



THE QUEEN'S AWARDS
FOR ENTERPRISE,
INTERNATIONAL TRADE
2021



TERRANOVA
SYNERGISTIC NUTRITION



www.terranohealth.com



WELCOME TO
TERRANOVA
ENJOY THE JOURNEY!

Founded in 2008, **TERRANOVA Synergistic Nutrition** is a multi-award-winning supplement company with a range of more than **100** different nutritional and botanical products.

Formulated and manufactured in Britain, **TERRANOVA** is one of only a few large-scale supplement companies in the industry that does not use fillers, binders and other manufacturing additives in its products, and one of even fewer such companies that is 100% suitable for vegans.

TERRANOVA's formulation concept is scientifically advanced, while at the same time being rooted in the company's deeply holistic principles. This unique approach provides intensely synergistic nutritional and botanical formulations that are profoundly effective, precisely balanced, gentle on the system and which contain only active ingredients.

TERRANOVA philosophy embodies complete nourishment, deep healing and profound wellbeing.

Welcome to the future
of supplements.



TERRANOVA
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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 award-winning 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.





PURE SUPPLEMENTS WITH **NO** UNNECESSARY INGREDIENTS

The vast majority of supplements throughout the world contain numerous inactive ingredients, presenting as fillers, binders, disintegrants and coating agents (known as excipients). Considering that supplements work only because of their active ingredients, TERRANOVA is amongst a small minority of nutritional supplement companies in the world to completely avoid these inactive manufacturing additives.

Avoiding additives allows the activity of, and synergy between, vitamins, minerals, phytonutrients, plant enzymes and other beneficial compounds to be experienced in the most profound and intense way. All TERRANOVA products are in either 2-piece vegetarian capsules, powder or liquid form, rather than tablets that require certain fillers binders and often other additives in order to be manufactured properly.



TERRANOVA
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ADDITIVEFREE

NO fillers, binders or flowing agents
NO disintegrants, lubricants or coating agents
NO added colours, flavours or sweeteners.
Only **ACTIVE** ingredients.



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.



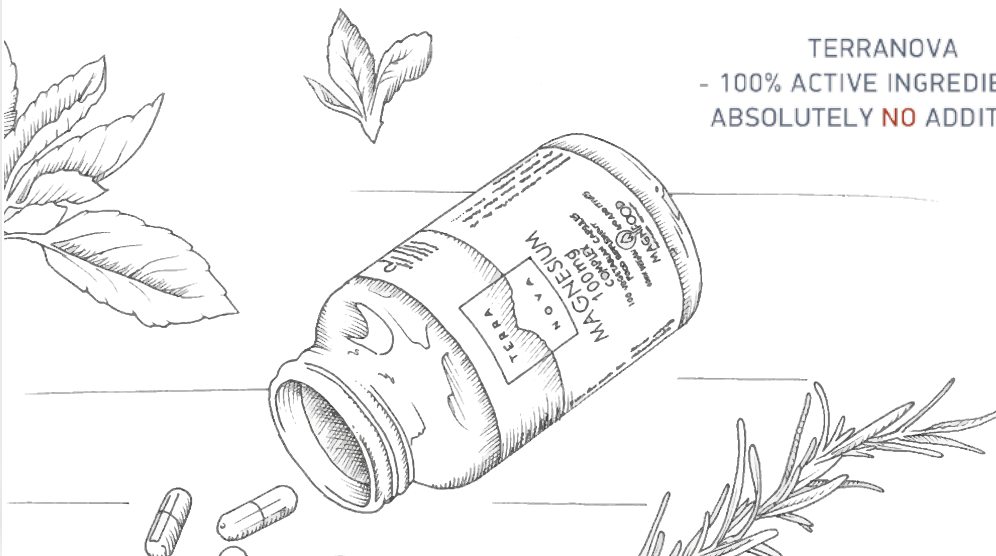
TERRANOVA
ZINC 15MG

84% MAGNIFOOD COMPLEX



16% ZINC BISGLYCINATE

TERRANOVA
- 100% ACTIVE INGREDIENTS...
ABSOLUTELY **NO** ADDITIVES



TERRANOVA
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100% VEGAN INGREDIENTS

TERRANOVA is one of only a small number of larger-scale nutritional supplement companies in the world to offer vegan suitability for 100% of its products.

