

Veganicity[®]

suitable for everyone

New Products

100% Vegan

 Vegan Society Registered

Vitamins, Minerals, Supplements

Proteins & Amino Acids

Superfoods & Plant Supplements



Free UK Delivery
on orders over £20*

Premier quality nutritional supplements for vegans

Welcome to Veganicity

Veganicity is the UK's premier range of nutritional supplements for everyone.

Developed by our in-house team, who between them have over 100 years experience with health products, Veganicity offers you products that are not only good for you but also good for the world we live in.

We care as much as you do about the environment that surrounds us, which is why we are committed to reducing our carbon footprint, re-using packaging materials,  using recyclable containers throughout the range  and reducing waste. We've also invested in new premises that are more energy efficient, with the use of solar panels for power, as well as improved insulation.

No animal testing is carried out on our products and they are all registered with the Vegan Society.

By using Veganicity for all your supplement needs, you're not only helping yourself - you're helping the planet!

Remember that myself and the rest of the Veganicity team are always here to help, so if you have any questions about which product is right for you why not give us a call?

Wishing you good health everyday!



Simon Bandy
General Manager



This catalogue is printed on paper that uses at least 55% recycled fibre and is printed using vegetable-based inks from renewable sources.

email us at
sales@veganicity.com

How to contact Veganicity for orders or advice:



Telephone:

01323 388150



Fax:

01323 388151



Write to:

Veganicity
Dolphin House
G1 Chaucer Business Park
Dittons Road
POLEGATE
East Sussex
BN26 6QH



Online:

www.veganicity.com



Email:

sales@veganicity.com



Paying for your order:

Either a cheque payable to **Veganicity** or any of these credit and debit cards:



***Delivery to your door**

Orders received before noon Monday to Friday are usually sent the same day, by second class mail. (Larger orders may take a little longer). Delivery is **free** on all UK orders over £20. For orders under £10, please add £2.95, or for orders between £10 and £20, please add £2.45 postage and packing. Delivery outside of the UK is charged as per our published rates; please see www.veganicity.com or call us for details.



All prices shown are in pounds sterling and are correct at time of going to press, although subject to alteration without prior notice. All prices include VAT at the current rate, unless otherwise stated, and VAT applies for all deliveries in the EU unless a valid exemption number is given. For prices outside the EU, please see the relevant order form for your territory. Due to ongoing changes in EU legislation, ingredients shown may vary slightly to allow for full compliance. All product images are shown for guidance purposes only and are not actual size. Copyright Health + Plus Ltd t/a Veganicity 2018. Reg'd office: Polegate, East Sussex, BN26 6QH. Reg'd No.: 1493118. Vat No.: GB 583 7403 23. E&OE.

With almost 100 products to choose from in the fantastic Veganicity range, we've made it easy for you to find the products you need by arranging them into handy categories.

If you're looking for a particular product and are unsure which category it might be in, take a look at the full, alphabetical index at the back of the catalogue.

Still can't find what you're looking for? Visit www.veganicity.com or give us a call on 01323 388150 and we'll be glad to help you.

You'll see these symbols throughout this catalogue; here's what they mean:



Contains no sugar



Contains no yeast



Contains no gluten



Contains no wheat

Vtabs

Vegan & vegetarian tablet

Vcaps

Vegan & vegetarian gelatin free capsule



Look for this symbol throughout for the very latest additions like Garlic Macerate, BCAA 4:1:1 and more!



Look for this symbol for some of our most popular products.

Measures and conversions

Ingredients are measured in either grams (g), milligrams (mg), micrograms (mcg or µg) or international units (iu).

1 gram (1g) = 1,000 milligrams (1,000mg)
 1 milligram (1mg) = 1,000 micrograms (1,000µg)
 0.1milligram (0.1mg) = 100 micrograms (100µg)

International units (iu) are used to provide a standard for the different potencies / activity of the various forms of vitamins A, D and E. They are calculated as follows:

3,3iu Vitamin A = 1µg Retinol Equivalent (RE) or 6µg Beta Carotene
 40iu Vitamin D = 1µg Vitamin D
 1iu d-Alpha Tocopherol = 0.67mg Vitamin E
 Equivalent (-TE)

General Health	4
Men's Health	7
Women's Health	8
Antioxidants & Immune Support	12
Heart Health	15
Bone & Joint Health	18
Eye Health	22
Digestive Health	24
Weight Management	28
Super Foods	31
Energy	32
Proteins & Amino Acids	34
Memory & Mood	38
Index	39



DiabetACE

Suitable for diabetics



A comprehensive combination of key nutrients, all known to be involved in glucose homeostasis, therefore helping people with diabetes and those wanting help to balance blood sugar levels. High in vitamins, minerals, Glutathione, Alpha Lipoic Acid and Co Enzyme Q10 to help support your body in this over processed sugar world!

Also helps to maintain normal immune system function, energy release and general vitality.

Active ingredients per tablet:

Vitamin C (Ascorbic Acid)	200mg
Calcium (Phosphate)	47mg
Magnesium (Oxide)	70mg
Vitamin E (100iu)	67mg a-TE
(d-Alpha Tocopheryl Succinate - GMO free)	
Zinc (Citrate)	15mg
Iron (Ferrous Fumerate)	10mg
Niacin – Vitamin B3 (Nicotinamide)	30mg NE
Alpha Lipoic Acid	20mg
Selenium (Selenomethionine Prep.)	100µg
Vitamin B6 (Pyridoxine Hydrochloride)	15mg
Thiamin – Vitamin B1 (Hydrochloride)	15mg
Pantothenic Acid – Vit B5	15mg
(Calcium d Pantothenate)	
Riboflavin – Vitamin B2	15mg
Co Enzyme Q10 Powder	10mg
Glutathione	10mg
Manganese (Gluconate)	1mg
Vitamin A (2500iu)	757.5µg RE
Vitamin D2 (600iu) (Ergocalciferol Prep.)	15µg
Copper (Sulphate)	1mg
Chromium (Chloride)	200µg
Folic Acid (Folacin)	400µg
Biotin	100µg
Vitamin B12 (Cyanocobalamin)	100µg
Iodine (Potassium Iodide)	50µg

Other ingredients:

Microcrystalline Cellulose, Magnesium Stearate, Stearic Acid

S G Y W Code: Size: Daily: **£9.95**
SUGAR GLUTEN YEAST WHEAT FREE FREE FREE FREE 6643 30 Vtbs 1 - 2

A range of products for everyday use; top-up your healthy lifestyle with an extra bit of nutritional support with products like the very popular Multi Vitamin + Mineral or Brewers Yeast, a fantastic natural source of B vitamins.

Brewers Yeast 300mg

Nature's vitamin B storehouse



Brewers Yeast is a naturally occurring source of all the major B vitamins, as well as containing other vitamins, minerals (such as chromium) and important amino acids.

B vitamins contribute to normal energy release and proper nervous system function.

Active ingredients per tablet:

Dried Brewers Yeast 300mg

Other ingredients:

Contains no other ingredients

S G W Code: Size: Daily: **£2.45**
SUGAR GLUTEN WHEAT FREE FREE FREE 6497 200 Vtbs 3 - 6

Kelp 300mg

Iodine - from the sea



Kelp is naturally rich in iodine, which - as a constituent of thyroxine - may help to regulate metabolism and normal thyroid function, as well as help weight management and maintain healthy skin.

Active ingredients per tablet:

Kelp 300mg
 which naturally provides:
 Iodine 240µg

Other ingredients:

Calcium Phosphate, Acacia, Stearic Acid, Aniseed Oil

S G Y W Code: Size: Daily: **£2.95**
SUGAR GLUTEN YEAST WHEAT FREE FREE FREE FREE 6287 120 Vtbs 1 - 2

“ I very much appreciate the quality of your products. ”
 Mrs Vleco, Grimsby

email us at
sales@veganicity.com

fax us to place your order
 01323 388151

Tyro Tan

Have fun in the sun!

Tyro Tan is a tried and tested summertime favourite, combining Tyrosine (an amino acid that helps protect the normal health of the skin) with Copper and PABA, which help promote a healthy golden tan.

Active ingredients per tablet:

L-Tyrosine	200mg
PABA (Para Amino Benzoic Acid)	400mg
Copper (Sulphate)	3mg

Other ingredients:

Calcium Phosphate, Magnesium Stearate, Acacia, Stearic Acid



S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: 6193 **Size:** 60 Vtabs **Daily:** 2 - 3

£8.45

Be safe in the sun:

Tyro Tan needs only a little sun exposure each day to promote a healthy tan. If you're going to be in the sun for prolonged periods, always protect yourself as Tyro Tan is not a replacement for safe sun practices.

Cinnamon 500mg

A multi-purpose herb

Cinnamon has traditionally been used as a "warming" herb and may help to maintain proper blood sugar balance. It can also help maintain normal circulation and digestive health.

Active ingredients per capsule:

Cinnamon Powder	500mg
-----------------	-------

(naturally containing terpenoids)

Other ingredients:

Vegetable Cellulose Capsule, Magnesium Stearate, Silica



S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: 6533 **Size:** 30 Vcaps **Daily:** 2 - 3

£5.45

“I was given a clean bill of health... thanks to your splendid food supplements.”

Mrs Kohli, Nottingham



Multi Vitamin & Mineral

A vitamin and mineral combo for everyone

A comprehensive vitamin and mineral combination that covers all the major nutrients needed for good health, including vitamins A, C, D and E, B complex (including B6 and B12), minerals, kelp and digestive nutrients. All in an easy-to-take, convenient tablet that helps to maintain normal immune system function, energy release and overall health and vitality.



Active ingredients per tablet:

Calcium (Phosphate)	75mg
Magnesium (Carbonate)	50mg
Vitamin C (Ascorbic Acid)	125mg
Iron (Ferrous Gluconate)	7.5mg
Iodine (Kelp)	50µg
Vitamin E (50iu)	33.5mg α-TE
(d-Alpha Tocopheryl Succinate - GMO free)	
Zinc (Gluconate)	5mg
Potassium (Gluconate)	5mg
Vitamin B6 (Pyridoxine Hydrochloride)	15mg
Thiamin - Vitamin B1 (Hydrochloride)	15mg
Pantothenic Acid - Vitamin B5	15mg
(Calcium d Pantothenate)	
Riboflavin - Vitamin B2	15mg
Niacin - Vitamin B3 (Nicotinamide)	15mg NE
Para Amino Benzoic Acid	15mg
Choline di Hydrogen Citrate	15mg
Inositol	15mg
Citrus Bioflavonoids	12.5mg
Selenium (Selenomethionine Prep.)	50µg
Manganese (Gluconate)	1mg
Vitamin A (2500iu) (Acetate)	757.5µg RE
Betaine Hydrochloride	7.5mg
Chromium (Picolinate)	50µg
Vitamin D2 (200iu) (Ergocalciferol Prep.)	5µg
Folic Acid (Folacin)	100µg
Biotin	50µg
Molybdenum (Ammonium Molybdate)	25µg
Vitamin B12 (Cyanocobalamin)	5µg

Other ingredients:

Stearic Acid, Magnesium Stearate

S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: 6551 **Size:** 60 Vtabs **Daily:** 1 - 2

£7.75

Liver Kind

Multi nutrient combination to maintain liver health



A comprehensive unique combination of key lipotropic nutrients, helping people safeguard their nutrient intake and protect the health of the liver.

