

S.A.F.E.

PRODUCT CATALOGUE



**SUSTAINABLE AGRICULTURE
& FOOD ENTERPRISES
PTY LTD**

S.A.F.E.

Promoting a healthier lifestyle

When lawyer Les Dyne survived Cancer diagnosed in 1982, he believed using natural dietary supplements was one of the main factors in his recovery. The experience convinced him that the typical modern diet was doing people as much harm as good. Sustainable Agriculture & Food Enterprises Pty Ltd (SAFE), based on the Gold Coast, is his contribution to reversing this trend.

“The more I looked into it, the more I saw that the food that we’re getting and that we think is healthy, is actually grown with artificial fertilisers and chemicals and can actually be damaging to the body,” Les says. He believes people should eat more natural foods, with about 70 to 80 per cent of their diet organically grown.

He walked away from his legal career to promote the products he believed helped restore his health and vitality, eventually establishing SAFE in 1992.

SAFE produces dietary supplements providing nutrients lacking in non-organic foods, as well as an organic fertiliser, Alroc. Les says Alroc replaces many of the minerals lost from the soil through farming. Because it is one of the few organic fertilisers produced commercially it gives farmers a viable way of moving towards more sustainable agriculture and possibly even a more sustainable future for society.



Les Dyne pouring a glass of his green “Elixir of Life”.

CODES 100, 102 and 117

GREEN BARLEY POWDER

Available in 80g jars (Code 100), 200g jars (Code 102) and 1kg jars (Code 117).

100% Organically grown Australian green barley powder.

A complete organically grown living food with nature's blend and balance of nutrients. Known as the ideal fast food, green barley contains a natural and comprehensive range of vitamins, minerals, all important enzymes and amino acids. Busy and active lifestyles require the support of nature's life force contained in green barley to ensure high stamina and optimal nourishment. Green barley is rich in chlorophyll which has many known benefits, including the elimination of strong odours.**



CODES 101, 114 and 113

GREEN BARLEY PLUS

Available in 225g jars (Code 101), 1kg jars (Code 114) and 200 Vegetable Capsule jars (Code 113).

89% Organically grown Australian green barley powder.

10% Organically grown biodynamic brown rice.

1% Kelp.

Green Barley Plus contains all the benefits of Green Barley Powder and is further enhanced by the powdered biodynamic brown rice and kelp, which provide additional nutrients to give an even broader spectrum for use by the body. Green Barley Plus Capsules provide all the benefits of the powdered form with the added convenience for holidays and those in a hurry.**

CODES 103, 119 and 104

ENER-G-FOOD

Available in 200g jars (Code 103), 1kg jars (Code 119) and 200 Vegetable Capsule jars (Code 104).

Ener-G-Food is a synergistic combination of green barley powder, alfalfa powder, chlorella, spirulina, biodynamic brown rice, kelp, lactobacillus culture and apple powder. Each ingredient being high in nutritional value, when combined have an immense beneficial effect of delivering organic and active nutrients to every aspect of the bodily system. The high quality ingredients, combined with the lactobacillus culture result in a readily bio-available food source. Ener-G-Food Capsules provide all the benefits of the powdered form with the added convenience for holidays and for those in a hurry.



CODE 105

ALFALFA POWDER (LUCERNE)

Available in 150g jars.

Alfalfa is a legume which is capable of extending its root system 8 metres, reaching into the sub-soils for minerals. The ash of alfalfa contains 99% available calcium and has an alkalisng effect on the body and the digestive system. Legumes are typically rich in minerals and protein, providing a good range of amino acids. In ages past, the Arabians noticed their horses reached peak fitness on this plant, so consumed it themselves - hence the name Al-fal-fa - "Father of all foods". 100% Alfalfa powder grown using natural farming methods.**



CODE 112

WHEATGRASS POWDER

Available in 150g jars.

A rich emerald green powder with a fresh and naturally sweet undertone. Dr Schnabel's research has found that 7kg of wheatgrass is equal to 160kgs of ordinary green vegetables. Wheatgrass gained popularity in the 1960's and is valued in nutritional programs.**

** Minimum processing at low temperatures immediately after harvest ensures that all of the elements are retained. No preservatives, additives, yeast, wheat or added sugars.



CODES 106 and 107

COLLOIDAL SILVER

Available in 100mL (Code 106) and 500mL (Code 107) dark glass bottles.

As a water purifier, Colloidal Silver is a pure mineral element that is a microfine bacteriostatic agent. Being 50 parts per million, Colloidal Silver is extremely efficient as a water purifier. Each batch is assayed for purity and micron size.



CODES 109 and 110

OXYGEN-8

Available in 100mL (Code 109) and 1 litre (Code 110) bottles. Empty dropper bottle for accurate dispensing (Code 108).

Our forebears collected water from waterfalls or vortexes which are fast moving, swirling waters. This water was rich in oxygen! Our water today (even bottled spring water) does not have this property - we are drinking dead water. Oxygen-8 purifies and puts the life force back into water.



CODE 111

CITRAMIN

Available in 500 mL bottles.

