

The vitamin company with an organic heart

COMFREY



viridian

The leading brand of ethical vitamins

Celebrating
Organic Month 2012



Purity · Environment · Charity

Green Business Practices

Viridian Nutrition is committed to green business practices, valuing the importance of a minimum footprint on the earth. More than 40% of the Viridian Nutrition range is certified organic by the Soil Association, guaranteeing the provenance and eco-friendliness of the ingredients. At Viridian, we believe the health of the planet and the health of the individual are inextricably linked. Growing organically, avoiding the use of potentially harmful pesticides, herbicides and other chemicals – and having the 100% non-GMO guarantee – offers the best chance of long-term good health to people and to the planet.

There are a number of nutritional products now available in the UK which use the term 'organic' as a brand name or fancy name, or that claim organic status without certification, but you can only be sure a product is truly organically grown if the product is certified by a reputable regulatory body such as the Soil Association.

Our fresh organic tinctures and balms are grown and made in the Herefordshire using traditional methods, reducing the environmental impact of transporting ingredients around the world.

Our capsules and organic nutritional oils are produced in the UK, creating local jobs. We use minimum packaging for our products, all made from recycled or recyclable materials, from our glass bottles to the recycled cardboard shipping boxes. We take responsibility for our packaging, too, offering a 25p refund for bottles returned to the health store where purchased.



Organic Vitamins

The Viridian Nutrition extensive range of vitamin and mineral supplements is sourced from the best quality international suppliers. Vitamins can be derived from fruits and vegetables or grown on yeast in a specialist process. Now, for the first time in the UK, truly organic vitamins are available. Organic Folic Acid 400iu Veg Caps from Viridian Nutrition is a simple formulation offering an extract of lemons standardised to guarantee a fixed amount of folic acid in every capsule. The accuracy of the folic acid content is meticulously checked in analytical and microbiological laboratories ensuring its safety and reliability for use in food supplements. The lemons are grown on organic farms ensuring that the fruit is uncontaminated with pesticides or other chemical sprays. Organic B & C Veg Caps are natural standardised extracts from Lemons, Guava, Holy Basil and Amla.

The organic status is fully certified from the seed to the final ingredient by the Soil Association, the world's gold standard in organic certification.



We Organic Acerola

A perfectly natural source of vitamin C from the acerola cherry. Certified 100% organic by the Soil Association. Can be stirred into juice or added to a smoothie. Includes the naturally-occurring synergistic bioflavonoids rutin and hesperidin. Approx 900mg vitamin C per teaspoon.

Organic Superfoods

'Super' because they add nutrient value to your every day diet, boosting trace minerals and offering healthful alkalising properties. Grown and gently processed following the highest organic standards certified by the Soil Association.

Organic Pre-sprouted Aktivated® Barley Powder

Organic Soul Food Greens Powder

Organic Soul Food Greens Veg Caps

Organic Chlorella 400mg Veg Caps (broken cell wall)

Organic Kelp 600mg Veg Caps (providing 420ug iodine)

Organic Spirulina Powder

Organic Spirulina 500mg tablets (excipient-free tablets)

Make Superfood Smoothies with our Soul Food Greens Powder -

INGREDIENTS

2 bananas

2 apples

2 cups of frozen or fresh berries

(strawberries, raspberries, blackberries,
cranberries - depending on availability)

1 cup apple juice

4 capsules of Viridian High-Five® Multivitamin

2 tablespoons Viridian Organic Soul Food Green Powder

2 tablespoons Viridian Organic Omega 3:6:9 Oil

METHOD

Open capsules and discard shells. Whizz everything together in a blender and drink immediately. Serves 4.

NUTRITIONAL BENEFITS

A great source of antioxidants - anthocyanidins, vitamin C and carotenoids.

Rich in fibre, chlorophyll, enzymes, antioxidants, and phytoestrogens.



Botanicals and Botanical Extracts

Scientists like to research using plant extracts, whereas herbalists often prefer the whole plant as used down the centuries. Combining the whole plant with a botanical extract we believe offers the best of both worlds. Our organic botanicals however, certified by the Soil Association, are simple whole plants encapsulated for the herbal purists.