High in vitamins, minerals, Artichoke and key amino acids, which help detoxify the body and eliminate harmful chemicals.

Maintain normal immune system function and support proper digestion!

Active ingredients per tablet:

Vitamin C (Ascorbic Acid)	100mg
Artichoke Standardised Extract	100mg
<i>which provides:</i>	
5%-6% Caffeoylquinic Acid	5mg – 6mg
4% Cynarin	4mg
N-Acetyl Cysteine	100mg
Inositol	100mg
Choline di Hydrogen Citrate	100mg
L-Methionine	100mg
Vitamin E (100iu)	67mg -TE
(d-Alpha Tocopheryl Succinate - GMO free)	
L-Lysine (Hydrochloride)	50mg
L-Ornithine (Hydrochloride)	50mg
L-Glutamine	50mg
Pantothenic Acid – Vitamin B5 (Calcium d Pantothenate)	20mg
Zinc (Citrate)	7mg
Niacin – Vitamin B3 (Nicotinamide)	20mg NE
Iron (Ferrous Fumerate)	5mg
Vitamin B6 (Pyridoxine Hydrochloride)	10mg
Thiamin – Vitamin B1 (Hydrochloride)	10mg
Riboflavin – Vitamin B2	10mg
Selenium (Selenomethionine Prep.)	50µg
Vitamin A (2500iu) (Acetate)	757.5µg RE
Black Pepper Extract	5.5mg
<i>which provides: 95% Piperine</i>	
Vitamin D2 (400iu) (Ergocalciferol Prep.)	10µg
Folic Acid (Folacin)	200µg
Biotin	100µg
Vitamin B12 (Cyanocobalamin)	100µg
Molybdenum (Ammonium Molybdate)	50µg

Other ingredients:

Calcium Phosphate, Magnesium Stearate, Stearic Acid



Code: 6641 **Size:** 30 Vtabs **Daily:** 1 **£10.95**

Turmeric Extra

For joint and digestive health



A combination of key herbs and spices to help maintain joint and digestive health. Now with 8,000mg Turmeric providing 380mg Curcumin - twice the previous level - combined with warming and settling Ginger Root, Bromelain and Black Pepper (Piperine) to greatly improve absorption and bioavailability.

Maintain joint and digestive health with this combination which acts as a natural soother.

Active ingredients per capsule:

Turmeric 20:1 Extract	400mg
<i>equivalent to:</i>	
Turmeric	8000mg
<i>which provides:</i>	
95% Curcumin	380mg
Turmeric Root Powder	50mg
Bromelain	8mg
Black Pepper Extract	5.5mg
<i>which provides:</i>	
95% Piperine	5mg
Ginger Root 20:1 Extract	5mg
<i>equivalent to:</i>	
Ginger Root	100mg
<i>(naturally containing Gingerols)</i>	

Other ingredients:

Vegetable Cellulose Capsule, Silica, Magnesium Stearate

S G Y W **Code:** 6638 **Size:** 30 Vcaps **Daily:** 1 - 2 **£11.95**
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE



These products have all been specially selected for their focus on Men's Health.

One of the most common issues for men is the health of the prostate.

Usually thought of as something that affects the older man, it's how you look after yourself when you're younger that can have the biggest impact.

Help keep yourself healthy now and for the future with products formulated just for men.

Palmetto Extra

Prostate health from nature

Saw Palmetto is a remarkable herb for helping to maintain proper prostate health. Presented here combined with Zinc to maximise its effectiveness.

Active ingredients per capsule:

Saw Palmetto Standardised 4:1 Extract 200mg
equivalent to:
Saw Palmetto 800mg
Zinc (Gluconate) 15mg

Other ingredients:

Vegetable Cellulose Capsule, Calcium Phosphate, Silica



S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6460 60 Vcaps 1

£10.95



Lycopene Extra

The power of the tomato

Lycopene is an antioxidant which is found in many foods, including tomatoes; Selenium and vitamin E are also highly regarded for their health properties.

We've combined all three of them to give you one of the best antioxidant products available.

Lycopene - the power of the tomato in a capsule!

Active ingredients per capsule:

Vitamin E (200iu) 134mg a-TE
(d-Alpha Tocopheryl Prep.)
Tomato Oleoresin 167mg
which provides:
6% Lycopene 10mg
Soya Bean Lecithin (GMO free) 100mg
Selenium (Yeast) 100µg

Other ingredients:

Vcap™ (Vegetable Cellulose Capsule)



S G W
SUGAR GLUTEN
FREE FREE FREE

Code: Size: Daily:
6434 30 Vcaps 1 - 2

£11.95

Saw Palmetto Tincture

Made the traditional way

The Saw Palm - on which grow the oily berries from which Saw Palmetto is made - is native to the Florida Everglades, and was used by Native Americans. It is a remarkable herb for helping to maintain proper prostate health.

Active ingredients:

Serenoa Repens berries

Other ingredients:

Alcohol and water mixture



S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6424 50ml 15-20 drops

£5.95

Women's Health

Evening Primrose Oil 500mg

Cold pressed Omega-6 fatty acids, with 10% GLA



Evening Primrose Oil is a well-known and popular source of fatty acids, particularly omega-6 (like gamma linolenic acid - GLA). Omega-6 fatty acids may help to maintain a healthy immune system as well as produce prostaglandins to help regulate many major body systems.

Active ingredients per capsule:

Cold Pressed Evening Primrose Oil _____ 500mg
 which provides (omega-6):
 10% GLA _____ 50mg

Other ingredients:

Vegan Capsule (Glycerol, Corn Starch, Carrageenan, Sodium Carbonate), Vitamin E



Code: 6448 **Size:** 90 Vcaps **Daily:** 1 - 3 **£8.95**

Whatever your age, there's a Veganicity Women's Health product for you.

Whether in tincture or tablet form, you'll find some of the most popular women's health products here - and all are 100% vegan!

Evening Primrose Oil and Red Clover have been used worldwide by 1000s of women and both are firm Veganicity favourites, with Pregnancy Essentials set to follow suit.

“ I am a very satisfied customer. ”
 Miss Winkler, Glasgow

Red Clover Tincture

Made the traditional way



Red Clover is a plant that is native to Europe and Asia, with crescent markings across its oval leaflets and a hairy, upright stem. In times past, it was traditionally taken as a tea.

Active ingredients:

Trifolium Pratense

Other ingredients:

Alcohol and water mixture



Code: 6422 **Size:** 50ml **Daily:** 15-20 drops **£5.95**

Caution:
 Pregnant or breast-feeding women should not use Red Clover supplements.

Red Clover

8% Isoflavones



Red Clover is a non-soya, hypoallergenic source of isoflavones, which may help to maintain proper bone density. Using whole herb and a standardised extract, each tablet provides over 40mg of isoflavones.

Active ingredients per tablet:

Red Clover Standardised Extract _____ 500mg
 (from stems)

which provides:
 8% Isoflavones _____ 40mg
 Red Clover Powder (from stems) _____ 200mg

Other ingredients:

Microcrystalline Cellulose, Acacia, Calcium Phosphate, Stearic Acid, Magnesium Stearate



Code: 6541 **Size:** 30 Vtabs **Daily:** 1 - 2 **£8.95**

Caution:
 Pregnant or breast-feeding women should not use Red Clover supplements.

email us at
 sales@veganicity.com

fax us to place your order
 01323 388151

Sage 400mg

Health support from this versatile herb

Sage has many uses in helping to maintain health - including aiding proper digestion, proper gum health and a healthy nervous system. Its enduring quality makes Sage a welcome addition to the Veganicity range.

Active ingredients per tablet:

Sage Leaf Powder _____ 400mg
(naturally containing flavonoids)

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate



S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: Size: Daily:
6540 60 Vtabs 1 - 2

£5.95

Caution:

Pregnant or breast-feeding women should not use Sage supplements.

Hyaluronic Acid 100mg

Anti-ageing and joint health combined

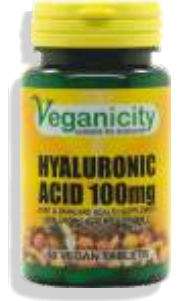
Hyaluronic Acid is an important component of connective tissue and a major ingredient of synovial fluid, which lubricates and cushions joints. Combined with vitamin C for maximum effectiveness in joint care and anti-ageing skincare.

Active ingredients per tablet:

Hyaluronic Acid _____ 100mg
Vitamin C (Ascorbic Acid) _____ 100mg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Magnesium Stearate, Stearic Acid



S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: Size: Daily:
6642 30 Vtabs 1 - 2

£14.45

Sage Tincture

Made the traditional way

Sage - or Salvia Officinalis - is these days known mainly as a culinary herb but has a history of other uses that go back to medieval times.

Native to the Mediterranean, it thrives in sunny conditions.

Active ingredients:

Salvia Officinalis Leaf

Other ingredients:

Alcohol and water mixture



S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: Size: Daily:
6423 50ml 15-20 drops

£5.95

Caution:

Pregnant or breast-feeding women should not use Sage supplements.



Pregnancy Essentials

Advanced formulation for before, during and after pregnancy



A comprehensive pregnancy vitamin and mineral combination, that includes 25 major nutrients needed to help safeguard the health of mother and baby and aid foetal development. Includes beta carotene, vitamins C, D and E, B complex, minerals, Folic Acid and vitamin K2.

All in an easy-to-take, convenient tablet, providing supportive nutrients for a healthy pregnancy!