A liquid food containing the complete spectrum of naturally occurring organic minerals and trace elements in a palatable natural orange flavoured liquid base. Conventional farming methods have depleted many soils of these valuable nutrients. As a consequence much of our produce - grains, fruit and vegetables are deficient in these elements. Organic minerals are readily digested and utilised by the body for all its functions.



CODE 115

GREEN POWER NUTRITIONAL FOOD BARS

Available in Boxes of 9 (58g per bar).

This nutritional food bar contains 40/30/30 natural nutrition. 40% Carbohydrates, 30% Protein and 30% Unsaturated fats. Research has shown that this combination of nutrients helps burn fat for fuel when exercising. Green Power Nutritional Food Bars are a natural uncooked food, rich in enzymes with all vitamins and minerals in harmony. Green Power Nutritional Food Bars make an ideal snack any time of the day!



CODE 118

B-CALM

Available in 60 vegetable capsule bottles.

B-Calm Capsules contain a blend of vitamins B Complex, C, E and H; skullcap, valerian, passionflower, hops, chamomile and evening primrose seed. These herbs may be beneficial during times of stress. B-Calm capsules help relieve nervous tension, stress, mild anxiety and sleeplessness.



CODE 120

RELAX

Available in 60 vegetable capsule bottles.

Relax Capsules contain a blend of kava, valerian, passionflower, hops, chamomile and evening primrose seed. Relax Capsules help relieve nervous tension, stress and mild anxiety. May be beneficial during times of stress and may provide relief of sleeplessness.



CODE I21

IM-SUPPORT

Available in 60 vegetable capsule bottles.

IM-Support is formulated to supply herbal extracts and beneficial saccharides for enhanced immune function through improved cellular communication. IM-Support enhances your body's ability to resist harmful invaders and to build depleted immunity. Many of the herbs in this formula have properties that can address a wide range of viral infections, as well as the ability to increase the body's natural defence systems. They have proved effective against colds, flu's and fevers.



CODE I22

ZINCEL

Available in 90 vegetable capsule bottles.

Glucosamine sulphate is the main ingredient in this product, with each capsule containing 200mg. Zinzel aids in the temporary relief of arthritic pain, reduces joint inflammation and swelling and increases joint mobility. Zinzel has ingredients derived from seafood and is not recommended for people with any kind of shellfish allergy.



CODE I23

GLY-CO POWER

Available in 60 vegetable capsule bottles.

Gly-co Power is a high energy supplement containing the full spectrum of glyco-nutrients. Helps to provide stamina and improve general endurance and may be helpful to maintain peak effort during periods of increased activity, or in a busy lifestyle when the diet is inadequate. Also assists in the maintenance or improvement of general well-being. This nutritional supplement is designed to help give athletes a nutritional advantage, to gain energy and endurance whilst maintaining peak performance and stamina. Contains 20mg Co-Enzyme Q10. Not to be used during pregnancy or whilst using warfarin therapy without medical advice.



CODE I24

CO-ENZYME Q10 PLUS

Available in 75 vegetable capsule bottles.

Co-Enzyme Q10 Plus assists in the maintenance of peripheral circulation and in the maintenance or improvement of general well-being. Co-Enzyme Q10 (Ubidecarenone) is a free radical scavenger and antioxidant and may help athletes perform at their peak. The 30mg of Co-Enzyme Q10 in this formula along with nutrients including spirulina help access the "energy pathway" and is invaluable for athletes and those requiring increased vitality. The mitochondria is the 'powerhouse' of the cell, the section that creates 95% of all cellular activity in the body. Without Q10, the mitochondria is unable to function properly and results in decreased production. Co-Enzyme Q10 increases the levels of Q10 in the mitochondria, which improves the function of body cells by controlling the amount of fuel and oxygen metabolised. Seek medical advice if taking warfarin medication.



CODES I25, I95 and I96

MSM BIOLOGICAL SULPHUR

Available in 200g jars (Code I25), 500g jars (Code I95) and 200 Vegetable Capsule jars (Code I96).

MSM – Methyl Sulfonyl Methane - is a natural form of biological sulphur found throughout our bodies, but supplementation is often needed. MSM occurs naturally in broccoli and other vegetables and is an important food supplement. This biological sulphur compound can be destroyed during cooking and processing of foods, making supplementation of our diet essential. MSM is an odourless, white, crystalline powder which mixes easily in juices or water.



No preservative, additives, wheat, yeast or sugar.

CODES 126 and 127

HIGH PROTEIN FORMULA

Available in 300g jars (Code 126) and 1kg jars (Code 127)

A designer protein formula blend formulated to trim and firm the body. A blend of ion exchange whey protein isolate and dispersible calcium caseinate, which supports the building of muscle tissue resulting in the reduction of excess fat. A delicious drink when blended with fruit juice, Wonder Whey or purified water, High Protein Formula is sweetened with Stevia, a nutritious herb. Does not contain sugar or other additives. Suitable for the whole family and also for bodybuilding and fitness training. This formula is highly recommended for lacto-vegetarians, whose protein intake might be compromised.



CODE 130

NZ GREEN BARLEY POWDER

Available in 200g jars.

Basically New Zealand Green Barley has the same nutritional benefits as Australian Green Barley, however it is a deep green colour which is rich in chlorophyll and flavour. Grown in rich volcanic soils in New Zealand, without the use of chemicals or artificial fertilisers.



