



WANDERLUST

# Plant-powered supplements

## Stress & Mood Support



### Wanderlust Ashwagandha Stress Support

Traditionally used in Ayurvedic Practice to:

- Help calm nerves and nervous tension
- Support the body's response to stress



### Wanderlust Holy Basil Stress & Immune

Traditionally used in Ayurvedic practice to:

- Help the body's normal response to stress
- Contribute to the normal functioning of the immune and respiratory systems



### Wanderlust St John's Wort Healthy Mood Balance

Traditionally used in Western Herbal practice to:

- Support mood
- Support emotional balance as well as calmness

## Sleep Support



### Wanderlust Valerian Sleep Support

Traditionally used in Western Herbal practice to:

- Support a refreshing sleep
- Help calm nerves



### Wanderlust Soulful Sleep Supports Falling Asleep

Traditionally used in Western Herbal practice to:

- Support falling asleep
- Support healthy sleeping patterns



### Wanderlust Sleep Botanicals Relax & Sleep Support

Traditionally used in Western Herbal practice to:

- Support relaxation
- Support a refreshing sleep



### Wanderlust Chamomile Relax & Digest Support

Traditionally used in Western Herbal practice to:

- Sleep support
- Support digestive health

## Cleanse & Detox



### Wanderlust Milk Thistle Detox Support

Traditionally used in Western Herbal practice to:

- Support liver function
- Support the body's natural cleansing and detoxification processes



### Wanderlust Schisandra Daily Liver Support

Used in Traditional Chinese practice to:

- Support liver health
- Support normal stress response



### Wanderlust High Strength Resveratrol Antioxidant

A one-a-day capsule to:

- Support the body's normal response to free radicals
- Support general health and wellbeing

## Digestion



### Wanderlust Lemon Balm Stress & Gut Support

Traditionally used in Western Herbal practice to:

- Support a normal stress response
- Help calm nerves and digestive comfort



### Wanderlust Fennel DeBloat Support

Traditionally used in Western Herbal practice to:

- Soothe bloating
- Support stomach comfort



### Wanderlust Dandelion Digestion Support

Traditionally used in Western Herbal practice to:

- Support healthy digestion
- Support digestive comfort



### Wanderlust Barberry Natural Berberine

Traditionally used in Western Herbal practice to:

- Support the breakdown of dietary fat
- Support digestive health and gall bladder function





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## Energy & Performance



### Wanderlust Siberian Ginseng Energy & Stress Support

Traditionally used in Western Herbal practice to:

- Support energy levels
- Help the body adapt to stress



### Wanderlust Korean Ginseng Energy Support

Traditionally used in Western Herbal practice to:

- Support energy levels
- Support alertness, focus and mental clarity



## Mind Health



### Wanderlust Brahmi Focus & Clarity

Traditionally used in Ayurvedic practice to:

- Support mental clarity, focus and alertness
- Brain function



### Wanderlust Gotu Kola Brain Support

Traditionally used in Ayurvedic practice to:

- Support brain health
- Support mental clarity and focus

## Women's Health

## Men's Health

## Omega-3



### Wanderlust Women Kind Multi Women's Tonic

Traditionally used in Ayurvedic practice to:

- Support vitality and libido
- Support the body's response to stress
- Supports female hormone balance
- Supports menstrual cycle health



### Wanderlust Tribulus Libido Support

Traditionally used in Ayurvedic practice to:

- Support libido
- Support energy and stamina



### Wanderlust Plant Omega-3 Vegan EPA & DHA

EPA & DHA support heart and brain health. Derived from sustainably sourced marine algae.

## Immunity



### Wanderlust Echinacea Immune Health

Traditionally used in Western Herbal practice to:

- Support immune health



### Wanderlust Echinacea & Astragalus Lung & Immune Support

Used in traditional Chinese practice to:

- Support lung and immune health
- Support vitality and to tonify Qi



### Wanderlust Vitamin D3 Immune Support

Source of vitamin D in a readily absorbed liquid spray to:

- Support immune defences and bone health
- Support the absorption of dietary calcium



### Wanderlust Quercetin + C Immune Support

Plant-derived nutrients to:

- Support immune system function
- Support the body's response to free radicals



### Wanderlust Reishi Immune Support

Used in traditional Chinese practice:

- Support immune system function
- Support the body's response to free radicals



### Wanderlust Mushroom Multi Immune & Vitality Support

Used in traditional Chinese practice to:

- Support immune system health
- Support vitality, wakefulness and Qi