



WEIGHLOSS & RESET

FACT SHEETS





It is essential to seek medical advice if you have any illnesses, are taking other medication, have allergies or sensitivities, or are pregnant or breastfeeding.

Before beginning the program make SURE you consult with your healthcare professional.

MÖDERE[®]

NATURAL MINERAL DRINK

Natural Mineral Drink is a naturally occurring drink containing a multitude of minerals to assist normal bodily functions and support modern lifestyles. A simple and effective way to include plant derived phytonutrients in the diet, its active ingredients are sourced from the unique Neydharting Moor in the Austrian Alps.

PRODUCT BENEFITS

- ✓ Simple and effective way to include plant derived phytonutrients in your daily diet.
- ✓ Natural source of dietary minerals and trace elements.
- ✓ Sourced from the unique Neydharting Moor in the Austrian Alps.



> DIRECTIONS

Shake well before each use. Take 10mL in a glass of water or juice up to three times a day before meals.

> MODERE TIP

Natural Mineral Drink supplies us with a unique source of natural dietary minerals and trace elements that is hard to get anywhere else. That's why we have our Natural Mineral Drink first thing in the morning so there's no excuses to forget!

OUR QUALITY PROMISE



BPA-FREE
PACKAGING



CLEAN LABEL
FORMULA



NO ANIMAL
TESTING

CORE
PRODUCT

KEY INGREDIENTS

* NEYDHARTING MOOR

In Austria's Neydharting Moor, hundreds of varieties of herbs and plants wash from pristine mountain streams and combine with minerals deposited on the lake floor to create a rich natural deposit of minerals and trace elements - the source for the mineral and nutrient rich mixture in Natural Mineral Drink.

INGREDIENTS

Purified water, alpine moor mineral extract, preservative (potassium sorbate), acidity regulator (citric acid), stabiliser (xanthan gum)

FREE FROM

Free from milk, gluten, artificial colours and flavours. Suitable for vegetarians.

NUTRITIONAL INFORMATION

Servings per container: 50		
Serving size: 10 mL		
Average quantity	per serving	per 100mL
Energy	<40 kJ	<40 kJ
Protein	<1 g	<1 g
Fat, total	<1 g	<1 g
Carbohydrates	<1 g	<1 g
- Sugars	<1 g	<1 g
Sodium	<5 mg	15 mg
Potassium	<5 mg	7 mg



MÖDERE. ALOE VERA

You probably know how soothing aloe vera can be on your skin when it comes to burns, minor cuts and bruises, but did you know what it can do for your digestive system? Our Aloe Vera offers natural antioxidant support and helps soothe the digestive tract to give your insides the help they need.

PRODUCT BENEFITS

- ✓ Contains highly concentrated, 100% certified organic aloe vera
- ✓ Helps to soothe and support the digestive tract
- ✓ A healthy digestive system supports overall health and wellbeing



> DIRECTIONS

Shake well before each use. Drink 30 mL daily, preferably on an empty stomach. Refrigerate after opening.

> MODERE TIP

So that we never forget to take our Aloe Vera, we like to add 30 mL to our morning smoothie for an added refreshment.

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KEY INGREDIENTS

* ALOE VERA

Pure organic aloe vera works as a digestive tonic to support and soothe digestion

* PEAR

Natural fruits support a healthy diet and give a helping hand to your digestive system

* BLUEBERRY JUICE

A rich natural source of antioxidants that support your body's processes

ACTIVE INGREDIENTS

Aloe vera gel (38%), reconstituted pear juice (33%), partially reconstituted aloe vera polysaccharides (21%), honey (5.5%) reconstituted blueberry juice (2%), natural berry flavour, acid (citric acid), stabiliser (xanthan gum), preservative (potassium sorbate, sodium benzoate), bilberry fruit powder, fennel seed powder, grape seed extract, grape skin extract, lemon peel powder, orange peel powder, mate leaf extract. Contains 94% juice.

FREE FROM

Milk, gluten, artificial colours and flavours, soy and yeast. Suitable for vegetarians.