Active ingredients per tablet:

Calcium (Phosphate)	100mg
Vitamin C (Ascorbic Acid)	150mg
Magnesium (Oxide)	67mg
Iron (Ferrous Gluconate)	10mg
Zinc (Gluconate)	10mg
Iodine (Kelp)	50µg
Beta Carotene	6mg

equivalent to:

Vitamin A (3300iu)	1000µg RE
Vitamin E (50iu)	33.5mg α-TE
(d-Alpha Tocopheryl Succinate - GMO free)	
Vitamin B6 (Pyridoxine Hydrochloride)	25mg
Niacin - Vitamin B3 (Nicotinamide)	25mg NE
Choline di Hydrogen Citrate	25mg
Inositol	25mg
Thiamin - Vitamin B1 (Hydrochloride)	15mg
Pantothenic Acid - Vitamin B5	15mg
(Calcium d Pantothenate)	
Riboflavin - Vitamin B2	15mg
Selenium (Selenomethionine Prep.)	50µg
Manganese (Gluconate)	1mg
Copper (Gluconate)	1mg
Vitamin D3 (250iu)	6.25µg
(Plant Cholecalciferol Prep.)	
Chromium (Picolinate)	50µg
Folic Acid (Folacin)	400µg
Vitamin B12 (Methylcobalamin)	100µg
Biotin	50µg
Molybdenum (Ammonium Molybdate)	25µg
Vitamin K2	25µg

Other ingredients:

Stearic Acid, PVP Coating, Magnesium Stearate



Code: 6650 **Size:** 60 Vtabs **Daily:** 1 - 2 **£9.95**

Folic Acid 400µg

Recommended for all potential mothers



Folic Acid is a carrier for the iron containing protein in haemoglobin and is vital to the formation of red blood cells. Pregnant women are recommended to take at least 400µg per day as Folic Acid is vital for mitosis and cell reproduction, and helping to prevent neural tube defects.

It's also now gaining popularity for its many other health-maintenance benefits, including cardiovascular and heart health.

Active ingredients per tablet:

Folic Acid (Folacin) _____ 400µg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate



Code: 6043 **Size:** 90 Vtabs **Daily:** 1 **£3.45**

Chelated Iron 24mg

Easily absorbed



An absorbable form of this essential mineral, eliminating problems caused by less advanced iron supplements. To maintain energy, immune function, cognitive function, reduce fatigue and contribute to red blood cell and haemoglobin formation.

Active ingredients per tablet:

Iron (Ferrous Gluconate) _____ 24mg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate



Code: 6073 **Size:** 90 Vtabs **Daily:** 1 **£5.75**

Gotu Kola Tincture

Made the traditional way

Harvested throughout the year from mainly cultivated crops (as it is now quite rare in the wild) Gotu Kola helps to maintain circulation health and proper memory function, as well as a healthy digestive system and skin.



Active ingredients:
Hydrocotyle Asiatica herb

Other ingredients:
Alcohol and water mixture

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6414 50ml 15-20 drops

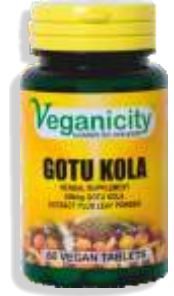
£5.95

Gotu Kola 600mg

All round health support
direct from nature



Gotu Kola has been used for centuries and may help to maintain a healthy circulatory system as well as proper memory function and keep the digestive system healthy.



Active ingredients per tablet:

Gotu Kola Leaf Powder _____ 200mg
Gotu Kola 4:1 Extract _____ 100mg
equivalent to:
Gotu Kola _____ 400mg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6280 60 Vtabs 1

£6.95

“ Great service. Thank you.

Ms Dawes, Bracknell”



Flaxseed Oil 500mg

Omega-3, -6 & -9 fatty acids

A rich natural source of Omega-3, -6 and -9 fatty acids, flaxseed oil may help to maintain a healthy immune system as well as maintaining healthy cholesterol levels and producing prostaglandins to help regulate many body systems.



Active ingredients per capsule:

Flaxseed Oil _____ 500mg
which typically provides:
Omega-3 _____ 318mg
Omega-6 _____ 42mg
Omega-9 _____ 42mg

Other ingredients:

Vegan Capsule (Glycerol, Corn Starch, Carrageenan, Sodium Carbonate)

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6464 60 Vcaps 1 - 3

£6.45

Antioxidants & Immune Support

Mushroom Complex

High power!



After substantial development, we're pleased to offer a high-power combination of four mushroom extracts (Reishi, Shiitake, Maitake and Cordyceps), rich in polysaccharides. Helping to maintain immune system function, athletic performance, prostate health and healthy cholesterol levels.

Active ingredients per tablet:

Maitake Standardised Extract	125mg
which provides:	
15% Polysaccharides (d-beta glucan)	18.75mg
Shiitake Standardised Extract	125mg
which provides:	
10% Polysaccharides (inc. lentinan)	12.5mg
Reishi Standardised Extract	125mg
which provides:	
10% Polysaccharides (d-beta glucan)	12.5mg
Cordyceps Standardised Extract	125mg
which provides:	
7% Cordyceptic Acid	8.75mg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6570 **Size:** 60 Vtbs **Daily:** 1 - 3 **£15.95**

Elderberry Tincture

Made the traditional way



Elderberries are a rich source of vitamin C - a vital nutrient for over 300 body processes - as well as vitamin A and flavonoids.

Elderberries have been used for hundreds of years.

Active ingredients:

Sambucus Nigra

Other ingredients:

Alcohol and water mixture

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6410 **Size:** 50ml **Daily:** 15-20 drops **£5.95**

Your immune system is one of your body's most vital systems. It keeps you fighting fit - destroying all those nasty bugs that surround us everyday.

So it makes sense to make sure that you're in as good a shape as possible, immunity-wise, by ensuring you have a good daily intake of antioxidants - those nutrients that help your body to fight its battles.

This selection includes old favourites like Tasty C and Selenium 200µg, but also newer products like Mushroom Complex and Vitamin C 1000mg, our very latest. All are ideal for keeping your immune system in tip-top condition.

Selenium 200µg

High strength antioxidant mineral



No longer as readily available from our food due to depleted soil levels caused by intensive farming, Selenium is a key antioxidant nutrient which functions with vitamins A, C and E to help prevent free radical damage to body cells, balancing prostaglandins and maintaining normal hair and nails as well as normal thyroid function. It may also help maintain healthy

blood pressure and the body's basal metabolism. A high strength 200µg tablet that is easy-to-take.

Active ingredients per tablet:

Selenium (Selenomethionine Prep.) 200µg

Other ingredients:

Calcium Phosphate, Acacia, Stearic Acid, Magnesium Stearate

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6240 **Size:** 60 Vtbs **Daily:** 1 **£5.95**

email us at
sales@veganicity.com

fax us to place your order
01323 388151

Antioxidants & Immune Support

Vitamin C is needed for a multitude of processes in the body, but can vary in its availability from food as well as being easily destroyed in cooking.

It can help to maintain a normal immune system, release energy and support the nervous system as well as aid the formation of collagen, bones, skin and cartilage.

Ester-C[®] 1000

Non-acidic vitamin C power!

Ester-C[®] is a patented non-acidic form of vitamin C, which has a higher bio-availability than ordinary ascorbic acid.

Active ingredients per tablet:

Ester-C [®]	1000mg
(Calcium Ascorbate-Threonate)	
which provides:	
Vitamin C (Calcium Ascorbate)	789mg
Calcium	9.6mg
Threonic Acid	0.9mg
Citrus Bioflavonoids	50mg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate

SUGAR FREE
GLUTEN FREE
YEAST FREE
WHEAT FREE

Code: 6545 Size: 30 Vtabs Daily: 1 - 2

£7.95



Vitamin C 1000mg Max strength

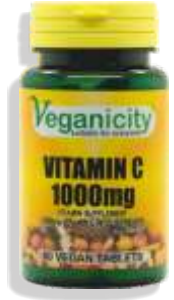
A high strength formulation of vitamin C, combined with rosehips and citrus bioflavonoids, for extra benefit and to give you a natural boost!

Active ingredients per tablet:

Vitamin C (Ascorbic Acid)	1000mg
Rosehips	100mg
Citrus Bioflavonoids	50mg

Other ingredients:

Microcrystalline Cellulose, PVP, Stearic Acid, Magnesium Stearate



SUGAR FREE
GLUTEN FREE
YEAST FREE
WHEAT FREE

Code: 6660 Size: 60 Vtabs Daily: 1 - 2

£6.95

Tasty C

Chewable vitamin C

An orange and lemon flavoured, easily chewable tablet that contains 500mg of vitamin C. Tastes great!

Active ingredients per tablet:

Vitamin C	500mg
(Ascorbic Acid, Sodium Ascorbate)	

Other ingredients:

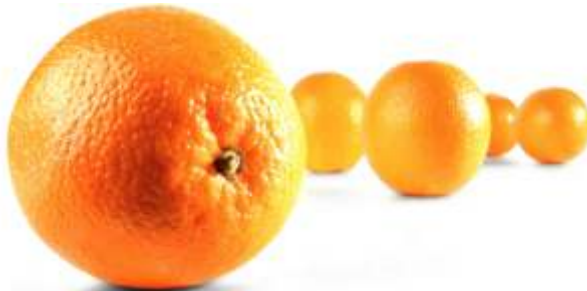
Sugar / dextrose granule, Stearic Acid, Natural Orange & Lemon Flavour, Saccharin, Magnesium Stearate



GLUTEN FREE
YEAST FREE
WHEAT FREE

Code: 6285 Size: 30 Vtabs Daily: 1 - 4

£2.95



order securely online at
www.veganicity.com

13

call us to place your order
01323 388150

Antioxidants & Immune Support

Garlic Macerate New Extra strength



Garlic has been used for many years and has gained an incredible reputation for its healthcare properties. Garlic Macerate offers a high strength capsule to help support the immune system, as well as the health of the digestive system.

Active ingredients per capsule:

Garlic Macerate _____ 530mg
which provides:
Allicin _____ 1670µg

Other ingredients:

Vegan Capsule (Corn Starch, Glycerol, Carrageenan, Sodium Carbonate)

S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: Size: Daily:
6273 60 Vcaps 1 - 2

£7.95

Zinc 10mg Zinc Citrate



Zinc is an essential component of many enzymes, and works with red blood cells to transport CO₂ to the lungs. It also aids B vitamin absorption, normal growth, proper immune function and helps to maintain our senses of smell, taste and vision. Zinc is also important for normal cognitive function, fertility, metabolism and the health of hair, skin and nails.

Active ingredients per tablet:

Zinc (Citrate) _____ 10mg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate

S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: Size: Daily:
6290 90 Vtabs 1

£4.45



E400

Natural vitamin E

Vitamin E is the most powerful antioxidant available to the body and is vital for many body systems, including healthy skin and the reproductive system. Its most common use is to maintain the normal health of the heart and circulation by helping to keep arteries free and clear whilst protecting cells from oxidative stress.



