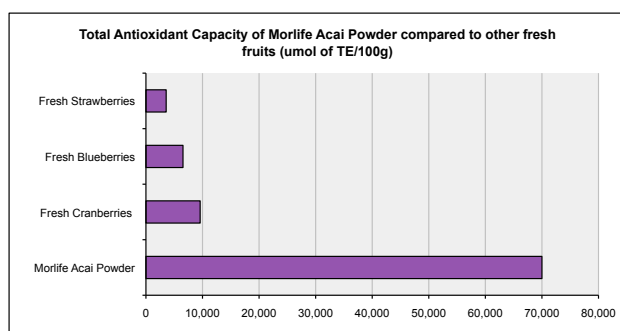


Acai palms (pronounced ah-sah-ee) are native to northern South America. The berries are a rich dark purple colour due to their abundance of flavonoids. They are renowned as one of the highest sources of antioxidants in the world. Acai berries are used in Brazilian herbal medicine and have been shown in scientific studies to possess anti-inflammatory and cardio-protective effects. Acai gained international popularity after featuring on Oprah in late 2004, where world renowned anti-ageing expert Dr. Nicholas Perricone introduced his book, "The Perricone Promise" and named the acai berry the #1 super food in the world for "age-defying beauty".

Morlife's new Acai product range has been developed due to increasing demand for this well-known magic berry. The Acai powder greatly compliments Morlifes current range of 'smoothie and juice booster' supplements. The Acai capsules have been introduced due to the increase in demand for a more convenient method of obtaining the recommended daily intake of the acai berry.

DID YOU KNOW

- Acai berries have more proteins than an egg and are full of amino acids¹
- Acai berries contain essential fatty acids such as omega 6 & 9²
- Acai berries contain over 16 phytonutrients and antioxidants³
- Acai berries contain 10x as many antioxidants as grapes and twice as many antioxidants as blueberries⁴
- Acai berries contain anthocyanins – as much as 30 times as those found in red wine⁵
- Acai berries contain dietary fibre (44.2 grams of fibre per 100 grams of the berry)⁶
- Acai berries have a low glycaemic index (keeps you feeling fuller, for longer)⁷
- Acai berries are high in trace minerals and macro minerals^{8,9}
- Acai berries are high in vitamins^{10,11}
- Acai berries have an ORAC level higher than any other berry^{12,13}



ACAI BERRY PRODUCTS



Organic Acai Powder
rrp \$26.90 100g

Organic Acai Capsules
rrp \$49.95 500mg x 150capsules

Acai Juice Tropical Blend
rrp \$39.95 1l concentrate makes 6l

ACAI RECIPES

Acai Berry Sorbet

Acai Berry powder and juice taste delicious blended into smoothies, milkshakes, frappes, sorbet and ice-cream. Follow this quick and simple recipe for a nutritious, high antioxidant sorbet. Simply blend 400g of apple puree with 2tbl spoons of Morlife Organic Acai Powder, 2 bananas, 10 strawberries, juice of 2 fresh limes, 1/4 cup argave nectar. Blend until smooth, taste and add more argave nectar or lime juice as necessary. Place in a container, freeze for a few hours until semi-frozen, fluff with a fork & allow to freeze for a further 4 hours.

When thinking about acai recipes or when preparing them it is important to remember that the anthocyanins of acai berry are fragile & can change in nutritional value easily. Acai juice must not be cooked, but instead, served as an extra topping, chilled or as a condiment.



CHIA SEEDS

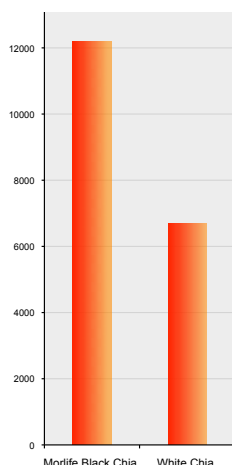


Chia seeds have been branded 'nature's multi-vitamin' they are packed with nutrients that are claimed to boost immunity, help strengthen bones and ease digestion¹. Chia seeds are rich in Omega 3, protein, calcium, potassium, iron, soluble and insoluble fibre and antioxidants². Adding chia seeds to your diet will feed your body with nutrients that it may otherwise lack.

Morlife has recently made the switch from white Chia seeds to black Chia seeds, why? ... because black chia seeds are better by the fact that they contain almost twice the amount of antioxidants than white chia seeds.