CODE 131

CELTONE

Available in 500 mL bottles.

An alterative tonic produced from herbs, apples and oats recommended for assisting with digestion and absorption of nutrients. Alterative tonics are designed to cleanse and purify the blood. Helps maintain healthy digestive function. Additional benefits include relief from gastro-intestinal disturbances, increased elimination of waste matter, stimulated digestion and aid in the relief and prevention of flatulence.

Contains extracts of Alfalfa, Aloe Vera, Apple, Echinacea, Kelp, Oats, Licorice and Peppermint

A cold percolation extract.



CODE 133

FEMHELP

Available in 500 mL bottles.

For centuries women have been using herbal extracts for their calming and soothing properties during difficult times. Femhelp is a herbal and mineral tonic that provides relief of premenstrual symptoms/syndrome and assists in the maintenance or improvement of general well-being.

A cold percolation extract.



CODE 135

MENTONE

Available in 500 mL bottles.

Mentone is a specially formulated herbal and mineral tonic designed to help make life more comfortable for men. Mentone is a herbal and mineral tonic that balances and supports normal male physiology and function. Mentone is also a liver tonic, assists in the treatment of fluid retention and assists in the maintenance or improvement of general well-being.

A cold percolation extract.



CODES 136 and 137

MACA POWDER

Available in 180g jars (Code 136) and 180 Vegetable Capsule jars (Code 137).

A Peruvian vegetable root grown high in the Andes, gathered by hand and dehydrated. Maca is traditionally used to increase stamina and endurance. Also has been used to overcome fatigue. It allows both men and women to embrace life to the full once more. Maca Capsules provide all the benefits of the powdered form with the added convenience for holidays and those in a hurry.



CODE 138

PHYTOPLEX POWDER

Available in 200g jars.

Phytoplex contains high levels of essential nutrients for support of the musculo-skeletal system. Phytoplex may provide temporary relief of the pain of arthritis and relief of the pain of fibrositis. Phytoplex may also provide relief of pre-menstrual symptoms/syndrome (PMS). Phytoplex is a source of calcium and is a calcium supplement formulated to strengthen bone and tissue in growing or mature users. This product contains selenium which is toxic in high doses. A daily dose of 100 micrograms of selenium from dietary supplements should not be exceeded. This medication may be dangerous when used in large amounts or for a long period of time.



CODE 139

SLIMTONE

Available in 500 mL bottles.

Slimtone is a herbal tonic that may assist weight loss by suppression of appetite in conjunction with a kilojoule/calorie controlled eating plan. The combination of herbs in Slimtone have been selected for their ability to aid with appetite suppression. It may also assist in the maintenance or improvement of general well-being.

A cold percolation extract.



CODE 140

HERBAL FIBRE FORMULA

Available in 200g jars.

Herbal Fibre Formula is an advanced, natural herbal fibre product that does not contain laxatives or Cascara, which can be habit forming. Herbal Fibre Formula contains psyllium seed husks, biodynamic brown rice and a range of herbs, vitamins, minerals and amino acids.



CODE 141

LO-ODOUR GARLIC

Available in 200 mL dark glass bottles.

Matured Garlic, Honey and Apple Cider Vinegar Blend

Garlic - hailed as life's miracle food - blended with natural honey and apple cider vinegar. This fabulous trio is then matured and bottled to provide all of the benefits you would expect from this brilliant combination without the lingering odour often associated with the sulphides in immature garlic. Apple Cider Vinegar is rich in potassium (which is to the soft tissue what calcium is to the hard tissue) and other minerals required by the body.

No preservatives, additives, yeast, wheat or added sugars.



CODES 142 and 143

ALOE VERA JUICE CONCENTRATE

Available in 500 mL bottles (Code 142) and cartons of 6 x 500mL bottles (Code 143).

Aloe Vera Juice contains 99.5% fresh Aloe Vera leaf juice that has been grown and processed in Australia. Aloe Vera Juice may assist in the management of and symptomatic relief of medically diagnosed Irritable Bowel Syndrome. Aloe Vera Juice aids digestion, helps maintain healthy digestive function and assists in the maintenance or improvement of general well-being.

Organically preserved, no additives, yeast, wheat or added sugars.



CODES 145 and 146

PAW PAW LEAF CONCENTRATE

Available in 500 mL pressure bottles (Code 145) and cartons of 12 x 500mL pressure bottles (Code 146).

A blend of organically grown paw paw leaf extract, green tea, elder flower, lemon, chilli and purified rain water. This impressive selection is enhanced by an ancient Japanese fermentation process (kombucha), which produces a highly assimilable and palatable mixture providing many beneficial nutrients.



CODE 148

LIVING FOOD ENZYMES

Available in 200g jars.

Living Food Enzymes contains the two major digestive enzymes bromelain and papain. This unique formulation combines the essential nutrients that promote enzyme production, making it an excellent food supplement. Living Food Enzymes is a blend of enzyme rich fruit and grains. Food enzymes play a necessary role in digestion. The consumption of cooked and processed foods depletes digestive enzymes which are normally obtained from food sources.



CODE 150

MICROFOOD - LACTOBACILLUS COMPLEX

Available in 200g jars.