Active ingredients per capsule:

Vitamin E (400iu) _____ 268mg α -TE
(d-Alpha Tocopherol Prep.)

Other ingredients:

Soya Bean Lecithin (GMO free), Vcap™ (Vegetable Cellulose Capsule)



Code: 6272 **Size:** 30 Vcaps **Daily:** 1 - 2

£6.75

Whole Grape

Naturally maintains normal cholesterol

Grapes are a rich source of antioxidant free radical scavengers and contain Quercetin and Resveratrol, which have many health properties including helping maintain blood fluidity and "good" HDL cholesterol.



Active ingredients per tablet:

Whole Grape 10:1 Extract _____ 100mg
equivalent to:
Whole Grape _____ 1000mg
which provides:
18% Polyphenols _____ 18mg
(naturally containing Oligomeric Proanthocyanadins - OPCs)
Polygonum Cuspidatum _____ 80mg
which provides:
25% Resveratrol _____ 20mg

Other ingredients:

Calcium Phosphate, Acacia, Stearic Acid, Magnesium Stearate



Code: 6183 **Size:** 30 Vtabs **Daily:** 1 - 2

£9.95

Red Yeast Rice Extra

Help to maintain healthy cholesterol levels

Red Yeast Rice (*Monascus Purpureus*) naturally contains Monacolin K which - combined with fibres and essential vitamins - can help to maintain healthy cholesterol levels. Mixed with Psyllium Seed Husk Fibre, Co Enzyme Q10 and vitamins E and B3 to give you a product that will help you keep on top of your cholesterol health and reduce tiredness.



Active ingredients per capsule:

Red Yeast Rice _____ 350mg
which provides:
0.4% Monacolin K _____ 1.4mg
Psyllium Seed Husk Fibre _____ 100mg
Vitamin E (50iu) _____ 33mg α -TE
(d-Alpha Tocopheryl Succinate - GMO free)
Co Enzyme Q10 _____ 15mg
Niacin - Vitamin B3 (Nicotinamide) _____ 10mg NE

Other ingredients:

Vegetable Cellulose Capsule, Silica, Magnesium Stearate



Code: 6649 **Size:** 60 Vcaps **Daily:** 1 - 2

£14.95

Potassium 100mg

Cardiovascular health mineral

An essential mineral, Potassium contributes to the proper functioning of the nervous system, normal muscle function and the maintenance of healthy blood pressure.



Active ingredients per tablet:

Potassium (Gluconate) _____ 100mg

Other ingredients:

Calcium Phosphate, Talc, Stearic Acid, Magnesium Stearate



Code: 6231 **Size:** 30 Vtabs **Daily:** 1 - 3

£3.75

Omega-3 DHA:EPA

Fish friendly algal oil
high in DHA and EPA



DHA and EPA contribute to the maintenance of normal brain function, vision, heart health, blood pressure, triglyceride levels, normal foetal development and brain development in breastfed infants.

Derived from algae, this great product provides 275mg total omega-3, including 125mg DHA and 75mg EPA.

Active ingredients per capsule:

Algal Oil Prep. (Schizochytrium sp. microalgae) which provides (omega-3):	500mg
DHA (Docosahexaenoic Acid)	125mg
EPA (Eicosapentaenoic Acid)	75mg
Total Omega-3	275mg

Other ingredients:

Vegan Capsule (Glycerol, Corn Starch, Carrageenan, Sodium Carbonate)



Code: 6659 **Size:** 60 Vcaps **Daily:** 1 - 3 **£14.45**

Beetroot

Help to maintain healthy blood flow



Not just a salad vegetable, Beetroot can help to maintain healthy blood flow and blood pressure, as well as cognitive function, athletic stamina and recovery.

Presented here as a combination of Beetroot Extract and Beetroot Powder for maximum effectiveness.

Active ingredients per capsule:

Beetroot Extract	350mg
which provides:	
10% Betaine	35mg
Beetroot Powder	100mg

Other ingredients:

Vegetable Cellulose Capsule, Magnesium Stearate, Silica



Code: 6668 **Size:** 60 Vcaps **Daily:** 1 - 3 **£12.95**

Your heart is the most important organ you've got; keeping it ticking along nicely should be high on your list of health priorities.

Make sure you get enough exercise, eat healthily (avoid too much saturated fat, etc) and top it all up with one of Veganicity's Heart Health supplements, like B12 - not easily obtained from the vegan diet - or TMG Extra - for maintaining homocysteine levels.

TMG Extra

Tri-Methyl Glycine with B vitamins



TMG - or Tri-Methyl Glycine - may help to maintain proper heart health by keeping homocysteine levels normal. Presented here with B vitamins (Folic Acid, B2, B6 and B12) and minerals (Calcium, Magnesium and Zinc) that also play a key role in maintaining homocysteine metabolism and normal circulatory health.

Active ingredients per tablet:

Tri-Methyl Glycine (TMG)	500mg
Calcium (Phosphate)	71mg
Magnesium (Oxide)	100mg
Choline (di Hydrogen Citrate)	50mg
Zinc (Gluconate)	5mg
Vitamin B6 (Pyridoxine Hydrochloride)	15mg
Riboflavin - Vitamin B2	15mg
Folic Acid (Folacin)	200µg
Vitamin B12 (Cyanocobalamin)	200µg

Other ingredients:

PVP Coating, Stearic Acid, Microcrystalline Cellulose, Acacia, Magnesium Stearate



Code: 6509 **Size:** 60 Vtabs **Daily:** 2 - 3 **£8.95**



Vitamin B12 helps to maintain normal energy levels, the nervous system, psychological function and the immune system. It also helps to reduce tiredness and fatigue, as well as being very important for pregnancy.

Vitamin B12 is one of the nutrients that is hardest to get from your diet when living a vegan lifestyle.



B12 1000µg

High strength Vitamin B12

A high strength 1000µg of vitamin B12, in the widely used cyanocobalamin form, that is ideal for those wanting to take a tablet only once or twice a week. Can also be taken daily for anyone needing a significant boost to their vitamin B12 intake.



Active ingredients per tablet:

Vitamin B12 (Cyanocobalamin) 1000µg

Other ingredients:

Microcrystalline Cellulose, Calcium Phosphate, Acacia, Stearic Acid, Magnesium Stearate



Code: 6597 **Size:** 90 Vtabs **Daily:** 1

£8.45

B12 50µg

Top-up your vitamin B12

50µg of vitamin B12 in methylcobalamin form, which is an ideal daily top-up for the B12 provided by your multivitamin or other nutritional supplements.



Active ingredients per tablet:

Vitamin B12 (Methylcobalamin) 50µg

Other ingredients:

Microcrystalline Cellulose, Calcium Phosphate, Acacia, Stearic Acid, Magnesium Stearate



Code: 6496 **Size:** 90 Vtabs **Daily:** 1 - 2

£3.95

B12 500µg Sublingual

Dissolve under the tongue, methylcobalamin Vitamin B12

B12 500µg Sublingual uses the much requested methylcobalamin form of this vitamin. Dissolved under the tongue, it delivers B12 directly into the blood stream.



Active ingredients per tablet:

Vitamin B12 (Methylcobalamin) 500µg

Other ingredients:

Dextrose, Natural Blackcurrant Flavour, Acacia, Magnesium Stearate, Stearic Acid



Code: 6652 **Size:** 90 Vtabs **Daily:** 1

£6.95

B12 100µg

A perfect daily intake

A good daily intake of 100µg of vitamin B12, in the widely used cyanocobalamin form. An easy-to-take small tablet, perfect for anyone that wants a daily tablet to help ensure they keep their levels of this very important vitamin topped up for optimum health.



Active ingredients per tablet:

Vitamin B12 (Cyanocobalamin) 100µg

Other ingredients:

Microcrystalline Cellulose, Calcium Phosphate, Stearic Acid, Acacia, Magnesium Stearate



Code: 6590 **Size:** 90 Vtabs **Daily:** 1

£4.45

“ I will be using you again for sure! ”

Mr Loughton, Lincolnshire

Bone & Joint Health

Vitamin K2 100µg

Proper bone formation and blood clotting



Vitamin K is a fat soluble vitamin that is essential for normal bone formation and blood clotting, due to its action in the body on calcium transportation. Studies have shown that many men and women do not get the recommended amount of vitamin K from their diet.

Active ingredients per tablet:

Vitamin K2 _____ 100µg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Magnesium Stearate, Stearic Acid

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6640 60 Vtabs 1 - 2 **£9.45**

Your bones and joints are vital to enjoying life; without them being in the best of health, you may not be able to do all the active things you want to do. So help keep your joints mobile and supple, and your bones and ligaments strong with this selection of products, which includes Glucosamine + MSM as well as a selection of vitamin D products and our new Joint Essentials combination.

Magnesium 100mg

Muscle, bone and joint health mineral



An essential mineral, Magnesium contributes to a reduction in tiredness, a healthy electrolyte balance, the maintenance of normal bones and teeth, as well as proper muscle function. It's a marvellous mineral!

Active ingredients per tablet:

Magnesium (Oxide) _____ 100mg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6461 90 Vtabs 1 - 3 **£8.95**

Calcium Extra

Calcium, Magnesium and Vitamin D



A combination of Calcium, Magnesium and vitamin D, all of which are essential for many areas of health; joints, muscles, nervous system and cardiovascular system. Vitamin D, which is readily utilised by the body, aids the absorption of calcium.

Active ingredients per tablet:

Magnesium (Carbonate) _____ 133mg
Calcium (Carbonate) _____ 200mg
Vitamin D2 (200iu) _____ 5µg
(Ergocalciferol Prep.)

Other ingredients:

Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6589 30 Vtabs 1 **£2.95**



Sometimes called the 'Sunshine' vitamin, because our bodies make it from sunlight on the skin, vitamin D is crucial for the proper absorption of calcium and potassium. This helps to promote healthy bones and teeth, as well as maintaining neuromuscular function and the immune system.

Vitamin D 800iu 800iu of Vitamin D2

800iu of vitamin D2, for anyone looking to boost their daily intake of this all important vitamin, a must have for everyone.



Active ingredients per tablet:

Vitamin D2 (800iu) _____ 20µg
(Ergocalciferol Prep.)

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate

S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: 6627 **Size:** 90 Vtabs **Daily:** 1

£5.95



Vitamin D Complex 1600iu A combination of D2 and D3

This handy supplement combines 800iu each of vitamin D2 and vitamin D3 for an all-round, powerful product.



