

# LIVING NUTRITION<sup>®</sup>



---

**THE FERMENTATION ALCHEMISTS**

**KEFIR-KOMBUCHA FERMENTED ORGANIC  
HERBAL SUPPLEMENTS & SYMBIOTICS**



## ABOUT US

Living Nutrition is a small UK company founded in 2014 by nutritional therapist Graham Botfield. Everything about us—our philosophy, our influences and our work, right to our core—is in synergy with nature.

The foundation of all our products is a specially developed kefir-kombucha fermentation process, which we apply to organic herbs and foods to create a living nutrition. Each small-batch fermentation is checked daily as it develops and matures into its perfect vital state.

## OUR MISSION

As leaders in a new paradigm of plant-based fermented nutrition, we are dedicated to the creation of uniquely active supplements that work in harmony with the body to create vibrant health. Because we always hold ourselves to the highest standards, we have produced a range of products that have no equal in terms of living vitality and nutrient abundance.

## 4 GUIDING PRINCIPLES

### VITALITY THROUGH NATURE

Every ingredient and every process is 100% natural. Our primal link to nature is our link to balance and vitality. Only by adhering completely to the principles of nature can we achieve perfect results.

### WITHOUT COMPROMISE

We create with consciousness and always strive for perfection. We guarantee never to cut corners or compromise this approach for any reason. We understand what is at stake: your health and our values.

### RESEARCH-BASED

At our state-of-the-art research and development centre at Dunsfold Park in Surrey we analyse our products and study their effects. It is truly wonderful to observe the results and the rewards our efforts give us.

### EDUCATE AND INSPIRE

We are providing an education platform for this key area in fermented nutrition, including research and regular webinars. Through our shared research we aim to inspire a renewed trust and understanding of nature as our most important guiding principle. Join our social media or contact us for further information.

# WHICH IS IMPORTANT TO YOU?

Every aspect of our process is important to us and is governed by the following standards:



## 100% PLANT BASED

ALL INGREDIENTS ARE WHOLE PLANTS, GLUTEN FREE AND SUITABLE FOR VEGANS



## 100% ORGANIC

ALWAYS ORGANIC AND BIODYNAMIC WHERE POSSIBLE



## 100% GMO-FREE

GMO INGREDIENTS ARE PROHIBITED FROM ANY PART OF OUR PROCESS



## 100% PURE

FREE OF EXCIPIENTS, BINDERS, ARTIFICIAL COMPOUNDS OR ADDITIVES



## A WORLD FIRST

A SPECIALLY DEVELOPED KEFIR-KOMBUCHA FERMENTATION PROCESS



## RAW

EVERY PRODUCT IS ALIVE WITH BENEFICIAL MICROBES AND ENZYMES



## FREEZE DRIED

FOR FRESHNESS AND MAINTAINING VITALITY OF THE NUTRIENTS



## PURE CAPSULE

ORGANIC, FERMENTED, SOLVENT FREE AND EASY TO SWALLOW



## EXPERTLY DEVELOPED

BY A NUTRITIONAL THERAPIST AND EXPERT MICROBIOLOGIST



## MADE IN THE UK

PRIVATELY OWNED UK BASED COMPANY



## RESEARCH

STATE-OF-THE-ART RESEARCH FACILITIES TO TEST OUR PRODUCTS



## 100% PLASTIC FREE

WE NEVER USE ANY PLASTIC IN OUR PACKAGING

# THE FERMENTATION

## THE ART OF THERAPEUTIC FERMENTATION

Fermentation has been a source of nutrition for humans since Neolithic times. Every culture in every part of the world used fermentation and traditionally about 30% of our diet came from fermented foods. It could certainly be said that fermented foods represent one area of nutrition that many people are missing out on, even more so with the prevalence of modern-day digestive conditions.

We tend to associate fermentation with preserving foods and for creating flavour but there is so much more to fermentation in terms of its therapeutic value. Our forefathers used fermentation to manipulate foods into traditional medicines and had some very evolved practices.

LACTO-FERMENTATIONS are the simplest form of fermented foods, using just the bacteria that are naturally present. They include foods such as yoghurt, sauerkraut and kimchi and are regarded as beneficial but not necessarily as therapeutic.