Chia seeds grown at a higher altitude have more antioxidants than Chia seeds grown at lower altitudes. Morlife Chia seeds are grown at the highest possible altitude (7000ft above sea level) in mineral rich volcanic soil just 20km from the active volcanos peak, they have 70% more antioxidants than other chia seeds*. Comparable nutritional testing indicates Morlife chia seeds are higher in Omega 3 fatty acids.

Morlife's Chia seeds are grown just 30miles from the Aztec Capital, they are organically wildcrafted where possible to ensure sustainability and high content of nutrients. As Morlife's Chia Seeds are grown where nature intended (at their botanical origin), in nutrient dense volcanic soil, they do not require artificial irrigation as they absorb moisture from the mountainous air.



Left: *Morlife Black Chia seeds and white chia seeds have been independently tested using an ORAC (Oxygen Radical Absorbance Capacity) test. As the graph clearly indicates Morlife Black Chia seeds measure at 12,200 umol of TE/100g compared to standard white chia seeds of 6,700 umol of TE/100g.

Below: Comparison of beneficial fatty acids within Morlife Black Chia Seed and standard white chia seeds.

content per 100g	Morlife Black Chia Seeds	White Chia Seeds
Polyunsaturated fats	28.1g	26.4g
Omega 3 ALA	21,500mg	19,300mg



Morlife Chia Seeds:
150g \$5.95 1kg \$24.95

COOKING

This recipe is an excellent way to get your plant based omegas and your fish oil based omega 3 essential fatty acids.

This is one of our favourite dishes its so delicious its hard to believe its good for you. You can use the crust to add a crunching flavour to any fish, we have found it works best with Salmon, Sword Fish and Trout.

Blend 1 cup of macadamia nuts, 2 tsp **Morlife Chia Seeds**, fresh dill, fresh coriander, 1 lemon zested and juiced.

Blend together all the ingredients until a breadcrumb consistency. Lightly coat the fish in egg & lemon juice, then completely cover with the crusted mixture.

Cook in a grill pan set to a medium heat for 3-6 minute both sides.



DID YOU KNOW

Morlife Goji'antiox Complete Multigrain Porridge & Morlife Goji'antiox Wholegrain Muesli contain 'nature's multi-vitamin' Chia Seeds!



CEREALS



A delicious blend of wholegrains, seeds, macadamia nuts, chia seeds, blueberries, goji berries and cranberries make a complete functional breakfast cereal that will give you energy and support your body throughout the day. This great tasting cereal range is high in fibre, high in antioxidants & a natural source of Omega 3 & 9, it contains no artificial colours, flavours or sweeteners and is free from both dairy & wheat... makes eating healthy taste great!

Morlife's Goji'antiox Wholegrain Muesli range is making eating healthy taste great! Each ingredient in the complex formulations have been specifically chosen for its unique beneficial quality to give you a complete functional breakfast that enhances wellness and supports the vitality of your whole body throughout the day.

Most mueslis contain a dull mix of 1 or 2 dried fruits, grains, nuts and seeds. Morlife Goji'antiox mueslis contain a nutritious blend of 4 exotic fruits, 4 grains, Australian macadamia nuts, chia seeds, sunflower seeds, linseeds, pepitas and more!

Morlife have maintained their usual high standards by ensuring all their Goji'antiox Cereals are free from colours, flavours, dairy, artificial sweeteners and wheat. You can enjoy Morlife Goji'antiox cereals all year round with a winter warming porridge, delicious natural muesli and crunchy toasted muesli.



2009 & 2010 FOOD MAGAZINE FOOD CHALLENGE AWARDS



Goji'antiox Multigrain Porridge rrp \$7.95
Goji'antiox Wholegrain Natural Muesli rrp \$7.95
Goji'antiox Wholegrain Toasted Muesli rrp \$8.95

Testimonial

I hadn't eaten cereal for many years until I came across the Morlife Goji'antiox Porridge. I decided to try it as I have with many cereals over the years but always eluded after I had tried them. This porridge ticked all the boxes as far as nutrition and taste but it also gave me an abundance of energy and kept me full for hours. It is also the first cereal that hasn't given me heartburn which most cereals tend to do. I like to add flaked almonds and the Jalna vanilla yoghurt with it which gives it a wonderful texture. I'm so happy that I finally found the perfect start to my day. Thank you so much.