Organic Herbal Female Complex Veg Caps

Organic Artichoke 400mg Veg Caps

Organic Astragalus 400mg Veg Caps

Organic Echinacea 400mg Veg Caps

Organic Elderberry 400mg Veg Caps

Organic Feverfew 400mg Veg Caps

Organic Garlic 500mg Veg Caps

Organic Ginger Root 400mg Veg Caps

Organic Green Tea Leaf 500mg Veg Caps

Organic Red Clover 400mg Veg Caps

Organic Sage 400mg Veg Caps

Organic Turmeric 400mg Veg Caps

Organic Valerian Root 400mg Veg Caps

Organic White Willow 400mg Veg Caps

Organic Plant Tinctures

A long standing and simple method for handling plants for every day use, the Viridian Nutrition range is tinctured in organic alcohol to extract the key properties of each plant. Most of the plants are grown in Herefordshire and tinctured over a six week period before bottling into amber glass. All our tinctures are certified by the Soil Association to ensure they are grown to exacting organic standards.

Digestive Elixir

Equinox Elixir

Astragalus Tincture

Avena Sativa (Oats) Tincture

California Poppy Tincture

Cleavers Tincture

Echinacea Tincture

Elecampane Tincture

Feverfew Tincture

Ginkgo biloba Tincture

Jerusalem Artichoke Tincture

Milk Thistle Tincture

Motherwort Tincture

Plantain Tincture

Red Clover Tincture

Sage Tincture

St John's Wort Tincture

Valerian Tincture

Vervain Tincture

Wood Betony Tincture



We 
Organic
Mineral
Complex

Offering a natural source of more than 80 essential macro and trace minerals.



Organic
Herbal Female
Complex

New & improved women's formula offering sympathetic botanicals for women aged 40+.

Ultimate Beauty

At Viridian Nutrition, we believe in Ultimate Beauty, that extra 'something' that comes from within. Kindness to others, empathy to all creatures on the planet and compassion to the planet itself. Nourishing the mind, the spirit and the body is the secret to Ultimate Beauty.

Ultimate Beauty Organic Rose Oil for older skin, redefining texture and smoothing fine lines. Restoring a youthful glow. Quickly absorbed, with rose damascena (rose otto) and rosehip oils.

Ultimate Beauty Calming Moisture Balm, reducing redness, soothing irritation and dryness. Clean, non-greasy and nourishing, with blue chamomile, rosehip and rose geranium oils.



Organic Balms

Botanicals can be helpful when applied topically. All our balms contain 100% active ingredients with no nasties whatsoever. Organically grown and gently assembled following the strict organic guidelines laid down by the Soil Association. Featuring soothing ingredients including shea butter, jojoba, marshmallow and calendula and scented and preserved only with rosemary and lavender.

Beautiful Balms created in Herefordshire using many UK-grown ingredients.

Arnica Balm – for life's knocks.

Calendula & Hypericum Balm, calming and soothing for sensitive skin.

Chickweed Balm, suitable for itchy and irritated skin.

Comfrey Balm aids in wounds and connective tissue disorders.

Horse Chestnut Balm supports aching and / or tender veins and legs.

Jointment Balm for sports enthusiasts and in general joint function and maintenance.

Oregon Grape Balm supports proper cellular skin function.



Boxed Packs & Collections

The Organic Weight Management Plan boxed set from Viridian Nutrition comprises a 48-page booklet complete with advice, exercise and motivational ideas plus recipes and menu plans together with four individual food supplements to aid weight management.

Organic Elderberry Throat Spray

Organic Vervain SOS Spray 'Spray of Sunshine'

Organic Weight Management Box

Essential Fatty Acids

We have been told for years that fat is bad for us, but it was a lie. In fact, fats are required for many vital biological functions including the hormonal system, the brain, mood and in the regulation of inflammatory processes. Essential fatty acids are also crucial during pregnancy and in the developing child. Many of the Viridian Nutrition seed oils are grown and gently processed under the strict organic standards of the Soil Association. All our seed oil supplements are first cold pressed, packaged under a blanket of nitrogen, bottled in amber glass and where appropriate placed in a light-protecting recycled cardboard tube to maintain stability.

Organic Black Seed Oil

Organic Raw Coconut Oil

Organic Golden Flaxseed Oil

Organic Hemp Seed Oil

Organic Omega 3:6:9 Oil

Organic Pumpkin Seed Oil

Organic Ultimate Beauty Oil

Organic ViridiKid Omega Oil

Everyone's talking about our **Coconut Oil**

Raw organic coconut oil fresh from the Philippines. For cooking, for soft skin and for manageable hair.

Keep one jar in the kitchen, one in the bathroom and a little one in your handbag.



The Viridian Nutrition award-winning range of 180+ nutritional and beauty supplements is available from specialist health stores. For your nearest stockist visit viridian-nutrition.com