

# OUR FOUNDER AND FORMULATOR

Terranova was founded by Stephen Terrass MRNT, the former Technical Director of one of Europe's largest supplement companies. Stephen is widely regarded as a leading authority in the nutritional supplement field, with a particular emphasis on nutraceutical and botanical science. His innovative and creative instinct is matched by his commitment to create effective and ethical products, which capture the therapeutic attributes found in the natural world and then pair them with the knowledge and technology that science offers. In his more than 40-year career in this field, Stephen has presented over 500 lectures in 21 countries and has been a frequent guest lecturer for nutritional and natural medicine colleges. Stephen is also the author of eight books on natural health, numerous magazine articles and has recorded an awardwinning series of audio tapes.

### THE FUTURE

While much of the nutritional supplement industry gives the impression that laboratory-isolated natural chemicals and pharmaceutically adulterated plants are the future of nutrition, we at Terranova see a different future. Although isolated vitamins, minerals and other nutraceutical ingredients certainly have a significant value in supplements, it is recognized that carefully chosen whole, unadulterated and fresh phytonutrient-rich food and botanical ingredients hold the synergistic key to unlocking the maximum health potential of the isolated vitamins, minerals and other nutrients that we use in our industry. And we have witnessed that the effects of this synergy can be truly remarkable.







# THE REASON EXCIPIENTS ARE FOUND IN MANY SUPPLEMENTS - BUT NOT TERRANOVA

The inclusion of additives makes supplement manufacturing easier, faster, more efficient, less expensive and more profitable than when no additives are used. However, inactive manufacturing additives run contrary to TERRANOVA's standards for product integrity and purity and we are strongly convinced that the avoidance of additives allows for enhanced activity and synergy between vitamins, minerals, phytonutrients, plant enzymes and other beneficial compounds in our formulations.

Our decision to completely avoid the use of inactive manufacturing additives underlines our deep commitment to quality, which we put above maximizing our own cost savings and manufacturing convenience.





TERRANOVA ZINC 15MG



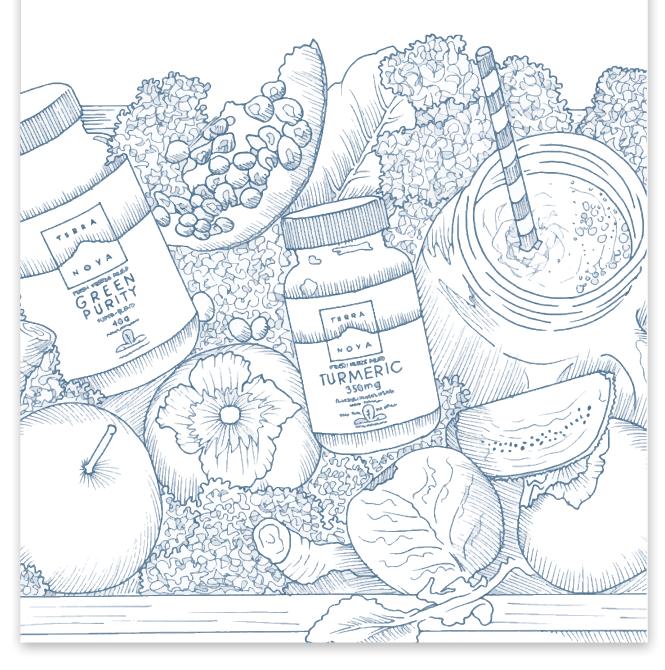




### **NON-GMO INGREDIENTS**

Terranova takes great care to provide the highest quality raw materials that are also non-GMO. As a British company whose primary business is in the EU, we have had a strict non-GM ingredient policy in place since the Terranova brand was originally launched in 2008.

All of our raw material suppliers must comply with our non-GMO requirements prior to acceptance, and all batches of raw materials must be accompanied by certificates of analysis and conformance declaration documentation confirming that they are not from a GMO source.









# MAGNIFOOD SYNERGISTIC NUTRITION

The key ingredients in TERRANOVA's nutritional supplements are not just the nutrients (e.g. isolated minerals or vitamins). Each TERRANOVA product containing added vitamins or minerals also contains its own unique complex of intensely synergistic plant ingredients called MAGNIFOOD.