The demand for products that meet the criteria and ethical values of a vegan diet and lifestyle continues to grow. At TERRANOVA, we recognise that many consumers require vegetarian or vegan products perhaps for religious/ethical reasons or due to a sensitivity to dairy products. As such, we maintain a strong commitment to make our entire brand meet these principles. Our team members are exceptionally proud of the fact that our ingredient policies allow us to provide those looking for vegetarian or vegan and additive-free products with a comprehensive range of nutritional and botanical formulations to choose from.



100% VEGAN

At TERRANOVA, we have always been committed to creating a guaranteed 'safe haven' for vegans, vegetarians and anyone wishing to follow a more plant-based diet and lifestyle. We aren't following a trend... using only vegan ingredients has always been our policy.



TERRANOVA
SYNERGISTIC NUTRITION

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.



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THE NEED FOR SYNERGY IN NUTRITION

To get the most out of nutritional supplementation it is necessary to achieve an intense state of synergy within the body. Synergy occurs when an interaction between compounds produces effects that are greater than the combined individual effects of each one. To provide its optimum effect, each vitamin, mineral or any other nutrient must be efficiently absorbed, distributed, metabolized and utilized and must participate in a wide array of synergistic interactions with enzymes, co-factors, other nutrients, etc. However, because factors such as genetics, diet, lifestyle, gender, age and stress levels affect the body's ability to generate a high level of synergy, the effectiveness of a supplement can vary significantly from person to person.

Ultimately the body's inner environment is what dictates how beneficial a supplement will be - and this fact has been the driving force in the development of every TERRANOVA product.



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MAGNIFOOD is not merely a food base - in fact, almost every MAGNIFOOD COMPLEX represents more than 50% of the total weight of all the ingredients in the product (and in many products, more than 90%).

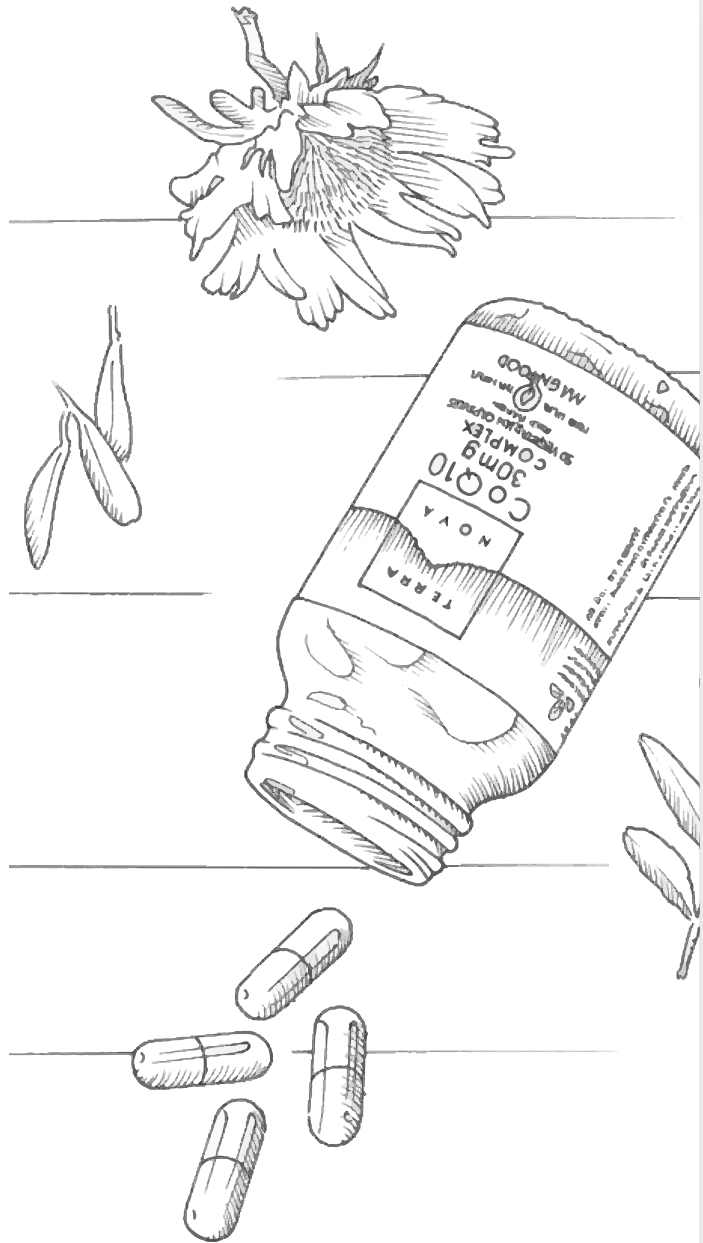


MAGNIFOOD SYNERGISTIC NUTRITION

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
- 2 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
- 4 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



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THE FRESH FREEZE-DRIED ADVANTAGE

In addition to nutraceutical ingredients, TERRANOVA products feature fresh freeze dried botanicals.

