



# LIVING NUTRITION

THE FERMENTATION ALCHEMISTS

KEFIR-KOMBUCHA FERMENTED ORGANIC  
HERBAL SUPPLEMENTS & SYMBIOTICS

2024

# ABOUT US

Living Nutrition is a practitioner-owned UK company founded by nutritional therapist Graham Botfield, who has spent the past 12 years with his team developing and researching traditional approaches to medicines (including Ayurvedic and Shamanic preparations) at our specialised facilities in Surrey, UK.

*"Ayurveda is a treasure of various types of medicine to treat health problems. Among them Asava-arishta is a unique formulation and is probably the oldest documented knowledge on the science of fermentation used for preparing medicines..."*

- A Handbook on High Value Fermentation Products, 2019

## A NEW PARADIGM

We follow the more ancient traditions to medicine which are centred around rebalancing the body by encouraging vitality and harmony. This more gentle approach rejects the concept of mega 'therapeutic' dosing to fight a condition as this is counterintuitive in supporting the body and its own capacity to heal.

This leads us to understand the value of plants not just nutritionally but also for their innate intelligence. We gain a closer relationship with nature when we activate plants to their full potential, rather than merely concentrate their isolated compounds. Every culture has used this specialised form of plant fermentation to create their medicines.

Recent studies demonstrate that when plant compounds such as polyphenols are fermented, they communicate at an intracellular level. Furthermore, fermentation creates unique signalling compounds such as quorum sensors that harmonise our interaction with nature, particularly through microbial crosstalk. This has led modern medicine to view fermentation as the future, just like the Prodigal son returning to his roots.

*"The advances in the area of fermented foods coupled with advances in biotechnology promise to revolutionize the future of fermented foods as nutraceutical and functional foods for the prevention and treatment of various diseases."*

-Tamang, 2015

*"It is increasingly understood that fermented foods can also have enhanced nutritional and functional properties due to transformation of substrates and formation of bioactive or bioavailable end-products."*

-Current Opinions in Biotechnology, 2017

## OUR PRODUCTS – WITHOUT COMPROMISE

In order to provide the very best products unrivalled in vitality, we strive for the very best in every area of our preparations and end products. Therefore we refuse to compromise on the quality of our ingredients, or our amazing fermentation, and of course never introduce artificial ingredients or processes at any stage. As a heart-led company, we are immensely proud of our work and the value our products offer.





Frosty the Freeze Dryer



Our kefir and kombucha hotels



Graham observing the microbes



Stability testing



Analysing the active compounds

# THE FERMENTATION ALCHEMISTS

**'Fermentation is the introduction of a new energy to transform one entity into another improved form.'** - Shamanic Alchemy, James Endredy

*As a child I was always interested in the art of alchemy and the transformation of base metals into gold, which led to the inner transformation of the alchemist into a higher state of health and longevity. Now after researching ancient medicine practices, I realise that the art of alchemy in all traditions across the world extended to plant medicine, through the art of fermentation.*

*After spending the past 20 years as a naturopath researching and developing fermentation techniques and observing the transformations our plants undertake, I describe myself as a 'Fermentation Alchemist'*  
- Graham Botfield, Founder

## THE VALUE OF FERMENTATION

Through their complex enzyme systems, microbes transform foods and herbs into highly active vital complexes whilst maintaining their synergy. The key benefits of fermentation fall into the following categories:

- Pre-digested for maximum bioavailability
- Activated polyphenols and their metabolites
- Additional nutrients
- Intracellular signalling compounds
- Beneficial microbes and enzymes

*'It is likely that several hundred thousand, if not millions, of symbiotic compounds are released by microbial fermentation, and are subsequently absorbed.'*  
- Current Opinions in Clinical Nutrition and Metabolic Care, 2001

## LIVING NUTRITION'S THERAPEUTIC FERMENTATION

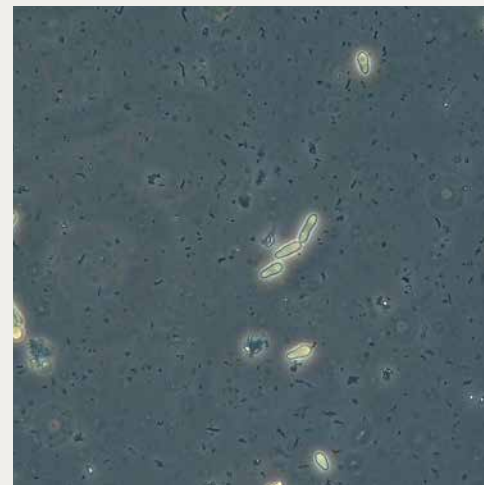
Our therapeutic fermentation process has been developed over many years of research and development following traditional practices, and we believe it is the most evolved natural fermentation ever created as a food supplement.

We use a specially developed hybrid fusion of organic water kefir grains and organic kombucha SCOBY, and ferment our organic ingredients in a two-phase process over many weeks. Every fermentation is done in small 10-litre vats and maintained in optimal conditions. We monitor the changes each day until the fermentation has reached its peak activity.

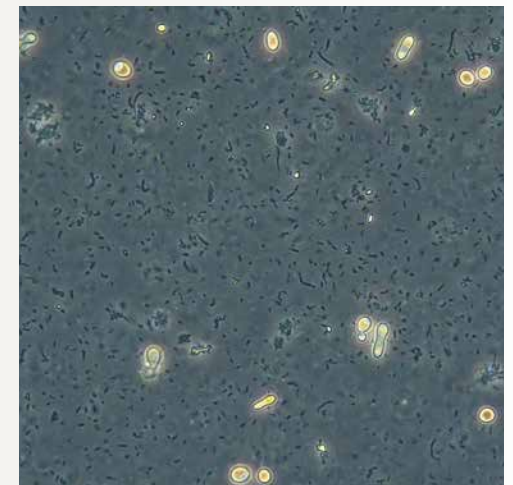
Each fermentation has its own character and specific requirements and we find it so rewarding to observe them evolving into their perfect state.

Below is a microscopic comparison of a standard kombucha fermentation vs. Living Nutrition's kefir-kombucha fermentation.