COMPLEX FERMENTATIONS involving microbial communities such as kefir grains and kombucha SCOBYs are more skilled and carried out over longer periods of time. The deeper fermentation produces far stronger health benefits.

SYNTHETIC 'SOLID STATE' FERMENTATIONS have become popular for supplement companies using isolated nutrients, which use just a few bacteria over a short period of time. Although predigestion of nutrients means greater absorption, there is insufficient evidence for any additional benefits.

THERAPEUTIC FERMENTATIONS are far more interesting. These are specifically designed, highly active microorganism complexes, fermented under optimal conditions over an extended period of time, and applied to the highest valued herbs and foods. Therapeutic fermentations were regarded as a form of natural alchemy, only known and practised by eclectic and revered healers. Although there is little written about these medicines it is known that Ayurvedic medicine used fermentation for their primary medicines: the Arishtas and Asavas.

## LIVING NUTRITION'S THERAPEUTIC FERMENTATION

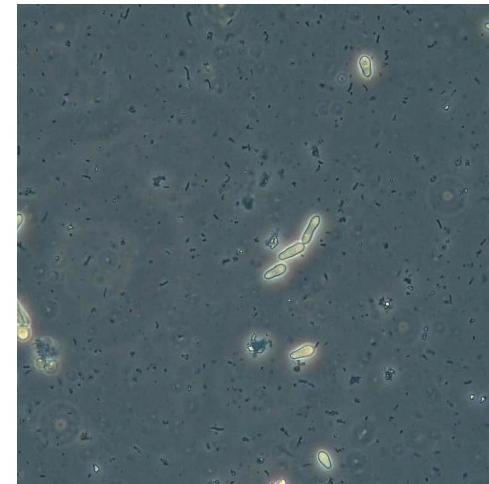
Our therapeutic fermentation process has been developed over many years of research and development following traditional practices, and we believe it is the most evolved natural fermentation ever created as a food supplement.

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.

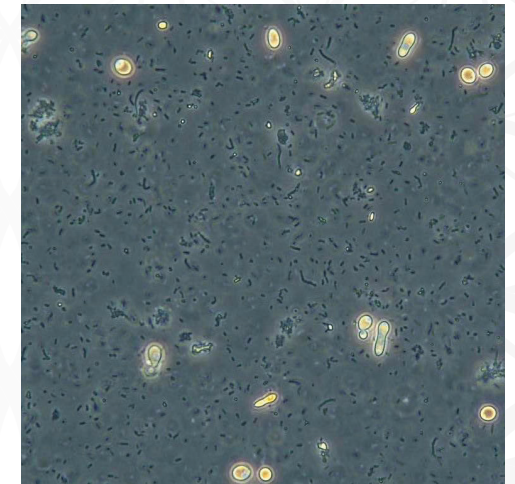
Each fermentation has its own character and specific requirements and we find it so rewarding to observe them evolving into their perfect state.

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.

## STEP 2:

We create a highly concentrated and active inoculum using a hybrid of organic water kefir grains and organic kombucha.



## STEP 3:

We add the inoculum to our organic herbs and foods and ferment in small 10 litre batches under optimal conditions.



## STEP 4:

After many weeks of care including daily stirring and testing, the fermentation is finally complete.



## STEP 5:

We then carefully freeze-dry our ferments to remove the water, and preserve all the delicate nutrients, enzymes and microbes.



