

HEALTH & HOME NOOK

071 945 9716



SUPPLEMENTS

Moringa Oleifera Powder
Collagen Hydrolyzed Peptide Powder
Magnesium Glycinate
Vit D3K2
Ashwagandha
Lion's Mane, AND much More!



BUTTER & DAIRY

Farm Butter Lightly Salted with Himilayan Salt
Double Cream Plain Yogurts
Full Cream Fruit Flavored Fruit Yogurts
Full cream Sugar Free Fruit Pulp yogurts
White & Yellow Cheddar Cheese, Mozzarella
Cream Cheese, Haloumi Cheese, Feta Cheese
Parmesan Cheese



FREE RANGE MEAT

Hormone Free, Injection free Chicken
Hormone free, Injection free Beef
Pork Free, Soy free Beef
Hormone free, Injection Free Prok
Hormone free, Injection free Mutton
Pork free, Soy free Russians, Mavon, etc.



NUTS & DRIED FRUIT

Almonds, Cashews, Macadamia
Pecan nuts, Walnuts, Hazelnuts
Pistachio in and out of shell
Dried pears, Peaches, Mango
Cranberries, Gogi Berries
Mixed Fruit, Omega 3 mix, etc



SEEDS, GRAINS, LEGUMES

Basmati Brown & White Rice
Mixed Seeds, Raw Chickpeas, Buckwheat
Soup mix, Lentils, Linseeds, Millet
Quinoa (White, Black, Red)
Bulgur Wheat, Couscous
Mung Beans, White Beans, Black Beans



RAW HONEY/EXTRA VIRGIN OILS

Raw Unpasteurized, Unheated Honey
Cold Pressed Extra Virgin olive oil
Cold pressed, Hexane Free Castor oil
Cold pressed Extra Virgin Nut Oils
Cold.pressed Extra Virgin Flax & Hempseed oil
Cold.pressed Extra Virgin Avocado oil
Cold Pressed Sweet Almond Oil. Jojoba oil



STONEGROUND

Stoneground GMO free White Bread Flour
Stoneground GMO free Brown Bread Flour
Stoneground GMO free Cake Flour
Stoneground GMO free Farina Flour
Stoneground GMO free Rye Flour



GLUTEN FREE

Almond Baking Flour
Chickpea Flour
Buckwheat Flour
Coconut Baking Flour
Gluten Free Pasta
Gluten Free Quinoa, Millet, Legumes, etc.



ECO FRIENDLY PRODUCTS

Washing Powder
All Purpose Bathroom Cleaner
All purpose Kitchen cleaner
All purpose Degreaser
Fabric Softener
Probiotic Handwash

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