NUTRITIONAL INFORMATION

Servings per container: 16		
Serving size: 30 mL		
Average quantity	per serving	per 100g
Energy	48 kJ	160 kJ
Protein	<1 g	<1 g
Fat, total	<1 g	2.0 g
- Saturated	<1 g	2.0 g
Carbohydrates	2.8 g	9.33 g
- Sugars	2.3 g	7.67 g
Sodium	3.48 mg	11.6 mg



MÖDERE. FIBER

Ready to get things moving? Modere Fiber combines soluble and insoluble fibre and a probiotic for a healthy bowel and body by slowing digestion and filling the space in your gut and intestines to help you feel fuller for longer. Sweep things along with nature's broom.

PRODUCT BENEFITS

- ✓ Contains soluble fibre to slow digestion so you feel fuller for longer
- ✓ Contains insoluble fibre to fill up the space in your gut and intestines
- ✓ Encourages fatty foods to move through your system more quickly
- ✓ Added probiotic to support the good bacteria in your tum



> DIRECTIONS

Mix two level scoops of Fiber with a 250mL glass of water or juice, stirring briskly and promptly. If mixture thickens, add more liquid and stir. Take daily with plenty of water.

> MODERE TIP

Take your Fiber with breakfast, it will help you feel fuller for longer and help reduce those mid-morning cravings.

> PRECAUTIONS

Contains psyllium; persons sensitive to psyllium must avoid this product. If nursing or pregnant, consult your healthcare professional before taking this product. Always consume with at least one full glass of liquid. Do not eat the powder - this may cause choking.

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VEGAN
FRIENDLY

CORE
PRODUCT

KEY INGREDIENTS

* PSYLLIUM HUSK

A high level source of soluble dietary fibre.

* INULIN

Soluble fibre derived from chicory which also functions as a prebiotic ingredient.

* CELLULOSE

A source of soluble and insoluble fibre which helps cleanse the intestinal tract and supports regularity

* BACILLUS SUBTILIS

A shelf-stable probiotic ingredient that supports good bacteria in the gut.

INGREDIENTS

Psyllium husk, inulin, anticaking agents (powdered cellulose, silicon dioxide), acidity regulator (citric acid), thickener (guar gum), maltodextrin, stabiliser (gum Arabic), sweetener (steviol glycosides), dextrin, natural flavours, modified corn starch, corn starch, bacillus subtilis, colour (betacarotene), antioxidant (a-tocopherol, ascorbic acid), corn oil.

FREE FROM

Free from gluten, preservatives, artificial colours and flavours. Suitable for vegetarians and vegans.

NUTRITIONAL INFORMATION

Servings per container: 30 Serving size: 8g (2 level scoops)		
Average quantity	per serving	per 100g
Energy	125kJ	1560kJ
Protein	0.064g	0.8g
Fat, total	0.039g	0.49g
- Saturated	0.02g	0.25g
- Trans fat	0.0g	0.0g
Carbohydrates	7.3g	91.2g
- Sugars	0.12g	1.5g
Sodium	1.76mg	22mg

MÖDERE. BALANCE DROPS

Moderer Balance Drops is intended to help you take control of your eating patterns so that you can achieve a better dietary balance. Balance Drops features cinnamon, chromium and vitamin D3 to help balance your diet and digestion so you can better control what you eat between meals.

PRODUCT BENEFITS

- ✓ Blood sugar - Formulated to support healthy blood sugar.
- ✓ Nutritional support - Vitamin D3 is an essential nutrient to support bone mineralisation.
- ✓ Digestive health - Cinnamon is traditionally used in Western herbal medicine to aid digestive health.



> DIRECTIONS

Shake well before use. Take 1mL (20 drops) mixed in 250mL of water, three times daily. (Consume within 30 minutes). A change in colour may occur which does not affect the product's efficacy. Store below 25°C. Pack size: 50mL.

> MODERE TIP

Reduce or avoid refined carbohydrates such as sugar, high GI fruits, juices, bread, pasta, rice and potatoes.