The late Dr Ed Alstat of the Eclectic Institute in Oregon was the first person to utilise fresh freeze drying for medicinal plants for use in commercial products.

Fresh freeze drying is the best natural method to keep sensitive plants almost as fresh as when they were cropped. Air, oven and spray drying are the standard commercial methods used to dry plant materials; these conventional drying methods are far more cost effective, however they can degrade important compounds and alter a plant's delicate biochemical balance.

Research shows that fresh freeze drying protects and retains a plant's potency, biochemical integrity and enzyme activity - as well as its colour, flavour and smell. Fresh freeze drying also significantly concentrates all of the beneficial compounds in a fresh plant. Unlike conventional drying and extraction methods, this is achieved without damaging or removing the original fresh plant constituents. In other words, TERRANOVA's fresh freeze dried botanicals are a highly concentrated version of the original fresh plant. Unlike extraction, freeze drying concentrates virtually all of the original plant compounds in more or less the same ratios and balance as was contained in the fresh plant. It also means that concentration is achieved without the use of solvents such as ethanol (used to make simple extracts) or toxic solvents often used to make standardized herbal extracts (such as methanol, acetone or hexane).



TERRANOVA
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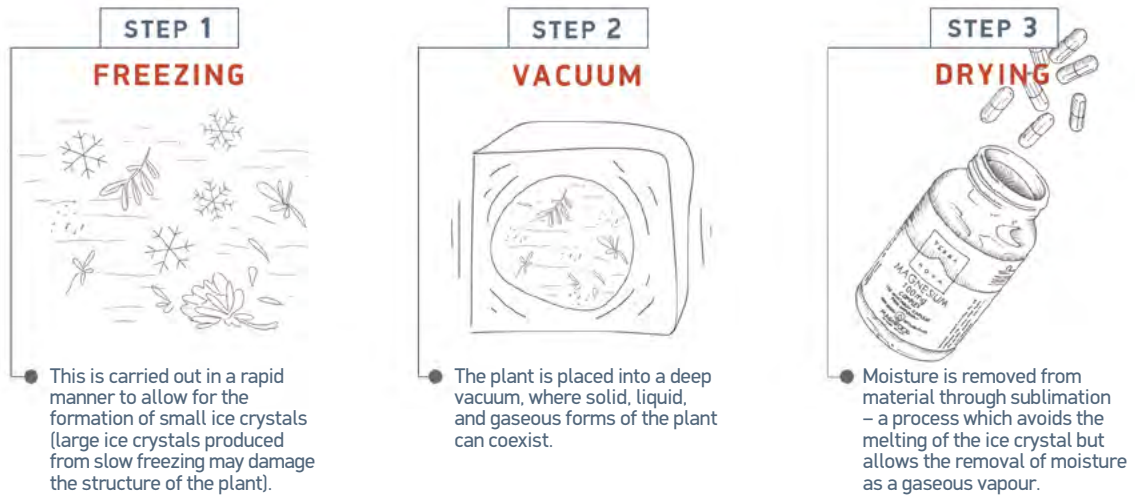
Terranova's fresh freeze-dried botanicals are a highly concentrated version of the original fresh plant - pure, raw and highly active.



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 & 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.



Fresh Plants
High % of water carrying phytonutrients, enzymes, etc.

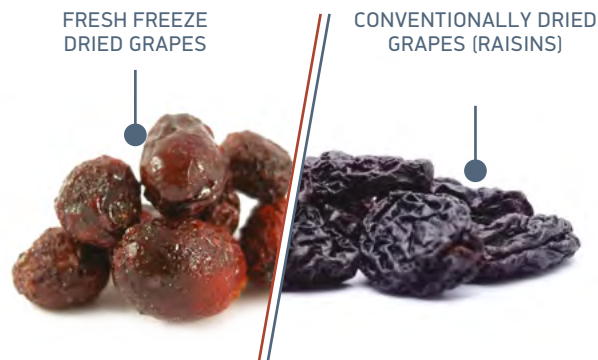


Iced Plants
Frozen immediately to preserve the highly sensitive micronutrients.