Lactobacilli is the family of friendly bacteria (flora) which are often depleted due to modern living and poor diet. Microfood is a live, active, non-dairy source of lactobacilli (acidophilus, bifidus and other friendly bacteria), useful for replacing and enhancing the friendly floral colony in the intestine. Cultured on an organic medium including organic barley and green barley powder, this is a highly stable product which can be activated by fermenting with fructose or sugar and warm water for bread making.

Microfood may be used as an effective facial scrub when moistened with water.

No preservatives, additives, yeast, or wheat.



CODE 151

MER CARE

Available in 60 vegetable capsule bottles.

Mer Care Capsules provide for the temporary relief of the pain of arthritis. This formulation contains zinc which may be dangerous if taken in large amounts or for a long period. Mer Care has ingredients derived from seafood and is not recommended for people with any kind of shellfish allergy.



CODES 155, 156 and 157

SHARK-AID

SHARK CARTILAGE POWDER AND CAPSULES

Available in 250g jars (Code 155), 1kg jars (Code 156) and 200 Vegetable Capsule jars (Code 157)

Shark-Aid Shark Cartilage Powder aids in the temporary relief of arthritic pain, the pain of rheumatoid arthritis, and the pain of rheumatism. Shark-Aid Shark Cartilage Powder may help reduce joint inflammation and joint swelling associated with arthritis and assists in the maintenance or improvement of general well-being. Shark-Aid Shark Cartilage Capsules provide all the benefits of the powdered form with the added convenience for holidays and those in a hurry. Children, pregnant or breastfeeding women and those who have recently had a heart attack, surgery or major accident should not consume this product without medical advice.



CODE 158

SQUALENE

Available in 80 gel capsule bottles.

Squalene is a concentrated oil extract from the livers of deep sea sharks, whose natural habitat is in the unpolluted waters of Australia. It was discovered in the 18th century by Norwegian fishermen who found that the extract had quite amazing properties. Modern technology has allowed scientists to discover that Squalene contains Alkylglycerols, traces of which exist naturally in our own body's natural bone marrow, spleen and mothers' milk.



CODE 159

BETA CHITOSAN

Available in 100 vegetable capsule bottles.

Beta Chitosan is a dietary substance which can effectively reduce the absorption of fat in the diet. It is taken from the cartilage of squid which is left over from the culinary sector. Beta Chitosan is a soluble fibre that acts as a kind of a magnet for fat and other high calorie substances introduced into the digestive tract. The result is a huge reduction in the level of dangerous fats which contribute to obesity and cardiovascular disease.



CODES 160, 161 and 163

WONDER WHEY

Available in 5 x 200g packets = 1kg (Code 160), 1kg packets (Code 161) and 3kg packets (Code 163)

Whey Formula Concentrate

Formulated by a leading naturopath, this is a special blend of natural ingredients to provide balance in your diet. Ideal for all ages, it is of particular benefit to the very young, the aged or those who require a food that is very easy to digest. A semi-pre-digested food, only the concentrated solids (proteins) are used and the animal fat is removed by osmosis. The result is 16% dry weight protein, mainly in the form of lactoalbumin (found in mothers' milk and goats' milk), with all the essential Amino Acids and a protein efficiency rate (P.E.R.) of 3 (higher than milk or soy). Also regarded as an excellent survival food in the face of transport strikes or natural disasters due to its long shelf life.



NOTE: Delicious and highly beneficial when mixed with Green Barley or Alfalfa.

CODES 164 and 166

STEVIA

Available in 50mL dropper bottles - liquid (Code 164) and 25mg jars - powder (Code 166).

Stevia is a sweet natural herb extract from the leaf of *Stevia rebaudiana* and does not contain calories. Stevia assists in maintaining a healthy digestive system. If digestive symptoms persist seek medical advice. Stevia nourishes the pancreas and maintains healthy pancreatic function.



CODE 165

NEURODYNE

Available in 60 vegetable capsule bottles.

Neurodyne contains herbal extracts of *Bacopa monnieri* (Bacopa) and *Ginkgo biloba* (Ginkgo). Bacopa also known as Brahmi is a plant found throughout India. Bacopa has a calming effect for stress, especially in a learning or study environment. It is particularly useful for people who are listless. Ginkgo can assist in the maintenance of blood circulation to the peripheral areas of the body.



CODE 167

PHYTOSAN

Available 60 vegetable capsule bottles.

This formulation which contains Black Walnut, Clove, Olive Leaf and Wormwood, has been designed to assist healthy intestinal system function and assists in maintaining healthy intestinal flora. In order to maximize healthy digestive system function, the digestion must be strong, healthy and free from parasites. Parasites become established in the digestive system when it becomes weak or does not function efficiently.



CODE 168

VITAMIN C AND MINERAL POWDER

Available 200g jars.

The Vitamin C myth has been exploded! Ascorbate acid is a natural and much needed nutrient. Vitamin C is an antioxidant necessary for the improvement of general well-being. Ascorbic Acid is the true Vitamin C found in fruits and vegetables, accompanied by bioflavonoids. This Vitamin C Powder has added Hesperidin and minerals and has a natural lemon flavour with glucose and fructose. When mixed with water the result is a tangy and pleasant drink, which will appeal to children and adults alike.



