

A

Mission

To drive enhanced performance levels and improve health & well-being.

Grounded in science and driven by a passion for making a genuine impact on health and well-being, we provide innovative solutions that optimise performance and enhance recovery. We stand as true partners with all individuals and groups who are set on a quest for peak performance and sustained vitality.

"We are on a mission to challenge the large brands who currently provide hydration and recovery solutions. For too long we've been exposed to products filled with hidden toxins, harmful chemicals, and false promises masked in clever marketing."

– Toni McQuinn
Body Armour Director



Why Body Armour?



Quality Ingredients & Formulation

Formulated with our consumers' needs at its core, our products undergo extensive scientific research and development to achieve optimal hydration, performance, and recovery using quality ingredients.



Results You Can Trust

Our products are tried and tested, with thousands of happy customers all around Australia telling us they not only feel the difference but are the best tasting on the market.



Manufactured in Australia

Manufactured in GMP certified facilities in Australia, we are there every step of the way and oversee the entire supply chain, working directly with our manufacturing partners to ensure we are 100% happy with our product.





In the pursuit of operational excellence, every detail matters.

This ethos led us to a pivotal realisation: The hydration products currently available in the market and to our workforce lack the genuine health and performance impact they promise.

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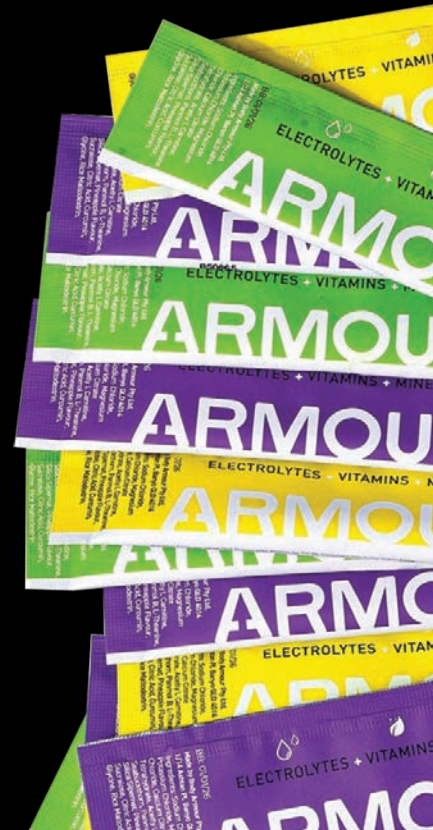
Hydration + Sleep

Enhanced Well-Being & Productivity

Maintaining peak performance and health starts with effective hydration and quality sleep. Discover how these fundamental elements can enhance your well-being and boost productivity.

“Integrating effective and quality hydration products into our site’s facilities would be a game changer, the data is clear! It is not just a choice, but a strategic move towards ensuring a safe, healthier and more productive environment”.

– Toni McQuinn
Body Armour Director



Healthy & Safety

Effective hydration and quality sleep are fundamental to maintaining peak physical condition. High-quality and, more importantly, effective hydration solutions are crucial in managing heat stress. While hydration alone won't prevent heat-related incidents, this simple and cost-effective administrative control

significantly reduces the risks when combined with other controls. The key is to make certain that quality and effective hydration solutions are used to ensure a genuine impact on performance and health.

Operational Excellence

Both hydration and sleep directly correlate with improved cognitive function and overall enhanced performance & productivity. The evidence is conclusive: individuals who are well hydrated and have had quality sleep, mainly through the 'REM' and 'Deep Sleep' stages,

exhibit higher levels of focus, alertness, and mental acuity. With advancements in research, we now have alternative options to support quality sleep in a cost-effective manner and without relying on chemically-based solutions.

Culture & Engagement

As recent scientific research becomes more accessible, people are becoming more aware of quality nutritional solutions. Providing top-tier recovery and performance products demonstrates our commitment to the well-being of our workforce. It fosters a sense

of care and appreciation. It is common knowledge that individuals who feel valued are more dedicated and loyal to their work and organization, leading to higher morale, increased productivity, and overall job satisfaction.