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KEY INGREDIENTS

* CINNAMON

Traditionally used in Western herbal medicine to relieve abdominal bloating and promote healthy digestion, and more recently to support healthy blood sugar.

* CHROMIUM

Provides support for healthy glucose metabolism.

* VITAMIN D3

D3 has been added to assist calcium absorption and bone density.

INGREDIENTS

Cinnamomum cassia (Cassia cinnamon), chromium, vitamin D3

PRECAUTIONS

Always read the label and follow the directions for use. If symptoms persist, talk to your health professional. Vitamin and/or mineral supplements should not replace a balanced diet. A healthy weight loss program should incorporate a balanced, calorie controlled diet and regular exercise. Before beginning any new exercise program, consult with your healthcare professional. Caution: Consult your healthcare professional prior to use if you are nursing or pregnant, have a medical condition, or when taking any medication.

FREE FROM

Milk, gluten, artificial colours and flavours and yeast. Suitable for vegetarians.

CORE
PRODUCT

SENSITIVE TO
CAFFEINE? SWAP
TO ENDURANCE

MÖDERE. BURN

Burn is a multi-action formula using elements of the Mediterranean Diet to stimulate thermogenesis, energy levels and the burning of body fat as fuel. In conjunction with a healthy, calorie responsible diet and regular exercise, Burn is intended support calorie burning, fat loss and energy levels.

PRODUCT BENEFITS

- ✓ Enhance thermogenesis
- ✓ Boost metabolism
- ✓ Plant derived, fat burning ingredients
- ✓ Non GM formula
- ✓ Use in conjunction with calorie responsible diet and regular exercise



> DIRECTIONS

Adults only: Take 2 capsules with breakfast and 2 capsules with lunch. Allow at least 3 hours between breakfast and lunch.
Pack size: 120 capsules

> MODERE TIP

To increase your metabolic rate, a daily dose of exercise is essential. Research shows that quick bursts of energy, then slowing down to reduce your heart rate will teach your body to burn more fat.

OUR QUALITY PROMISE



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KEY INGREDIENTS

* CAMELLIA SINENSIS (GREEN TEA) EXTRACT

Green tea contains EGCG, which when combined with caffeine may enhance its energy burning effects.

* COFFEA CANEPHORA (ROBUSTA COFFEE BEAN) EXTRACT

Caffeine from the Robusta bean is a natural thermogenic that increases your energy expenditure, helping you to burn calories and feel energized.

* PAULLINIA CUPANA (GUARANA) SEED EXTRACT

Guarana extract is part of a patented, citrus and guarana blend developed to support fat loss.

* CITRUS BIOFLAVONOIDS EXTRACT

Citrus bioflavonoids extract is part of a patented citrus and guarana blend developed to support fat loss.

INGREDIENTS

Camellia sinensis (green tea) extract, *Coffea canephora* (Robusta coffee bean) extract, *Olea europaea* (olive) extract, *Paullinia cupana* (guarana) seed extract, citrus bioflavonoids extract, levocarnitine tartrate, chromium.

PRECAUTIONS

Always read the label and follow the directions for use. WARNING: Contains 38.7 mg caffeine per capsule and 154.8 mg caffeine per day. A cup of instant coffee contains approximately 80 mg of caffeine. Do not take if pregnant or breastfeeding. Limit the use of caffeine-containing products (including tea and coffee) when taking this product. Caffeine interacts with enzyme CYP1A2 in the liver. Consult your health professional before taking with other medicines.

FREE FROM

Free from milk, gluten, soy. Suitable for vegetarians and vegans.

MÖDERE

DIGESTIVE ENZYMES +

Digestive Enzymes + contains a specific selection of digestive enzymes to supplement those naturally found in the body to assist in the efficient digestion of protein, carbohydrates and fats. This allows your body to make more efficient use of the nutrients you consume.

PRODUCT BENEFITS

- ✓ Designed to assist in digestion.
- ✓ Helps increase your levels of digestive enzymes.
- ✓ Supports the assimilation of nutrients.
- ✓ Supports general health and wellbeing.



