



## PRICE CATALOGUE

### CEREALS (SEED AND FLOUR)

#### GRAINS

GRAINS	PRICE(Ksh)	BENEFITS
Chickpeas(Garbanzo)	Kg @ Ksh 200	Chickpeas are packed with <a href="#">fiber</a> .
Kunde/Nthoroko/Cowpeas	Kg @ Ksh 200	Very few foods are capable of dealing with spleen, stomach and pancreas related problems like cowpeas. They can tone these organs properly and facilitate their functions. In addition, these beans calm the working of the bowels in your body.

Njahi	Kg @ Ksh 200	High in iron .Can help with anemia and iron deficiency
Sesame seeds	Kg @ Ksh 220	Sesame seeds, are high in fiber, 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
Mawele/Uwele (Pearl Millet)	Kg @ Ksh 150	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

## FLOURS

.Teff flour	Kg @ Ksh 250	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
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Amaranth flour	Kg @ Ksh.200	Amaranth seeds and oil (found in the seed) have fibre which contributes to lower cholesterol and risk of constipation. It's also rich in phytosterols, also known for lowering cholesterol. Rich in fibre
Wimbi Flour	Kg @ Ksh.200	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).
Chickpea flour	Kg @ Ksh.200	Chickpea flour is packed with fibre, as chickpeas themselves are naturally high in this nutrient.
Spelt Flour	Kg @ Ksh.580	Spelt is a great alternative to Wheat. Makes tasty chapati and pancakes all on its own.
Alkaline Uji Flour	Kg @ Ksh.150	A premium and nutritious blend of starch free flours. Excellent for diabetics and children. Smooth and tasty. Use dates/agave for sweetening
Alkaline Ugali Flour	Kg @ Ksh 180	A premium starch free nutritious flour, excellent for diabetics, firm texture and taste. Great substitute for maize

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

\*Seasonal herbs will be included soon as per collection

HERBS	PRICE PER WEIGHT	BENEFITS
Sarsparilla	Ksh 1500 per 60 capsules Ksh 1500 per 100g powder	High in iron. Strong anti-inflammatory.
Blackseed	kg @ Ksh1000	Potent anti-inflammatory
Seamoss RAW	1kg @ Ksh1500 250g @ Ksh 850	Contains 90 of the 102 minerals we are composed of Very high in the most absorbable form of calcium.
Seamoss Powder	1kg @ 2200 250g @ 580	Very High in Zinc , great for the Male reproductive System
Baobab powder	Ksh 700 per kg of powder Ksh 380 per 250g of powder	Strong Antioxidant. Food flavouring. Important iron source and energy booster .
Cascara Sagrada	Ksh1500 per 60 capsules	Strong detoxer
Cayenne pepper	Ksh 1100 per Kg of powder Ksh 400 per 250g of powder	Alkaline food spice

Raw tamarinds	Ksh 280 per punnet	Food flavoring Antioxidant and anti-inflammatory properties.
Red Clover	Ksh 1500 per 60capsules	High iron and Zinc. Good for Male reproductive
Blessed Thistle	Ksh 1200 per 60 caps	High in silymarin , strong liver cleanser
Soursop leaves	Ksh 1200 per 60 capsules	High in antioxidants