Received by email from Connie Gaeta 13 Feb 2010

DID YOU KNOW

- Morlife Goji'antiox Natural Muesli has 3 times more antioxidants than cornflakes*
- Morlife Goji'antiox muesli's contain Omega 3 & 9 which are beneficial for cardiovascular health
- Morlife Goji'antiox cereals are a source of beta-glucan that is clinically proven to help lower cholesterol.
- Morlife Goji'antiox cereals are wheat free.

WHY NOT TRY

Morlife Goji'antiox Muesli Bars

Simple mix 3 1/2 cups of Morlife Natural Muesli with 2 tbs of honey, 2 tablespoons of Maple syrup, 1 beaten egg, 2 mashed bananas and 1/3 Cup of canola oil. Place mixture into a non-stick baking dish, place in a 180 degree oven for 15 minutes or until golden brown.

Serves 12.



COMPARE US



Morlife's Goji'antiox Wholegrain Natural Muesli in comparison with other leading muesli and cereal brands.	Morlife Goji'antiox Wholegrain Natural Muesli	Uncle Toby's Natural Style Muesli	Kellogg's Special K Light Muesli	Brookfarm Natural Macadamia Muesli
Three Different whole grains:	√			
- Rolled oats	√	√	√	√
- Rolled barley	√		√	√
- Rolled rye	√			
Wheat free	√			
Fortified with wheat-free bran:	√			√
- Barley bran	√			√
- Rice bran	√			√
Four antioxidant rich dried fruits:	√			
- Goji berries	√			
- Blueberries	√			
- Cranberries	√		√	
- Sultanas	√	√	√	√
Six nutritious nuts & seeds:	√			
- Australian macadamia nuts	√			√
- Coconut chips	√			√
- Sunflower seeds	√			√
- Linseeds	√	√		
- Pepitas	√			√
- Chia seeds	√			
High in Fibre (over 5g/serve)	√	√		
Measures soluble & insoluble fibres	√			
Fortified with Psyllium	√			
Good source of Essential Fatty Acids:	√			
- Omega 3	√			
- Omega 9	√			
Antioxidant focus & measure	√			
Contains 3 times more antioxidants than traditional breakfast cereals [^]	√			
Low sugar content, only 7% of RDI*	√			
Less than 7g sugars/serve	√			
No added salt	√			√
Very low in sodium, less than 20mg/serve	√			√
Free from colours	√	√		√
Free from flavours	√	√		√
Free from artificial sweeteners	√	√	√	√
Free from dairy	√	√	√	√
Free from emulsifiers & thickeners	√		√	√

* Recommended Dietary Intake

[^] Antioxidant capacity measured by an ORAC test

SNACKS



At Morlife we **bountifully shower** carefully selected **succulent berries** with premium dark **chocolate**, to bring you the most **nutritious** and delectable **indulgence**. The **berries** are carefully selected by our **research nutritionists** for their high content of **antioxidants** & vast array of nutrients. This high antioxidant chocolate indulgence is free from gluten & artificial colours for your **guilt-free snacking** pleasure... **just simply the perfect pairings of perfect tastes**.

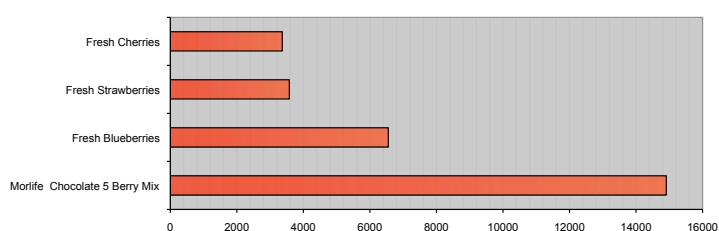
Morlife's snack range is just simply the perfect pairings of perfect tastes, juicy fruit and premium dark chocolate. The chocolate coated fruit and nut range is truly unique to the snack market and has significantly high levels of antioxidants. The antioxidant capacity of Morlife Dark Chocolate 5 Berry Mix has been measured (as shown below in an ORAC chart) to contain more than twice the antioxidants of fresh blueberries and over four times the antioxidants of fresh strawberries and cherries.

Morlife's chocolate coated berry range are all gluten free, and free from artificial sweeteners, colours and preservatives. Morlife's aim when developing this product was to reinvent the snack food market to include nutrient dense foods that not only taste delicious but also provide the body with beneficial nutrients.