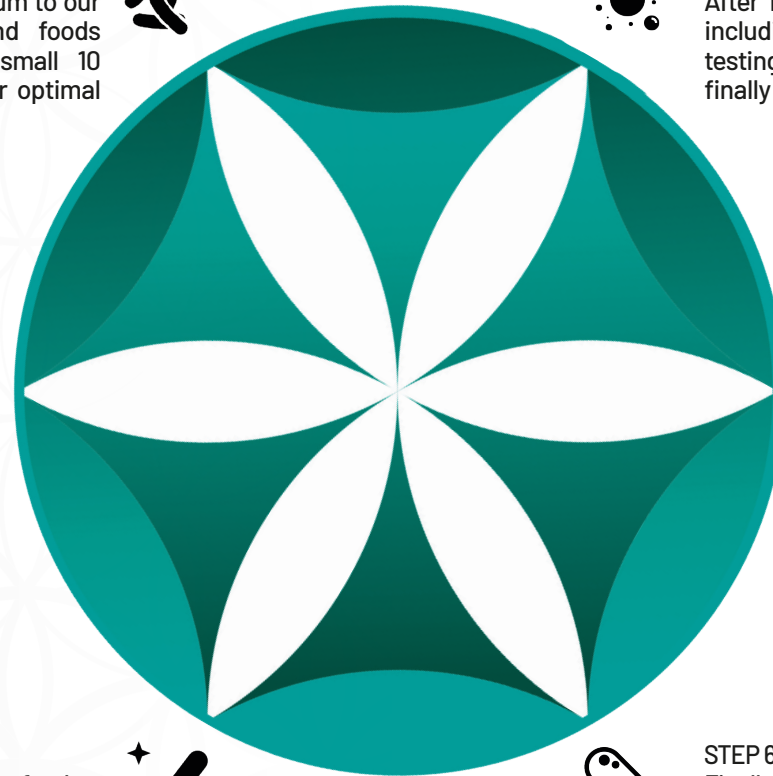
## STEP 6:

Finally we encapsulate the finished product in an organic plant-based capsule and place in an amber glass bottle and 100% plastic-free packaging.



## STEP 1:

We choose only the freshest organic ingredients (biodynamic, where possible). Our water is double filtered and restructured using a specialised Flaska system.



## YOUR FLORA SYMBIOTICS

**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 modern-day synbiotics. 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 we provide hundreds of microbial species, we encourage the natural and healthy balance of all living organisms in your digestive microbiome.

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

### BUILD IT AND THEY WILL COME

Given the right terrain, one microbe can divide and multiply every 20 minutes—over 12 hours that's about 64 billion. Synthetic isolates may offer millions 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 right environment to encourage healthy microbes to thrive and reproduce.

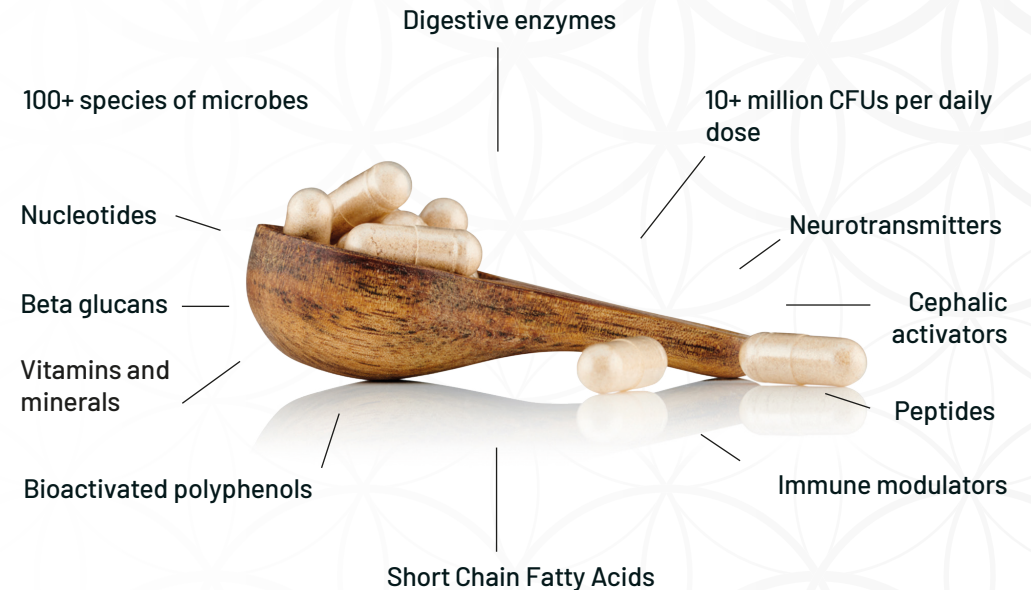


### WHY SPROUTED SOYA BEANS?

Fermented soya is nature's perfect superfood for the microbiome. Of all fermented foods, the evidence points to soya 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 soya beans and then we sprout them for 4 days prior to fermentation.