### STANDARD KOMBUCHA FERMENTATION

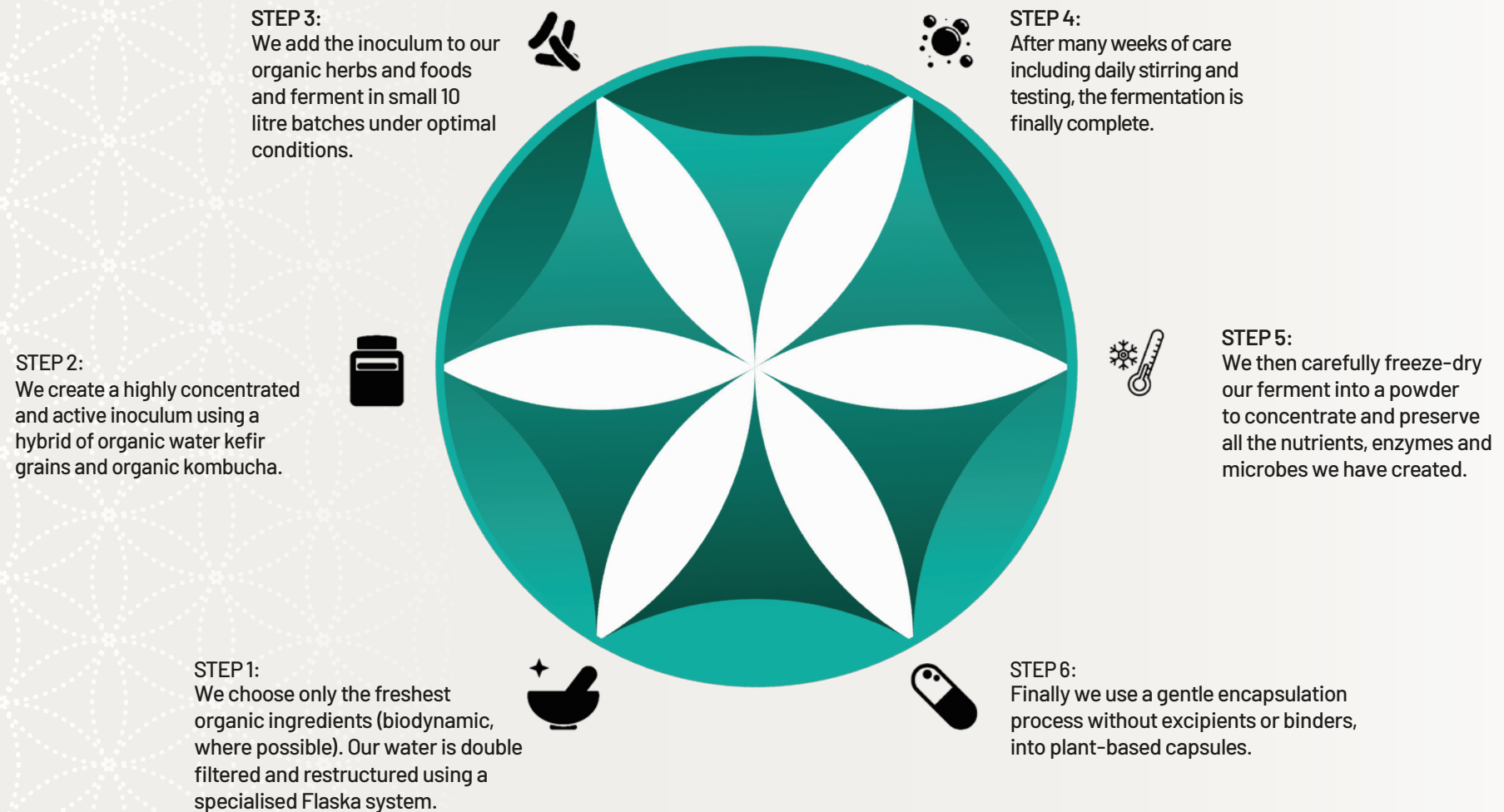


### OUR KEFIR-KOMBUCHA FERMENTATION



# THE PROCESS

Our aim is nothing less than a new gold standard in fermented nutrition. Using a hybrid of water kefir grains and kombucha SCOBY we have developed a highly active fermentation process that provides the optimal conditions for our herbs and foods to evolve into their most vital form.



# THE PERFECT MICROBIOME FOOD

**Symbiosis (definition):** The intimate relationship of different organisms living and evolving in harmony within a shared ecosystem for the benefit of each other.

## LIVING CULTURE SYMBIOTICS = LIVING ECOSYSTEMS

Living Culture Symbiotics are so much more than probiotics, prebiotics and postbiotics. They are a complete fermented living ecosystem, encouraging microbes to seed, grow and nourish a healthy microbiome.

## BIODIVERSITY, BALANCE, AND ECOLOGY

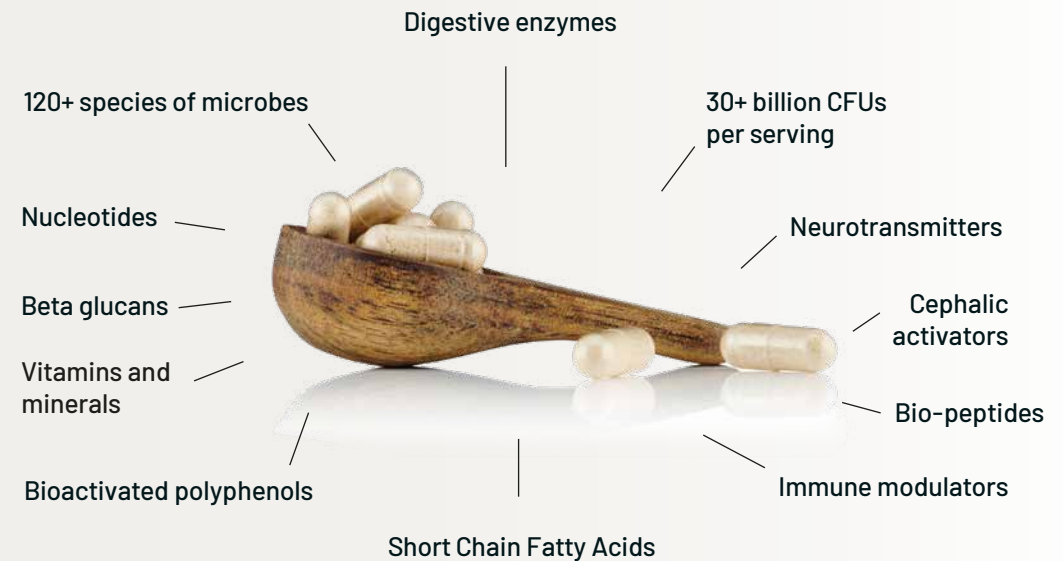
All natural ecosystems maintain a healthy balance due to the biodiversity of life. Not only do our Symbiotics provide hundreds of microbial species, the fermented nutrition within them encourages a natural and healthy balance of all living organisms in your digestive microbiome.

## THE IMPORTANCE OF THE TERRAIN

Given the right terrain, one microbe can divide and multiply every 15-20 minutes. In 12 hours that's about 64 billion. Synthetic probiotics may offer billions of microbes, but if they don't come with the right environment, the conditions may not encourage them to multiply. Our Living Culture Symbiotics deliver the optimal environment to encourage healthy microbes to thrive and reproduce.

*'The microbe is nothing, the terrain is everything'* – Claude Bernard

BELOW ARE JUST SOME OF THE INGREDIENTS IN A LIVING NUTRITION YOUR FLORA SYMBIOTIC CAPSULE:



## FERMENTED SOYBEANS: THE MICROBIOME SUPERFOOD

Fermented soy is nature's perfect superfood for the microbiome. Of all fermented foods, the evidence points to soy as the best food to support digestive health and the gut microbiome through its unique balance of polyphenols, peptides and signalling compounds. We go the extra mile by sourcing the very best organic non-GMO soybeans and then we sprout them for four days prior to fermentation.