Active ingredients per tablet:

Vitamin D2 (800iu) _____ 20µg
(Ergocalciferol Prep.)
Vitamin D3 (800iu) _____ 20µg
(Plant Cholecalciferol Prep.)

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate

S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: 6653 **Size:** 90 Vtabs **Daily:** 1

£8.45

Vitamin D 400iu 400iu of Vitamin D3

A handy, easy-to-take formulation of 400iu of vitamin D3, derived from plant-based ingredients.



Active ingredients per tablet:

Vitamin D3 (400iu) _____ 10µg
(Plant Cholecalciferol Prep.)

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate

S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: 6626 **Size:** 90 Vtabs **Daily:** 1 - 2

£4.45

Bone & Joint Health

Glucosamine 1500mg High strength Glucosamine



For anyone that wants to take a high strength Glucosamine each day, this tablet packs a massive 1500mg.

Active ingredients per tablet:

Glucosamine Hydrochloride 1500mg

Other ingredients:

Calcium Phosphate, Acacia, PVP, Microcrystalline Cellulose, Stearic Acid, Silica, Magnesium Stearate

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6592 **Size:** 30 Vtabs **Daily:** 1 **£7.45**

Glucosamine is an amino sugar that is produced in the body from glucose and glutamine. It plays a vital role in the health of synovial fluids, tendons, ligaments, skin, bones, heart valves and blood vessels, as well as in the digestive, urinary and respiratory tracts.

MSM (Methylsulfonylmethane) is a bioavailable source of active sulphur. Used mainly for joint health, as it helps to maintain connective tissue, it also plays a role in maintaining overall health. MSM is easily destroyed though, so a regular supply is advised.

Phytodroitin™ was developed after much research to mimic the structure of Chondroitin and provide similar benefits to overall joint health, but from a plant source.

“ I am writing to sing the praises of your Glucosamine tablets ”
Mr D Smith, Brighton

MSM 1000mg Joint mobility solution



A high strength MSM supplement, that is an ideal partner for either of our single Glucosamine HCL products.

Active ingredients per tablet:

MSM 1000mg

Other ingredients:

Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, Silica

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6243 **Size:** 60 Vtabs **Daily:** 1 - 2 **£7.95**

Glucosamine 750mg

Using the Hydrochloride form for more Glucosamine per tablet



Providing 750mg of Glucosamine Hydrochloride, for a good daily intake of this important joint health nutrient.

Active ingredients per tablet:

Glucosamine Hydrochloride 750mg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, PVP, Stearic Acid, Magnesium Stearate

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6539 **Size:** 30 Vtabs **Daily:** 1 - 2 **£6.45**

Glucosamine + Phytodroitin™

New plant alternative to Chondroitin

Phytodroitin™ is combined here with Glucosamine Hydrochloride for maximum joint health protection, maintaining mobility and flexibility.

Active ingredients per tablet:

Glucosamine Hydrochloride _____ 500mg
Phytodroitin™ _____ 400mg

Other ingredients:

Microcrystalline Cellulose, Magnesium Stearate, PVP, Stearic Acid



Code: 6662 **Size:** 30 Vtabs **Daily:** 1 - 2

£9.95



Glucosamine + MSM

Joint performance in one handy tablet!

Combining 500mg each of these two important nutrients for joint health in one handy tablet! Working together, to create a powerful product greater than the sum of its parts.

Active ingredients per tablet:

Glucosamine Hydrochloride _____ 500mg
MSM _____ 500mg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, PVP, Stearic Acid, Magnesium Stearate



Code: 6543 **Size:** 30 Vtabs **Daily:** 1 - 2

£5.95

Joint Essentials

Multi-nutrient joint formulation with Glucosamine + Phytodroitin™

A fantastic combination of nutrients to help maintain joint health mobility.

Includes Glucosamine, and Phytodroitin™, as well as MSM, Hyaluronic Acid and Vitamin K2 for a comprehensive, power-packed formulation to help you stay supple and active.



Active ingredients per tablet:

Glucosamine Hydrochloride _____ 250mg
Phytodroitin™ _____ 200mg
MSM _____ 100mg
Vitamin C (Ascorbic Acid) _____ 40mg
Hyaluronic Acid _____ 20mg
Vitamin D3 (200iu) _____ 5µg
(Plant Cholecalciferol Prep.)
Vitamin K2 _____ 20µg

Other ingredients:

Microcrystalline Cellulose, Magnesium Stearate, Stearic Acid



Code: 6663 **Size:** 60 Vtabs **Daily:** 1 - 2

£14.95



Optim-Eyes Lutein and Zeaxanthin formulation



The pinnacle in eye health supplements: Lutein and Zeaxanthin, both renowned for their ability to maintain proper eye health and vision, with Bilberry extract and Lycopene, as well as important vitamins (including vitamin A, for the maintenance of normal vision) and minerals for a product that is second to none!

Active ingredients per tablet:

Vitamin C (Ascorbic Acid)	150mg
Tomato Extract	60mg
<i>which provides:</i>	
5% Lycopene	3mg
Marigold Extract	60mg
<i>which provides:</i>	
5% Lutein	3mg
Zinc (Gluconate)	7.5mg
Bilberry Extract	50mg
<i>which provides:</i>	
25% Anthocyanosides	12.5mg
Beta Carotene Powder	50mg
<i>which provides:</i>	
10% Beta Carotene	5mg
<i>equivalent to:</i>	
Vitamin A (2750iu)	833µg RE
Citrus Bioflavonoids	25mg
Selenium (Selenomethionine Prep.)	100µg
Marigold Extract	20mg
<i>which provides:</i>	
10% Zeaxanthin	2mg
Niacin - Vitamin B3 (Nicotinamide)	18mg NE
Vitamin B6 (Pyridoxine Hydrochloride)	10mg
Vitamin E (15iu)	10mg α-TE
(d-Alpha Tocopheryl Succinate - GMO free)	
Riboflavin - Vitamin B2	10mg
Vitamin D2 (200iu)	5µg
(Ergocalciferol Prep.)	

Other ingredients:

Calcium Phosphate, Stearic Acid, Silica, Magnesium Stearate



Code: 6591 **Size:** 30 Vtabs **Daily:** 1 **£11.95**

According to an ancient proverb, "the eyes are the window to the soul". With a responsibility like that resting on them, shouldn't you make sure that yours are in 100% top condition?

Eyebright lives up to its name, helping to keep your eyes functioning at their best, whilst beta carotene supplies vitamin A and Lutein and Zeaxanthin represent the latest developments in eye health nutrition.

Beta Carotene 15mg

High strength vitamin A antioxidant



Beta Carotene - which the body turns into vitamin A when it needs it - provides a source of potent free radical scavengers and helps maintain proper vision, the immune system, healthy skin and bone development.

Active ingredients per capsule:

Caropure® (30% beta carotene)	50mg
<i>which provides:</i>	
Natural Beta Carotene	15mg
<i>equivalent to:</i>	
Vitamin A (8250iu)	2500µg RE

Other ingredients:

Soya Bean Lecithin (GMO free), Vcap™ (Vegetable Cellulose Capsule)



Code: 6450 **Size:** 30 Vcaps **Daily:** 1 - 2 **£5.95**

"I am very pleased with the service and product. Thank you."

Ms Bravo, Brazil

Bilberry Tincture

Made the traditional way

Growing wildly in mountainous regions, the shrub Bilberry has leaves that resemble myrtle, leading to its botanical name of *Vaccinium myrtillus*. Bilberries have been eaten as a fruit since prehistoric times.

Active ingredients:
Vaccinium Myrtillus fruit

Other ingredients:
Alcohol and water mixture



S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6404 **Size:** 50ml **Daily:** 15-20 drops

£6.95

Bilberry with Eyebright

Two of nature's best kept eye health secrets

Bilberry powder and extract, for maximum effectiveness from this fruit, are complemented by Eyebright, which was used as long ago as the 16th century; it was suggested its appearance indicated its possible use.

Active ingredients per tablet:

Bilberry Powder _____ 250mg

Bilberry Standardised Extract _____ 100mg

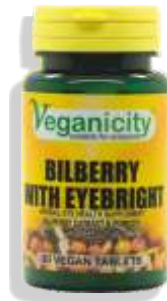
which provides:

25% Anthocyanosides _____ 25mg

Eyebright Powder _____ 50mg

Other ingredients:

Calcium Phosphate, Acacia, Stearic Acid, Magnesium Stearate



S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6430 **Size:** 30 Vtablets **Daily:** 1

£8.45

“Very impressed by the vegan range and the speed of delivery.”

Ms Brady, Little Downham



Digestive Health

Inulin Powder Fructooligosaccharides pre-biotic



This naturally occurring fibre from Chicory, is high in FOS (Fructooligosaccharides), found in unprocessed fruits and vegetables. FOS helps to maintain the proper growth and health of the gut's beneficial bacteria as a pre-biotic. High in soluble fibre and low in calories,

FOS helps regulate digestion and cholesterol as it passes through the digestive tract, increasing fullness.

Recently, Inulin was also shown to possibly be helpful in maintaining proper sleep.

Active ingredients per gram:

Fructooligosaccharides _____ 1,000mg
(FOS Powder - Inulin from Chicory)

Other ingredients:

Contains no other ingredients

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6508

Size: 250g

Daily: 3g

£10.95

Acidophilus

Lactobacillus Acidophilus,
ideal for kids



A lower strength Lactobacillus Acidophilus, providing 40 million organisms, that is good for anyone wanting to top-up the beneficial bacteria supplied in their diet or other supplements. It's also perfect for children (or even adults) as their first probiotic.

Active ingredients per capsule:

Acidophilus Bacteria Mixture _____ 40mg
which provides:

Lactobacillus Acidophilus _____ 40 million

Other ingredients:

Potato Starch, Vegetable Cellulose Capsule

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6069

Size: 60 Vcaps

Daily: 1 - 4

£4.75

Your digestive system is a key player in your body's overall health; it's responsible for making sure that as many nutrients as possible are absorbed from the food you eat.

An unhealthy digestive system can have an impact on so many other, seemingly unconnected, areas of health so it's very important to keep it working right.

This selection of digestive enzymes, beneficial bacteria and other products can help you do just that.



“ Super service cannot be beaten. I always recommend you to friends.

Mr Stroud, Polegate ”

email us at
sales@veganicity.com

24

fax us to place your order
01323 388151

Multi Probiotic

Multi strain,
5 billion beneficial bacteria

A probiotic experience which presents a powerhouse of five beneficial bacteria. One billion viable organisms of each of the five strains (Bifido Bacterium Bifidum, Lactobacillus Acidophilus, Lactobacillus Bulgaricus, Lactobacillus Helveticus and Streptococcus Thermophilus) offer the perfect dairy-free way to keep your beneficial bacteria levels at normal.