Morlife's chocolate berry snack range are not only a healthier alternative to your normal choice of indulging treat but taste equally as good. Morlife has ensured that whilst developing a nutrient dense, high antioxidant snack they have not sacrificed on taste, using the most premium dark chocolate and succulent dried berries and nuts.



Fig.1 Total Antioxidant Capacity of Morlife Chocolate 5 Berry Mix compared to fresh berries (per average quantity in 100g)



WHY NOT TRY

Adding Morlife Chocolate Berries To Your Muffins or Cakes

Morlife Chocolate Coated Berries are a great healthier substitute to chocolate chips and whole chocolate pieces, so why not sneak some extra nutrients into your cakes, biscuits, cookies, ice-cream or slices next time you are baking.



DID YOU KNOW

Morlife's snack range is:

- Made from real fruit
- High in antioxidants
- Free from preservatives
- Free from colours
- Free from artificial sweeteners



Chocolate Blueberries
rrp \$8.95



Chocolate 5 Berry Mix
rrp \$8.95



Chocolate Goji Berries
rrp \$8.95



Chocolate Macadamias
rrp \$8.95



Chocolate Cherries
rrp \$8.95

COMPARE US



Morlife Dark Chocolate coated 5 Berry Mix in comparison with other leading brands of like-minded products	Morlife Dark Chocolate Coated 5 Berry Mix	Fruit for Life Dried Berry Mix	Dr Superfoods Blueberry Bliss	Go Natural Apricot Frugos
5 varieties of fruits:	√			
- Blueberries	√		√	
- Cranberries	√	√		
- Goji Berries	√			
- Sour Cherries	√			
- Strawberries	√	√		
Coated in antioxidant rich dark chocolate	√		√	
Antioxidant levels measured	√			
Over 4 times the antioxidants of the same amount of fresh strawberries & cherries	√			
Only real pieces dried fruit used	√	√	√	
Australian made product	√		√	√
Resealable foil fresh bag	√	√	√	
Gluten Free	√		√	√
Free from colours	√		√	
Free from preservatives	√		√	
Free from anti-caking agents	√	√	√	
Free from added sulphur dioxide	√		√	

SUSTAINABILITY

Morlife's 2010 strategic plan is strongly focused towards sustainability and corporate social responsibility. Morlife is an Australian owned and operated company ensuring economic sustainability. Where possible Morlife sources ingredients from Australia to reduce carbon-foot print and to further strengthen the Australian Economy. 70% of the ingredients used in the Chocolate Coated 5 Berry Mix are made and sourced in Australia.

The Dark Chocolate 5 Berry Mix are coated in Australia and full scale production will be undertaken in-house using state-of-the-art energy efficient machinery. The decision to invest in our own chocolate coating machine and move that element of production in-house was greatly impacted by our decision to move towards sustainability and further reducing the products carbon foot print. Morlife is making every move to gather as much information on raw material suppliers to ensure they too are focused on sustainability and corporate social responsibility.

HERBAL TEAS



At Morlife we carefully select a beneficial array of ingredients to create the most functional and refreshing herbal teas. Morlife has taken the art of tea making to a whole new level, each tea has been formulated with a specific beneficial function in mind as implicated by the name of the tea. Morlifes teas have been carefully created to support wellness and exceed demand for a delicious tasting hot beverage... now you can enjoy real teas with real benefits!

Morlife has developed an exclusive range of over 20 delicious herbal teas that are fortified with other beneficial ingredients for enhanced nourishment and have been created with a specific purpose in mind. Each tea has a different function and has been formulated with synergistic ingredients to complement each other and help carry out its function. These teas have been specially designed to support wellness and appeal to a wide range of tastes.

All Morlife teas are naturally flavoured, nutritious, functional and delicious so you can gain more out of every day. With Morlife's herbal infusions, complete wellness is a 'cup of tea' with an abundance of flavours to suit your mood. All teas are 100% natural with no artificial colours or flavours, so they can be enjoyed anytime of the day or night for a true taste sensation.

Morlife Functional Herbal Teas

rrp \$5.95 (25's) rrp \$5.45 (30's)

Minty Spring, Dande Roast, Dande Detox, Chamomile Mellow, Chal'Q, Emperor Green Tea, Ginger Digest, Gingko Excell, Green Tea Antiox, Lemon Soother, Camo Kalm, Echinacea Boost, Fenugreek Flow, Juniper Flush, Raspberry Dream, Licorice Zinga, Hops Slumber, Guarana Spirit, Red Bush, Senna Klenz, Myrtle Boost, Nettle Revive, Raspberry Dream.