ORGANIC FERMENTED SYMBIOTIC	STANDARD PROBIOTICS
Microbes sourced from kombucha	Synthetically grown in laboratories
Delivered within a fermented food	Attached to maltodextrin
Excellent biodiversity (120 strains)	Limited number of strains
High survival rates (80%)	Poor survival rates (20%)
Rich in polyphenols and enzymes	No digestive nutrients
Natural - Organically certified	Synthetic - Non organic

### THE IMPORTANCE OF BIODIVERSITY

All healthy ecosystems rely on a diverse range of organisms to maintain balance and harmony. The healthiest gut microbiomes are home to many hundreds of microbe species, evolved through an ancestral diet of fermented foods. Our Symbiotics contain over 120 natural species, delivered within a fermented food, providing a perfect blueprint to achieving your optimal gut microbiome.

### JUST A SAMPLE OF OUR MICROBIAL STRAINS:

Lactobacillus plantarum  
 Lactobacillus rhamnosus  
 Lactobacillus acidophilus  
 Lactobacillus lactis  
 Lactobacillus casei  
 Lactobacillus brevis  
 Lactobacillus gasseri  
 Lactobacillus paragasseri  
 Lactobacillus salivarius  
 Lactobacillus helveticus  
 Lactobacillus kefir  
 Lactobacillus reuteri

Bifidobacterium bifidus  
 Bifidobacterium longum  
 Bifidobacterium breve  
 Bifidobacterium catenulatum  
 Bifidobacterium adolescentis  
 Bifidobacterium dentium  
 Bacillus subtilis  
 Streptococcus thermophilus  
 Gluconobacter oxydans  
 Kluyvermyces lactis  
 Saccharomyces pombe

### Current trends in the development of soy-based foods containing probiotics and paving the path for soy-symbiotics

*'The administration of syn-biotics modulates host health by mitigating gut dysbiosis by enhancing lactobacilli and bifidobacteria levels, regulating immunomodulation, increasing the nutrient synthesis in the gut, and improving their bioavailability.'*

*Critical Reviews in Food Science and Nutrition, 2022  
<https://doi.org/10.1080/10408398.2022.2078272>*

Emma had suffered with Ulcerative Colitis for over 10 years and was on the brink of surgery before being introduced to Living Nutrition's Your Flora Terrain and Your Flora Sensitive symbiotics in February 2019. Within 4-6 weeks she had great results and we are happy to say she is finally in remission! The images are of her colonoscopies from February and August 2019.

*'What a day!! I've never felt this happy after a colonoscopy suffice to say. I'm thrilled to bits because for the first time in ten years I've just been given the ALL CLEAR! My ulcerative colitis is in remission, there were no signs of disease anywhere. I nearly had my bowel removed.....for now, no need! The medical team were amazed.'*

*- Emma Blake, House of Herbivores Blog*



February 2019



August 2019

# ORGANIC FERMENTED SYMBIOTICS

## THE NATURAL WAY TO NOURISH YOUR MICROBIOME

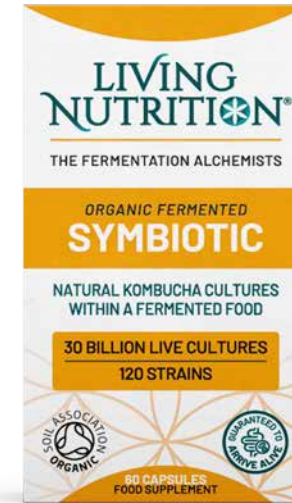
Using our specialised fermentation process combining kombucha and water kefir starters, we ferment sprouted organic soybeans, and then freeze-dry them into a highly concentrated food-based symbiotic.

Living Nutrition Symbiotic provides a high dose of healthy biodiverse microbes, held within a nutritious fermented food to repopulate, nourish and balance your microbiome, the natural way.

- 30 billion live cultures
- 120 microbe species
- Sourced from kefir-kombucha
- Delivered in a fermented food
- No need for refrigeration
- Suitable for vegan diets



Our **Organic Fermented Symbiotic** is a world first as a highly concentrated food-based 'probiotic', containing 30 billion live cultures sourced from kefir-kombucha, across 120+ complementary strains. All delivered within a nutritious fermented food base.



Organic Fermented Symbiotic is a traditional fermentation of organic sprouted soybeans, providing a natural balance of beneficial microbes within a nourishing ecosystem, alongside the factors to build a healthy gut environment.

- 120+ strains of beneficial microbes
- 30 billion+ CFUs
- Key digestive nutrients and enzymes

### INGREDIENTS

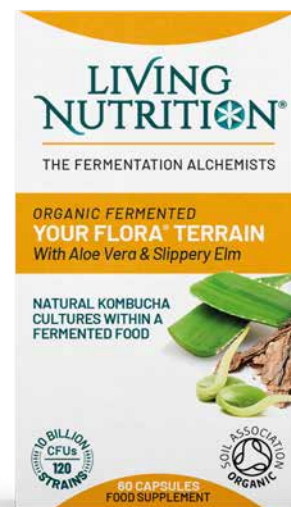
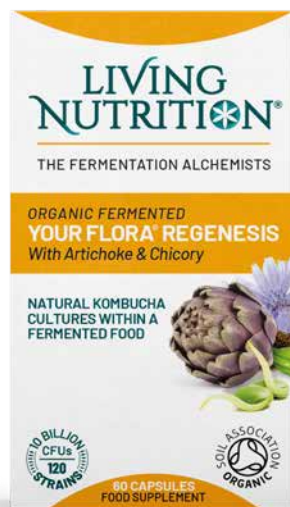
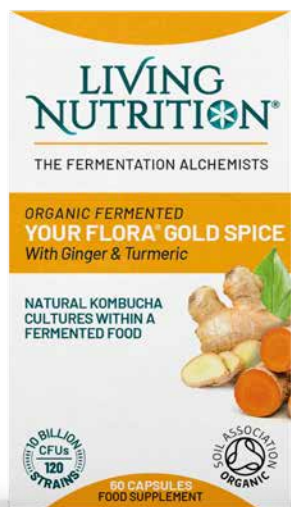
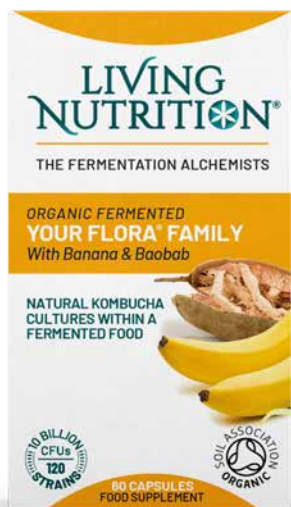
2 capsules provide:

*Kefir-Kombucha Fermented*

- Organic Sprouted Soybeans **800mg**



The **Your Flora** range combines our Symbiotic with selected herbs and foods for specific digestive support and function.



