



## PRICE CATALOGUE

### CEREALS(SEED AND FLOUR )

|                                |        |   |
|--------------------------------|--------|---|
| 1.Mawe/Uwele<br>(Pearl Millet) | 150/kg | Pearl millet is very powerful in controlling diabetes. Because of its high fibre content, it tends to digest slowly and release glucose at a slower rate as compared to other foods. This helps in maintaining healthy blood sugar levels for a long period of time.High in fibre |
| 2.Sesame seeds                 | 220/kg | Sesame seeds , are high in fibre, calcium and <a href="#">fight inflammation</a> .Long-term, low-level inflammation may play a role in many chronic conditions, including obesity and cancer, as well as heart and kidney disease   |
| 3.Teff flour                   | 250/kg | Teff is good news for our muscular, nervous, and cardiovascular systems. It contains 69% of our daily value of magnesium. Magnesium is a cofactor for many of our body processes and can help us avoid things like migraines, heart attacks, and diabetes.                        |
| 4.Amaranth flour               | 200/kg | Amaranth seeds and oil (found in the seed) have fiber which contributes to lower cholesterol and  |

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|                   |        | risk of constipation. It's also rich in phytosterols, also known for lowering cholesterol. Rich in fibre   |
| 5. Wimbi Flour    | 200/kg | Being non-glutinous, finger millet is safe for people suffering from gluten allergy and celiac disease. It is non-acid forming, and hence easy to digest. Finger millet is rich in amino acids (Tryptophan, Threonine, Valine, Isoleucine and Methionine). |
| 6. Chickpea flour | 200/kg | Chickpea flour is packed with fiber, as chickpeas themselves are naturally high in this nutrient.  |

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| 7. Spelt Flour | 580/kg | Spelt is a great alternative to Wheat . Makes tasty chapati and pancakes all on its own |
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## GRAINS

|                        | PRICE         | BENEFITS   |
|------------------------|---------------|--|
| Chickpeas(Garbanzo)    | <b>200/kg</b> | Chickpea flour is packed with fiber, as chickpeas themselves are naturally high in this nutrient.  |
| Kunde/Nthoroko/Cowpeas | <b>200/kg</b> | Very few foods are capable of dealing with spleen, stomach and pancreas related problems like cowpeas. They can tone these organs properly and facilitates their functions. In addition, these beans can calm the working of bowel in your body. |

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| Njahi           | 200/kg | High in iron . Can help on anemia and iron deficiency   |
| Chickpeas(desi) | 200/kg | Chickpea flour is packed with fiber, as chickpeas themselves are naturally high in this nutrient. |

### **HERBS AND SPICES(DRIED/GRINDED/ ENCAPSULATED)**

\*Seasonal herbs will be included soon as per collection

| HERBS              | PRICE PER WEIGHT                          | BENEFITS  |
|--------------------|---|---|
| Stinging Nettle    | Ksh 650 per 60 capsules<br><br>300 per kg | High in iron. Strong anti inflammatory.   |
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| Blackseed          | Ksh 1000 per kg                           | Potent anti-inflammatory  |
| Seamoss RAW        | Ksh 850 per pkt                           | Contains 90 of the 102 minerals we are composed . Very high in the most absorbable Form of calcium. |
| Seamoss Powder     | -Ksh 1000 per 100g of raw powder          | Very High in Zinc , great for the Male reproductive System  |
| Baobab powder      | Ksh 700 per kg<br>Ksh 380 per 250g        | Strong Antioxidant. Food flavouring. Important iron source and energy booster .                     |
| Activated Charcoal | Ksh 700 per 60 capsules                   | Strong detoxer  |

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| Cayenne pepper | Ksh 1100 per Kg<br>Ksh 400 per 250g | Alkaline food spice |
| Raw tamarinds  | Ksh 280 per punnet                  |                     |
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|-----------------|---|---|
| Blue vervain    | Ksh 1250 per 60 capsules<br>Ksh 750 per 100g loose powder | High in iron and strong anti-inflammatory for chest ailments. Excellent for female reproductive systems . |
| Mondia Whitei   | Ksh 1000 per 60capsules                                   | High iron and Zinc .Good for Male reproductives   |
| Blessed Thistle | -Ksh 1200 per 60 caos                                     | High in silymarin , strong liver cleanser   |
| Soursop leaves  | Ksh 1200 per 60 capsules                                  | High in antioxidants  |
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## HERBAL TEAS

| HERBAL TEAS | PRICE PER BOX OF 30 SACHETS | BENEFITS  |
|-------------|-----------------------------|---|
| Marula Tea  | 550                         | Great for relaxation and insomnia , Good night rest and early start.                        |
| Burdock Tea | 550                         | Breakfast tea , full of energy ;caffeine substitute   |
| Iron Tea    | 350                         | Great evening tea and weight loss agent after meals . Assist in digestion. Prevents Acidity |