WHY NOT TRY

A Morlife Green-Tea-Ni

Morlife functional herbal teas can naturally add a great flavour to white spirits; gin, vodka or white rum. To make a Zesty Green-Tea-Ni infuse a 750ml bottle of vodka with 6 Morlife Green Tea Antiox Tea bags. Leave to steep for 24hrs before removing the tea bags. Then simply add 60ml of the infused vodka, 45ml freshly squeezed lime juice, 15ml agave nectar, 15ml cranberry juice to a cocktail shaker filled with ice. Gently shake the ingredients together and strain into a martini glass. Garnish with a slice of fresh green apple.



For an alcohol free alternative simply replace the white spirit with hot spring water.

TESTIMONIAL

I would like to compliment you on the Morlife Green Tea Antiox tea. I have recently discovered your product, and cannot speak highly enough of the tea. I used to drink 4 plus cups of coffee a day and as part of my weight loss program I have been drinking your tea instead. To date I have lost 9 kilos and I attribute this in part to your tea. The first part of my day is a cup of the Green Tea Antiox, it is so refreshing and beneficial. It is very rare that I find a product that has made such a difference in my day.

Provided by Liz Fe 2008

COMPARE US



Morlife Echinacea Tea in comparison with other leading tea brands	Morlife Echinacea Boost	Planet Organic Wintertime Echinacea	Healthieries Be Well Tea	Celestial Echinacea
Main ingredient is echinacea tea	✓		✓	✓
Contains 4 other synergistic herbs:	✓			
- Olive leaf	✓	✓		
- Rosehips	✓		✓	
- Elderberry	✓			
- Hibiscus flowers	✓			
Fortified with additional Echinacea extract	✓			
Fortified with beneficial Vitamins & Minerals:	✓			✓
- Vitamin C	✓		✓	✓
- Zinc	✓			✓
Functional formula	✓		✓	
Free from artificial flavours	✓	✓		✓
Natural unbleached tea bag paper	✓	Not specified	Not specified	Not specified
Caffeine Free	✓	✓	✓	✓
At least 25 teabags per box	✓	✓		
Contains no Gluten	✓	✓	✓	✓
Contains no Sugar	✓	✓	Maltodextrin	✓

Morlife Hops Slumber Tea in comparison with other leading tea brands	Morlife Hops Slumber	Twinnings Chamomile Honey & Vanilla	Healthieries Sleep Tea	Celestial Sleepytime
Contains at least 5 synergistic herbs:	✓			✓
- Lemon balm	✓		✓	
- Hops	✓			
- Valerian	✓			
- Passionflower	✓		✓	
- Skullcap	✓			
Free from artificial flavours	✓		✓	✓
Functional formula	✓		✓	✓
Natural unbleached tea bag paper	✓			
Caffeine Free	✓	✓	✓	✓
Contains no Sugar	✓		✓	✓

INSTANT TEAS



Morlife has revolutionised the art of making tea with their specially formulated instant hot beverage range featuring three incredible formulations; Chai Latte, Dande Cafe and award winning Goji'antiox Tea. With Morlifes instant hot beverage all the goodness is kept in your cup with no need to discard a tea bag or loose herbs. Morlifes instant hot beverages... richly rewarding and guilt free!

Morlife has revolutionised how we drink tea. The instant beverage range is made up of delicious, and nutritious herbal teas, and coffee alternatives. The easy to prepare powders (just add water or hot milk) naturally gives consumers essential nutrients from herbs and phytonutrients and ensures the goodness is not lost and thrown away (in a discarded teabag).

Morlife Instant beverage range is a great alternative to caffeine laden drinks and provides a very natural approach to wellness. Each delicious beverage has been created for a functional benefit, ranging from an antioxidant boost to an energy boost.



CHAI LATTE

Fuel the inner fire with Chai spices. An authentic traditional recipe handed down from generation to generation with a nutritional twist. Chal'Q Latte is a brew of aromatic Indian Spices, rooibos tea, skim milk, honey and vanilla. Enhanced with enlivening herbs withania, bacopa & ginkgo to give you a head start.