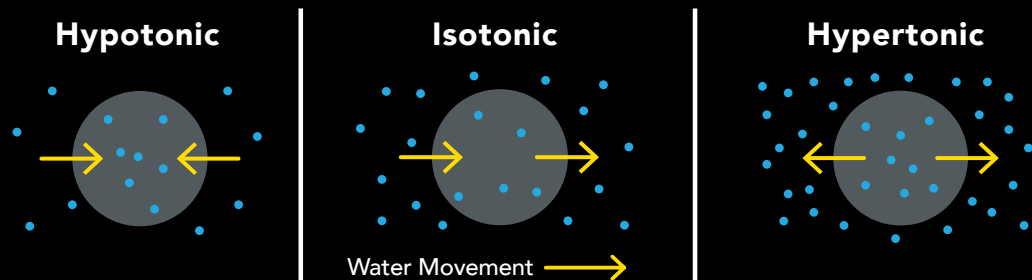


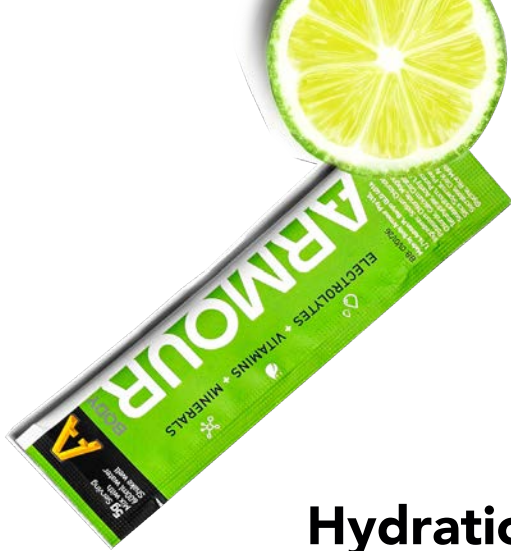
What is Hypotonic?

The Importance of Hydration

A hypotonic formula has a lower concentration (osmolality) of solutes compared to the body's fluids, making it more similar to the composition of bodily fluids.

Hypotonic hydration solutions facilitates faster fluid absorption across cell membranes in the intestines, to rapidly replace fluids lost during high intensity activities, to prevent dehydration. They are typically well tolerated from a digestive perspective, causing less gastrointestinal discomfort or bloating than other formulas.





Hydration is Only Half of the Equation

One in three Australians is not consuming adequate magnesium, and increased physical exertion (with losses through sweating) raises the body's magnesium requirements by 10-20%. Artificial colours can disrupt the nervous and immune systems, leading to concentration issues and potentially affecting focus and productivity. Essential minerals like calcium and magnesium, vitamin C, B vitamins, and glutamine support immune health.

Proper electrolyte balance is crucial for muscle function, nerve transmission, and overall cellular processes. As we age, changes in kidney function necessitate additional electrolytes, such as potassium, magnesium, and calcium, to aid muscle recovery and maintain bone health. Ensuring you consume adequate amounts of these elements can help enhance physical performance, reduce the risk of deficiencies, and promote overall well-being.

Our Hydrate+ Formula

Our Hydrate+ formula contains several minerals that, although highly absorbable, may naturally settle at the bottom of a vessel once mixed. There is no concern about the efficacy or quality of our formula, and we suggest shaking the formula well once mixed with water and between drinking.



Dehydration

Why It Matters

Dehydration Levels

(fluid loss as % of body weight)





What is Dehydration?

Dehydration occurs when the body loses more fluids than it takes in, leading to an imbalance that can disrupt normal bodily functions. It can result from various factors, including excessive sweating, inadequate fluid intake, or illness.

Signs & Symptoms

- Thirst
- Dry mouth
- Fatigue
- Dizziness
- Irritability
- Drowsiness
- Weakness
- Lightheadedness
- High heart rate
- Flushed (red) skin
- Dark yellow urine

The Importance

Staying hydrated is essential for the body to function effectively. Water makes up a significant portion of our body, and proper hydration is necessary to support a range of vital processes. One key role is regulating body temperature; when we sweat, our bodies release heat, and without sufficient fluids, this cooling process becomes inefficient, leading to potential overheating.

Hydration also plays a crucial part in digestion and nutrient absorption, ensuring that nutrients are properly transported throughout the body and waste is efficiently eliminated. Moreover, staying hydrated improves cognitive performance, enhancing focus, memory, and overall mental clarity. When the body is dehydrated, even mildly, energy levels drop, leading to fatigue and reduced concentration.

In short, hydration is key to maintaining both physical and mental well-being, making it essential to regularly replenish lost fluids throughout the day.

Thermoregulation

Staying Balanced

What is Thermoregulation?

Thermoregulation is the body's ability to maintain a stable internal temperature, despite changes in the environment. It's a critical process that ensures our organs function properly, as extreme temperatures can disrupt normal bodily functions.

How Does it Work?

The body regulates temperature through mechanisms like sweating, shivering, and changing blood flow. When you're too hot, your body sweats to cool down. When you're too cold, shivering generates heat. Blood vessels also widen or narrow to either release or conserve heat.