CODE 170

SUPA-C

Available in 100 vegetable capsule bottles.

Supa-C assists in the maintenance or improvement of general well-being. Supa-C may reduce the severity and duration of colds. Supa-C is a source of vitamin and herbal antioxidants which have a free radical scavenging activity.

Not to be used in children under two years of age without professional advice.



CODE 171

ALLERGEX QUERCETIN PLUS

Available in 60 vegetable capsule bottles.

Allergex Quercetin Plus is a blend of quercetin, pinus maritime extract, bromelain, grape seed extract and magnesium. Quercetin is a powerful bioflavonoid found in many plants and fruit which assists us to utilise vitamin C.



CODE 172

IMPERIAL GINKGO

Available in 60 vegetable capsule bottles.

Imperial Ginkgo is a traditional Chinese herbal formulation used to assist in the maintenance of peripheral circulation, to increase stamina, and to reduce nervous tension. Centuries ago, Chinese scholars took this herbal formulation in preparation for the Imperial examinations.



CODE 174

SIBERIAN & KOREAN GINSENG

Available in 60 vegetable capsule bottles.

Siberian and Korean Ginseng helps relieve nervous tension, stress and mild anxiety. Siberian and Korean Ginseng has been formulated to give stamina and increase endurance. Best used in times of physical exertion for performance in peak condition.



CODE 175

NATURAL BALANCE FORMULA

Available 60 vegetable capsule bottles.

Specially formulated to assist women of all ages in the relief of pre-menstrual and menopausal symptoms by combining soy bean extract and other herbs. Natural Balance Formula may assist in the maintenance or improvement of general well-being. The combination of herbal ingredients in this formula also assist women going through the mature phase of life, and are traditionally used for female complaints, such as the relief of hot flushes, associated with menopause. Also a source of Calcium. Women's Calcium requirements are increased after menopause.



CODE 176

NATURAL VITAMIN E with OLIVE OIL

Available in 60 gel capsule bottles.

Vitamin E aids skin tissue repair and wound healing. Vitamin E is a powerful antioxidant and a free radical scavenger that helps maintain a healthy immune function and assists in the maintenance of peripheral circulation.



CODE 177

OMEGA COMPLEX in a pumpkin seed oil base

Available 100 gel capsule bottles.

Omega Complex is a combination of important Omega 3, 6 and 9 fatty acids, which may be beneficial for dry skin and to help maintain a healthy digestive function. Salmon Oil is a valuable source of Omega 3 polyunsaturated fatty acids. These fatty acids help maintain healthy eyes, skin and muscles. Aids in the relief of minor skin complaints.



CODE 178

SHAPE UP

Available in 120 vegetable capsule bottles.

Shape Up Capsules contain a combination of herbs and vitamins which may aid or assist weight loss by suppression of appetite in conjunction with (or as part of) a kilojoule/calorie controlled eating plan.



CODE 180

PROANTHOGEN ANTIOXIDANT

Available in 200 mL dark glass bottles.

Proanthogen contains antioxidant herbal extracts specially formulated to assist the scavenging of free radicals. Free radicals are highly reactive substances which may occur throughout the body. Proanthogen may assist in maintaining peripheral circulation, stamina and the promotion of general health.



CODE 181

TRIBULUS 250

Available in 60 vegetable capsule bottles.

Traditionally used as a liver tonic, Tribulus provides male support by providing balance and support to normal male physiology and function. Tribulus assists in the maintenance or improvement of general well-being. Also helps to provide stamina and improve general endurance, and may be helpful to maintain peak effort during periods of increased activity or in a busy lifestyle when the diet is inadequate.



CODES 182 and 183

REV PLUS

Available in 500 mL pressure bottles (Code 182) and cartons of 20 x 500ml pressure bottles (Code 183).

Rev Plus is a highly nutritious liquid food designed to deliver an instant energy boost. It contains green barley, wheat grass, alfalfa, live lactobacillus complex and natural live enzymes. These ingredients combine to supply the body with amino acids (including all essential amino acids), vitamins, minerals, enzymes and chlorophyll. 'Green foods' are the most potent nutrient source available, and enhanced with a powerful wide spectrum lactobacillus complex, delivery of these nutrients is instant. The result of this combination is a pre-digested, enhanced vitamin content and highly active friendly flora. A highly refreshing drink mixed with water.



(To be chilled before opening to prevent possible fizzing)

CODES 184 and 185

OLIVE LEAF EXTRACT

Available in 100 mL (Code 184) and 500mL (Code 185) dark glass bottles.

Olive Leaf Extract - Nature's Protector! Olive Leaf Extract provides relief of the symptoms of colds, influenza/flu and provides symptomatic relief of upper respiratory tract infections. Also assists in the maintenance or improvement of general well-being. Not to be used in children under two years of age without medical advice.



CODE 188

ECHINACEA EXTRACT

Available in 100 mL dark glass bottles.

Echinacea Extract provides relief of the symptoms of colds, influenza/flu and provides symptomatic relief of upper respiratory tract infections. Also assists in the maintenance or improvement of general well-being. Not to be used in children under two years of age without medical advice.



CODE 190

HERBAL IRON EXTRACT

Available in 200 mL dark glass bottles.