Active ingredients per capsule:

Probiotic Premix	250mg
providing 5 billion viable organisms:	
Bifido Bacterium Bifidum	1 billion
Lactobacillus Acidophilus	1 billion
Lactobacillus Bulgaricus	1 billion
Lactobacillus Helveticus	1 billion
Streptococcus Thermophilus	1 billion

Other ingredients:

Potato Starch, Vegetable Cellulose Capsule, Magnesium Stearate, Silica

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6429 60 Vcaps 1 - 2 **£20.95**

Mega Multi Probiotic

High strength, multi strain
beneficial bacteria

Our strongest ever probiotic product. Providing 20 billion viable organisms, over five different strains, it helps to maintain digestive health, the immune system and general well-being. With added FOS (Inulin) prebiotic for an all-round product.



Active ingredients per capsule:

Probiotic Premix	500mg
providing 20 billion viable organisms:	
Bifido Bacterium Bifidum	4 billion
Lactobacillus Acidophilus	4 billion
Lactobacillus Bulgaricus	4 billion
Lactobacillus Helveticus	4 billion
Streptococcus Thermophilus	4 billion
FOS (Fructooligosaccharides)	50mg

Other ingredients:

Vegetable Cellulose Capsule, Silica, Magnesium Stearate

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6635 30 Vcaps 1 - 2 **£23.95**



Megadophilus

High strength, Lactobacillus Acidophilus

Beneficial bacteria not only help to digest food, but also have a role to play in immune system function and the production of B vitamins and fatty acids. This high strength formulation provides 1.25 billion Lactobacillus Acidophilus organisms in a convenient gelatin-free capsule.



Active ingredients per capsule:

Lactobacillus Acidophilus Concentrate	187.5mg
which provides:	
Lactobacillus Acidophilus	1.25 billion

Other ingredients:

Potato Starch, Vegetable Cellulose Capsule, Magnesium Stearate, Silica

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6428 60 Vcaps 1 - 2 **£8.25**

Digestive Health

Serrapeptase Powerful antioxidant enzyme 80,000iu



Serrapeptase is a proteolytic enzyme with powerful properties. Popular for repairing scar tissue, as well as maintaining cardiovascular and digestive health. This immunologically active enzyme has been used extensively across Europe and Asia. Presented here in a high strength, 80,000iu per capsule.

Active ingredients per capsule:

Serratiopeptidase _____ 32mg
which provides:
Serrapeptase _____ 80,000iu

Other ingredients:

Calcium Phosphate, Vegetable Cellulose Capsule, Magnesium Stearate, Silica

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6598 60 Vcaps 1 - 2

£15.45

Premier Garlic

All the power, less of the smell



Garlic has been used for many years and has gained an incredible reputation for its healthcare properties. A fusion of science and nature, Premier Garlic uses a low odour powder form that provides a high concentration of the important allicin component.

Active ingredients per capsule:

Deodorised Garlic 100:1 Extract _____ 133.4mg
equivalent to:
Raw Garlic _____ 13,340mg
which provides:
Allicin (15,000ppm) _____ 2,000µg

Other ingredients:

Potato Starch, Vegetable Cellulose Capsule, Magnesium Stearate, Silica

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6041 60 Vcaps 1 - 2

£7.45

Ginger Root 550mg

Digestive health from nature



Ginger is reputed to be helpful in maintaining digestive health and may also be useful when travelling or pregnant. It may also be helpful for joint mobility.

Active ingredients per tablet:

Ginger Root Standardised 4:1 Extract _____ 140mg
equivalent to:
Ginger Root _____ 550mg
(naturally containing gingerol)

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6149 60 Vtabs 1 - 2

£6.75



Ginger Tincture

Made the traditional way



Ginger is reputed to be a good aid for maintaining digestive health. It is especially useful when travelling. This handy 50ml bottle is ideal to tuck into your travel bag.

Active ingredients:

Zingiber Officinale root

Other ingredients:

Alcohol and water mixture

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6412 50ml 15-20 drops

£5.95

email us at
sales@veganicity.com

fax us to place your order
01323 388151

Artichoke

Whole herb and extract
for maximum benefit

Artichoke helps to maintain proper digestion and may also help to maintain healthy cholesterol levels. This mixture of standardised extract and whole powder is manufactured to rigorous standards for maximum effectiveness.

Active ingredients per tablet:

Artichoke Standardised Extract	250mg
which provides:	
5% - 6% Caffeoylquinic Acid	12.5mg-15mg
4% Cynarin	10mg
Artichoke Powder	100mg
<i>(naturally contains Inulin)</i>	

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Magnesium Stearate, Stearic Acid



S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6544 Size: 60 Vtabs Daily: 1 - 2

£6.95



Digest-Ase

Digestive enzyme support

This digestive enzyme product is made to an exacting specification and provides you with all three of the major enzyme groups for digesting fat, protein and carbohydrates, together with other important co-workers, for efficient digestion and absorption from the food we eat. A pleasant minty, chewable tablet for maximum convenience.



Active ingredients per tablet:

DigeZyme®	75mg
<i>(Amylase, Cellulase, Protease, Lipase, Lactase)</i>	
Acidophilus Bacteria Mixture	20mg
which provides:	
Lactobacillus Acidophilus	20 million
Peppermint Oil	0.6mg

Other ingredients:

Calcium Phosphate, Sorbitol, Acacia, Stearic Acid, Magnesium Stearate

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6029 Size: 60 Vtabs Daily: 3 - 6

£6.95

Caution:

Contains polyols. Excessive consumption may cause laxative effects.

Marigold Tincture

Made the traditional way

Marigold is useful to help maintain proper digestive and skin health, and also has detoxification properties. The colourful flowers are thought to lift the spirits.



Active ingredients:

Calendula Officinalis flower

Other ingredients:

Alcohol and water mixture

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6419 Size: 50ml Daily: 15-20 drops

£5.95

Weight Management

Konjac Fibre 500mg

A natural source of glucomannan



The konjac plant is the natural food source of glucomannan, which many people use to help weight management efforts, sustain steady blood sugar levels and as a prebiotic for intestinal health. Each 500mg capsule provides 450mg of glucomannan. This fibre intake gives a feeling of fullness as well as helping proper digestive health.

Active ingredients per capsule:

Konjac Fibre _____ 500mg
which naturally provides:
90% Glucomannan _____ 450mg

Other ingredients:

Vegetable Cellulose Capsule

S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: 6098 **Size:** 70 Vcaps **Daily:** 10* **£8.45**

*Extra information:

ALWAYS take Konjac Fibre with a large glass of water. Due to the high quality of the fibre naturally present in Konjac, some people may experience slight flatulence or mild irregularity for the first few days of use. This will soon subside as the body becomes used to this potent source of fibre. *10 capsules per day is achieved by taking two before breakfast, three before lunch and five before dinner.

If you're trying to lose weight as well as following a restricted diet, it can be tricky to make sure you're getting all the nutrients you need.

Konjac Fibre has a popular following across the world and is recommended by leading nutritionists; Phase 2™ is newer, but is just as popular with slimmers everywhere.

Spirulina 500mg

Blue-green algae - nature's nutritional storehouse



Spirulina is a nutrient-packed blue-green algae, that provides a natural source of all the essential amino acids, beta carotene, iron, B vitamins, other minerals, omega-3 and -6 fatty acids (including GLA) and pigments. Its exceptional nutritional value is of particular interest to athletes or anyone following a low carbohydrate diet.

Active ingredients per tablet:

Spirulina _____ 500mg

Other ingredients:

Calcium Phosphate, Talc, Magnesium Stearate

S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: 6122 **Size:** 90 Vtabs **Daily:** 1 - 3 **£7.45**



email us at
sales@veganicity.com

28

fax us to place your order
01323 388151

Phase 2^o 500mg White Kidney Bean Extract

A highly-researched and patented form of White Kidney Bean Extract, Phase 2^o is ideal for helping weight management efforts as it may help to reduce the carbohydrates available to the body.

Active ingredients per tablet:

Phase 2^o _____ 500mg
(Phaseolamin 2250^o - White Kidney Bean Extract)
Chromium (Chloride) _____ 50µg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate



S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: Size: Daily:
6519 60 Vtabs 3 - 6 **£12.95**



Chromium 200µg

The popular absorbable picolinate form

Chromium is an essential trace mineral that combines with vitamin B3 and amino acids to produce Glucose Tolerance Factor (GTF). To maintain normal blood glucose levels and a healthy metabolism, so reducing hunger cravings. May also help lipid (fat) metabolism.

Active ingredients per tablet:

Niacin - Vitamin B3 (Nicotinamide) _____ 50mg NE
Chromium (Picolinate) _____ 200µg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate

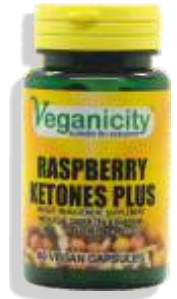


S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: Size: Daily:
6237 60 Vtabs 1 **£4.95**

Raspberry Ketones Plus Advanced weight management formula

Raspberry Ketones Plus is a maximum strength, concentrated, highly active weight management supplement. It combines Raspberry Ketones with Açai Berry and Green Tea to optimise polyphenol levels, as well as Guaraná, to boost energy and metabolism, and Black Pepper (piperine), to maximise absorption and boost effectiveness by several fold! Helping you feel energised and manage your weight effectively.



Active ingredients per capsule:

Raspberry Ketones _____ 300mg
Açai Berry Extract _____ 50mg
which provides:
20% Polyphenols _____ 10mg
Green Tea Extract _____ 50mg
which provides:
40% Polyphenols _____ 20mg
Guaraná Powder _____ 50mg
naturally providing:
Caffeine, Theobromine & Theophylline
Black Pepper Extract _____ 5.5mg
which provides:
95% Piperine _____ 5mg

Other ingredients:

Vegetable Cellulose Capsule, Silica, Magnesium Stearate

S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: Size: Daily:
6651 60 Vcaps 1 - 3 **£12.95**

Weight Management

Xtra Slim

Weight management wonder



Xtra Slim is an advanced thermogenic combination of key nutrients to help weight management. Combining Green Tea, Caffeine and Guaraná with amino acids, Açai Berry Extract and Black Pepper Extract for better bioavailability. Reduce feelings of hunger and maintain a healthy metabolism.