MAGNIFOOD ingredients are combined in a manner which supports the body's biochemical environment in order to maximize the potential benefits of the product's vitamins, minerals and/or other nutrients. Many of the plants used in MAGNIFOOD are fresh freeze dried. A major point of difference for the brand is that MAGNIFOOD contains fresh freeze dried botanicals and wholefoods as close as you can get to the fresh-picked plant, but with the additional advantage that it concentrates everything in the plant in the same balance and proportions that nature put into the plant. Fresh freeze dried superfoods retain virtually 100% of the original chemistry that the plant contained when it was fresh - even the plant's highly sensitive enzymes.

Therefore **MAGNIFOOD** represents a unique advantage in our products and it is specifically designed to enhance absorption, bioavailability, utilization, activity, stability, function and effect of the product's nutrients.



### **MAGNIFOOD IS DESIGNED TO:**

- 1 Support the absorption, bioavailability, utilization, activity, stability, function and effect of the product's nutrients
- Provide synergistic enzymes and co-factors crucial to the utilization and functions of the product's nutrients
- 3 Provide a vast array of phytonutrients that enhance the potential functions and/or applications of the product
- Provide ingredients which enhance the overall content of vitamins, minerals and other nutrients in the product
- 5 Protect ingredients from oxidative damage and support the stability and activity of the product's nutrients



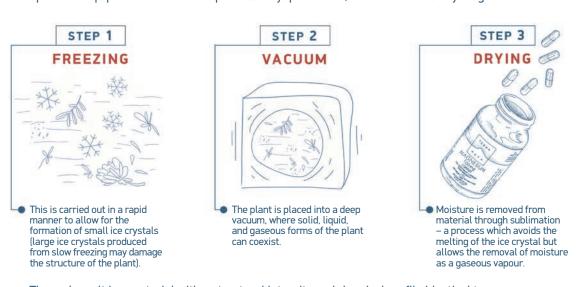


### THE METHOD



Fresh freeze drying, also called lyophilization is a technology which dates back to the 1890's. Originally used in the medical world to preserve sensitive biological materials, this method is widely used today for preserving a broad range of heat-sensitive materials such as proteins, microbes, pharmaceuticals, tissues and foods such as coffee, juices, fruit and vegetables. Interestingly, the fresh freeze drying method has been utilized in the production of space shuttle foods for astronauts and for military or extreme-sport foodstuffs.

Specialist equipment is used in the process of lyophilization, which involves 3 key stages.



The end result is a material with a structural integrity and chemical profile identical to the original plant. This is by far the superior method for preparing raw material from botanicals.









## QUEEN'S AWARD FOR ENTERPRISE

INTERNATIONAL TRADE 2021



## RUDE HEALTH MAGAZINE

BEST FOOD @ DRINK PRODUCT 2021 Platinum Award Terranova Life Drink



#### RUDE HEALTH MAGAZINE

BEST GUT HEALTH
(Digestive)
PRODUCT 2021
Gold Award
Terranova Digestive

Enzymes with Probiotics



## RUDE HEALTH MAGAZINE DCKDOWN AWARD:

LOCKDOWN AWARDS 2020 (IRELAND)