The Importance

Thermoregulation is essential because the human body relies on maintaining a stable internal temperature for optimal function. Enzymes, which control countless biochemical reactions, work best within a narrow temperature range. If the body becomes too hot or too cold, these processes can slow down or malfunction, potentially leading to severe health issues.

When the body overheats, it risks heat-related conditions like heat exhaustion or heatstroke, which can be life-threatening if not treated. Overheating also leads to dehydration, as the body loses fluids rapidly through sweating in an attempt to cool down.

Thermoregulation is crucial for maintaining homeostasis, or the body's internal balance, which ensures that organs, muscles, and the brain continue to operate efficiently. Without effective thermoregulation, the body cannot adapt to environmental changes, making it difficult to maintain energy levels, cognitive performance, and overall health. Supporting thermoregulation by staying hydrated, dressing appropriately, and avoiding prolonged exposure to extreme temperatures helps protect these vital functions.



Hydration is Key

To maintain effective thermoregulation, staying hydrated is key. Water plays a vital role in helping your body cool itself through sweating, especially during hot weather or physical activity. Without enough fluids, your body struggles to release heat, increasing the risk of overheating and dehydration.

Hydration Formulation Index

Electrolytes

Sodium

A vital mineral to maintain muscle and nerve function. One of its most important roles is its ability to regulate water and fluid balance in cells, is essential for the stimulation of muscle and nerve cells. The average sodium loss through sweating during exertion is approximately 1-3 grams per hour (equivalent to 40-120 mmol/L of sweat).

Potassium

Involved in hundreds of bodily functions including nerve impulse transmission, skeletal muscle contractility, blood pressure and cellular fluid balance making it essential for hydration support. The sodium-potassium adenosine triphosphates pump (Na-K ATP Pump) regulates homeostasis between sodium and potassium, allowing movement in and out of cells to ensure cellular hydration and prevent excessive water intake. Hydrate+ is formulated with the ideal ratio of consumption of sodium to potassium (1:1) to infer better outcomes for cardiovascular and blood pressure health.



Magnesium

Plays a pivotal role in over 300 enzymatic reactions in the body, an essential mineral and electrolyte that supports muscle function, neurological health, energy metabolism and neurotransmitter synthesis. Over 1 in 3 Australians are not meeting their recommended daily needs of magnesium. A magnesium deficit often manifests as muscular cramps and pain, as well as fatigue and weakness. Magnesium is required for potassium intra/extracellular balance, depletion of magnesium is associated with increased potassium efflux from cells and subsequent renal excretion. Therefore magnesium will help with ensuring potassium maintenance in the body (essential for adequate hydration).

Calcium

Calcium, the most abundant mineral in our body, plays a significant physiological role in assisting in the mineralisation of strong bones, contraction of muscles, transmission of nerve impulses, and secretion of hormones. Hydrate+ uses calcium citrate which is one of the most well absorbed forms of calcium. Calcium and magnesium work synergistically for smooth muscle contraction and relaxation. Hydrate+ has considered the optimal ratio of higher calcium to magnesium to account for increased requirement of calcium in the body.

Chloride

The principal inorganic anion in the extracellular fluid compartment, and is essential in maintaining fluid and electrolyte balance. The body loses between 2g - 3g during long periods of sweating and without chloride, many of the other electrolytes would be unable to move through the cells. Hydrate+ uses chloride bound minerals to help maintain the osmotic balance of cells including the movement of water and solutes between fluid compartments in cells, and acid-alkaline balance.

Synergistic Ingredients

B Vitamins

Naturally derived from quinoa sprouts, B vitamins support brain function, energy production, DNA synthesis & repair and neurotransmitter signalling. Particular B group vitamins help optimise recovery and performance as well as alleviate muscle fatigue.

L-Glutamine

The most abundant amino acid in skeletal muscle tissue, and while the body produces enough to regular function, during times of stress and physical activity, the body's demands are increased. L-Glutamine contributes to increased muscle development and maintenance and may assist with some aspects of recovery.

L-Theanine – Nootropic

An amino acid derived from green tea and is commonly used to help with focus, productivity, and be a co-factor to several other important neurotransmitters. L-Theanine has strong antioxidant properties to help prevent cell damage, promote deep muscle relaxation, and increase focus and cognition through alpha-brain wave activity.

Sea Buckthorn

A shrub that is a natural source of carotenoids, polyphenols, fatty acids, phytosterols, and vitamin C, E, A, B12, B6, B3, B2, B5. The active constituents have antioxidant, anti-inflammatory and neuroprotective actions, supportive of optimal muscle recovery and reduced cellular damage.





Vitamin C

An antioxidant and essential cofactor for the synthesis of collagen, proteoglycans and other components of the intracellular matrix of tissues (such as skin, bones and teeth) as well as supporting immune health.