Active ingredients per capsule:

Green Tea Extract	100mg
providing:	
40% Polyphenols	40mg
Caffeine	100mg
Guaraná Powder	75mg
naturally providing:	
Caffeine, Theobromine & Theophylline	
L-Carnitine (L-Tartrate)	50mg
L-Tyrosine	50mg
Açai Berry Extract	50mg
providing:	
20% Polyphenols	10mg
Black Pepper Extract	11mg
providing:	
95% Piperine	10mg
Ginger Root 20:1 Extract	5mg
equivalent to:	
Ginger Root (natural Gingerols)	100mg

Other ingredients:

Vegetable Cellulose Capsule, Silica, Magnesium Stearate

S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: Size: Daily:
6639 60 Vcaps 3* **£15.95**

*Extra information:

ALWAYS take Xtra Slim with a large glass of water. Take one capsule before each main meal (breakfast, lunch, dinner).

Lecithin 550mg

Choline and Inositol, naturally



Lecithin is a rich natural source of Choline and Inositol - two nutrients vital for liver function, fat metabolism and brain function. Popular with many people when slimming because of its metabolising effect.

Active ingredients per capsule:

Soya Bean Lecithin 550mg

Other ingredients:

Vegan Capsule (Corn Starch, Glycerol, Carrageenan, Sodium Carbonate)

S G Y W
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE

Code: Size: Daily:
6274 60 Vcaps 1 - 3

£4.25



email us at
sales@veganicity.com

30

fax us to place your order
01323 388151

SuperGreens Powder

A versatile mix of green superfoods

Like SuperReds, this green 'superfoods' combination is a powerhouse of antioxidants, vitamins, minerals, amino acids and other macro nutrients. It gives the body a great source of raw fuel to promote overall health and well-being as well as increase your daily green intake to boost energy levels and detox the digestive system.



Active ingredients per 5 grams:

Spirulina	750mg
Wheat Grass	750mg
Barley Grass	500mg
Chlorella	500mg
Broccoli Powder	500mg
Spinach Powder	500mg
Alfalfa	500mg
Kale Powder	500mg
Carrot Powder	250mg
Celery Powder	250mg

Other ingredients:

Contains no other ingredient

SUGAR FREE **Y** **YEAST FREE** **Code:** **Size:** **Daily:** **£19.95**
6655 200g 5g - 10g*

SuperGreens

A power-packed capsule

Take SuperGreens Powder, pack it into a veggie capsule and you've got a quick, convenient and portable way to make sure you get a daily hit of green superfoods!



Active ingredients per capsule:

Spirulina	75mg
Wheat Grass	75mg
Barley Grass	50mg
Chlorella	50mg
Broccoli Powder	50mg
Spinach Powder	50mg
Alfalfa	50mg
Kale Powder	50mg
Carrot Powder	25mg
Celery Powder	25mg

Other ingredients:

Vegetable Cellulose Capsule, Magnesium Stearate, Silica

SUGAR FREE **Y** **YEAST FREE** **Code:** **Size:** **Daily:** **£10.45**
6654 60 Vcaps 4 - 6

SuperReds Powder

A potent mix of red superfoods

This natural 'superfoods' combination is brimming with antioxidants, vitamins, minerals, amino acids and other macro nutrients. A potent source of raw fuel to promote great health and well-being as well as increase your daily red intake to boost energy levels and detox the digestive system.



Active ingredients per 5 grams:

Beetroot Powder	715mg
Goji Berry Powder	715mg
Strawberry Powder	360mg
Raspberry Powder	360mg
Boabab Powder	360mg
Purple Carrot Powder	360mg
Bilberry Powder	360mg
Acerola Cherry Powder	360mg
Blueberry Powder	360mg
Blackberry Powder	360mg
Cranberry Powder	175mg
Pomegranate Powder	175mg
Açai Powder	170mg
Guava Powder	170mg

Other ingredients:

Contains no other ingredients

SUGAR FREE **G** **GLUTEN FREE** **Y** **YEAST FREE** **W** **WHEAT FREE** **Code:** **Size:** **Daily:** **£19.95**
6661 200g 5g - 10g*

**Superfood powders can be mixed with water, fruit juice, soya milk or almond milk, as well as added to smoothies, for a superfood packed treat! See the back of the pack for some great serving ideas.*

Energy

Guaraná 750mg Amazonian energy in a bottle!



Guaraná is an evergreen vine found in the Amazon basin. For centuries the seeds have been made into a paste or used in teas. Guaraná naturally contains caffeine and the alkaloids Theobromine and Theophylline. The effects of these three constituents are well known and include helping the central nervous system, maintaining energy levels and mental alertness, especially when feeling tired.

Guaraná is used by busy mums, students, athletes, drivers, teachers and professionals alike!

Active ingredients per tablet:

Guaraná _____ 750mg

naturally providing:

Caffeine, Theobromine & Theophylline

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate



Code: Size: Daily:
6594 60 Vtabs 1 - 2

£7.95

Co Q10 60mg

High strength Co Enzyme Q10



Co Enzyme Q10 is an important antioxidant which helps maintain proper energy levels, circulation, gum health, immunity and a healthy cardiovascular system. Presented in a high-strength 60mg, gelatin-free capsule that uses a more bio-available and stable liquid form of Co Enzyme Q10.

Active ingredients per capsule:

Co Enzyme Q10 _____ 60mg

Other ingredients:

Vegetable Oil, Medium Chain Triglycerides, Vcap™ (Vegetable Cellulose Capsule)



Code: Size: Daily:

6463 60 Vcaps 1 - 2 £26.95

Co Q10 30mg

Very popular strength



This handy 30mg capsule makes it easy to take your Co Enzyme Q10 in a divided dose throughout the day, which helps to keep your energy levels up all day. Presented in a gelatin-free capsule that utilises the same liquid Co Enzyme Q10 as our 60mg product for greater bio-availability and stability.

Active ingredients per capsule:

Co Enzyme Q10 _____ 30mg

Other ingredients:

Soya Bean Lecithin, Vcap™ (Vegetable Cellulose Capsule)



Code: Size: Daily:

6433 60 Vcaps 1 - 4 £15.95



“ This is customer service of the first degree. ”

Mr Hardwick, Sheffield

email us at
sales@veganicity.com

32

fax us to place your order
01323 388151

*The hectic pace of modern life -
meaning everything must be done now!
- can sap your energy, if you don't give
your body the support it needs.*

*These products, including the popular
Co Q 10 60mg and newer products like
Guaraná 750mg, are designed to make
sure that you have the energy and
vitality to see you successfully through
the day.*

Korean Ginseng 600mg Energy from nature

Ginseng has been used for thousands of years for its normalising and balancing action on the body. Helping to maintain stamina, concentration and the healthy function of the immune system.



Active ingredients per tablet:
Korean Ginseng _____ 600mg

Other ingredients:
Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate

S G Y W Code: Size: Daily: £5.95
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE
6134 30 Vtabs 1 - 2

B25 Complex

Yeast free B vitamin formulation

B vitamins are vital for many areas of health and this formulation gives you a 25mg daily intake of the most important ones (B1, B2, B3, B5, B6) as well as folic acid, biotin and B12 to keep you energised all day. Maintaining a healthy metabolism, normal immune system function, the nervous system and reducing fatigue.



Active ingredients per tablet:

Thiamin - Vitamin B1 (Hydrochloride) _____ 22.3mg
Riboflavin - Vitamin B2 _____ 25mg
Niacin - Vitamin B3 (Nicotinamide) _____ 25mg NE
Pantothenic Acid - Vitamin B5 _____ 23mg
(Calcium d Pantothenate)
Vitamin B6 (Pyridoxine Hydrochloride) _____ 20.5mg
Para Amino Benzoic Acid _____ 25mg
Choline di Hydrogen Citrate _____ 25mg
Inositol _____ 25mg
Folacin (Folic Acid) _____ 100µg
Biotin _____ 100µg
Vitamin B12 (Cyanocobalamin) _____ 10µg

Other ingredients:

Calcium Phosphate, PVP Coating, Stearic Acid, Acacia, Magnesium Stearate

S G Y W Code: Size: Daily: £5.25
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE
6546 60 Vtabs 1 - 2



Proteins & Amino Acids

L-Glutamine

*Digestive support
- and much more!*



L-Glutamine is sometimes referred to as the digestive amino acid, but it is so much more than that. The most abundant amino acid in the body, involved in more metabolic processes than any amino acid. Converted to glucose when required to maintain energy, it also fuels cells living in the intestine to promote proper digestion, as well as being one of the key building blocks of protein for tissue growth and repair.

Presented here in formulation with Acidophilus, to maximise its digestive health effects.

Active ingredients per tablet:

L-Glutamine _____ 500mg
 Acidophilus Bacteria Mixture _____ 75mg
 which provides:
 Lactobacillus Acidophilus _____ 75 million

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate

S G Y W Code: Size: Daily: **£5.45**
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE 6442 30 Vtabs 1 - 3

By popular demand, we have now expanded our offering to include this section, as people become more aware of plant based proteins and amino acids for both general health and helping boost lean muscle growth.

L-Lysine

*Essential for growth
and immunity*



L-Lysine is an important amino acid which plays a key role in maintaining the growth and repair of tissues and maintaining energy levels, as well as acting as an antioxidant, especially when combined with vitamin C.

Active ingredients per capsule:
 L-Lysine (Hydrochloride) _____ 400mg

Other ingredients:

Vegetable Cellulose Capsule, Silica, Magnesium Stearate

S G Y W Code: Size: Daily: **£3.95**
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE 6452 30 Vcaps 1 - 2



“It is refreshing to deal with a company that just gets on and gets it right first time.”
 Mrs Clewley, Dewsbury

Proteins & Amino Acids

L-Methionine

For a healthy metabolism

Methionine is one of the essential amino acids and is required for protein synthesis, maintaining a healthy metabolism and the growth and repair of tissues. It also displays lipotropic properties for maintaining the health of the liver during lipid (fat) processing.

Active ingredients per tablet:

L-Methionine _____ 500mg

Other ingredients:

Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate



S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6292 30 Vtabs 1 - 3

£6.45



L-Tyrosine

The thoughtful amino

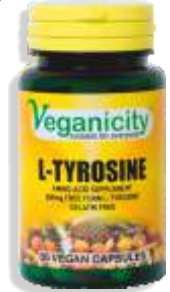
An important amino acid which plays a key role in maintaining a healthy mood, metabolism and circulatory system as well as maintaining brain function and skin health.