Also see our web FAQs about fermented sprouted soya on [livingnutrition.co.uk](http://livingnutrition.co.uk)

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



and everything else a natural ecosystem of living nutrition can offer!

## YOUR FLORA

Living Nutrition's Your Flora symbiotic range is the most active microbiome support available. Our small-batch fermentation of organic non-GMO sprouted soya beans using our specialised kefir-kombucha hybrid provides a complete, digestion-targeted living ecosystem that has no equal as a food supplement. Because it is a holistic plant-based symbiotic, it contains all the factors needed to bring your unique digestive microbiome into a healthy balance, regardless of age or health status.

## YOUR FLORA SYMBIOTICS VS PROBIOTICS



**SYMBIOTICS**



**PROBIOTICS**

Naturally fermented from plants	Synthetically grown in laboratories
100+ balanced and evolved species	A few Isolated bacteria species
Bound to natural enzymes and peptides	Attached to maltodextrin (to stabilise)
Complete with fermented 'mother'	Never had a 'mother'
Rich in numerous digestive nutrients	No digestive nutrients
Organically certified	Synthetic - can't be certified
A wide range of natural prebiotics	Added prebiotic sugars/fibres
A complete living ecosystem, in harmony with your digestive microbiome	Nothing but naked, exposed bacteria

## 10 MILLION CFUS

Each Your Flora product contains a minimum of 5 million colony forming units (CFUs) per capsule, 10 million per daily recommended daily dose. It is important to understand that greater numbers of isolated bacteria are far less functional than a greater biodiversity of bacteria within their natural ecosystem.

## SYMBIOSIS, NOT MEGADOSIS

We encourage balance and growth by avoiding high doses of single strains that can easily create an imbalance and extinction of many important but delicate species. There is a growing number of studies demonstrating various dangers of high-strength probiotics. For more info, visit: [www.livingnutrition.co.uk/research-studies](http://www.livingnutrition.co.uk/research-studies).

## 100+ SPECIES

The Your Flora symbiotics provide the greatest biodiversity of living microorganisms of any food supplement - exceeding 100 species. Our little ferment friends include all the key microbial families that have grown and evolved together, ensuring a healthy balance.

## MEET OUR TOP 20 BENEFICIAL BACTERIA

Lactobacillus plantarum	Lactobacillus delbrueckii
Lactobacillus rhamnosis	Lactobacillus gasseri
Lactobacillus acidophilus	Lactobacillus hilgardii
Lactobacillus casei	Lactobacillus salivarius
Lactobacillus paracasei	Gluconobacter oxydans
Leuconostoc lactis	Lactobacillus fermentum
Lactobacillus brevis	Lactobacillus kefir
Lactobacillus reuteri	Lactobacillus kefiranofaciens
Lactobacillus johnsonii	Leuconostoc mesenteroides
Lactobacillus helveticus	Leuconostoc kimchi

## YOUR FLORA SYMBIOTICS

Introducing our organically certified Your Flora symbiotics range: providing everything your digestive microbiome needs for optimal health, function and biodiversity.

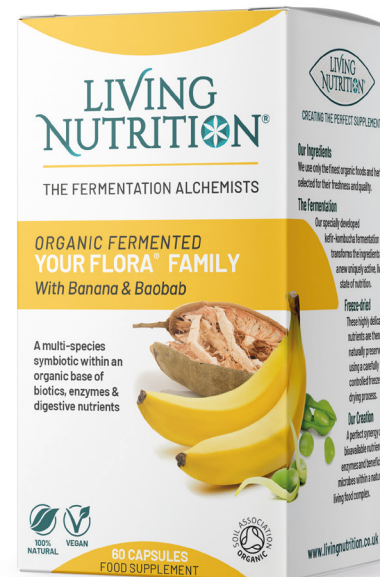
The focus and foundation of the Your Flora range is the symbiotic core in each product. This helps create a healthy biodiverse microbiome and re-establish optimal digestive functions. Each product also contains two additional organic herbs or foods for targeted support for various digestive symptoms. Every Your Flora herbal blend has unique properties that make it is easy to match it with the correct digestive constitution, and even if the match is not exact, the symbiotic core is the same in each product, and provides the greatest benefit.