Chal'Q Latte rrp \$9.95

TESTIMONIAL

What a great range of instant hot beverages. I just love the subtle berry flavour of the Goji'Antiox Instant Tea. Not only does this tea taste great but its bursting with 5 times the amount of antioxidants than green tea. I feel so good drinking this tea and love the fact that its ready instantly. I just mix a tea spoon with hot water and its ready to drink - no tea bags, no mess! Thanks Morlife and please dont stop making these fabulous teas.

Provided by Emma Robinson 1 June 2010.

DANDE CAFE

Need a pick-me-up buzz and dont want to have caffeine, then Dande Cafe is the perfect drink for you. The finely blended ingredients of roasted dandelion root, roasted malt, roasted carob and fig create a full bodied robust flavour and a superbly nutritious drink. Naturally enhanced with energy boosting herbs withania and ginseng.



Dande Cafe rrp \$9.95

GOJI'ANTIOX TEA

Goji'antiox instant tea brings you the most refreshing subtle berry taste with a mild enhancement of green tea and rooibos. The delightful combination of high antioxidant fruits; pomegranate, blueberry, strawberry, cranberry, elderberry and goji berry gives the tea a real truly nutritious and fruity flavour. This refreshing beverage tastes delicious served hot or cold, and with over five times the amount of antioxidants than regular tea, it not only tastes great but is good for you!



Goji'antiox Instant Tea rrp \$9.95

COMPARE US



Morlife Goji'antiox Instant Tea in comparison to other leading brands.	Morlife Goji Antiox Instant Tea	Nevada Instant Ice Tea	Symingtons Instant Dandelion Tea	Arrosto bello Green Chai Instant Tea
Concentrated herbal formula	√			
Nutrient dense	√			
ORAC tested for high antioxidant levels	√			
Base ingredient	Green tea	Sugar	Lactose	Milk derivatives
Tea %	53%	3%	4%	4%
Can be served hot or cold	√	√		
No added sugars	√			
No added preservatives or artificial additives	√		√	
No added artificial flavours	√		√	

Morlife Instant Chai Latte in comparison to other leading brands.	Morlife Chal'Q Latte	David Rio Power Chai	Jarrah Chai Latte	Arkadia Chai Tea Powder
Made with real spices (not flavours)	√			
Made with real tea powder	√	√	√	√
At least 10% tea powder	√			
Fortified with enlivening herbs: Withania, Bacopa	√			
At least 16 servings per package	√	√		
Made on a base of skim milk and whey protein	√			
Sweetened with honey	√			
No added sugar	√			
Free from preservatives	√	√		
Free from artificial flavours	√	√		
Free from artificial colours	√	√	√	√
Free from artificial sweeteners	√	√	√	√
All natural ingredients	√	√		
Free from oils and hydrogenated oils	√	√		

BOOSTERS



Morlife's Boosting Powders are filled with vitamins, minerals and superfoods. They are designed by our professional team of naturopaths and nutritionists to ensure nutrient rich functional powders. A selection of the Morlife superfood range is Certified Organic by the ACO (Australian Certified Organic) to ensure the most potent and pure product for consumers.

Morlife nutrient boosters are delicious and nutritious fortified powders that provide a wide range of nutrients to benefit a specific function within the body. They naturally provide consumers with essential and beneficial nutrients from herbs, vitamins, minerals, fruits, vegetables, phytonutrients and potent superfoods. The nutrient booster range has been created so they can be incorporated into everyday food & beverages with ease.

Morlife believes in enhancing wellness through nutrition, this means boosting the nutritional power of the foods we eat everyday. This is easily facilitated through the addition of nutrient boosting powders to our everyday foods. Dietary supplements in the form of tablets often contain unnecessary binders and fillers that can be detrimental to our health, not to mention the painstaking task of swallowing numerous tablets up to several times a day. Boosting powders are extremely potent, you would need to take countless numbers of tablets to match a single serve of a nutrient boosting powder.

Morlife's extensive range of functional food powders come in a variety of flavours, and are suitable to be mixed into juices, yoghurts, smoothies, milk, salad dressings, cereal or even water.