Sublimated Plants
More than 95% of water is evaporated. Preserves nutrients, flavour, colour, appearance.

The difference is clear



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A NEW ERA IN FERMENTATION

We are exceptionally proud to introduce the new Terranova Fermented Range to our brand! We have always been committed to using technologies which help the body more efficiently utilize the nutrients and valuable plant compounds in Terranova products, and fermentation is perfectly aligned with this commitment.

Although fermentation of foods has existed since antiquity, the innovation of fermented foods in nutritional supplements is revolutionary.

Our focus is on highly specialized, scientifically-advanced fermentation that unlocks the potent healing and nourishing properties of plants and whole foods in a way, and to a degree, that the body is often incapable of achieving on its own.



FERMENTED
BOTANICALS & WHOLE FOODS

The numerous advantages of fermentation include enhanced bioavailability, digestibility and antioxidant activity.



TERRANOVA
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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 LOCKDOWN AWARDS 2020 (IRELAND) BEST CALMING/STRESS PRODUCT - Platinum Award
Terranova Smooth Mag



RUDE HEALTH MAGAZINE 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 PRODUCT - 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.

PRODUCTS IN THIS CATEGORY

- ▶ 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 botanicals.

PRODUCTS IN THIS CATEGORY

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

PRODUCTS IN THIS CATEGORY

- ▶ Calcium - Magnesium Complex (Ratio 2:1)
- ▶ Chromium 200ug Complex
- ▶ Easy Iron 20mg Complex
- ▶ Magnesium – Calcium Complex (Ratio 2:1)
- ▶ Magnesium Bisglycinate Complex
- ▶ Smooth Mag Complex Powder
- ▶ Selenium 100ug Complex
- ▶ Selenium 200ug 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.

PRODUCTS IN THIS CATEGORY

- ▶ 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 & 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) Blend 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 at 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.

PRODUCTS IN THIS CATEGORY

- ▶ Fermented Black Garlic FBG22™
- ▶ Fermented Ginger Ferzinger™
- ▶ Fermented Ashwagandha Fermanolide™
- ▶ Fermented Jiaogulan Fergogulan™
- ▶ Fermented Turmeric Fermeric™
- ▶ Fermented Astragalus
- ▶ Fermented Rhodiola
- ▶ Fermented Chaga
- ▶ Fermented Cordyceps
- ▶ Fermented Maitake
- ▶ Fermented Reishi
- ▶ Fermented 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. All of the mushrooms used in Terranova products are full-spectrum, organic and fresh freeze-dried – one of only a small number of brands in the world to use this kind of raw material. The biologically active compounds found with full-spectrum fungal ingredients include the primordia, mycelium, fruiting bodies as well as extra-cellular compounds that are responsible for known beneficial properties found in fungi.

PRODUCTS IN THIS CATEGORY

- ▶ Terranova Maitake 500mg
- ▶ Terranova Reishi 500mg
- ▶ Terranova Chaga 500mg
- ▶ Terranova Cordyceps 500mg
- ▶ Terranova Mushroom Synergy



Super-Shakes

Terranova's range of Super-Shake powder blends provide intensely synergistic wholefood nourishment for today's modern wellness lifestyles. Intense Berries, Intense Greens and Intense Maca & Reishi Super-Shakes provide a wide array of concentrated wholefoods, along with digestive catalysts which are designed to help the body get the most from the deep nourishment locked inside these plant-based ingredients. The Super-Shakes feature their own specialized category of highly active foods and botanicals, which means that each shake possesses different properties. However, despite their differences, each Super-Shake also shares certain powerful ingredient categories that are also present in the others – such as rice bran actives, digestive enzymes and probiotics. And all three products also provide the equivalent of a 28ml shot of organic wheat grass juice in each serving!

PRODUCTS IN THIS CATEGORY

- ▶ 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
- ▶ 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

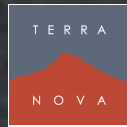
Green Child is Terranova's award-winning range of food supplements for children aged from 4 to 12. The main motivation for developing the Green Child range was to create safe, gentle children's supplements that are pure, balanced and as nourishing as possible – with formulations based on the most up-to-date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

PRODUCTS IN THIS CATEGORY

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



TERRANOVA
SYNERGISTIC NUTRITION

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