BEST CALMING/STRESS PRODUCT Platinum Award Terranova Smooth Mag



## RUDE HEALTH MAGAZINE CKDOWN AWARDS

LOCKDOWN AWARDS 2020 (IRELAND) BEST ENERGING

PRODUCT Gold Award Terranova Life Drink



#### NATURALLY GOOD HEALTH MAGAZINE AWARDS (IRELAND)

BEST FOOD ® DRINK PRODUCT 2020 Terranova Life Drink



# INTEGRATIVE HEALTHCARE APPLIED NUTRITION (IHCAN) MAGAZINE 2020 AWARDS

BEST ALTERNATIVE HEALTH PRODUC Gold Award Terranova Life Drink



#### TRUE HEALTH MAGAZINE 2020 AWARDS

BEST SUPPLEMENT (VMS)
Silver Award
Terranova Life Drink



#### NATURAL LIFESTYLE MAGAZINE AWARDS 2020

BEST FOOD & DRINK PRODUCT Terranova Life Drink



#### NATURALLY GOOD HEALTH MAGAZINE AWARDS (IRELAND)

BEST FOOD & DRINK PRODUCT 2020 Terranova Life Drink



#### ZDROWA MARKA ROKU AWARDS (POLAND)

HEALTHY BRAND OF THE YEAR 2020 Terranova



#### INFLUENCER'S TOP 2020 ALLABOUTLIFE.PL (POLAND)

Terranova Beauty Complex



#### NATURALLY GOOD HEALTH MAGAZINE AWARDS (IRELAND)

BEST NEW PRODUCT 2019 Terranova Mushroom Synergy



#### NATURAL HEALTH TRADE SUMMIT AWARDS (UK)

BEST SPORTS SUPPLEMENT 2019 Terranova Living Multivitamin SPORT



#### NATURAL HEALTH TRADE SUMMIT AWARDS (UK)

BEST BEAUTY/SKINCARE PRODUCT 2018 Terranova Hyaluronic Acid & Silica Complex



#### VEGGIE MAGAZINE AWARDS (UK)

BEST SUPPLEMENT 2017 Terranova Life Drink



#### NATURALLY GOOD HEALTH MAGAZINE AWARDS (IRELAND)

BEST SUPPLEMENT 2016 Terranova Life Drink



#### NATURAL HEALTH EXPO AWARDS (IRELAND)

BEST NEW SUPPLEMENT 2015 Terranova Green Child Sneaky Greens



# NATURAL HEALTH MAGAZINE INTERNATIONAL BEAUTY AWARDS (UK)

BEST SUPPLEMENT 2015 Terranova Beauty Complex



#### NATURALLY GOOD HEALTH MAGAZINE AWARDS (IRELAND)

BEST SUPPLEMENT 2015 Terranova Life Drink



#### NATURAL PHARMACY LIFESTYLE MAGAZINE AWARDS (UK)

BEST SUPPLEMENT 2013 Terranova Life Drink



#### BEAUTY SHORTLIST AWARDS (UK)

BEST SUPPLEMENT 2012 Terranova Living Multinutrient





# Life Drink

Deeply nourishing and intensely synergistic,
Terranova's multi-award-winning Life Drink
powder was developed as a foundational
nutritional product for those who choose to
follow a more natural and holistic wellness
lifestyle. Featuring fresh freeze dried botanicals,
concentrated wholefoods and other natural
actives, Life Drink provides a staggering
array of naturally-occurring phytonutrients,
micronutrients, balanced protein, enzymes,
microflora, essential fatty acids, fibre and much
more. Whether taken on its own or in a perfect
marriage with your favourite multivitamin,
Terranova Life Drink is an ideal nutritional
foundation to start your day.

#### ADD LIFE DRINK IN:

- ► Smoothies or super bowls
- Non-dairy milk (almond/ rice/ oat milk)
- Soups, salads or other foods that are not hot or intended to be heated



# **Multivitamins**

A comprehensive multivitamin/mineral formulation is the ideal foundation on which to build an effective wellness programme, and Terranova provides formulations for a variety of different lifestyle needs and preferences. Terranova's range of multivitamins not only provide essential vitamins and minerals, but also an array of accessory nutrients along with an intensely synergistic complex of concentrated wholefoods and botanicals. As with all Terranova products, Terranova multivitamins are 100% additive-free and 100% vegan.

- ► Living Multivitamin WOMAN
- ► Living Multivitamin MAN
- ► Living Multivitamin SPORT
- ► Advanced Synergy Multivitamin
- ► Living Multinutrient
- ► Full Spectrum Multivitamin
- ► Prenatal Multivitamin



# **Vitamins**

Although one's vitamin intake can be greatly boosted by the use of a comprehensive multivitamin product, there are times when people may benefit from the use of individual vitamins or specialized combinations of certain vitamins. For example, a person may seek such a formulation if a multivitamin does not provide an optimal potency of a particular vitamin (or vitamins) for that person's unique needs or requirements. Terranova provides an array of different vitamin formulations – all of which are synergistically enhanced with specialized combinations of wholefoods and hotanicals