Active ingredients per capsule:

L-Tyrosine _____ 500mg

Other ingredients:

Vegetable Cellulose Capsule, Silica, Magnesium Stearate



S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6453 30 Vcaps 1 - 2

£7.45



L-Arginine

The dynamic amino

Arginine is a dynamic amino acid involved in many body processes, including wound healing and helping maintain a healthy immune system. A precursor to Nitric Acid which helps regulate blood vessels to maximise oxygenation.

Active ingredients per tablet:

L-Arginine (Hydrochloride) _____ 400mg

Other ingredients:

Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate



S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: Size: Daily:
6293 30 Vtabs 1 - 2

£4.45

Proteins & Amino Acids

BCAA 4:1:1 Powder

New

Fermented branch chain amino acids in powder form



This vegan plant based essential amino acid supplement contains an optimal 4:1:1 ratio of leucine, isoleucine and valine.

Branch Chain Amino Acids have been shown to maintain performance, energy levels and endurance. Metabolised directly into skeletal muscle BCAAs have also been shown to improve muscle recovery.

These essential amino acids work best when taken throughout the day, or before, during and after exercise. They help build new muscle tissue, protect against muscle breakdown, help maintain blood sugar levels and support toning.

Active ingredients 5 grams:

Fermented BCAA 4:1:1 Powder Premix	500mg
<i>which provides:</i>	
L-Leucine	3330mg
L-Isoleucine	835mg
L-Valine	835mg

Other ingredients:

Contains no other ingredients

SUGAR FREE
GLUTEN FREE
YEAST FREE
WHEAT FREE

Code: 6670 Size: 200g Daily: 5g - 15g* **£24.95**

BCAA 4:1:1 1000mg

New

Fermented branch chain amino acid tablets



A tablet form of our fermented BCAA 4:1:1 powder, for those that prefer to take their supplements in a solid dose format.

Active ingredients per tablet:

Fermented BCAA 4:1:1 Premix	1000mg
<i>which provides:</i>	
L-Leucine	666mg
L-Isoleucine	167mg
L-Valine	167mg
Vitamin B6 (Pyridoxine Hydrochloride)	2mg

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, PVP Coating, Stearic Acid, Silica

SUGAR FREE
GLUTEN FREE
YEAST FREE
WHEAT FREE

Code: 6669 Size: 60 Vtabs Daily: 1 - 6 **£11.95**



**Protein powders and BCAA powder can be mixed with water, fruit juice, soya milk or almond milk. They can also be added to your smoothies. If you're feeling adventurous, protein powders can even be added to pancake mixes for a protein packed treat!*

Proteins & Amino Acids

Pea Protein

80% protein, low GL

This natural and unflavoured, quality pea protein powder boasts an 80% protein content, so is great for anyone trying to add more protein to their diet.

Especially useful for athletes and weight trainers or those trying to lose a little weight. Great when added to soups, smoothies or why not even try out our pancake recipe (see pack for details) to get extra protein into your diet!



Protein _____ **Per 10g serving:** 8.1g

Other ingredients:
Contains no other ingredients

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6658 **Size:** 250g **Daily:** 10g - 30g

£8.45



Protein Complex

A mix of pea, hemp and brown rice proteins

Our most complete and balanced protein, blending Pea, Brown Rice and Hemp in equal measure to provide a 70% protein content with plenty of useable fibre, complex carbohydrates and essential fatty acids in a natural and unflavoured powder.

Offering naturally occurring Branch Chain Amino Acids (BCAAs) in a 2:1:1 ratio, giving maximum bioavailability and absorption.



Per 10g serving:

Protein _____ 7.1g

Other ingredients:

Contains no other ingredients

G Y W
GLUTEN YEAST WHEAT
FREE FREE FREE

Code: 6667 **Size:** 250g **Daily:** 10g - 30g

£10.45

Brown Rice Protein

80% protein, low GL

One of the most popular sources of protein for vegans, presented here as a natural and unflavoured powder that can be mixed with pretty much anything you like. Makes great smoothies, and offers 80% protein per serving.



Per 10g serving:
Protein _____ 8g

Other ingredients:
Contains no other ingredients

S G Y W
SUGAR GLUTEN YEAST WHEAT
FREE FREE FREE FREE

Code: 6665 **Size:** 250g **Daily:** 10g - 30g

£9.95

Hemp Protein

50% protein with omega fatty acids

As well as being a source of protein (at around 50%), Hemp is also a natural source of omega-3 and omega-6 fatty acids, together with plenty of plant fibres for improved digestion. This makes it perfect for vegans.

Per 10g serving:

Protein _____ 4.7g
Omega-6 _____ 740mg
Omega-3 _____ 230mg

Other ingredients:

Contains no other ingredients



G Y W
GLUTEN YEAST WHEAT
FREE FREE FREE

Code: 6664 **Size:** 250g **Daily:** 10g - 30g

£9.95

Memory & Mood

5-HTP Complex Relax with 5-HTP and co-factors



5-Hydroxy Tryptophan (5-HTP) is a natural precursor to serotonin, the neurotransmitter that helps maintain a healthy, calm mood and sleep pattern as well as control food cravings as part of a weight management philosophy. Our 5-HTP Complex is high strength and combines 100mg of 5-HTP with B vitamins and the minerals Magnesium and Zinc. All known to help induce a calming effect and help maintain healthy sleep patterns.

Active ingredients per tablet:

Griffonia Seed Extract	102mg
<i>which provides:</i>	
5-HTP	100mg
Magnesium (Oxide)	50mg
Zinc (Gluconate)	10mg
Vitamin B6 (Pyridoxine Hydrochloride)	20.5mg
Niacin - Vitamin B3	15mg NE

Other ingredients:

Calcium Phosphate, Microcrystalline Cellulose, Acacia, Stearic Acid, Magnesium Stearate

S G Y W Code: Size: Daily: **£12.95**
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE 6431 30 Vtabs 1 - 2

All of these products are selected to offer you great support throughout the day; keep yourself alert when you need to, remember those important events, and then help you relax at the end of a busy day.

Ginkgo Biloba Tincture

Made the traditional way



Exhibiting antioxidant properties, Ginkgo Biloba also helps maintain healthy circulation, which in turn helps blood-flow to the brain, oxygenating this important organ. Ginkgo can be traced back to Chinese documents from around 3,000 BC.

Active ingredients:

Ginkgo Biloba leaf

Other ingredients:

Alcohol and water mixture

S G Y W Code: Size: Daily: **£5.95**
SUGAR FREE GLUTEN FREE YEAST FREE WHEAT FREE 6413 50ml 15-20 drops



“All around excellent service. Many thanks.”

Ms Fisher, Rotherham”

email us at
sales@veganicity.com

38

fax us to place your order
01323 388151

0-9, A			
5-HTP Complex	38	Ginger Root 550mg	26
Acidophilus	24	Ginger Tincture	26
Amino Acids	34	Ginkgo Biloba Tincture	38
Antioxidants & Immune Support	12	Glucosamine + MSM	21
Artichoke	27	Glucosamine + Phytodroitin™	21
		Glucosamine 1500mg	20
B		Glucosamine 750mg	20
B12 100µg	17	Gotu Kola 600mg	11
B12 1000µg	17	Gotu Kola Tincture	11
B12 50µg	17	Guaraná 750mg	32
B12 500µg Sublingual	17		
B25 Complex	33	H	
BCAA 4:1:1 1000mg	36	Heart Health	15
BCAA 4:1:1 Powder	36	Hemp Protein Powder	37
Beetroot	16	Hyaluronic Acid 100mg	9
Beta Carotene 15mg	22		
Bilberry Tincture	23	I, J, K	
Bilberry with Eyebright	23	Immune Support	12
Bone & Joint Health	18	Inulin Powder (FOS)	24
Brewers Yeast 300mg	4	Joint Essentials	21
Brown Rice Protein Powder	37	Kelp 300mg	4
		Konjac Fibre 500mg	28
C		Korean Ginseng 600mg	33
Calcium Extra	18		
Chelated Iron 24mg	10	L	
Chromium 200µg	29	Lecithin 550mg	30
Cinnamon 500mg	5	L-Arginine	35
Co Q 10 30mg	32	L-Glutamine	34
Co Q 10 60mg	32	Liver Kind	6
		L-Lysine	34
D		L-Methionine	35
DiabetACE	4	Lycopene Extra	7
Digest-Ase	27	L-Tyrosine	35
Digestive Health	24		
		M	
E		Magnesium 100mg	18
E400	15	Marigold Tincture	27
Elderberry Tincture	12	Mega Multi Probiotic	25
Energy	32	Megadophilus	25
Ester-C® 1000	13	Memory & Mood	38
Evening Primrose Oil 500mg	8	Men's Health	7
Eye Health	22	MSM 1000mg	20
		Multi Probiotic	25
F, G		Multi Vitamin + Mineral	5
Flaxseed Oil 500mg	11	Mushroom Complex	12
Folic Acid 400µg	10		
FOS (Inulin Powder)	24	O	
Garlic Macerate 530mg	14	Omega-3 DHA:EPA	16
General Health	4	Optim-Eyes	22
		P	
		Palmetto Extra	7
		Pea Protein Powder	37
		Phase 2® 500mg	29
		Potassium 100mg	15
		Pregnancy Essentials	10
		Premier Garlic	26
		Proteins & Amino Acids	34
		Protein Complex Powder	37
		R	
		Raspberry Ketones Plus	29
		Red Clover Tincture	8
		Red Clover	8
		Red Yeast Rice Extra	15
		S	
		Sage 400mg	9
		Sage Tincture	9
		Saw Palmetto Tincture	7
		Selenium 200µg	12
		Serrapeptase	26
		Spirulina 500mg	28
		Super Foods	31
		SuperGreens Capsules	31
		SuperGreens Powder	31
		SuperReds Powder	31
		T	
		Tasty C	13
		TMG Extra	16
		Turmeric Extra	6
		Tyro Tan	5
		V	
		Vitamin B12	17
		Vitamin B25 Complex	33
		Vitamin C 1000mg	13
		Vitamin D 400iu	19
		Vitamin D 800iu	19
		Vitamin D Complex 1600iu	19
		Vitamin E400	15
		Vitamin K2 100µg	18
		W, X, Z	
		Weight Management	28
		Whole Grape	15
		Women's Health	8
		Xtra Slim	30
		Zinc 10mg	14

Veganicity[®]

suitable for everyone

Products

New

100% Vegan

Vegan Society
Registered



Vitamins, Minerals,
Supplements

Proteins
& Amino Acids

Superfoods
& Plant Supplements

Veganicity

Dolphin House, G1 Chaucer Business Park,
Polegate, East Sussex, BN26 6QH

tel: 01323 388150

fax: 01323 388151

www.veganicity.com

Premier quality nutritional supplements for vegans