

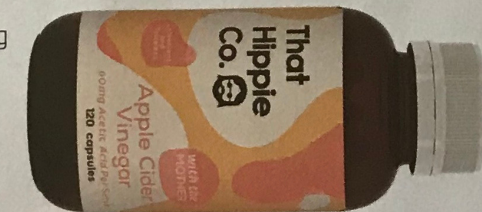
OFF *the* SHELF

CHECK OUT THESE PRODUCTS FROM OUR PARTNERS.



TIME FOR TEA

Start your day with a refreshing cup of herbal tea from Bodhi Organics. The Australian Certified Organic company has a collection of loose-leaf tea, herb and spice blends created by naturopath Lisa Guy, with each one focusing on enhancing a different area of your health and wellbeing. While they're great hot or iced, we really love using these tasty teas to create yummy cocktails. Head to bodhiorganictea.com for some tempting recipes.



HELP YOUR GUT

Maintaining good gut flora is an important part of a healthy lifestyle. It's well known that apple cider vinegar (ACV) will help you do this, but its major downside is the taste. The clever folks at That Hippie Co. have found a way to get all of the ACV goodness - including the mother - into a neat little capsule. No more grimacing while you're sipping on vinegar water.

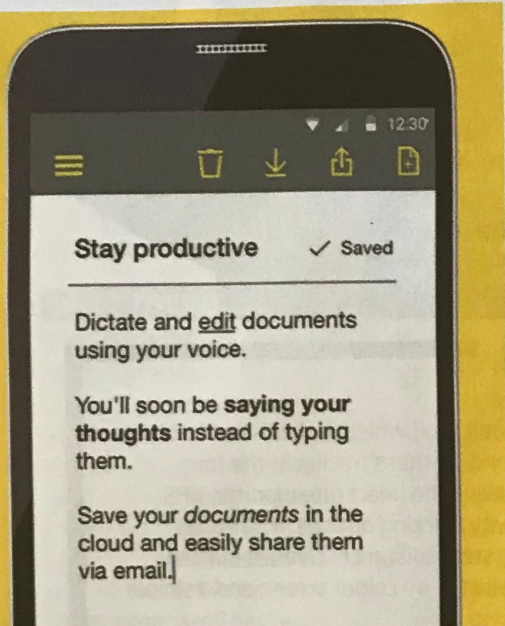
SUPERFOOD YOGHURT

Evia has given its Greek yoghurt a superfood boost, with a new range infused with nutrient-dense hemp seed oil. The nutty flavoured oil is rich in omega-3, 6 and 9 essential fatty acids, as well as minerals including magnesium, calcium, iron and zinc. A perfect snack on its own, the yoghurt can also be added to smoothies and is available in three delicious flavours: plain, blackberry and acai, and mango.

EAGLE LAVANDULA CALM

Eagle Lavandula Calm is a combination of key herbs which provide natural relief from nervous tension, stress, mild anxiety and sleeplessness.

A precise formulation to help you reach your everyday potential and smash those 2019 goals! For practitioner dispensing only. Ask your healthcare practitioner about the Eagle Practitioner Only range. Always read the label and use only as directed. If systems persist consult your healthcare practitioner. Not for prolonged use. Not recommended for use by pregnant or lactating women. May harm the liver.



PRODUCTIVITY

Are you frustrated at how hard it is to type information into your smartphone, or with the accuracy of native voice recognition? We can vouch for a much better way: Dragon Anywhere, a voice recognition app for iOS and Android created by the makers of the world's most used desktop speech recognition software. We use Dragon Anywhere when we need to write magazine stories away from the office because it's the only mobile dictation solution that offers continuous dictation - no time or length limits. It features robust voice formatting and editing, and customisation features such as auto-text and custom word lists that can be synchronised with Dragon's desktop solutions. Dragon Anywhere improves its initial high level of accuracy as it learns a person's unique voice. A single subscription of \$22 per month to \$220 per year lets you access Dragon Anywhere on all your devices. Visit nuance.com/en-au/dragon/dragon-anywhere/free-trial.html