Herbal Iron Extract is a blood tonic and a source of iron, folic acid and vitamins for assistance with iron deficiency and maintaining blood normality.



CODES 192 and 193

JUMBA-JARA WILD PLUM LEAF EXTRACT

Available in 200 mL (Code 192) and 500ml (Code 193) dark glass bottles.

An Australian native plant extract. Wild Plum leaves and fruit have been traditionally consumed to maintain stamina and endurance, therefore Jumba-Jara Wild Plum Extract is especially beneficial for sports people and others with an active lifestyle. Jumba-Jara Wild Plum Extract contains high levels of magnesium, potassium and iodine and is a unique food supplement suitable for all ages. A portion of the proceeds from production of this product are employed to assist Australian Indigenous People.



CODES 500 and 501

PACIFIC OCEAN SEA MINERAL SALT

Available in 250g jars. Culinary Salt (Code 500) and Grinding Salt (Code 501).

Pacific Ocean Sea Mineral Salt is a unique product made by a special evaporation process where the sodium chloride level in the salt is lowered and the valued magnesium, potassium, iodine and other trace mineral levels are increased.



CODES 505 and 507

PACIFIC OCEAN CORAL CALCIUM

Available in 200g jars (Code 505) and 100 vegetable capsule bottles (Code 507).

Pacific Ocean Coral Calcium Reef Milk has been consumed for centuries by the residents of Okinawa, Japan who are renowned for living long and relatively active lives. It is harvested from ancient reef sediments which are prized for their natural balance of calcium, magnesium and trace minerals. Coral is chemically similar to the human skeleton and contains calcium and magnesium in an ideal balance of 2:1. Pacific Ocean Coral Calcium is a calcium supplement that is easily absorbed by the body. This is an ideal alternative to dairy sourced calcium for those who have dairy allergies.



CODE 800

MYSOL ARTHRITIS CREAM

Available in 100g jars.

Mysol Cream is beneficial for the temporary relief of the symptoms of arthritis.

The use of copper has long been recognised, although the absorption rate from bracelets, etc is in question. To overcome this difficulty a copper complex has been formulated and mixed with a penetrating base of mucopolysaccharides. This method allows the penetration of copper directly to the painful joint, thus reducing the risk of copper toxicity whilst still providing a therapeutic dose. Additionally, heating ingredients have been mixed into the mucopolysaccharides to improve localised blood flow to the tender area on application.



The contribution of copper chelate with heating elements is very effective in the relief of the pain of arthritis.

CODE 820

NUTRACELL SKIN CREAM

Available in 100g jars.

Good looking skin can be maintained or achieved regardless of age - and the key to good skin is NUTRITION. Poorly nourished skin is unable to defend itself against the ravages of sun, wind and environmental pollution. This is skin care you can eat! Nutracell Skin Cream is Nutrition - SIMPLE and PURE! When properly nourished, the basal cell layer will produce cells that are able to perform to achieve optimum function, capable of performing the purpose of our first line of defence. A few days use of this remarkable cream will see an improvement in most conditions. A softer texture will result from regular use.

Produced from the finest nutrients including: Carrot Oil, Peach Kernel Oil, Safflower Oil, Sea Vegetable Extract, Amino Acids, Vitamins, Organic Minerals and Essential Oils.

CODE 821

NUTRACELL SAMARITAN CREAM

Available in 100g jars.

The nutrition in grapes and olives has been recognised since biblical times. The combination of ingredients in Nutracell Samaritan Cream including MSM is ideal for dry or damaged skin as well as maintaining healthy skin.

CODE 822

NUTRACELL SEA MINERAL AND PAW PAW CREAM

Available in 120g glass bottles.

This cream is beneficial both above and below the surface of the skin. It is comprised of Paw Paw; which is high in vitamin A, minerals and enzymes; Sea minerals, which contain a wide spectrum of colloidal minerals and trace elements; Avocado, a source high in vitamins A and E; Beeswax, a natural source of propolis; and Olive Oil, a readily absorbable monounsaturated oil, rich in essential fatty acids and nutrients.

CODES 824 and 828

NUTRACELL COSMETIC GRADE MACADAMIA OIL

Available in 50ml roll-on (Code 824) and 375ml glass bottles (Code 828).

Macadamia oil is produced through a process of cold pressing and fine filtering the Macadamia nut, resulting in a virgin fine cosmetic grade oil without the use of chemicals or foreign fibrous materials. Macadamia oil is a unique vegetable oil with a molecular structure that more closely resembles marine mammal oil rather than other vegetable oils. This is due to it containing Palmitic Acid, an ingredient that whales are usually slaughtered for, and is present in the sebum (from the sebaceous glands in the skin) of infants. The application of Macadamia Oil is believed to aid in the replenishment of maturing skin. Highly recommended for skin cleansing without the use of water.



CODE 825

NUTRACELL HAIR CLEANSE

Available in 200 mL bottles.

A blend of natural products to improve hair growth and to overcome scalp disorders. Chemical compounds used in conventional shampoos produce an impressive foaming action, but these ingredients can irritate the scalp, cause hair loss, dryness and itching. Nutracell Hair Cleanse rectifies these conditions and has been carefully formulated and balanced to remove excess oil, grease and dirt from the scalp without stripping the hair.