Your Flora Family is a great-tasting and gentle food-based formula that provides safe and supportive maintenance of the digestive microbiome.

- Suitable for the whole family, including children
- Capsule can be opened to mix easily into foods

**INGREDIENTS**  
2 capsules provide:

- Kefir-Kombucha Fermented*
- Organic Sprouted Soybeans **300mg**
  - With
  - Organic Banana **200mg**
  - Organic Baobab **200mg**

Your Flora Gold Spice is a dual-action formula that is warming for stagnant 'cold' digestion and soothing for digestive inflammation.

- Stimulates digestive enzymes
- Naturally anti-inflammatory

**INGREDIENTS**  
2 capsules provide:

- Kefir-Kombucha Fermented*
- Organic Sprouted Soybeans **300mg**
  - With
  - Organic Ginger **200mg**
  - Organic Turmeric **200mg**

Your Flora RegenesiS helps to re-establish healthy bowel movements and the digestive microbiome, particularly following an infection, or antibiotics.

- Post-antibiotic formula
- Useful for constipation

**INGREDIENTS**  
2 capsules provide:

- Kefir-Kombucha Fermented*
- Organic Sprouted Soybeans **300mg**
  - With
  - Organic Artichoke **200mg**
  - Organic Chicory **200mg**

Your Flora Sensitive is a mint-based formula for sensitive digestion. It supports gut-brain-related digestive stress, acting as a gentle antispasmodic.

- Calms digestive sensitivity
- Gentle acting

**INGREDIENTS**  
2 capsules provide:

- Kefir-Kombucha Fermented*
- Organic Sprouted Soybeans **300mg**
  - With
  - Organic Peppermint **200mg**
  - Organic Lemon Balm **200mg**

Your Flora Terrain is designed to encourage a healthy mucous membrane, manage low/high acidity and healthy bowel function. A consumer favourite.

- Supports a healthy gut lining
- Helps acidity-related conditions

**INGREDIENTS**  
2 capsules provide:

- Kefir-Kombucha Fermented*
- Organic Sprouted Soybeans **300mg**
  - With
  - Organic Aloe Vera **200mg**
  - Organic Slippery Elm **200mg**

Your Flora Tranquil is a fast-acting formula for gas and bloating and also helps with nausea. It may help with colic when taken by nursing mothers.

- Reduces gas and bloating
- Good for nursing mothers

**INGREDIENTS**  
2 capsules provide:

- Kefir-Kombucha Fermented*
- Organic Sprouted Soybeans **300mg**
  - With
  - Organic Fennel **200mg**
  - Organic Chamomile **200mg**

# FERMENTED BLENDS

Our fermented blends are all formulated to help rebalance complex conditions. Each formula draws on traditional holistic approaches encouraging the body to achieve sustainable long term optimal health.

- Practitioner formulated
- Multi-action formulas
- 100% natural plant based
- Highly bioavailable
- Gentle on the stomach
- Additional probiotic benefits

## FERMENTATION FOR COMPLEX CONDITIONS

In addition to the usual compounds found in the herbs we use, fermentation creates key signalling compounds that have a profound effect in helping the body re-regulate and find balance. This is achieved through neuro-endocrine-immune interactions as well as intracellular mitochondrial signalling. The growing research in this field is showing fermented plants as the future of natural medicine.



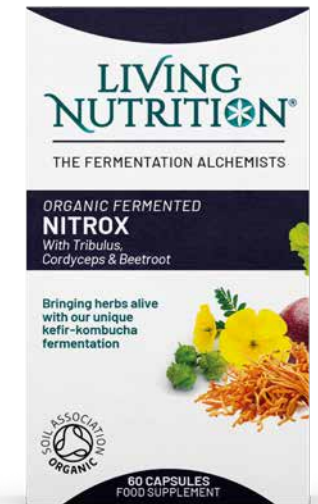
Woman is a blend of bio-activated herbs designed to support female hormonal health and resilience at every stage of the life cycle.

- Supports female health and hormonal balance
- Traditional blend of adaptogens to support stress resilience

### INGREDIENTS

2 capsules provide:

- |                          |       |
|--------------------------|-------|
| Kefir-Kombucha Fermented |       |
| • Organic Ashwagandha    | 200mg |
| • Organic Shatavari      | 200mg |
| • Organic Holy Basil     | 200mg |



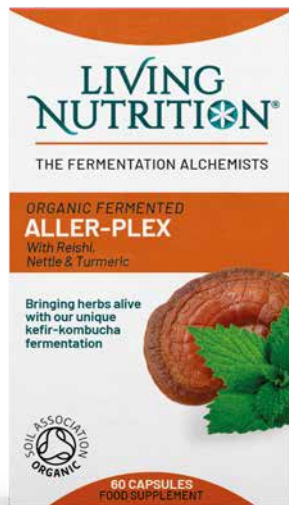
NitroX is a blend of bio-activated herbs and mushrooms designed as a pre-workout to increase nitric oxide levels to support sports performance.

- Supports male health, vitality and libido
- Rich in nitrates, steroidal saponins and cordycepin for physical stamina

### INGREDIENTS

2 capsules provide:

- |                          |       |
|--------------------------|-------|
| Kefir-Kombucha Fermented |       |
| • Organic Tribulus       | 260mg |
| • Organic Cordyceps      | 260mg |
| • Organic Beetroot       | 200mg |



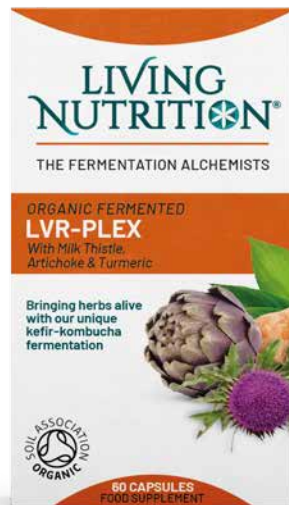
Aller-Plex is a bioactivated blend designed to regulate histamine response, and the body's reaction to seasonal and environmental challenges.

- Contains herbs with anti-allergenic properties to modulate healthy immune response
- Rich in compounds that inhibit histamine release

**INGREDIENTS**

2 capsules provide:

- |                                 |              |
|---------------------------------|--------------|
| <i>Kefir-Kombucha Fermented</i> | <b>300mg</b> |
| • Organic Reishi                | <b>200mg</b> |
| • Organic Nettle                | <b>120mg</b> |
| • Organic Turmeric              |              |



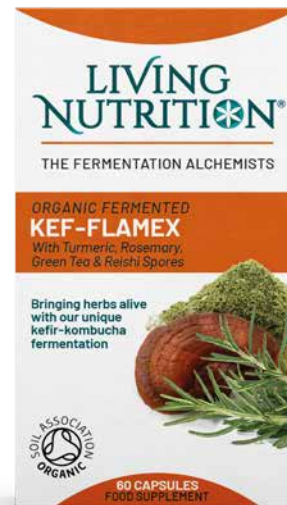
LVR-Plex is designed to support healthy liver detoxification, as well as sluggish digestion and associated symptoms of indigestion, bloating, and nausea.