> DIRECTIONS

Adults: Take two tablets once daily immediately after the main meal of the day.

> MODERE TIP

To give your digestive system an extra helping hand, we recommend combining your use of Digestive Enzymes + with Probiotic, Aloe Vera, Fiber, or Activate, depending on your needs.

KEY INGREDIENTS

* AMYLASE

Amylase is an enzyme that helps break down carbohydrates.

* BROMELAINS

Bromelains are proteolytic enzymes from the pineapple that aid the digestion and absorption of dietary protein.

* CELLULOSE

Cellulase works to break down cellulose, which is the primary material in the cell wall of plants.

ACTIVE INGREDIENTS

Amylase, bromelains, cellulase, lipase, protease, tilactase, Aloe vera, Zingiber officinale (ginger), Foeniculum vulgare (fennel).

PRECAUTIONS

Always read the label and follow the directions for use. If symptoms persist, talk to your health professional. Contains benzoates. Contains aloe: Do not use if you have abdominal pain, nausea, vomiting or diarrhoea. Contains fennel: Do not use if pregnant, likely to become pregnant or breastfeeding.

FREE FROM

Free from artificial colours and flavours, gluten and soy. Suitable for vegetarians.

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D3 PLUS

D3 PLUS is a versatile supplement praised by users as a ready source of bioavailable chelated minerals. Mineral chelates are formed when a mineral is attached to a carrier or chelator, generally an amino acid, which is readily absorbed along with the mineral in the digestive tract.

PRODUCT BENEFITS

- ✓ Contains iron, which is essential for healthy blood and carrying oxygen through the body
- ✓ Boosts immune function
- ✓ Supports healthy bone density
- ✓ Helps in the maintenance or improvement of general wellbeing



> DIRECTIONS

Take one tablet three times daily with meals.

> MODERE TIP

Combining this product with a Natural Mineral Drink, Adult Multivitamin or Adult Multivitamin Plus Botanicals, Antioxidant Sustained Release, or EFA Krill may benefit you.

KEY INGREDIENTS

✱ VITAMIN D3

It is vital so your body can absorb calcium. A diet low in calcium can lead to osteoporosis later in life - no one wants that.

✱ CHELATED MINERALS

It is designed to be more bioavailable (that means they're easier for your body to absorb).

ACTIVE INGREDIENTS

Vitamin D3 (colecalciferol) 8.33 mcg)
333 IU
Calcium (calcium amino acid chelate and calcium hydrogen phosphate dihydrate) 67 mg
Chromium (chromium picolinate) 15 mcg
Copper (copper gluconate) 100 mcg
Iodine (potassium iodide) 50 mcg
Iron (iron amino acid chelate) 4 mg
Magnesium (magnesium amino acid chelate) 27 mg
Manganese (manganese amino acid chelate) 2 mg
Phosphorus (potassium phosphate dibasic and calcium hydrogen phosphate dihydrate) 84.8 mg
Potassium (potassium phosphate dibasic) 167 mg Zinc (zinc amino acid chelate) 4 mg

PRECAUTIONS

Always read the label. Use only as directed. Vitamin supplements should not replace a balanced diet. Not for the treatment of iron deficiency conditions. If symptoms persist, consult your healthcare professional.

FREE FROM

Milk, gluten, preservatives, artificial colours and flavours, and yeast. Suitable for vegetarians.

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MÖDERE.

LIVER HEALTH

Liver Health is formulated with St Mary's Thistle, traditionally used in Western herbal medicine to help support the normal healthy detoxification process of the liver, no matter if you are doing a full detoxification program, spring cleanse or just want to help protect your liver on a daily basis.

PRODUCT BENEFITS

- ✓ Vitamin E - Contributes to cell protection from free radical damage.
- ✓ Vitamin C is also an antioxidant and it contributes to cell protection from free radical damage.
- ✓ Silymarin is an antioxidant that protects the liver from the free radical damage it helps to protect liver cells from damage and supports its natural ability to regenerate itself.