CODE 826

NUTRACELL HAIR CONDITIONER

Available in 200 mL bottles.

A pure, amino acid and mineral rich conditioner to suit all hair types. This non-greasy hair revitaliser is derived from herbs, including Marshmallow, Restharrow, Coltsfoot, Chamomile, Melissa, Wild Thyme, Rosemary, Sage, Horsetail and Milfoil. Macadamia Oil has been added to the formula for its Palmitoleic Acid content (which keeps hair and skin supple) and its vast array of other beneficial amino acids. The collagen and all other ingredients are of vegetable origin. This hair conditioner can be rinsed out or even applied lightly as a hair dressing to calm wayward hair.

CODE 829

NUTRACELL NATURAL UNDERARM DEODORANT

Available in 200 mL spray pump bottles.

Aluminium Free

A revolutionary herbal deodorant containing Colloidal Silver (an effective bacteriostatic agent) and Zinc Phenosulfonate which is a recognised deodorising agent. The Colloidal Silver, along with herb Arnica, is excellent for soothing and assisting the skin. The herbs Marshmallow, Chamomile, Wild Thyme and Rosemary assist with the control of odour. Witch Hazel helps with maintaining dryness, and the delightfully light perfume is an extract of natural oils. During heatwave conditions this deodorant has proven itself a winner!

CODE 830

NUTRACELL EVENING PRIMROSE OIL

Available in 100 mL dark glass bottles.

Evening Primrose Oil is known as the "Good Oil" and is derived from the seeds of the Evening Primrose flower. It is a rich source of essential fatty acids. The oil is particularly high in GLA (gamma- linolenic acid).

CODE 835

NUTRACELL QUIK ZINC

Available in 200 mL dark glass bottles.

A liquid zinc, Quik Zinc is designed to effectively help to restore adequate levels of this fundamental mineral. Zinc is essential for proper intestinal function. This professional formulation includes Magnesium and Vitamin B6. All that is required is 1 mL per day diluted in 100mL of juice or water.



CODES 300 - 391

MOORLIFE RANGE

Nature's formulation from the Glacial Age. A combination of 700 different herbs swept into a valley by melting glaciers and broken down by enzymes to form the world's most nutritious, absorbable skin care, Elixir and Bath. Moorlife skin care range is renown for its skin compatible pH balance, its vast spectrum of useable nutrients and its capacity to draw out toxins. The Elixir (or Drink) has been studied by eminent physicians in Europe with exciting case studies recorded. The Moorlife Bath simply brings the amazing benefits of the Moorlife Spa in Austria right into your home.



Balm (Code 300), Cleansing Bar (Code 301), Body Milk (Code 310), Skin Toner (Code 311), Cleansing Milk (Code 320) Mask (Code 330), Face Cream (Code 331), Moorsilk Anti-Ageing Cream (Code 335), Shampoo Concentrate (Code 340), Hair & Scalp Conditioner (Code 345), Penetrating Oil (Code 350), Elixir (or Drink) (Code 380) 200ml Bath (Code 390), 1 litre Bath (Code 391).

CODE 450

PETONIC

Available in 150g jars.

Natural food supplement for dogs and cats to enhance vitality. Pets require food supplements for more reasons than their owners at times. Commercial pet food often is very low in nutrients and high in sodium and preservatives, resulting in digestive stress, skin conditions, poor health and accelerated ageing. Our four legged "best friends" deserve the best nutrition from Petonic for bright eyes, healthy coat and skin, good digestion and elimination with the bonus of less animal odour.



CODES 600, 601 and 605

ECOSAFE LAUNDRY POWDER CONCENTRATE

Available in 1.5kg buckets (Code 600), 1.5kg refills (Code 601) and 5kg boxes (Code 605).

Phosphate free to protect our environment. The S.A.F.E. alternative - kind to the environment and kind to your budget. Charged with oxygen to deliver a white and bright wash without harming our most precious resource - nature! The fresh aroma is from Australian eucalyptus oil, which is also prized for its grease cutting properties. EcoSafe Laundry Powder Concentrate contains the highest amount of active ingredients that can be packed into a laundry powder - there are no fillers to 'pad out' this economical product; with enzymes to remove proteins and blood; a chlorine scavenger for town water; and an anti-redeposition agent to keep dirt in suspension to prevent it from re-settling on fabric.



CODES 610, 611, 615 and 618

ECOSAFE COLLOIDAL CLEANER

Available in 500 mL (Code 610), 1 L (Code 611), 5 L (Code 615) and 20 L (Code 618).

An 100% biodegradable cleaner that works! Not a detergent or soap, does not contain phosphates or any other harsh chemicals. This economical product works due to the action of colloids, sequesterants, surfactants and hyper-wetting agents that are superactive. Ideal for stain and dirt removal in carpets, upholstery and laundry. Effective for blood, grass, ballpoint, bed sore, fruit and vegetable and urine stains. Ideal for cleaning fruit and vegetables prior to consumption



CODES 630, 631, 635 and 638

ECOSAFE EUCALYPTUS EMULSION

Available in 500 mL (Code 630), 1 L (Code 631), 5 L (Code 635) and 20 L (Code 638).