#### PRODUCTS IN THIS CATEGORY

- ► Vitamin B-Complex with Vitamin C
- ▶ Vitamin B12 500µg Complex
- ▶ Vitamin C 250mg Complex
- ▶ Vitamin D3 1000iu Complex
- ► Vitamin D3 2000iu Complex
- ▶ Vitamin D3 1,000iu with Vitamin K2 50µg Complex
- ▶ Vitamin D3 2,000iu with Vitamin K2 100µg Complex
- ► Vitamin E 200iu Complex
- ▶ Vitamin K2 100µg Complex
- ► Advanced Synergy B-Complex
- ▶ Vitamin B6 50mg Complex
- ► Pantothenic Acid 250mg Complex
- ▶ Biotin 300µg Complex
- ► Folate 400µg Complex



# **Minerals**

Achieving optimal intake of minerals is just as important to health maintenance as ensuring that your vitamin intake is right for your needs. Terranova offers a wide range of different mineral products – all of which are synergistically enhanced with wholefoods and botanicals and featuring formulations that take into consideration the optimization of mineral absorption and function.

- ► Calcium Magnesium Complex (Ratio 2:1)
- ► Chromium 200µg Complex
- ► Easy Iron 20mg Complex
- ► Magnesium Calcium Complex (Ratio 2:1)
- ► Magnesium Bisglycinate Complex
- ▶ Smooth Mag Complex Powder
- ► Selenium 100µg Complex
- ► Selenium 200µg Complex
- ► Silica 150mg Complex
- ► Zinc 15mg Complex



# Digestive Products

Scientific research continues to highlight the strong link between gut health and one's overall state of health (both physical and mental). The ever-increasing awareness of this link has fueled the dramatic increase in popularity of digestive enzymes, probiotics and other digestive health products. Terranova's digestive health formulations benefit from holistic formulation principles as well as scientifically validated technologies which help overcome the main challenges to the stability and activity of ingredients such as enzymes and friendly microflora strains. And, of course, Terranova's digestive health products are both 100% additive-free and 100% vegan.

### PRODUCTS IN THIS CATEGORY

- ► Digestive Enzyme Complex
- ► Probiotic Complex with Prebiotics
- ▶ Probiotic Digestive Enzyme Complex
- ► Amino Freedom Protein Digestion Complex



# Specialist Formulations

The products in this category provide support for specific health applications, featuring Terranova's unique holistically balanced and intensely synergistic formulation concept. The ingredients for each product are selected based on the most up-to-date nutritional and botanical research. Although some of these products are 100% botanical and wholefood in their composition, most combine botanicals, wholefoods and nutraceutical ingredients.

- ► Beauty Complex SKIN HAIR NAILS
- ▶ Glucosamine, Boswellia & MSM Complex
- ▶ Bilberry, Lutein & Astaxanthin Complex
- ► Dong Quai & Soya Sprout Complex
- ▶ Dandelion, Artichoke & Cysteine Complex
- ▶ Nettle Root, Lycopene & Zinc Complex
- ▶ Astragalus, Elderberry & Garlic Complex▶ Hyaluronic Acid Complex
- ► Quercetin Nettle Complex
- ▶ Pro-Peptase IRC Complex
- ► Antioxidant Nutrient Complex
- ► Omega 3 6 7 9 Oil Blend organic
- ▶ Beta Carotene Complex (natural)
- ► CoQ10, Magnesium & Hawthorn Complex ► Ginkgo, Rhodiola & Choline Complex
- ► Chromium, Cinnamon & Lipoic Acid Complex
- ► Hyaluronic Acid & Silica Complex
- ► Glucosamine & Hyaluronic Acid Complex
- ► Pro-Nattase Complex
- ► Astaxanthin Complex
- ► Lutein Complex
- ► Lycopene Complex
- ▶ Alpha Lipoic Acid 300 mg Complex
- ▶ Beta Glucans 250mg Complex
- ► Dynamic Synergy
- ▶ Pine Bark & Grape Seed Complex
- ► Resveratrol 150mg Complex
- ► Smooth Synergy
- ► SOD Complex with Catalase
- ► Vibrant Synergy
- ▶ Chromium, Cinnamon & Lipoic Acid Complex
- ► Red Yeast Rice Complex
- ▶ Red Yeast Rice, Co-Q-10 ® Bergamot Complex



# **Botanicals**

The products in this selection contain only 100% fresh freeze dried botanicals and wholefoods, most of which are certified organic. Research shows that fresh freeze drying is superior to other drying methods in terms of protecting and retaining a plant's potency, biochemical integrity and enzymatic activity. In fact, the biochemical profile of a fresh freeze dried plant very closely resembles the profile of the original fresh plant, but in a much greater concentration, due to the removal of the plant's moisture content. In other words. Terranova fresh freeze dried botanicals and wholefoods are a highly concentrated version of the original fresh plant. Most Terranova botanicals are supplied by the Eclectic Institute organic herb farm in Oregon, USA.

