

SAY HELLO
TO YOUR
BEST SELF



BALANCED
PANTRY

Are you feeling tired,
irritable,
& unbalanced?

—
You're not alone.
—

Our modern, busy lifestyles and prolonged periods of low-level stress are resulting in over-worked adrenal glands and an excess of the stress hormone 'cortisol', causing fatigue, irritability and reactivity; and making it difficult to stay calm and focussed.





Adaptogens, the ‘superstars of the botanical world’, are a unique class of herbs used to improve adrenal function and regulate hormone levels. By supporting the all-important adrenal system, adaptogens help the body to regulate its stress response and enhance its ability to cope with every-day triggers— for more balanced energy levels and a more productive, calm and centered you.

Our herbalist-formulated range of adaptogenic bliss blends will help your body to bring itself back into balance.

Get ready to say hello to your best self!



BalancedPantry.com.au

a spoonful of

★ ★ SPARKLE ★ ★

SPARKLE is our beauty tonic. The ingredients center around the all-powerful pearl powder, which encourages collagen production for glowing skin. Mesquite delivers protein for healthy hair and nails, coconut detoxifies and reduces inflammation, and skin-loving goji berry provides a generous dose of anti-aging antioxidants.

- Supports healthy collagen production
- Boosts the body's natural detoxification processes
- Rich in protein for strengthened hair & nails

mesquite | schisandra | tulsi | spirulina | coconut | he shou wu | goji



a spoonful of

★ ★ SUNSHINE ★ ★

SUNSHINE is our vitality blend. Packed with energy-boosting herbs and minerals including maca, tulsi and rhodiola, it nourishes the adrenal system to prevent burnout and help the body to sustain energy.

- Boosts energy production
- Delivers minerals, vitamins & essential amino acids
- Helps to maintain healthy blood sugar & hormone levels

maca | tulsi | rhodiola | mesquite | ashwagandha | goji





a spoonful of ★ ★ SMART ★ ★



SMART is our hard-working focus blend. It harnesses the power of super-ingredients spirulina and moringa, loaded with brain-boosting proteins and amino acids. Added to this are energy-boosting maca, balancing ashwagandha, and vitamin K-rich tulsi.

- Boosts energy production
- Supports concentration & maintained focus
- Delivers brain-boosting minerals, vitamins & protein amino acids

ashwagandha | tulsi | maca | spirulina

a spoonful of LOVE ★ ★

LOVE is our hormone-balancing, mood-enhancing blend. Shatavari nourishes the reproductive system, schisandra helps to regulate hormones and boost circulation, banana provides mood-balancing folate, and stimulating he shou wu ignites sexual energy.

- Supports the production of sexual energy
- Nourishes the reproductive system
- Assists in hormone regulation & stress adaptation



shatavari | maca | banana | schisandra | cacao | he shou wu



a spoonful of

★ DE-LIGHT ★★

DE-LIGHT is our healthy weight blend. It contains a carefully-curated collection of metabolism-boosting herbs, including moringa, fenugreek, jiaogulan, and green coffee extract; thought to reduce cholesterol and triglyceride levels and limit the absorption of carbohydrates from the bloodstream.

- Supports a healthy metabolism
- Boosts fibre & fullness
- Helps to curb cravings



moringa | jiaogulan | green coffee | rhodiola | fenugreek
ginger | cardamom | turmeric

a spoonful of

★ PEACE ★★

PEACE is our calming, centering blend. Adaptogen superstars ashwagandha and reishi mushroom nourish the nervous & adrenal systems and help to regulate the body's stress adaptation process, for long-term, sustainable stress relief.

- Helps to regulate the body's natural response to stress
- Nourishes the adrenal & immune systems
- Delivers stress-relieving beta-glucan, B vitamins & protein amino acids

ashwagandha | maca | banana | reishi | coconut





a spoonful of ★ ★ SNOOZE ★ ★



SNOOZE is our relaxing, restful blend, for deeper and more restorative sleep. Australian native fruit Jujube releases saponins and flavanoids, quieting the hippocampus and promoting relaxation. Valerian has been found to inhibit the breakdown of GABA (important for restful sleep and stress control); whilst chamomile, ashwagandha & reishi combine to quiet the mind and strengthen the body's anti-stress response.

- Relaxes muscles & prepares the body for rest
- Helps to stabilise the central nervous system
- Promotes deeper, more restful sleep

jujube | chamomile | ashwagandha | reishi | banana | valerian



GLOW MILK

Glow Milk is a 100% natural blend of organic turmeric, vanilla, spices and honey—for a soothing, uplifting alternative to coffee or tea that's packed with health-boosting ingredients.

Turmeric is rich in the compound curcumin, which has been found to encourage healthy brain function, protect against inflammation and support the immune system.



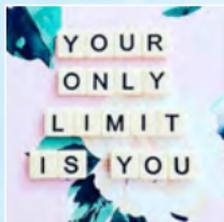
turmeric | coconut | ginger | cinnamon | cardamom
vanilla | fennel | clove | black pepper



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