### OUR GUARANTEE

- ✦ 100+ species of beneficial microbes
- ✦ Biotics, enzymes and nutrients
- ✦ Encourages microbiome biodiversity
- ✦ Highly bioavailable
- ✦ Additional herbs for digestive support
- ✦ Suitable for vegans
- ✦ Does not require refrigeration



### FAMILY



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 soya beans	300mg
Organic banana powder	200mg
Organic baobab powder	200mg

### GOLD SPICE



A dual-action formula that is warming for stagnant 'cold' digestion and cooling for digestive inflammation.

- Stimulates digestive enzymes
- Can help inflammatory conditions

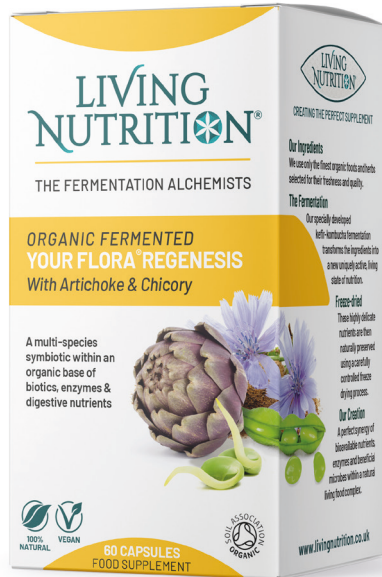
#### INGREDIENTS:

2 capsules provide:

Kefir-kombucha fermented organic sprouted soya beans	300mg
Organic turmeric root	200mg
Organic ginger root	200mg



## REGENESIS



Helps to re-establish healthy bowel movements and the digestive microbiome after infection or antibiotics.

- Post-antibiotic formula
- Useful for constipation

**INGREDIENTS:**  
2 capsules provide:

Kefir-kombucha fermented organic sprouted soya beans	300mg
Organic artichoke leaf	200mg
Organic chicory root	200mg

## SENSITIVE



A mint-based formula for sensitive digestion, acting as a gentle antispasmodic. Provides support for gut-brain related digestive stress.

- Calms digestive sensitivity
- Gentle acting

**INGREDIENTS:**  
2 capsules provide:

Kefir-kombucha fermented organic sprouted soya beans	300mg
Organic peppermint leaf	200mg
Organic lemon balm leaf	200mg

## TERRAIN



Designed to encourage a healthy mucus membrane, manage low/high acidity and healthy bowel function. A consumer favourite.

- Useful for gut lining issues
- Helps acidity-related conditions

**INGREDIENTS:**  
2 capsules provide:

Kefir-kombucha fermented organic sprouted soya beans	300mg
Organic aloe vera	200mg
Organic slippery elm powder	200mg

## TRANQUIL



A fast-acting formula for gas and bloating. It can also help 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 soya beans	300mg
Organic fennel seed	200mg
Organic chamomile flower	200mg

## ORGANIC FERMENTED HERBS

Our Organic Fermented Herbs are formulated to give herbs everything they need to fulfill their true potential. Using our signature kefir-kombucha fermentation process we transform the entire herb into its bioactive state, creating an enhanced, living herbal supplement like no other.

Our herbs and foods are living complexes, 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.

### OUR GUARANTEE

- \* 100% plant-based organic, fermented nutrition
- \* Superior bioavailability
- \* Higher levels of polyphenols
- \* Maintains natural synergy
- \* Rich in enzymes and bionics
- \* No isolates, excipients or additives
- \* Gentle on the stomach



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.

### OUR ORGANIC FERMENTED HERBS:

- Are completely predigested and in a form the body can use
- Show an increase in bioactive nutrients such as polyphenols
- Create key cellular signalling compounds with enhanced therapeutic value
- Contain nutrients such as enzymes, peptides and bioflavonoids which work together in a food matrix to achieve their functions in the body
- Maintain complete balance and synergy
- Are freeze-dried, keeping the product naturally rich in enzymes and microbes.