- Supports normal functioning of the liver and digestive tract, aiding detoxification
- Protective effects against liver disorders

**INGREDIENTS**

2 capsules provide:

- |                                 |              |
|---------------------------------|--------------|
| <i>Kefir-Kombucha Fermented</i> | <b>300mg</b> |
| • Organic Milk Thistle          | <b>300mg</b> |
| • Organic Artichoke             | <b>200mg</b> |
| • Organic Turmeric              |              |



Kef-Flamex is a bioavailable formulation of herbs with traditional anti-inflammatory benefits to support optimal physical function and activity of the joints and tissues.

- With key antioxidant-rich superfoods to modulate a healthy immune response
- Supports joint health and inflammation

**INGREDIENTS**

2 capsules provide:

- |                                 |              |
|---------------------------------|--------------|
| <i>Kefir-Kombucha Fermented</i> | <b>150mg</b> |
| • Organic Turmeric              | <b>150mg</b> |
| • Organic Rosemary              | <b>150mg</b> |
| • Organic Green Tea             | <b>150mg</b> |
| • Organic Reishi Spores         | <b>150mg</b> |



SIBO-Go is a bioactive combination of herbs including garlic, oregano, thyme and clove, for a healthy and balanced microbiome.

- Rebalances the gut environment and discourages pathogens
- Maintains existing beneficial microflora

**INGREDIENTS**

2 capsules provide:

- |                                 |              |
|---------------------------------|--------------|
| <i>Kefir-Kombucha Fermented</i> | <b>150mg</b> |
| • Organic Garlic                | <b>150mg</b> |
| • Organic Oregano               | <b>150mg</b> |
| • Organic Thyme                 | <b>150mg</b> |
| • Organic Clove                 | <b>150mg</b> |

# FERMENTED BLENDS: COGNITIVE

One of the most interesting effects of fermentation relates to cognitive health. Throughout history fermented foods have been used for their benefits to cognition; for example, 'kefir' translates from the Turkish word for 'good feeling'. Today research shows us the many specific ways in which fermentation affects cognitive health.

*'The fermented food's functional aspect of neuroprotective effects along with the improvement in brain and cognitive function is becoming more evident as studies of animals and humans with positive results are accumulating.'*

-Preventative Nutrition and Food Science, 2016

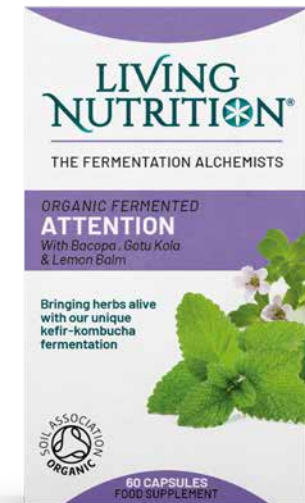
Firstly, the production of nutrients through fermentation such as neurotransmitters and short chain fatty acids regulate cognitive function. Also the gut-brain link is another key pathway, where a healthy digestive microbiome produces neuropeptides that provide 'crosstalk' with the brain.

## FERMENTED FOODS: HARNESSING THEIR POTENTIAL TO MODULATE THE MICROBIOTA-GUT-BRAIN AXIS FOR MENTAL HEALTH

*'Fermented foods can have a considerable impact on health by virtue of the variety of different microbial strains, metabolites and other bioactives that can be present therein. These components can be optimised to offer maximal neural and mental health benefits to the individual. .... fermented foods form a vital part of the next generation of microbiota-based therapeutics targeting mental health.'*

- Neuroscience & Biobehavioral Reviews, 2024

- 100% plant-based, fermented nutrition
- Increased bioavailability
- Key neuro-signalling nutrients
- Rich in enzymes and symbiotics
- Maintains the plant's natural synergy



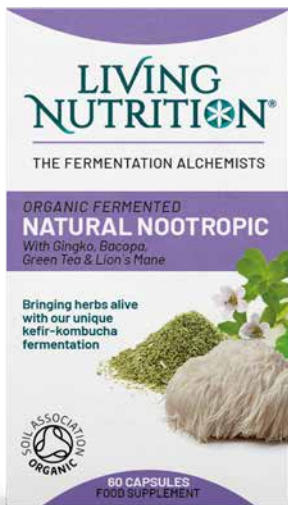
Attention is designed to regulate nervous stimulation and help focus. Ideal for those those who struggle with hyperactivity and poor concentration and may be beneficial for ADHD symptoms.

- Nootropic herbs to support cognitive function
- Support for nervous excitement, overstimulation and concentration

### INGREDIENTS

2 capsules provide:

- Kefir-Kombucha Fermented
- Organic Bacopa (Brahmi) **200mg**
- Organic Gotu Kola **200mg**
- Organic Lemon Balm **200mg**



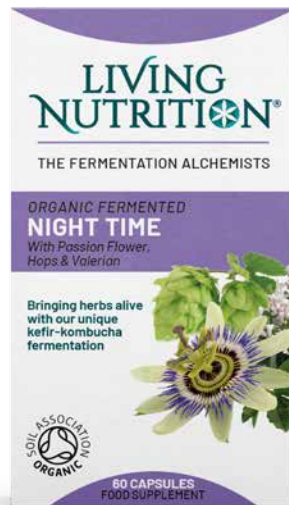
Natural Nootropic supports clarity and performance using traditional herbs fermented for enhanced bioavailability and action.

- Ideal for situations requiring sharper focus and concentration
- Rich in antioxidants and terpenoids for optimal mental function

**INGREDIENTS**

2 capsules provide:  
 Kefir-Kombucha Fermented  
 • Organic Gingko  
 • Organic Bacopa (Brahmi)  
 • Organic Green Tea  
 • Organic Lion's Mane

**150mg**  
**150mg**  
**150mg**  
**150mg**



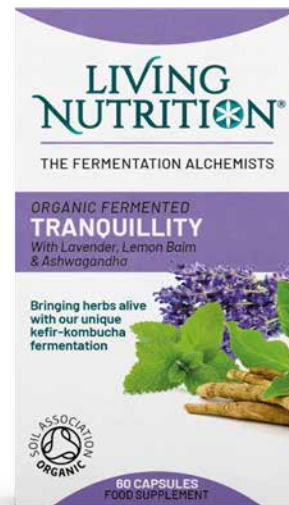
Night Time is a soothing blend of relaxing herbs including passion flower, hops, and valerian, for a restful night's sleep.