Vitamin D

Supports a healthy immune system and promotes absorption and utilisation of calcium in the body.

Hypotonic

A formula that has a lower concentration (osmolality) of solutes compared to the body's fluids, making it more similar to the composition of bodily fluids. Hypotonic hydration solutions facilitates faster fluid absorption across cell membranes in the intestines, to rapidly replace fluids lost during high intensity activities, to prevent dehydration. They are typically well tolerated from a digestive perspective, causing less gastrointestinal discomfort or bloating than other formulas.



Our Formula



No Artificial Colours



No Artificial Sweeteners



No Artificial Flavours

Quality Ingredients

Natural vs Synthetic Sweeteners

Discover the natural sweetness of thaumatin, a superior alternative to sucralose. Sourced from the Katemfe fruit, thaumatin is a protein-based sweetener that delivers an intense, pure sweetness without the chemical after-taste associated with artificial sweeteners.

Unlike sucralose, thaumatin is entirely natural, making it a healthier choice for those seeking to avoid synthetic additives. Additionally, thaumatin sweetens and enhances flavours, ensuring a richer taste experience. Thaumatin is also used in Body Armour Concentrate and Icy Poles.

Natural Ingredients

Natural colours and flavours are gaining popularity due to consumer demand for healthier ingredients. Unlike synthetic colours, which are chemically derived and raise concerns about potential health risks, natural

colours are typically sourced from plants, fruits and minerals. For example, Body Armour's blackcurrant colour comes from Blue Spirulina and our pineapple yellow from turmeric.



No Added Sugars

Our sachets contains a small amount of natural sugars derived from *Sea Buckthorn*, a nutrient-rich berry included for its exceptional health benefits. These natural sugars are minimal

and come alongside a host of vitamins, antioxidants, and essential nutrients that support overall well-being.

Do Sugar-Filled Beverages Aid Hydration?

When a person has a blood sugar spike, e.g. drinking a sugary drink, the body “borrows” water from other areas to balance out the volume in the cells, which negatively impacts cellular hydration and can further exacerbate

dehydration, brain fog and fatigue. Increased blood sugar also causes excess urination to get rid of the excess sugar, excreting key electrolytes and being counter productive to the goal of hydrating the body.

Our Products





SPILL KIT
INSTRUCTIONS FOR

Hypotonic Sachets

HYDRATE⁺



Contains the full spectrum of key electrolytes including sodium, potassium, magnesium, calcium and chloride.

A convenient, on-the-go hypotonic formula for rapid and optimal hydration and electrolyte replenishment.

Includes specialised ingredients such as B-vitamins, vitamin C, L-Theanine and Glutamine to support cognition, energy, muscle health and recovery.

Rip, Tip & Sip

Mix with 600ml of water.

50 Pack – 5g Serving

Pineapple | Lemon + Lime | Blackcurrant

Nutrition Facts

per 5g serving

Sodium	150mg
Potassium	120mg
Calcium	71mg
Magnesium	61mg
Chloride	362mg
Vitamin C	10mg
Vitamin B1	80µg
Vitamin B2	90µg
Vitamin B3	1mg
Vitamin B5	0.5mg
Vitamin B6	0.1mg
Vitamin B7	20µg
Vitamin B9	10µg
Vitamin B12	0.3µg
Glutamine	167mg
L-Theanine	1mg
Energy	62kJ
Protein	3g
Fat, Total	0.0g
- Saturated	0.0g
Carbohydrates	0.28g
- Sugars	0.03g



- ✓ No artificial flavours, colours or sweeteners
- ✓ Dissolves easily and highly absorbable
- ✓ L-Theanine and B Vitamins for energy
- ✓ Manufactured in a GMP certified facility
- ✓ 3 delicious flavours
- ✓ Gluten & dairy free
- ✓ Low sugar (no added sugar)

Ingredients

Sodium Chloride, Potassium Chloride, Magnesium Chloride, Calcium Citrate Tetrahydrate, Glutamine, Sea Buckthorn, Panmol B, L-Theanine, Silica Sipernat, Natural Flavour, Citric Acid, Natural Colours (Curcumin, Blue Spirulina, Red Beets), Thaumatin, Glycine (amino acid), Rice Maltodextrin.

Hypotonic Icy Poles

HYDRATE⁺



Contains key electrolytes including sodium, potassium, magnesium and chloride in a highly absorbable form.

To reduce the incidence of heat related illness with electrolyte replenishment and cooling the body.

Includes specialised ingredients such as B-vitamins, vitamin C, vitamin D and L-Theanine to support cognition, energy and recovery.