> DIRECTIONS

ADULTS: Take one tablet 3 times daily with meals.

> MODERE TIP

Follow the Modere Detoxification Food List to support digestion and the detoxification process. Make sure you are drinking at least 2 litres of filtered water a day. Adopt a healthy nutritious eating plan increasing low GI fruits and vegetables, quality protein such as organic chicken, turkey, lean red meats, eggs etc.

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KEY INGREDIENTS

* SILYMARIN

From Silybum marianum or St Mary's thistle is an antioxidant that protects the liver from the free radical damage.

* VITAMIN C

Contributes to the normal immune system function as well as cell protection from free radical damage.

* VITAMIN E

Works to protect your cells from oxidative damage.

INGREDIENTS

Silybum marianum (St Mary's thistle), Taraxacum officinale (dandelion), Brassica oleracea var italica (broccoli), alpha lipoic acid, betacarotene, vitamin C (ascorbic acid), vitamin E (d-alpha-tocopheryl acid succinate).

PRECAUTIONS

Always read the label and follow the directions for use. Vitamin supplements should not replace a balanced diet. Vitamin supplements should not replace a balanced diet. Contains soya bean products. Contains sugars.

FREE FROM

Free from milk, gluten. Suitable for vegetarians and vegans.

MÖDERE

MODERE AXIS™ PHYTOGREENS

It helps to optimise antioxidant intake and support alkaline diets, digestion and a balanced microbiome. More than a superfood, it delivers 27 highly bioavailable and bioactive ingredients, including 10 marine and leafy greens. It also contains avocado oil to increase the bioavailability of certain phytonutrients found in green foods like spinach and kale, as well as additional digestive aids and pre- and probiotics.

PRODUCT BENEFITS

- ✓ Supports digestion
- ✓ Supports alkaline diets
- ✓ Avocado oil increases bioavailability
- ✓ Supports a balanced microbiome
- ✓ Supports a healthy diet



> DIRECTIONS

Add 1 scoop (4.5 g) to 250 mL of water, juice or a smoothie. Mix well.

> MODERE TIP

Use PhytoGreens as part of the complete Modere Axis™ regimen together with TreBiotic and PhytoGolds to work synergistically with your gut bacteria to support your microbiome and take control of your overall wellness.

OUR QUALITY PROMISE



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KEY INGREDIENTS

- * SPIRULINA AND CHLORELLA
- * GREEN TEA
- * OAT HULL AND APPLE FRUIT FIBRES
- * LICORICE, ELEUTHERO AND GINSENG ROOTS
- * SHIITAKE MUSHROOM
- * ALOE VERA
- * DANDELION LEAF
- * LACTOBACILLUS ACIDOPHILUS

ACTIVE INGREDIENTS

Spirulina, Chlorella, Collards (Kale) Leaf, Green Tea Leaf Extract, Sunflower Seed Lecithin, Parsley Leaf, Oat Hull Fiber, Spinach Leaf, Avocado Fruit Oil, Fructooligosaccharides, Barley Grass, Apple Fruit Fiber, Rosemary Leaf, Pineapple Fruit Juice Concentrate, Apple Fruit Pectin, Acerola Fruit Extract (Malpighia glabra), Licorice Root Extract, Eleuthero Root Extract, Shiitake Mushroom Fruiting Body, Lime Peel Oil, Grape Seed Extract, Aloe Vera Inner Leaf Gel, Bilberry Fruit Extract, Lime Fruit Juice Concentrate, Dandelion Leaf Extract, Papaya Fruit Extract, Asian Ginseng Root Extract.

PRECAUTIONS

Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional.

FREE FROM

It is vegetarian, dairy-free, and non-GMO. It is 99% sugar-free when used as directed in 250 mL of water, and is suitable for those on a keto diet.

OPTIONAL
BREAKFAST
ALTERNATIVE

MÖDERE. CHOCOLATE SHAKE PEA PROTEIN

Change the way you think about protein shakes. This delicious, easy-to-mix supplement delivers crucial protein that your body needs to support your dietary and exercise routine. Plus the gluten-free and vegan friendly formula thinks about the whole you, not just your muscle mass.