### PRODUCTS IN THIS CATEGORY

- ► Avena Sativa & Tart Cherry Super-Blend Powder
- ▶ Beetroot Juice, Cordyceps & Reishi Pre-Workout Super-Blend Powder
- ▶ Cordyceps, Rhodiola & Ginseng Super-Blend Powder ② Capsules
- ▶ Elderberry & Olive Leaf Super-Blend Powder
- ▶ Green Purity Super-Blend Powder
- ► Green pH Alkaline Super-Blend Powder
- ▶ Tart Cherry, Nettle & Turmeric Super-Blend Powder
- ► Artichoke Leaf 250mg (fresh freeze dried) Capsules
- ▶ Bilberry 360mg (fresh freeze dried) Capsules
- ▶ Cranberry 300mg (fresh freeze dried) Capsules
- Garlic 500mg (fresh freeze dried) Capsules
   Ginger 350mg (fresh freeze dried) Capsules
- ► Ginkgo Biloba 500mg (fresh freeze dried) Capsules
- ▶ Holy Basil 400mg (fresh freeze dried) Capsules
- ▶ Milk Thistle 500mg (fresh freeze dried) Capsules
- ▶ Olive Leaf 450mg (fresh freeze dried) Capsules
- ▶ Rhodiola 300mg (fresh freeze dried) Capsules
- ▶ Turmeric Root 350mg (fresh freeze dried) Capsules
- ▶ Turmeric & Ginger (fresh freeze dried) Capsules
- ▶ Astragalus 500mg (fresh freeze dried) Capsules
- ▶ Echinacea 350mg (fresh freeze dried) Capsules
- ▶ Bitter Melon 500mg (fresh freeze dried) Capsules
- ▶ Chlorella 500mg (fresh freeze dried) Capsules
- ► Ginseng (Chinese Red) 500mg (fresh freeze dried) Capsules
- ▶ Siberian Ginseng 500mg (fresh freeze dried) Capsules
- ► Spirulina 500mg (fresh freeze dried) Capsules
- ► Spirulina & Chlorella (fresh freeze dried) Capsules



# Fermented Range

A distinctive factor in the uniqueness of the Terranova fermented range is the use of specific microbial strains for each product (rather than the universal application of one bacteria, yeast or fermenting medium). The research team in our fermented ingredient supplier Fermedics determines which microbial strains are most suitable for the fermentation of each plant in order to produce the desired biochemical transformation into secondary metabolites. The microbial strain with most appropriate and most efficient transforming ability are selected for the fermentation process. The end result is a highly active, significantly transformed botanical ingredient which provides a remarkably consistent range of biochemical content from batch to batch.

- ▶ Fermented Black Garlic FBG22™
- ▶ Fermented Ginger Ferzinger™
- ▶ Fermented Ashwagandha Fermanolide™
- ► Fermented Jiaogulan Fermogulan™
- ightharpoonup Fermented Turmeric Fermeric $^{\text{TM}}$
- ► Fermented Astragalus Fermagalus™
- ► Fermented Rhodiola Fermodiola™
- ► Fermented Chaga
- ► Fermented Cordyceps
- ► Fermented Maitake
- Fermented ReishiFermented Shiitake
- ► Fermented Mushroom Complex



# Mushrooms

Mushrooms are an example of nature's most potent health-giving compounds and as such, have been the subject of a huge amount of research into their potential benefits and protective properties. Within the Terranova range there are two different variants of mushroom/fungi products available:

A) Full-spectrum - fresh freeze dried and organic. Each full spectrum ingredient contains the fungus in all stages of its development providing the biologically active compounds primordia, mycelium and fruiting body, as well as the crucial extracellular compounds that are produced from the fungal cells and which have unique health benefits and biological make-up compared to the cells of the fungus itself.