12 Pack – 90ml Serving

Tropical | Lemon + Lime | Mixed Berry



- ✔ Zero sugar
- ✔ 3 delicious flavour
- ✔ No artificial colours or flavours
- ✔ Cooling and highly absorbable
- ✔ L-Theanine and B Vitamins for energy
- ✔ Manufactured in a GMP certified facility

Nutrition Facts

per 90ml serving

Sodium	34mg
Potassium	8mg
Magnesium	30mg
Vitamin B5	70µg
Vitamin B6	70µg
Vitamin B12	0.8µg
Vitamin D	4.5µg
Vitamin C	1mg
L-Theanine	31mg
Energy	149kJ
Protein	0g
Fat, Total	0g
- Saturated	0g
Carbohydrates	0g
- Sugars	0g

Ingredients

Water, Sodium Chloride, Potassium Chloride, Vitamins - D, B5, B6, B12, C, Magnesium Citrate, L-Theanine, Thaumatin (natural sweetener), Citric acid, Natural flavour, Natural colours, Glycerine.

Hypotonic Concentrate

HYDRATE⁺



Contains key electrolytes including sodium, potassium, magnesium and chloride in a highly absorbable form.

A hypotonic formula that readily mixes into water, for rapid and optimal hydration and electrolyte replenishment.

Includes specialised ingredients such as B-vitamins, vitamin C, vitamin D and L-Theanine to support cognition, energy and recovery.

2L Liquid Concentrate

– 30ml Serving

– 66 Servings

Orange | Raspberry | Pineapple
Watermelon | Lemon + Lime | Wild Berry



- ✓ Zero sugar
- ✓ 6 delicious flavour
- ✓ No artificial colours or flavours
- ✓ Easy to mix and highly absorbable
- ✓ L-Theanine and B Vitamins for energy
- ✓ Manufactured in a GMP certified facility

Ingredients

Water, Sodium Chloride, Potassium Chloride, Body Armour Vitamin Premix (Vitamin D, B5, B6, B12, C, Magnesium Citrate, L-Theanine), Thaumatin (natural sweetener), Citric acid, Natural flavour, Natural colours, Glycerine.

Nutrition Facts

per 30ml serving

Sodium	163mg
Potassium	145mg
Magnesium	78mg
Vitamin B5	2mg
Vitamin B6	2mg
Vitamin B12	2.4µg
Vitamin D	1.4µg
Vitamin C	17mg
L-Theanine	84mg
Energy	113kJ
Protein	0g
Fat, Total	0g
- Saturated	0g
Carbohydrates	1g
- Sugars	0g

Zero Sugar Cans

HYDRATE⁺



Body Armour Hydrate+ is a Functional recovery drink that replenishes electrolytes and vitamins to supercharge your performance.

Plus 1485mg of Creatine which boosts strength, and accelerates muscle recovery.

- ✔ Enhances productivity
- ✔ Reduced risk of incidents
- ✔ Improves employee health
- ✔ Enhances cognitive function
- ✔ Better physical performance

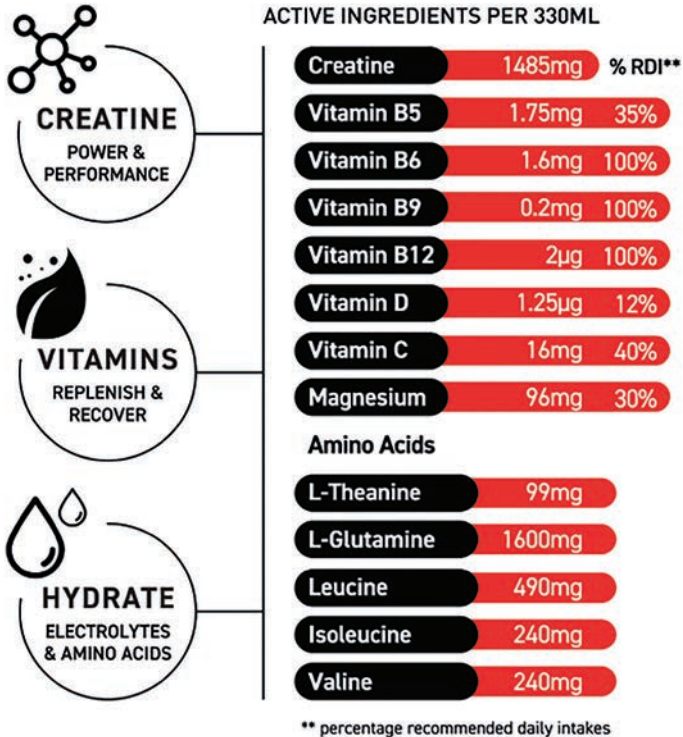
Nutrient Enhanced Sparkling Beverages – 330ml Cans