### THERAPEUTIC VALUE OF FERMENTATION



## MACA



**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 and freeze-dried organic maca root **600mg**

## MILK THISTLE



**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
- Predigested by fermentation and easily absorbed.
- Rich in metabolic enzymes

**INGREDIENTS:**  
2 capsules provide:

Kefir-kombucha fermented and freeze-dried organic milk thistle seed **600mg**

## RHODIOLA



**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 and freeze-dried organic rhodiola root **500mg**

## TURMERIC



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

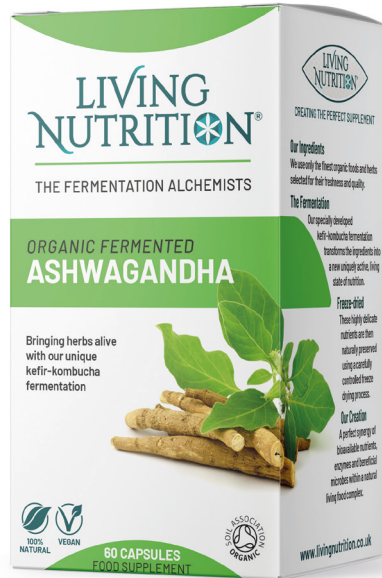
- A complete profile of essential oils and curcuminoids including tetrahydrocurcumin
- Gentle on the stomach

**INGREDIENTS:**  
2 capsules provide:

Kefir-kombucha fermented and freeze-dried organic turmeric root **600mg**

# ORGANIC FERMENTED HERBS

## ASHWAGANDHA



**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 and freeze-dried organic ashwagandha root **600mg**

## HOLY BASIL



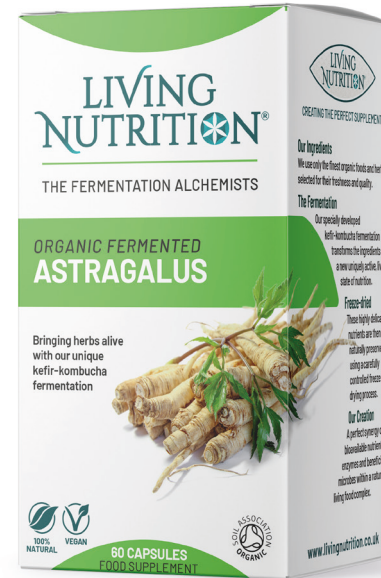
**Holy basil** is an adaptogen and all-round nutritional tonic with active compounds to help support emotional wellbeing and the demands of a modern-day lifestyle.

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

**INGREDIENTS:**  
2 capsules provide:

Kefir-kombucha fermented and freeze-dried organic holy basil seed **600mg**

## ASTRAGALUS



**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 and freeze-dried organic astragalus **600mg**

## RED GINSENG



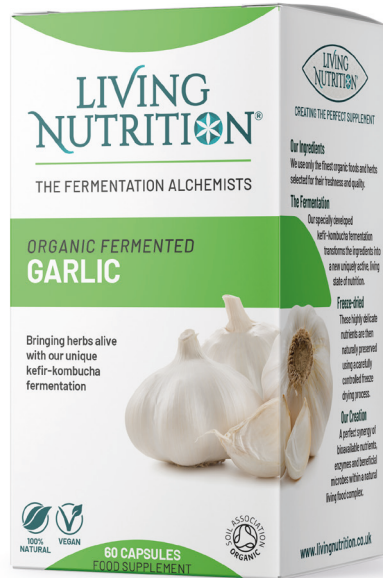
**Red Ginseng** has been prized by Chinese medicine for over 7,000 years. Sometimes called the 'all-healing man root', it is popular for vitality.