- For occasional relief of anxiety and sleeplessness
- Relaxing blend with supportive compounds

**INGREDIENTS**

2 capsules provide:  
 Kefir-Kombucha Fermented  
 • Organic Valerian  
 • Organic Passion Flower  
 • Organic Hops

**200mg**  
**160mg**  
**140mg**



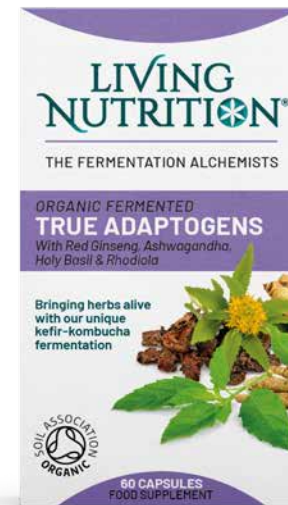
Tranquillity is a calming combination of herbs including lavender, lemon balm, and ashwagandha, to support your inner peace.

- For approaching the day with a calm outlook
- Rich in essential oils, sensory compounds and antioxidants

**INGREDIENTS**

2 capsules provide:  
 Kefir-Kombucha Fermented  
 • Organic Lavender  
 • Organic Lemon Balm  
 • Organic Ashwagandha

**180mg**  
**180mg**  
**140mg**



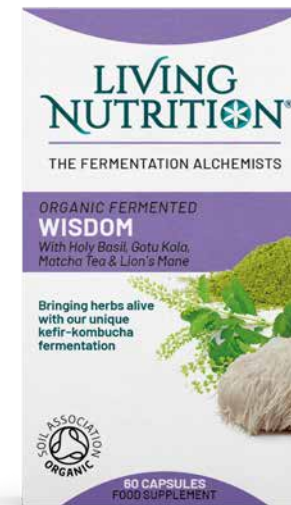
True Adaptogens is a blend of herbs that modulates the body's response to stress, bringing both energy and balance - physical and emotional.

- Four key herbs to support healthy energy levels
- Traditional formula to enhance resilience to stress

**INGREDIENTS**

2 capsules provide:  
 Kefir-Kombucha Fermented  
 • Organic Red Ginseng  
 • Organic Ashwagandha  
 • Organic Holy Basil  
 • Organic Rhodiola

**140mg**  
**140mg**  
**140mg**  
**140mg**



Wisdom contains a combination of mind-enhancing herbs and mushrooms to support mental balance and wellbeing.

- Aids mental clarity and balanced cognitive pathways
- Ideal formula to support meditative practice

**INGREDIENTS**

2 capsules provide:  
 Kefir-Kombucha Fermented  
 • Organic Holy Basil  
 • Organic Gotu Kola  
 • Organic Matcha Tea  
 • Organic Lion's Mane

**150mg**  
**150mg**  
**150mg**  
**150mg**

# FERMENTED MUSHROOMS

Organic Fermented Mushrooms are the latest innovation from our laboratory

Medicinal mushrooms contain a unique profile of compounds that have an ability to harmonise different systems in the body. Unfortunately, many of these nutrients are poorly absorbed and need processing to make them more bioavailable. Hot water extraction is the traditional method to make mushrooms more digestible, but this leads to other important nutrients being destroyed in the process. Fermentation converts the active compounds into a highly absorbable, bioavailable state whilst maintaining the more delicate nutrients in their natural synergistic form. Furthermore, the mushroom benefits from the additional effects of fermentation in the form of enhanced beta glucans, additional nutrients, enzymes, and beneficial microbes.

This range is another example of Living Nutrition's pioneering role in developing natural food supplementation through fermentation.

- Enzymatic extraction gives greater bioavailability than hot water or alcohol
- Additional beta-glucan levels from fermentation
- Key compounds become further activated
- Additional beneficial microbes and enzymes



*'Fermentation of chaga showed an increase of active aglycones by 28%, whilst also demonstrating wide-ranging enhanced immunological benefits.'*

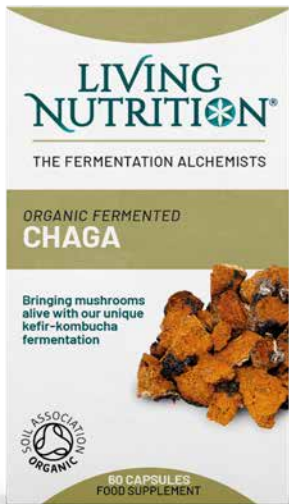
- Food Microbiology and Biotechnology, 2019

*'These data implied that probiotic fermentation of G. lucidum fruiting body extracts promoted its immunostimulatory activity via biotransformation of components such as Ganoderic Acid A.'*

- Biomedicine & Pharmacotherapy, 2021

Lacto-fermented mushrooms are a delicacy in many parts of the world, particularly in southeast Asia, Russia and eastern Europe.

Because they are naturally rich in polysaccharides, the carbohydrates that can be broken down by fermentation, they are an ideal raw material and confer many beneficial properties through this method of preparation. However, fermenting mushrooms at home can be tricky and yield uneven results, which is why taking a fermented supplement can be a more reliable way to source this valuable nutrition.



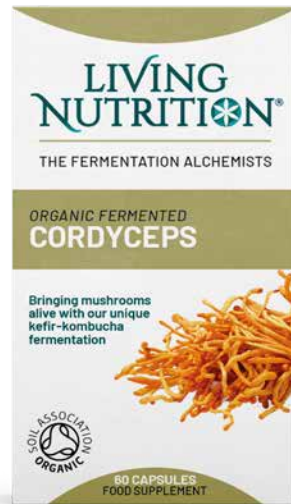
Chaga is known as the 'Diamond of the forest' and traditionally protective of overall defences. We only use wildcrafted fruiting conk grown on birch trees.

- Rich in betulinic acid and antioxidants including melanin
- Strong immune builder and protector

**INGREDIENTS**

2 capsules provide:  
Kefir-Kombucha Fermented  
• Organic Chaga Conk

**600mg**



Cordyceps was once regarded as the 'Emperor's mushroom'. This special adaptogen is prized for its traditional support to physical performance and stamina.

- Fermentation-enhanced compounds including cordycepin
- Traditional tonic to restore vitality and energy

**INGREDIENTS**

2 capsules provide:  
Kefir-Kombucha Fermented  
• Organic Cordyceps

**900mg**



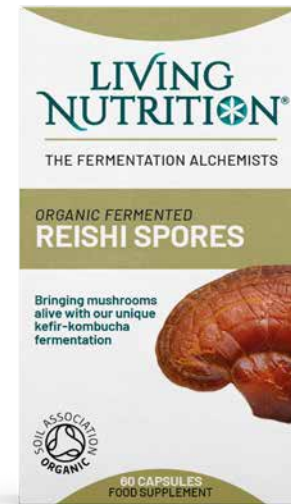
Lion's mane is known as the 'Mountain priest' mushroom. This popular nootropic mushroom is traditionally used to support focus and concentration.

- Fermentation-activated nootropic factors
- Traditional mushroom for cognitive clarity

**INGREDIENTS**

2 capsules provide:  
Kefir-Kombucha Fermented  
• Organic Lion's Mane

**800mg**



Reishi spores are the most nutrient-dense part of the reishi mushroom, offering enhanced benefits to wellbeing and defence.