B) Fermented mycelium culture - freeze dried. These mushrooms are produced utilizing a unique technology (known as submerged cultivation) whereby the mycelium is cultivated on a sterile liquid substrate. The substrate is adapted to each different mushroom. One major benefit of this production method is that the growth medium can be easily separated from the mycelium by filtration. This process retains not only the mycelium, but also all extracellular beta glucans which are water soluble and very easily absorbed, hence more bioavailable, ensuring the highest activity/potency.

Terranova is one of only a small number of brands in the world to use both of these unique mushroom ingredients.

### PRODUCTS IN THIS CATEGORY

- ► Terranova Maitake 500mg
- ► Terranova Reishi 500mg
- ► Terranova Chaga 500mg
- ► Terranova Cordyceps 500mg
- ▶ Terranova Mushroom Synergy Super-Blend Powder
- ▶ Terranova Mushroom Synergy Super-Blend Capsules
- ► Terranova Fermented Chaga
- ► Terranova Fermented Cordyceps
- ► Terranova Fermented Maitake
- ▶ Terranova Fermented Mushroom Complex
- ► Terranova Fermented Reishi ▶ Terranova Fermented Shiitake



- ▶ Intense Berries Super-Shake
- ▶ Intense Greens Super-Shake
- ► Intense Maca & Reishi Super-Shake



# **Sports Nutrition**

With our wide variety of both foundational and specialized formulations, Terranova can cover the needs of both professional and amateur athletes, as well as those who just need a nutritional boost for their everyday fitness routine. Although Terranova is not a brand focused on sports nutrition, many champions around the world choose Terranova as their preferred performance nutrition supplements. This decision is often based on a combination of the significant results that they experience with our products, and the fact that Terranova is one of the few 100% additive-free brands of nutritional supplements on the market. Athletes often rely on a multitude of different supplements in their nutritional programme, which often means that they are likely to be ingesting a higher level of additives, such as fillers, binders, flowing agents, lubricants and other common in-active ingredients in supplements. Because Terranova is 100% additive-free, athletes and others who take a larger number of supplements will find the purity of Terranova products especially advantageous.

### PRODUCTS USUALLY CHOSEN BY ATHLETES

- ► Living Multivitamin Sport
- ▶ Beetroot Juice, Cordyceps & Reishi Pre-workout Super Blend
- ► Cordyceps, Rhodiola & Ginseng Super-Blend Powder/ Capsules
- ▶ Life Drink
- ▶ Intense Maca & Reishi Super-Shake
- ▶ Glucosamine, Boswellia & MSM Complex
- ► Glucosamine, Chondroitin & Boswellia Complex
- ► Hyaluronic Acid Complex
- ► Glucosamine & Hyaluronic Acid Complex
- ▶ Pro-Peptase IRC Complex
- ► Easy Iron 20mg Complex
- ► Smooth Mag Complex Powder
- ▶ B-Complex with Vitamin C



# Green Child

Green Child is Terranova's award-winning range of food supplements for children aged from 4 to 12. The main motivation for developing the Green Child range was to create safe, gentle children's supplements that are pure, balanced and as nourishing as possible – with formulations based on the most up-to-date scientific research and following Terranova's deeply holistic formulation principles and uncompromising ingredient standards.

Our additive free policy has been one of the main reasons why our customers expressed such a strong desire for us to formulate children's products. When a person becomes aware of the potential concerns associated with certain manufacturing additives, they will more than likely prefer to avoid all additives in the products they take.

Most children's supplements are in a chewable form, however chewables require the use of various additives and Terranova has a strict 100% additive free policy. So in order to ensure precise dosage measurements Green Child products are encased in mini sized capsules - these capsules can be opened and the contents added to juice, smoothies, yoghurt or any cold or room temperature drink or food or the capsules can be swallowed whole for those kids who are able.

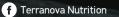
- ► Green Child Vitamin D3 400iu
- ► Green Child Living Multivitamin
- ► Green Child Friendly Microflora (probiotics)
- ► Green Child Sneaky Greens Super-Shake





www.terranovahealth.com

Follow us:





terranovahealth



► Terranova Nutrition