Morlife Boosting Powder Range

Acai Powder \$26.95 100g aco Active Joints \$49.95 500g aco
Alkalising Greens \$47.95 300g Antiox Reds \$55.95 350g
Barley Grass \$24.95 200g aco C-Boost \$34.95 300g
Chlorella \$29.95 300g aco Dande Cafe \$23.95 300g Ezziac Tea \$29.95 250g
Klenz \$34.95 300g Liva'detox \$47.95 300g Maca \$22.95 300g aco
Immune Milkshake Chocolate/Vanilla \$34.95 400g
Spirulina \$49.95 500g aco Psyllium \$16.95 350g
Wheat Grass \$24.95 200g aco



Testimonial

I have tried many spirulina products on the market since trying to be a vegetarian. I found their energy release was not consistent and I often got headaches from them, so I was about to be put off trying to be vegetarian. Finally I tried Morlife's spirulina and it really is the best for me. I trek up mountains about 2 hours, carrying a pack of about 18 kilos just to add to the challenge...I am a slight build and have never been athletic before in my life. I trek about three times a week to keep fit. I would never be able to do this if it wasn't for the spirulina. Since having Morlife's spirulina I never get that energy low, or iron low.

As a 43 year old woman I find I can lose iron quite easily from my system but the spirulina keeps my iron protein and "green" levels up. I also camp alot and travel and I always take it with me and have a supply in my bag and at home. I find I only really need to eat nuts and fruit, spirulina and goji berries. Anything else I just eat is just for flavour or variety. I am totally vegan now and I've never looked fitter or been healthier in my life. I'm so grateful these products are available. I prefer the tablets as I don't like the taste of the powder. Take them with plenty of pure water as they are a concentrated superfood worth every cent.

My friends say I look younger, so what can I say. My hair and skin look great and I don't even have to use any product anymore. Just water. I had to give this review and say THANKYOU!!!

Provided by Gabriela Zarin Amavand on 8th Jul 2010

COMPARE US



Morlife Immune Milkshake in comparison to other leading brands.	Morlife Immune Milkshake	Nestle Milo	AktaVite Nutritional Food Drink	Nestle Malted Milk Drink
Fortified with Colostrum: a source of natural immunoglobulins (IgG)	✓			
Fortified with immune beneficial herbs: Echinacea, Withania & Rosehips	✓			
Fortified with Calcium	✓	✓	✓	✓
Contains at least 50% of RDI for Calcium	✓			
Fortified with Magnesium	✓	✓		
Contains at least 40% of RDI for Magnesium	✓			
Fortified with Zinc	✓			
Fortified with Vitamin A (or Beta-carotene)	✓	✓	✓	✓
Contains at least 34% of RDI for Vitamin A	✓			
Fortified with Vitamin C	✓	✓	✓	
Contains at least 50% of RDI for Vitamin C	✓		✓	
Fortified with Vitamins B1 & B2 (Thiamine & Riboflavin)	✓	✓	✓	✓
Contains at least 50 % of RDI for both Vitamin B1 & B2	✓			
Fortified with Vitamin B3 (Niacin)	✓		✓	
Contains at least 50% RDI for Vitamin B3	✓			
Fortified with Vitamin B6 (Pyridoxine)	✓			
Fortified with Folate (Folic acid)	✓		✓	
Contains at least 50% of RDI of Folate	✓		✓	
Less than 6g of sugars per serve	✓			
Fortified with extra protein	✓			
Wheat Free	✓	✓		✓
Free from preservatives	✓		✓	
Free from artificial flavours & colours	✓	✓	✓	✓

*RDI: Recommended Dietary Intake

Morlife Immune Milkshake is a delicious functional food created to give that extra boost and immune protection needed especially during the winter months. It is a great addition to anyone's diet being beneficial for both children and adults and better still, it is easy to incorporate into everyday foods and drinks.

They say that having a strong immune system is like owning a personal army that helps to fight off illnesses. This 'army' is made stronger and more powerful by taking Morlife's Immune Milkshake which is rich in Colostrum, a source of immunoglobulins, particularly IgG, plus a wide range of other immune supportive nutrients. Morlife Immune Milkshake is great way to enhance nutrient intake and will tempt even the fussiest eaters.

ALKALISING GREENS



Morlife Alkalising Greens annihilates most commonly used alkalising products given its complex formulation. **Morlife's Alkalising Greens** does not contain just one alkalising component or superfood, it is a **functional formulation of 15 alkalising sources** (including green fruits, vegetables and superfoods) and **alkalising minerals**; calcium, potassium and magnesium. It also contains **prebiotics** and **active herbs** to aid digestion as well as a wide range of **phytonutrients**. We do not always have time to maintain a perfect alkaline diet, that's why **Morlife has developed Alkalising Greens**, the **quick** and **easy** way to **alkalise**.