- Higher concentration of triterpenes than fruiting body
- Indicated in inflammatory conditions such as hayfever.

**INGREDIENTS**

2 capsules provide:  
Kefir-Kombucha Fermented  
• Organic Reishi Spore

**600mg**



Myco Blend is a combination of fermented mushroom fruiting bodies and spores, each known for its valuable nutritional properties.

- For balanced immune health and vitality
- With traditional nootropic Lion's Mane

**INGREDIENTS**

2 capsules provide:  
Kefir-Kombucha Fermented  
• Organic Cordyceps  
• Organic Lion's Mane  
• Organic Reishi Spore

**300mg  
300mg  
200mg**

# FERMENTED HERBS

Our Organic Fermented Herbs set a new gold standard in what a food supplement should be. Our formulas evolve whole foods into living, nutrient-rich complexes, supplying every compound the body needs to recognise and use them fully.

These living complexes are highly bioavailable to the human body and full of key active compounds created only through fermentation. The result is a living synergy of activated polyphenols, micronutrients, enzymes, microbes and various sensory compounds that elevate our organic herbs to the next level of vitality.

## NOT JUST ANOTHER HERBAL SUPPLEMENT - 10 POWERFUL REASONS TO TAKE FERMENTED HERBS:

- Naturally pre-digested for maximum absorption
- Nutrient complexes not isolates (bound enzymes & co-factors)
- Metabolised polyphenols (stronger antioxidant activity)
- Maintains the natural synergy and balance of the herb
- Many additional key nutrients created by fermentation
- 5 billion + live cultures in each serving
- Freeze-dried for higher concentration & nutrient protection
- No additives at any stage of manufacturing
- Organically certified, Non-GMO
- Gentle on the stomach



Turmeric contains a synergy of 32 separate forms of curcumin. Rich in turmerones, beneficial microbes, and digestive and metabolic enzymes.

- Calms digestive sensitivity
- Gentle acting
- Rich in tetrahydro-curcumin

### INGREDIENTS

2 capsules provide:

- Kefir-Kombucha Fermented
- Organic Turmeric

600mg



Maca is a sacred Peruvian superfood, which was ritually fermented to enhance energy, balance, and wellbeing.

- Highly bioavailable and easy to digest
- Complete profile of active compounds

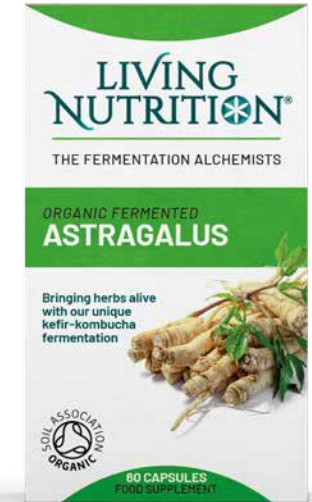
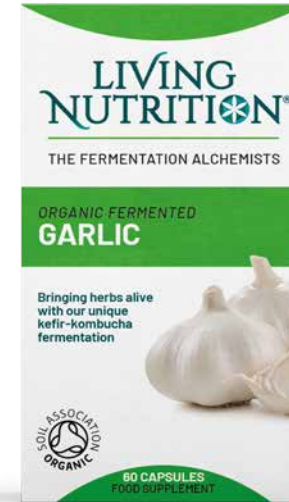
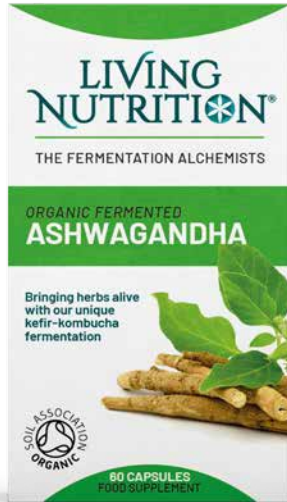
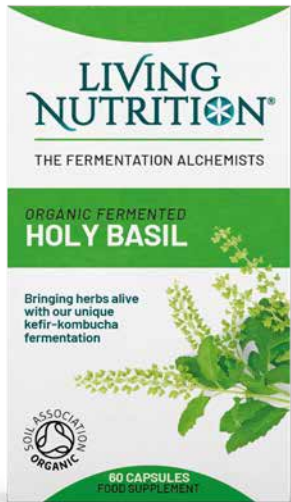
### INGREDIENTS

2 capsules provide:

- Kefir-Kombucha Fermented
- Organic Maca

600mg





Holy Basil is an adaptogen and all-round nutritional tonic with active compounds to help support emotional wellbeing and the demands of a modern-day lifestyle.

- Tonic herb to rejuvenate mind, body, and spirit
- Rich in nootropic compounds

**INGREDIENTS**

2 capsules provide:  
Kefir-Kombucha Fermented  
• Organic Holy Basil

**600mg**

Ashwagandha is the ultimate adaptogen that restores balance and vitality. We activate the whole herb whilst maintaining its adaptogenic qualities.

- Full-spectrum withanolides and supportive nutrients
- Enhanced bioavailability and activity

**INGREDIENTS**

2 capsules provide:  
Kefir-Kombucha Fermented  
• Organic Ashwagandha

**600mg**

Milk Thistle is a nutritional tonic to help support the demands of a modern-day lifestyle and offers ideal support for periods of overindulgence.

- Protects healthy liver cells
- Rich in metabolic enzymes and antioxidants

**INGREDIENTS**

2 capsules provide:  
Kefir-Kombucha Fermented  
• Organic Milk Thistle

**600mg**

Red Ginseng has been prized by Chinese medicine for over 7,000 years. Sometimes called the 'all-healing man root', it is popular for vitality.

- Nature's viagra for virility
- Supports mental focus and a positive mood

**INGREDIENTS**

2 capsules provide:  
Kefir-Kombucha Fermented  
• Organic Red Ginseng

**600mg**

Garlic is a pungent herb revered for its protective properties. Fermentation effectively converts alliin into its active form: S-allyl cysteine (SAC).

- Natural broad-spectrum antimicrobial
- Traditional food to support colds and flu

**INGREDIENTS**

2 capsules provide:  
Kefir-Kombucha Fermented  
• Organic Garlic

**700mg**

Astragalus is a popular adaptogenic herb and is referred to as the 'leader'. It is valued as a tonic to strengthen overall resistance.

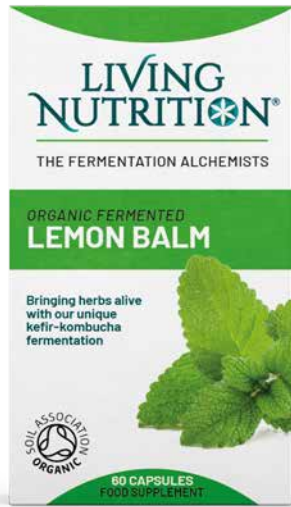
- Immune balancing
- Source of fermentation-enhanced active saponins

**INGREDIENTS**

2 capsules provide:  
Kefir-Kombucha Fermented  
• Organic Astragalus

**600mg**

# FERMENTED HERBS



Lemon Balm is a fragrant, sweet-smelling herb and a member of the mint family, with similar carminative properties.