Lemon + Lime

Nutrition Facts

per 330ml can

Energy	185kJ
Fat	0g
– Saturated	0g
Carbohydrate	5.6g
– Sugars	0g
Sodium	125mg
Potassium	99mg
Creatine	1485mg
Vitamin B5	1.75mg
Vitamin B6	1.6mg
Vitamin B9	0.2mg
Vitamin B12	2µg
Vitamin D	1.25µg
Vitamin C	16mg
Magnesium	96mg
L-Theanine	99mg
L-Glutamine	1600mg
Leucine	490mg
Isoleucine	240mg
Valine	240mg

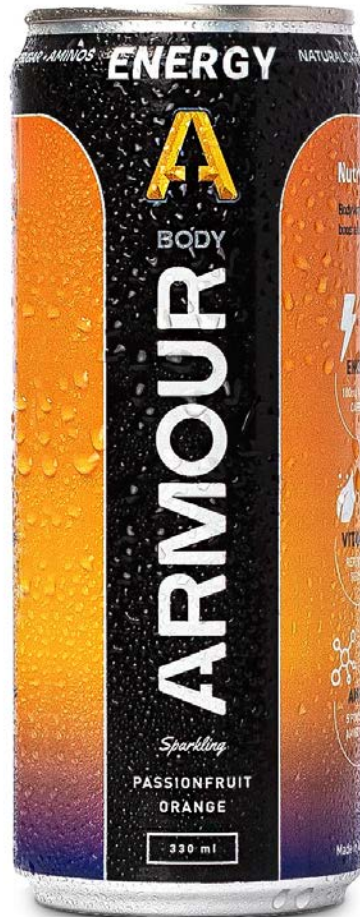


Ingredients

Carbonated Water, Natural Sweetener (Monk Fruit Juice Conc), Acidity Regulator (Citric Acid), Natural Flavours (with Panax Ginseng Extract), L-Glutamine, Creatine Monohydrate, BCAA (L-Leucine, L-Valine, L-Isoleucine), Vitamins (Magnesium Citrate, L-Theanine, Ascorbic Acid, Vitamin B6, Vitamin B5, Folic Acid, Vitamin B12, Vitamin D), Electrolytes (Trisodium Citrate dihydrate, Potassium Citrate), Preservative (Potassium Sorbate).

Zero Sugar Cans

ENERGY⁺



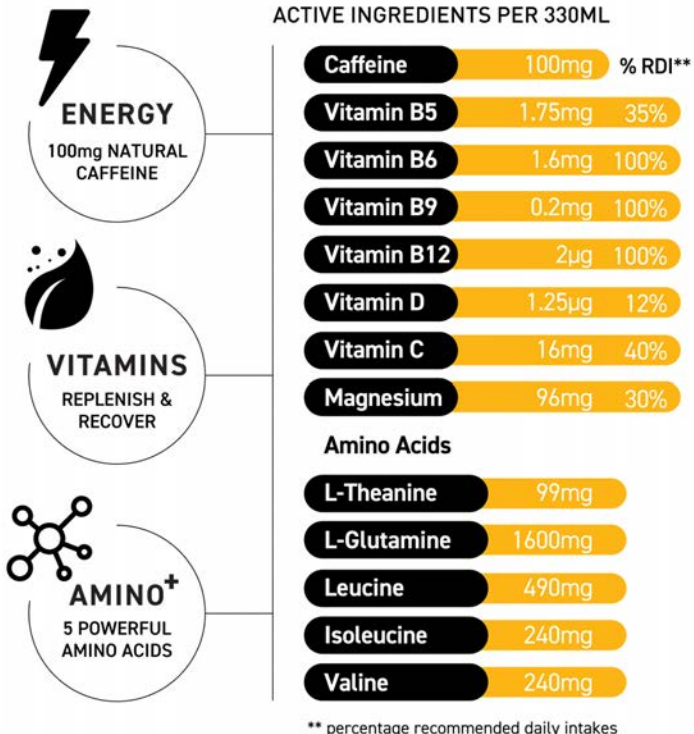
Body Armour Energy+ is a Functional performance drink that provides a clean boost and replenishes lost nutrients without the hard crash or nasty additives

(100mg Natural Caffeine, Vit Complex, Electrolytes & Nootropics).