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

**INGREDIENTS:**  
2 capsules provide:

Kefir-kombucha fermented and freeze-dried organic red ginseng root **600mg**

## GARLIC



**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 and freeze-dried organic garlic bulb **700mg**

## VALERIAN



**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 and freeze-dried organic valerian root **500mg**

## PASSION FLOWER



**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
- A natural support for anxiety and sleep

**INGREDIENTS:**  
2 capsules provide:

Kefir-kombucha fermented and freeze-dried organic passion flower **500mg**

## LEMON BALM



**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 and freeze-dried organic lemon balm **500mg**

## ORGANIC FERMENTED MUSHROOMS

Organic Fermented Mushrooms are the latest innovation from our laboratory in activating hard-to-digest nutrients.

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.

### OUR GUARANTEE

- ✳ Only 100% mushroom parts
- ✳ 100% organic including capsule
- ✳ Never any fillers or additives
- ✳ Increased bioavailability
- ✳ Maintains natural synergy
- ✳ Rich in enzymes and biotics
- ✳ Freeze dried for freshness



## CHAGA



**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 and freeze-dried organic chaga conk **600mg**

## CORDYCEPS



**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 and freeze-dried organic cordyceps **900mg**

## LION'S MANE



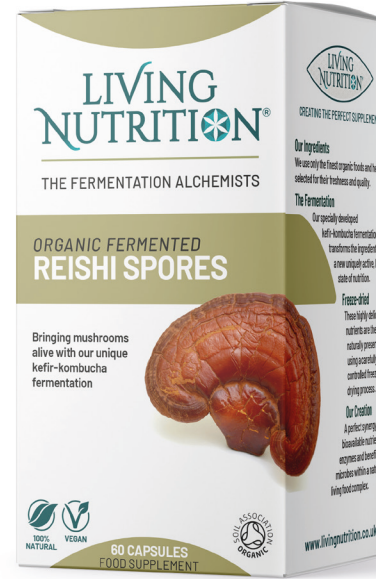
**Lion's mane** is known as the 'Mountain priest' mushroom and traditionally used to support focus and concentration.

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

**INGREDIENTS:**  
2 capsules provide:

Kefir-kombucha fermented and freeze-dried organic lion's mane **800mg**

## REISHI SPORE



**Reishi spore** is 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 and freeze-dried organic reishi spore **600mg**

## MYCO BLEND



**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 and freeze-dried organic cordyceps **300mg**  
organic lion's mane **300mg**  
organic reishi spore **200mg**

## ORGANIC FERMENTED HERBAL BLENDS - STRESS & 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. Firstly, the production of nutrients through fermentation such as neurotransmitters and short chain fatty acids regulate cognition, and the production of various enzymes support numerous metabolic pathways. The gut-brain link is another key pathway, where a healthy digestive microbiome produces peptides that provide 'crosstalk' with the brain.

Recent research has also demonstrated that the human brain has its own microbiome, which is uniquely nourished by fermented foods. Finally, each herb donates its own specific actions: bioactivated by fermentation into a highly bioavailable, polyphenol-rich nutrient powerhouse, it contains a balanced profile of nutrients providing various benefits to the mind.

### OUR GUARANTEE

- ✳ 100% plant-based, fermented nutrition
- ✳ Organic ingredients including capsule
- ✳ Increased bioavailability
- ✳ Rich in enzymes and biotics
- ✳ Maintains natural synergy
- ✳ Never any fillers or additives
- ✳ Freeze dried for freshness



## TRUE ADAPTOGENS



**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 and freeze-dried	
organic red ginseng	140mg
organic ashwagandha	140mg
organic holy basil	140mg
organic rhodiola	140mg



## NIGHT TIME



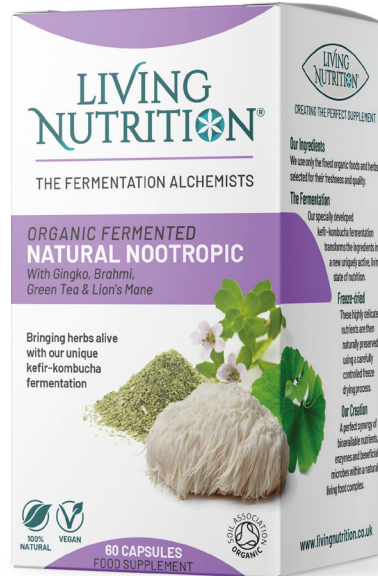
**Night Time** is a soothing blend of relaxing herbs including valerian, passion flower and hops, for a restful night's sleep.