It's the careful combination of natural fruit flavours including pineapple and kiwi fruit that makes Morlife Alkalising Greens a delicious tasting functional food. Morlife is committed to always providing the highest quality products and maintains this standard by ensuring Alkalising Greens is free from any artificial colours, flavours, preservatives and sweeteners. It contains certified organic superfoods; spirulina, chlorella, barley grass and wheatgrass.

The importance of eating an alkaline diet can be highlighted from the diets of our early ancestors. Modern homosapiens have been around for less than 200,000 years, we have only been using agriculture and animal husbandry for the last 10,000 years, with industrial scale food production being even more recent. This means that our diet is changing more rapidly than our bodies can evolve. For example, the stone age diet was lower in sodium, chloride and saturated fat and higher in potassium, magnesium, fibre and bicarbonate compared to the modern western diet. From analysis of these figures, it is also theorised that their diet would have resulted in a state of low-grade metabolic alkalinity, which is perhaps our ideal metabolic state.

Our diet today provides almost an opposite ratio of these minerals and a huge increase in acid load, which is quite scary considering our body hasn't evolved to adapt for this. Evolution takes many thousands of years, this dramatic change in diet has only occurred in the last few hundred years and has become increasingly processed in the past few decades. The best way to begin alkalising your body is to replace some of the acidic animal products, grains and cereals in your diet with healthy fresh fruits and vegetables. Try to include an abundance of green leafy vegetables and cereal grasses as they are incredibly alkalising due to their rich content of alkaline minerals. To really feel the benefits include a small serve of Morlife Alkalising Greens mixed with pineapple or apple juice in your morning routine.



Testimonial

I was recommended your products by my naturopath. I have suffered from acne rosacea (a red rash across my face) for many years, I had tried many lotions and tablets from my doctor before I saw a naturopath, I even tried celebrity endorsed Pro Active skincare. The Naturopath recommended I did your detox program and continue to take your Alkalising Greens afterwards. Thank you so much my skin has cleared up, I am no longer embarrassed or have a complex. I am just so happy, thank you. With increased exercise a healthier diet & Morlife Alkalising Greens I now feel amazing! I have lost 10kg's, have glowing skin and so much energy. What a wonderful product, I will recommend it to all my friends.

Received from Levi Costa on 19th July 2010



Morlife Alkalising Greens rrp \$47.95 300g

Ingredients: Coral Calcium (15%), Certified Organic Barley Grass (8%), Certified Organic Wheat Grass (8%), Spinach (8%), Flaxseed Meal (8%), Pineapple Fruit Powder, Certified Organic Spirulina (5%), Artichoke (5%), Apple Pectin, Natural Flavours, Potassium Bicarbonate, Aloe Vera Extract (1.66%), Kale, Asparagus (1.33%), Broccoli, Parsley, Alfalfa, Cucumber, Nettle, Kiwifruit Powder (1.33%), Green Tea, Certified Organic Chlorella (Cell broken) Powder, Peppermint (1.33%), Lime Fruit Powder (1%), Fructo-oligosaccharides (FOS), Kelp.

COMPARE US



	Morlife Alkalising Greens	Lifestream Ultimate Greens	Vital Greens	Living Valley Living Greens
Certified Organic Spirulina	√	√	√	
Certified Organic Chlorella	√	√	√	
Certified Organic Wheat Grass	√		√	√
Certified Organic Barley Grass	√	√	√	√
Contains alkalising minerals	√		√	
Natural fruity taste	√			
Contains Calcium & Magnesium at optimal 2:1 ratio	√		√	
Contains prebiotics for digestive function	√		√	
At least 15 sources of greens	√			
Fortified with soluble & insoluble fibres	√			
Fortified with herbs to stimulate digestive and bowel function	√			
Fortified with apple pectin to aid removal of waste products in the body	√			
At least 50 serves per package	√			√

DID YOU KNOW

Morlife Alkalising Greens:

- Has 15 sources of alkalising green fruits, vegetables & superfoods
- Contains certified organic spirulina, chlorella, barley grass and wheat grass
- Is fortified with alkalising minerals – calcium, magnesium & potassium
- Is a source of prebiotics & active herbs for digestion
- Is a rich source of chlorophyll
- Has a delicious natural pineapple flavour
- Is free from artificial colours, flavours, preservatives & sweeteners
- Possesses a wide range of other phytonutrients

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