- ✓ Enhances productivity
- ✓ Reduced risk of incidents
- ✓ Improves employee health
- ✓ Enhances cognitive function
- ✓ Better physical performance

Nutrient Enhanced Sparkling Beverages – 330ml Cans

Passionfruit + Orange



Ingredients

Carbonated Water, Natural Flavours (with Panax Ginseng Extract), Citric Acid, L-Glutamine, BCAA (L-Leucine, L-Valine, L- Isoleucine), Magnesium Citrate, L-Theanine, Vitamin C, Vitamin B6, Vitamin B5, Vitamin B12, Vitamin D, Sucralose, Potassium Sorbate, Natural Colour.

Nutrition Facts

per 330ml can

Energy	83.2kJ
Fat	0g
– Saturated	0g
Carbohydrate	1.1g
– Sugars	0g
Sodium	7mg
Caffeine	100mg
Vitamin B5	1.75mg
Vitamin B6	1.6mg
Vitamin B9	0.2mg
Vitamin B12	2µg
Vitamin D	1.25µg
Vitamin C	16mg
Magnesium	96mg
L-Theanine	99mg
L-Glutamine	1600mg
Leucine	490mg
Isoleucine	240mg
Valine	240mg

Our Sleep Formula

Carefully Crafted



Ashwagandha

A traditionally adaptogenic herb to reduce stress induced sleep disturbance (melatonin disruption), modulate cortisol levels, supports a restorative sleep.

Gamma Amino Butyric Acid (GABA)

An inhibitory neurotransmitter, which together with glutamate (excitatory), helps to dictate the sleep-wake cycle. GABA reduces brain excitation, and enhances sleep hormones. Extreme stress can affect GABA production, resulting in sleep dysregulation.

California Poppy

A herb traditionally used for centuries as a natural sedative, promotes relaxation by binding to the GABA receptor, eases excess nervous energy.



Zizyphus

May help to modulate excitatory neurotransmitters (Glutamate) and support GABA production, as an anxiolytic to help induce sleep. Has been shown to increase sleep duration and reduce sleep disruption.

Magnesium Glycinate

A well absorbed form of magnesium. Magnesium supports muscle relaxation, cramps and spasms and helps decrease evening cortisol levels. Insufficiency may contribute to sleep disturbance.

Glycine

An amino acid that crosses the blood brain barrier and improves sleep quality through N-methyl-d-aspartate (NMDA) receptor activation, influencing the master circadian pacemaker in the brain, through lowering core body temperature and vasodilation. Oral administration of 3g of glycine (vs placebo) before bed has been clinically shown to improve sleep quality and reduce the time it takes to get to sleep.

Passionflower

Alleviates feelings of anxiety and promotes relaxation through GABAergic action in the brain, eases a restless mind. Dried extract given to 154 participants over 12 weeks demonstrated improvement in sleep disturbances, positive effects on sleep quality and maintenance.

Vitamin D3

Insufficiency may contribute to sleep disorders. It plays an important role in the production of melatonin which helps regulate your circadian rhythm and assists your body to fall asleep.

Zinc Citrate

A form of zinc that is easily absorbed and gentle on the stomach and has been shown to improve sleep quality.



Sleep



Carefully and meticulously crafted by chemists and naturopaths, Body Armour Sleep is an advanced formulation containing 9 key ingredients, with herbs and nutrients designed to help you fall asleep faster, stay asleep longer and experience quality deep sleep.

- ✓ Improves decision-making
- ✓ Reduced risk of incidents
- ✓ Reinforced physical health
- ✓ Emotional mood stabilisation
- ✓ Long-term health & well-being

240g Tub – 30 Servings

Blackcurrant

80ml Pharmaceutical Grade Aluminium Bottle – Single Serving

Blackcurrant



- ✓ No added sugar
- ✓ Backed by science
- ✓ 9 key ingredients
- ✓ Gluten free and dairy free
- ✓ No fillers or other nasties
- ✓ No artificial colours or flavours

Nutrition Facts

per 8g serving

Passionflower	250mg
Ashwagandha	300mg
Ziziphus	150mg
California Poppy	250mg
GABA	400mg
Glycine	3000mg
Magnesium	180mg
Zinc	25mg
Vitamin D3	12.5µg
Energy	91.99kJ
Protein	3.34g
Fat, Total	0.0g
– Saturated	0.0g
Carbohydrates	0.95g
– Sugars	0.24g
Sodium	2.14mg
Dietary Fibre	0.15mg
Potassium	0.90mg

Ingredients

Glycine, GABA, Ashwagandha KSM, Magnesium Glycinate Dihydrate, Zinc Citrate Dihydrate, Vitamin D3, Passionflower Herb, Ziziphus Jujube Mill Seed, California Poppy, Silica Andrydrous, Natural Blackcurrant Flavour, Citric Acid, Malic Acid, thaumatin.