Nature's gift - the incredible properties of eucalyptus oil known throughout the world - including its effectiveness as a grease solvent. 100% bio-degradable and non-toxic. Produced from selected Australian eucalyptus oils. Ideal for all use, in the washing machine in the final rinse and as an air freshener and for use in areas frequented by our four legged loved ones. Will freshen and clean car interiors. Recommended for use in air conditioner filters.

CODES 640, 641 and 642

ECOSAFE ALOE VERA EXTRACT AGRICULTURAL GRADE

Available in 1 L (Code 640), 5 L (Code 641) and 20 L (Code 642).

The Aloe Vera plant is recognised as having a very strong immune system. Now growers can utilise these properties for the benefit of their crops to fight against insect attack. Aloe has the ability to deter insects from plants without the use of toxic sprays. The juice has been cold pressed and carefully processed to retain all of the active properties of the whole plant. Not suitable for human consumption due to its high aloin (the yellow part of the leaf) content.



CODES 645, 646 and 647

ECOSAFE ORGANIC PINE OIL EXTRACT

Available in 1 L (Code 645), 5 L (Code 646) and 20 L (Code 647).

This product is an extract of pine oil and natural saponins derived from the pine tree. It is multi-purpose and can be used as a cleaning agent, for mould control and as a freshener. It is suitable for many household, industrial, farm and garden uses, especially as an organic weed killer in farming and gardening situations, however be careful not to spray it onto your valued plants. Spray liberally on to weeds during the middle of the day. Mixed at a rate of 1:5 (Ecosafe Organic Pine Oil Extract: Water), this extract is non-toxic and, for added economy, it can be diluted further.



CODES 200, 201, 205, 220 and 225

ACTIV-8 - Soil Activator and Foliar Feed

Available in 200ml (Code 200), 1 L (Code 201), 5 L (Code 205), 20 L (Code 220) and 200 L (Code 225) (re-sealable containers)

A completely organic liquid plant food and soil activator, readily absorbed by the foliage to assist in healthy plant growth and to replenish the “life-force” of the soil, providing a balance of trace elements and microbial activation. The presence of these organisms and nutrients assist plants to build up immunity to disease and pests, and produce a better flavour and shelf life in fruit and vegetables. Activ-8 is certified organic by BFA (Biological Farmers of Australia) an organic certifying body. “A little goes a long way” - one capful to a watering can is sufficient for garden needs, or an average of 1 part Activ-8 to 200 parts water for most farm requirements.



CODES 261, 265, 270 and 275

N-RICH - Nitrogen Enriched Soil Activator

Available in 1 L (Code 261), 5 L (Code 265), 20 L (Code 270) and 200 L (Code 275) (re-sealable containers)

A concentrated soil activator with a high nitrogen level which assists with the breakdown of mulch into humus, particularly where microbial levels are low. Soil activation will improve the quality of the soil making it “sweeter smelling” and more friable, allowing for easier and deeper penetration of rain. After a period of time (if chemical application is ceased or reduced to a minimal level), dark humus will become evident in the soil structure and worms will appear. N-Rich is also valuable as a foliar fertiliser.

Mix 1 part N-Rich to 200 parts of water.



CODES 1735 (*Extraphos & Potash) and 1765 (Supablend)

ALROC MINERAL FERTILISERS - The perfect food for plants

Available in 2.5kg bags (or tonnage from Alroc Depots).

A blend of crushed volcanic rocks to give vitality to soils and build correct soil structure. For healthy root systems, good flavour and nutrient levels in plants. No need for constant fertilising or watering. Low cost input.

**Certified Organic (B.F.A.)*

Refer to Alroc Colour Brochure and Alroc Video for further information.



CODES 680 and 685

ECOSAFE BENCHTOP and UNDERBENCH WATER FILTERS

Available in Benchtop (Code 680) and Underbench (Code 685).

Filter cartridges contain:

- Sediment filter – a pre-filter for the Underbench Water Filter.
- Non-animal bone carbon to filter out chlorine, pesticides, detergents, dirt and rust, blue green algae and organic impurities.
- Resin to remove the heavy metals so prevalent in today's water supplies.
- Silver (optional) to destroy harmful bacteria - for use with bore water or tank water.



Benchtop Water Filter is supplied with carbon/resin filter.

Underbench Water Filter is supplied with Pre-filter (sediment) and carbon/resin filter cartridges and plumbing fittings.

CODES 690, 692, 693, 694, 698 and 699

REPLACEMENT FILTER CARTRIDGES AND ACCESSORIES

Pre-filter Cartridge (Sediment Filter) for Underbench Water Filter (Code 690), Carbon/Silver Cartridge (Code 692), Carbon/Resin Cartridge (Code 693), Carbon/Resin/Silver Cartridge (Code 694), Tap Diverter Valve (Code 698), Rubber Bulb (Code 699). Replacement parts also available.

THE SAFE BOOKSHOP

S.A.F.E. makes available a small range of books, audio tapes and S.A.F.E. & ALROC information videos which contain general information on a range of issues from health to agriculture. Refer to Price List.

THE SAFE PHILOSOPHY: HEALTH FROM THE GROUND UP!



**SUSTAINABLE AGRICULTURE
& FOOD ENTERPRISES**

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