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

**INGREDIENTS:**  
2 capsules provide:

Kefir-kombucha fermented and freeze-dried organic valerian	200mg
organic passion flower	160mg
organic hops	140mg

## NATURAL NOOTROPIC



**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 and freeze-dried organic ginkgo	150mg
organic brahmi	150mg
organic green tea	150mg
organic lion's mane	150mg

## WISDOM



**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 and freeze-dried organic holy basil	150mg
organic gotu kola	150mg
organic matcha tea	150mg
organic lion's mane	150mg

## TRANQUILLITY



**Tranquillity** is a calming combination of herbs including lavender, ashwagandha and lemon balm, 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 and freeze-dried organic lavender	180mg
organic lemon balm	180mg
organic ashwagandha	140mg

## ORGANIC FERMENTED HERBAL BLENDS - IMMUNE

Our Immune range contains specifically targeted products for various immune-related issues.

Beyond the benefits of the individual herbs, these fermented supplements offer some distinct advantages for supporting immunity.

As the herbs are bioactivated and accompanied by their various enzymes and cofactors there is no additional burden on the body to supply these cofactor nutrients when it is already in a challenged state. Fermentation increases the production of polyphenols, transforming them into cellular messengers that have a deeper ability to support immune function.

Fermentation also creates many additional compounds that directly support immune health such as beta glucans and immune-modulating peptides. In addition, as with all our products, they are rich in beneficial microbes that have their own specific benefits to immune balance.

### OUR GUARANTEE

- ✳ 100% plant-based, organic fermented nutrition
- ✳ Superior bioavailability
- ✳ Higher levels of polyphenols
- ✳ Maintains natural synergy
- ✳ Rich in enzymes and biotics
- ✳ No isolates, excipients or additives
- ✳ Gentle on the stomach



### SIBO-GO



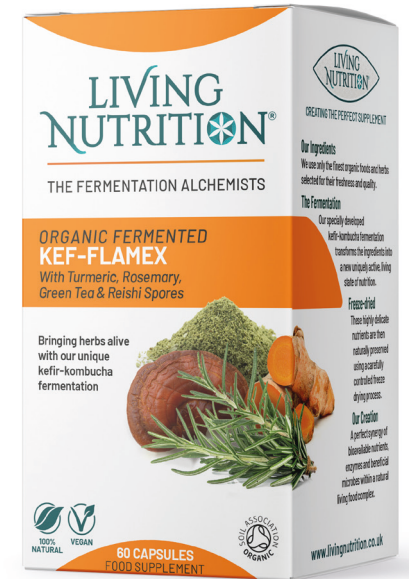
**SIBO-Go** is a, bioactive combination of herbs including garlic, oregano, thyme and clove, for a healthy and balanced microbiome.

- Rebalances the gut environment
- Encourages beneficial microflora

**INGREDIENTS:**  
2 capsules provide:

Kefir-kombucha fermented and freeze-dried	
organic garlic	150mg
organic oregano	150mg
organic thyme	150mg
organic clove	150mg

### KEF-FLAMEX



**Kef-Flamex** is a highly bioavailable formulation of herbs for optimal physical function and activity.

- With key antioxidant-rich superfoods
- Supports joint health and inflammation

**INGREDIENTS:**  
2 capsules provide:

Kefir-kombucha fermented and freeze-dried	
organic turmeric	150mg
organic rosemary	150mg
organic green tea	150mg
organic reishi spore	150mg

# 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 SOYA ALLERGY?

Although we are legally obliged to label the soya beans 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 there is almost zero chance of an allergic reaction with fully fermented soya.

## 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 designed with children in mind, 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®

[www.livingnutrition.co.uk](http://www.livingnutrition.co.uk)

@livingnutritionsupplements

Distributed by Living Planet Distribution

[www.livingplanetdistribution.com](http://www.livingplanetdistribution.com)

For all enquiries contact:

[sales@livingplanetdistribution.com](mailto:sales@livingplanetdistribution.com)

+44 (0)203 176 9982