Please consult with your healthcare professional if you are on any medications, experiencing any underlying medical conditions that may deem this product unsuitable for you.

Hangover Relief



Body Armour Hangover Relief is Australia's first regulated and proven formula designed to reduce your typical hangover symptoms. We simply acknowledge that alcohol is part of our society and believe there should be a solution to aid our bodies recovery.










- ✓ Liver support (breakdown & removal of toxins)
- ✓ The replenishment of lost nutrients
- ✓ Relief from your typical hangover symptoms

120ml Single Serve

Tropical

**Pharmaceutical Grade
Aluminium Bottle**

Each bottle gives you the nutritional equivalent of the foods below:

<p>Vitamin C</p>  <p>Equals to 14 Oranges</p>	<p>Vitamin B5</p>  <p>Equals to 3 cups of Broccoli</p>	<p>Vitamin B6</p>  <p>Equals to 23 Carrots</p>
<p>Vitamin B1</p>  <p>Equals to 3 Salmon Fillets</p>	<p>Potassium</p>  <p>Equals to 3 Eggs</p>	<p>Vitamin B3</p>  <p>Equals to 1 Tbsp. Peanut Butter</p>
<p>Magnesium</p>  <p>Equals to 1/2 Avocado</p>	<p>Vitamin B2</p>  <p>Equals to 5 Glasses of Milk</p>	<p>Vitamin B12</p>  <p>Equals to 297 Chicken Breasts</p>

Ingredients

Potassium Chloride, Monobasic Potassium Phosphate, Vitamin C, Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B6, Vitamin B12, Glucose Monohydrate, Magnesium Citrate, Cysteine Hydrochloride Monohydrate, Pueraria Lobata, Milk Thistle, Hovenia Dulcis.

Nutrition Facts

per 120ml

Potassium Chloride	375mg
Monobasic Potassium Phosphate	84mg
Vitamin C	990mg
Vitamin B1	2mg
Vitamin B2	2mg
Vitamin B5	6mg
Vitamin B6	2mg
Vitamin B12	500mcg
Glucose Monohydrate	1.8g
Magnesium Citrate	30mg
Cysteine Hydrochloride Monohydrate	500mg
Pueraria Lobata	300mg
Milk Thistle	171mg
Hovenia Dulcis	300mg

Safety Review

Potential Hazards of Artificial Colours

At Body Armour, we have researched and looked into all of our ingredients, including the colours in our formulations, to ensure the utmost safety of our consumers and have purposefully avoided questionable ingredients as we continue our mission to optimise performance and recovery for our consumers.

Synthetic or artificial food dyes have been widely used in food products for decades and are generally perceived as safe. However, recent research links these dyes to adverse health effects, including potential carcinogenicity, neurological disorders, and allergies. Over the past century, food colours have posed greater health risks than any other food additives. A 2023 review highlighted data gaps in the safety of ingesting food dyes, necessitating further research to improve public safety policies.

Supplement companies should be held accountable for using synthetic dyes, given the availability of natural alternatives with minimal

health risks. These additives, which provide zero nutritional benefit, are often used for aesthetic and economic reasons.

A major study commissioned by the Food Standards Agency in the UK published in *The Lancet* in 2007 confirmed that artificial colours adversely affect children's behaviour, leading to hyperactivity and inattention. Many artificial colours now require warning labels in other countries outside of Australia.

Specific Dyes Used By Other Brands:

✘ **Red Dye 40 (Allura Red AC)**

Widely banned in many countries and has been linked to DNA damage, gut dysbiosis, colonic inflammation, and potential colorectal cancer. Contains benzidine, a carcinogen linked to bladder cancer.

✘ **Blue 1 (Brilliant Blue)**

Poorly absorbed by the gastrointestinal tract, has been linked to tumours, liver damage, thyroid issues, and behavioural changes in children. Poorly absorbed but can be toxic.

✘ **Yellow 5 (Tartrazine)**

Derived from coal tar and it is restricted/banned in some countries such as Norway and Austria. It has been linked to liver and kidney damage, DNA damage and severe allergic reactions.

✘ **Yellow 6 (Sunset Yellow)**

A petroleum derived orange dye, a xenoestrogen linked to hormonal disruption and adverse effects on children's behaviour. Concerns about liver changes even at low intake levels.

✘ **Red Ponceau (Cochineal Red A)**

Banned in the US and Canada due to potential hypersensitivity and behavioural effects in children.

References: All statistical data and information presented in this document have been meticulously researched and verified. References and detailed sources are available upon request. For further inquiries or to obtain a comprehensive list of references, please contact us directly. This ensures transparency and allows for independent verification of the data provided.



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