## CELL FOODS

| CELL FOOD               | PRICE PER PACK   | BENEFITS   |
|-------------------------|--|--|
| Iron And Blood Purifier | <p><b>Standard Dose</b><br/>Ksh.1250 per 60 capsules(One month Supply)</p> <p><b>Full Dose</b><br/>Ksh. 2500 per 120 capsules (one month supply)</p> | <p>Rich source of nascent iron great for any anaemic conditions</p> <p><b>Ingredients</b> ( Mondia Whitei , Stinging nettle , Sarsparilla )</p>  |
| Mama                    | <p><b>Standard Dose</b><br/>Ksh.1250 per 60 capsules(One month Supply)</p> <p><b>Full Dose</b><br/>Ksh. 2500 per 120 capsules (one month supply)</p> | <p>Addresses the hormonal balance of the female reproductives . Excellent nourishment especially in fibroids condition.</p> <p><b>Ingredients</b>( Blue vervain, yellow dock, Marula Bark)</p> |
| Sea Moss                | <p><b>Standard Dose</b><br/>Ksh.1000 per 60 capsules(One month Supply)</p> <p><b>Full Dose</b><br/>Ksh.2000 per 120 capsules (one month supply)</p>  | <p>Assist in weight loss. Gives nourishment and assists in bile production and proper digestion . Anti constipative.</p> <p><b>Ingredients</b> (100% wild-crafted Seamoss powder)</p>          |

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| <p>BABA</p>                                  | <p><b>Standard Dose</b><br/>Ksh.1250 per 60 capsules(One month Supply)</p> <p><b>Full Dose</b><br/>Ksh. 2500 per 120 capsules (one month supply)</p> | <p>Addresses the male reproductive areas. Supplies large doses of zinc and iron.</p> <p>Ingredients(Mondia Whitei,Prunus Africana,Soursop leaf )</p>   |
| <p>Neuro-Booster</p>                         | <p><b>Standard Dose</b><br/>Ksh.1250 per 60 capsules(One month Supply)</p> <p><b>Full Dose</b><br/>Ksh. 2500 per 120 capsules (one month supply)</p> | <p>This supplements the body</p> <p>Ingredients : Vangueria Madagascariensis, Red Clover,Elderberry</p>  |
| <p>Anti-Athritis Pack(Capsules and balm)</p> | <p>Ksh 1600</p>  | <p>Strong anti inflammatory for pain relief and for removing inflammation around the joints, excessive uric acid</p> <p>Ingredients (Zanthoxylum Chalybeum , Warbugia Ugandensis , Indigenous herb )</p>   |
| <p>Colon Cleanse and GI Tract</p>            | <p><b>Standard Dose</b><br/>Ksh.1750 per 60 capsules(One month Supply)</p> <p><b>Full Dose</b><br/>Ksh. 3500 per 120 capsules (one month supply)</p> | <p>Long-term, low-level inflammation may play a role in many chronic conditions, including obesity and cancer, as well as heart and kidney disease. The cell food therefore fights inflammation</p> <p>Ingredients(Warbugia Ugandensis, Senna ,Dandelion „Indigenous herb)</p> |
| <p>Parasite Cleanse</p>                      | <p>Ksh. 1750 per 60 capsules</p>   | <p>Strong detoxifying agent against</p>  |

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|             |                          | <p>unwanted visitors to the internal environment of the digestive tract , common to high protein diets</p> <p>Ingredients (Zanthoxylum Chalybeum, Indigenous herbs, Activated Charcoal, cloves)</p> |
| Chelation 1 | Ksh.1750 per 60 capsules | <p>Deep tissue cleanser , rids the body of chemical and heavy metal build-up from radiotherapies and chemotherapies</p> <p>Ingredients :Prunus Africana , Indigenous herb , Acacia nilotica</p>     |

## COSMECEUTICALS

| <b>Cosmeceuticals</b> | <b>Price per Pack</b> | <b>Benefits</b>  |
|-----------------------|-----------------------|--|
| Seamoss Soap(Single ) | 300                   | <p>Soothing for the skin ,acts on acne and psoriasis, nourishes skin</p> <p>Seamoss extract , avocado seed, coconut oil</p>  |
| Seamoss pack (3 Bars) | 850                   | <p>Soothing for the skin ,acts on acne and psoriasis, nourishes skin</p>   |
| Seamoss Cream         | 450                   | <p>A good moisturiser and skin care product designed to completely address skin issues and nourish and repair all kinds of skin challenges .</p> <p>Seamoss extract , coconut oil.</p> |
| Massage Balm          | 450                   | <p>A special balm for massaging body joints and is goodfor</p>   |

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|          |     | <p>pain relief and general relaxation</p> <p>Zanthoxylum extract , acacia extract , camphor oil</p>   |
| Hair Oil | 450 | <p>A herbal product designed to address alopecia and receding hair lines .<br/>Nourishes hair follicles</p> <p>Ingredients : Burdock extract , Sandal wood oil , nettle oil</p> |

## TEETH

|                     | PRICE PER PACK | benefits  |
|---------------------|----------------|---|
| Alkaline Toothpaste | 750            | <p>A herbal toothpaste designed to eliminate plaque and freshen breath while taking care of the gums .</p> <p>Warbugia Ugandensis extract</p> |
|                     |                |   |

## PACKS

| PRODUCT                       | Price per Pack | Benefits  |
|-------------------------------|----------------|---|
| VITAL PACK<br>(Standard Pack) | KSH4000        | Contains Seamoss , Iron &Blood Purifier and Colon Cleanser and Gi in the 60 caps dose |

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| VITAL PACK<br>(FULL DOSE) | KSH 7500 | Contains Seamoss , Iron<br>&Blood Purifier and Colon<br>Cleanser and Gi in the 120<br>caps dose |
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