- With key active compounds including rosmarinic acid
- Traditionally indicated for bloating and digestive issues

#### INGREDIENTS

2 capsules provide:  
Kefir-Kombucha Fermented

- Organic Lemon Balm

**500mg**



Passion Flower is a popular herb that gets its name from its beautiful flower. It is traditionally used to invoke calm and peace.

- Fermentation-activated flavonoids, including chrysin
- Natural support for anxiety and sleep

#### INGREDIENTS

2 capsules provide:  
Kefir-Kombucha Fermented

- Organic Passion Flower

**500mg**



Valerian is a strong aromatic herb with a history dating back to Roman times. Fermentation activates its properties, whilst retaining its holistic balance.

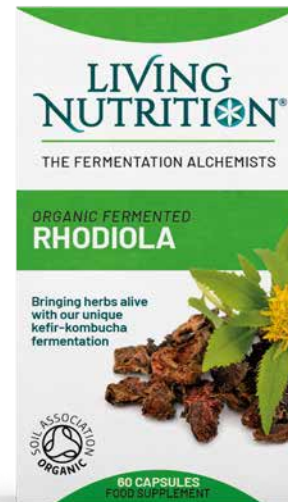
- Traditional sedative for restful sleep
- Rich in active compounds such as flavonoids and terpenes

#### INGREDIENTS

2 capsules provide:  
Kefir-Kombucha Fermented

- Organic Valerian

**500mg**



Rhodiola is a potent herb that supports stamina during periods of physical exertion, as well as mental performance.

- Traditional remedy to support anxiety, fatigue, and depression
- Over 140 active nutrients, including salidroside and rosavin

#### INGREDIENTS

2 capsules provide:  
Kefir-Kombucha Fermented

- Organic Rhodiola

**500mg**



Shatavari is a nourishing herb to support female health through all stages of the life cycle, from hormonal imbalance to fertility support and menopause.

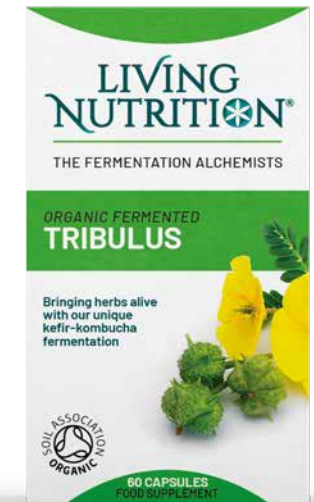
- Traditional support for female health
- Natural adaptogen to support stress resilience

#### INGREDIENTS

2 capsules provide:  
Kefir-Kombucha Fermented

- Organic Shatavari

**600mg**



Tribulus is an uplifting herb and natural adaptogen to support physical health, athletic performance, and vitality, particularly in men.

- Traditional support for performance
- Natural adaptogen to support stress resilience

#### INGREDIENTS

2 capsules provide:  
Kefir-Kombucha Fermented

- Organic Tribulus

**600mg**

# FAQs

## IS SOYA BAD FOR YOU?

It is entirely misleading to say all soya is bad, and certainly this criticism is not supported by research nor 3,000 years of safe consumption across Asia. Unfermented and processed soya can be a problem with some people as it contains various anti-nutrients such as phytates, goitrogens and isoflavones. As Living Nutrition soak, sprout and fully ferment the highest grade organic non-GMO soya, all these issues and concerns are removed.

Typically Asian communities consumed approximately 6-8 grams a day of fermented soy such as miso and tempeh. It has been positively linked to their longevity, healthy gut flora, and lack of chronic disease, and revered for its numerous health-promoting benefits.

Every peer-reviewed published study on fermented soya (aside from high consumption of natto) has only shown positive results on health conditions.

## WHAT ABOUT SOY ALLERGY?

Although we are legally obliged to label the soybeans in our Your Flora products as an allergen, there is little chance of it causing an allergic reaction. Soya contains several indigestible proteins that can cause an allergic reaction. During fermentation these proteins are broken down into amino acids and peptides. Research suggests that an allergic reaction to fully fermented soy is highly unlikely.

## WHAT ABOUT HISTAMINE IN YOUR FERMENTED INGREDIENTS?

Although fermented foods are known to contain high levels of histamine, our fermented ingredients are low in histamine. We estimate 2 capsules contain an equivalent amount of histamine to 3 or 4 strawberries. Our fermentation process uses very few histamine-producing bacteria, and our plant-based ingredients are naturally low in histamine.

It is also important to appreciate that our products are naturally rich in the histamine-degrading enzyme diamine oxidase. Recent research has also shown that consumption of plant-based fermentation reduces the release of histamine from mast cells. We are confident our products are very safe in all but the ultra-sensitive individual.

## ARE THE PRODUCTS SAFE FOR CHILDREN UNDER 16?

We have to advise caution first with our products but they are certainly safer in their form and dosage than equivalent herbal extracts. Our Your Flora Family symbiotic is suitable for children aged 3+ years, and our herbal range is generally safe to take from 12 years old at half the recommended dosage.

## IS THERE ANY ALCOHOL IN YOUR FERMENTATION?

This is a simple question to answer. There is absolutely no alcohol in our products. Freeze drying will naturally remove any alcohol that is formed.

## WHY DO YOU NOT USE BLACK PEPPER OR PIPERINE?

Our fermented foods are highly bioavailable without any need for stimulants to increase absorption. There are growing concerns over black pepper and its derivative piperine due to its aggressive dilation of the intestinal lining and possible intestinal micro-bleeding. Another action of black pepper is its ability to slow down liver enzymes, which creates many potential problems including medication contraindications and poor metabolism and toxin clearance.

## CAN THE PRODUCTS BE TAKEN LONG TERM?

Our products are particularly safe to be taken long term if the daily dosage is split as recommended. They do not contain isolates that can lessen the effects over time and cause potential imbalances.

## WHY DON'T WE FERMENT THE ADDED HERBS IN YOUR FLORA?

The core of the Your Flora range comprises fermented soya beans, which have all the benefits of fermented nutrition. Many of the added herbs and foods do not respond to or benefit from fermenting. So we took the decision to leave all the added ingredients unfermented, which allows us to set a lower price across this range.

# LIVING NUTRITION®

FOLLOW US



@LIVINGNUTRITIONSUPPLEMENTS

WWW.LIVINGNUTRITION.CO.UK



Distributed by:

LIVING  
PLANET  
DISTRIBUTION

Unit 1 Riverside, Brambleside,  
Uckfield, East Sussex, TN22 1QQ  
sales@livingplanetdistribution.com  
www.livingplanetdistribution.com