PRODUCT BENEFITS

- ✓ Plant sourced protein – suitable for vegetarians and vegan.
- ✓ Assist in preserving lean muscle mass while supporting your diet or exercise program.
- ✓ Contains blood orange extract from the fruit pericarp, a natural source of antioxidants.



> DIRECTIONS

Mix two heaped tablespoons (32g) into 200mL of water. May also be mixed with unsweetened organic soy milk, organic almond milk, goat's milk, oat milk or milk. Stir or shake until dissolved. Recommended consumption: one to two serves per day.

> MODERE TIP

To increase your metabolic rate a daily dose of exercise is essential. Research shows that quick bursts of energy and then slowing down to reduce your heart rate will teach your body to burn more fat. Access regular support and tap into all support information provided.

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KEY INGREDIENTS

✱ YELLOW PEA PROTEIN

Highly digestible protein source that is naturally rich in essential amino acids.

✱ BLOOD ORANGE EXTRACT

Natural source of antioxidants.

INGREDIENTS

Pea protein powder 85%, flavours (chocolate, cocoa powder), sweeteners (steviol glycosides, thaumatin), thickeners (guar gum, pectin), anti-caking agent (silicon dioxide), blood orange (fruit pericarp) concentrated extract.

PRECAUTIONS

This food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise program. Not suitable for children under 15 years of age or pregnant women; in such cases it should only be used under medical or dietetic supervision.

FREE FROM

Milk, gluten, artificial colours, flavours and preservatives, soy and yeast. Suitable for vegetarians and vegans.

NUTRITIONAL INFORMATION

Servings per container: 15
Serving size: 32g (2 heaped tablespoons/
scoops) in 200 mL of water

Average quantity	Average per serving	% Daily Value*
Calories	100 g	
Energy	520 kJ	1620 kJ
Protein	22.2 g	69.3 g
Fat, total	1.9 g	5.8 g
- Saturated	0.4 g	1.3 g
Carbohydrate	3.5 g	13.8 g
- Sugars	0.2 g	0.7 g
Sodium	357 mg	1120 mg
Pea protein powder	27.2 g	85 g
Blood orange extract	32 mg	100 mg

* Percent Daily Value is based on a 2000 calorie diet.
† Daily Value not established.

MÖDERE. ENDURANCE

Endurance is a traditional medicine for modern lifestyles helping you to push through feelings of weakness, tiredness, and fatigue so you can power through your daily activities, physical training, or just make the most of every day.

PRODUCT BENEFITS

- ✓ Features ingredients traditionally used in Chinese medicine
- ✓ Includes cordyceps which is traditionally used to reduce feelings of tiredness, weakness, and fatigue, and assist with recovery from illness
- ✓ Offers traditional support for health and wellbeing



> DIRECTIONS

Take three tablets morning and night. If involved in intensive or athletic exercise programs, an extra dose of one to three tablets can be taken.

> MODERE TIP

To support stamina and increased energy, include a serve of nuts, seeds, and healthy olive oil (2 tablespoons) to your daily diet.

> PRECAUTIONS

Always read the label and follow the directions for use. If symptoms persist, consult your health care professional. Phenylketonurics - this product contains phenylalanine. Contains sulfites.

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GLUTEN
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VEGAN
FRIENDLY

ALTERNATE

SWAP BURN FORTHIS
IFYOU ARE SENSITIVE
TO CAFFEINE

KEY INGREDIENT

* CORDYCEPS

Used in traditional Chinese medicine to strengthen the lungs, reduce fatigue, and assist in recovery from illness

ACTIVE INGREDIENTS

Cordyceps sinensis, *Ganoderma lucidum* (reishi), *Pseudostellaria heterophylla*, *Zingiber officinale* (ginger).

FREE FROM

Milk, gluten, preservatives, artificial colours and flavours, soy and yeast. Suitable for vegetarians and vegans.