#### HERBAL TEAS

HERBAL TEAS	PRICE PER BOX OF 30 SACHETS	BENEFITS
Hibiscus and Blue Vervain Tea	400	Great for relaxation and insomnia, <i>Good night rest and early start.</i>
Red Clover and Nettle Tea	400	Breakfast tea , full of energy ;caffeine substitute
Iron Tea	400	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> Ksh.1250 per 60 capsules (2weeks Supply)</p> <p><b>Full Dose</b> Ksh. 2500 per 120 capsules (one month supply)</p>	<p>Rich source of nascent iron. Great for any anaemic conditions.</p> <p><i>Ingredients (Mondia Whitei , Stinging nettle , Sarsaparilla )</i></p>
Mama	<p><b>Standard Dose</b> Ksh.1250 per 60 capsules (2weeks Supply)</p> <p><b>Full Dose</b> Ksh. 2500 per 120 capsules (one month supply)</p>	<p>Addresses the hormonal balance of the female reproductive system.</p> <p>Excellent nourishment especially in fibroids condition.</p> <p><i>Ingredients( Blue vervain, yellow dock, Marula Bark)</i></p>
Sea Moss	<p><b>Standard Dose</b> Ksh.1000 per 60 capsules (2-week Supply)</p> <p><b>Full Dose</b> 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><i>Ingredients :100% wild-crafted Seamos powder</i></p>
BABA	<p><b>Standard Dose</b> Ksh.1250 per 60 capsules (2weeks Supply)</p> <p><b>Full Dose</b> Ksh. 2500 per 120 capsules (one month supply)</p>	<p>Addresses the male reproductive system. Supplies large doses of zinc and iron.</p> <p><i>Ingredients (Mondia Whitei,Prunus Africana,Soursop leaf )</i></p>

<p>Neuro-Booster</p>	<p><b>Standard Dose</b> Ksh.1250 per 60 capsules (2weeks Supply)</p> <p><b>Full Dose</b> Ksh. 2500 per 120 capsules (one month supply)</p>	<p>Cleanses the lymphatic system</p> <p><i>Ingredients: Vangueria Madagascariensis, Red Clover, Elderberry</i></p>
<p>Anti-Arthritis Pack</p>	<p>Ksh 1600 for 60 Capsules and 65g balm</p>	<p>Strong anti-inflammatory for pain relief and for removing inflammation around the joints, Gets rid of excessive uric acid <i>Ingredients (Zanthoxylum Chalybeum , Warbugia Ugandensis , Indigenous herb )</i></p>
<p>Colon Cleanse and GI Tract</p>	<p><b>Standard Dose</b> Ksh.1750 per 60 capsules (2weeks Supply)</p> <p><b>Full Dose</b> 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><i>Ingredients (Warbugia Ugandensis, Senna ,Dandelion, Indigenous herb)</i></p>
<p>Parasite Cleanse</p>	<p>Ksh. 1750 per 60 capsules</p>	<p>Strong detoxifying agent against unwanted visitors to the internal environment of the digestive tract, Source of high protein diet.</p> <p><i>Ingredients (Zanthoxylum Chalybeum, Indigenous herbs, Activated Charcoal, cloves)</i></p>

Chelation 1	Ksh.1750 per 60 capsules	Deep tissue cleanser, rids the body of chemical and heavy metal build-up from radiotherapies and chemotherapies  <i>Ingredients: Prunus Africana, Indigenous herb , Acacia nilotica</i>
VITAL PACK	<b>Standard Pack</b> Ksh.4000 (2weeks supply)  <b>Full Dose</b> Ksh. 7500(one month supply)	Contains Seamoss, Iron & Blood Purifier and Colon Cleanser and Gi each in the 60 caps dose  Contains Seamoss , Iron & Blood Purifier and Colon Cleanser and Gi in the 120 caps dose

### COSMECEUTICALS

COSMECEUTICALS	PRICE PER PACK (Ksh)	BENEFITS
Seamoss Soap(Single )	300	Soothing for the skin, acts on acne and psoriasis, nourishes skin  <i>Ingredients: Seamoss extract , avocado seed, coconut oil</i>

Seamoss pack (3 Bars)	850	Soothing for the skin ,acts on acne and psoriasis, nourishes skin
Seamoss Cream	600	A good moisturiser and skin care product designed to completely address skin issues and nourish and repair all kinds of skin challenges.  <i>Ingredients: Seamoss extract , coconut oil.</i>
Massage Balm	600	A special balm for massaging body joints and is good for pain relief and general relaxation  <i>Ingredients:Zanthoxylum extract , acacia extract , camphor oil</i>
Burdock Hair Oil	600	A herbal product designed to address alopecia and receding hairlines. Nourishes hair follicles  <i>Ingredients: Burdock extract , Sandal wood oil , nettle oil</i>
Seamoss Serum	600	A Selenium rich extract of Seamoss which is excellent for skin repair

## TEETH

PRODUCT	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><i>Ingredients: Warbugia Ugandensis extract</i></p>