

# Superfoods-Nature's superchargers for the body

Superfoods are the "super health secret" that is quickly becoming mainstream. These foods offer a cornucopia of benefits, such as lowering cholesterol, reducing risk of heart disease and cancer, and improving mood. With the prevalence of highly-processed foods, and fast-food meals high in preservatives, fat and cholesterol, incorporating more superfoods in your diet can only do your body good. They will also help reduce your cravings for junk: while the portions can be smaller, they are heavily packed with nutrients that your body needs, they leaving you feeling satisfied and fulfilled.

Research has been done to show that superfoods are highly beneficial to the immune system. Incorporating more superfoods into your diet will help your body to be able to heal itself, and prevent getting ill in the first place.

Most superfoods share a number of characteristics, including but not limited to antioxidants, neurotransmitters, essential minerals, and essential fats. Antioxidants help to promote cardiovascular health and help repair damage caused by cancercausing free radicals. As neurotransmitters are essential in transmitting messages to our brains, increasing neurotransmitters such as serotonin and endorphins can help promote a sense of well-being while helping us feel happy, energized and relaxed. Our bodies also require essential minerals and fats such as magnesium, sulfur, oleic acids and more. Foods that deliver all of these, and in high dosages, certainly deserve the title "super".

Here is a list of superfoods with undeniable benefits, some of which may already be part of your regular diet: RAW CACAO is often referred to as the ultimate superfood. Unlike processed chocolate, raw cacao is sugar and trans fat free. It has more antioxidant flavanoids than any food tested, and smells divine to boot. Try adding raw cacao nibs to trail mix, or powdered raw cacao to shakes and puddings.

GOJI BERRIES are rich in antioxidants, especially carotenoids that help to improve eyesight. They can be eaten raw (add the to the trail mix tool), brewed in tea, added to soups and made into juice.

FLAX SEED is packed with omega 3 fatty acid, fiber and lignan, which possesses anti-cancer properties. For vegetarians, flax seed can be a great source for providing essential fats. Sprinkle some on salads, in soups or over your morning cereal, or mix into with your cooked rice or veg.

Karry Lai, Ecozine Hong Kong







# Natural and Organic Trends in Asia Pacific

sia is in the midst of a health & wellness zeitgeist, driven by widespread demand from young millennials. This hyperconnected, tech-savvy generation has grown up with food scandals, air pollution and a rapid rise in chronic diseases making them far more eco-conscious and health-conscious than their parents. They want more transparency from the companies that make their food and consumer products and are willing to pay more for them. The proliferation of social media, Instagram in particular, has meant that international consumer trends like green juice, zero waste, gluten-free diets

and organic food are within everyone's reach. In globally-connected cities like Hong Kong, Singapore, Kuala Lumpur and Manila, enterprising millennials are opening up gyms, juice bars, plant-based restaurants, health shops and yoga studios at a rapid pace. Our predictions for 2016 and beyond? Eco beauty and athleisure are going to see strong growth in Asia. The region has always been a huge market for cosmetics, but the trend is shifting towards naturally made products. The demand for activewear will also boom upwards: the category has overtaken regular fashion across the world and we

see no signs of this abating. In Hong Kong, companies like Adidas and Nike are replacing luxury fashion brands in high-traffic shopping areas. On the food front, veganism and vegetarianism continues to show exponential growth. Young Asians are moving away from the 'meat is king' ethos that has dominated eating culture for the last few decades. Google search data illustrates the rampant growth for all things vegan: within the last year, searches for all things 'vegan' grew by 60% in Hong Kong AND throughout the world.

Sonalie Figueiras & Tracy Turo, Co-Founders of Green Queen







#### Organic Maca Powder Algarrobos Organicos del Peru SAC



Maca has been consumed for centuries in the central region of the Andes. It was widely recognised since the pre-Incan age, considered a gift from the gods and offered to them in many ceremonies. The Incas recognised its benefits, using it to improve physical and mental performance.



#### **Feinstoff Superfood Powders** Awesome Foods Limited

Superfoods are great sources of nutrition for a healthy and more active life. However, each superfood has its own set of superpowers and it is increasingly difficult to keep up with the ever-growing variety. That's why Feinstoff has put together four teams of superfood powders that work together towards different functions: detox, rejuvenate, regenerate and invigorate.



## **Koko Dairy Free** Fairteck Holding Pte Ltd

Koko Dairy Free Original is a unique dairy free alternative to cow's milk which is free of allergens including dairy, soya and gluten and made with freshly pressed coconut milk. Coconuts are one of the few natural sources of medium chain fats. Unlike saturated animal fats medium chain fats are not readily stored in the body but are digested and used as energy by the body. Koko Dairy Free is naturally free of cholesterol and its 2% fat and calcium levels are matched to levels found in semiskimmed milk. It is also fortified with Vitamins D2 and B12 to aid calcium absorption and provide the nutrients required by Vegans and Vegetarians.







#### **Organic Almond Drink** Greencastle Trading Limited

For this naturally nutty almond milk, creamy crushed organic Italian almonds are blended smoothly with organic Italian rice, pure mountain spring water and a dash of cold-pressed sunflower oil. The rice brings its own natural silky sweetness. It's widely used in UK coffee shops and was awarded the UK's Great Taste Award and the Gold Food Award from the Soil Association.





#### Paul's Quinoa Seeds

#### Companhia De Comercio A Primeira Lda

This Macau-based company offers Paul's Quinoa Seeds from the Netherlands – a healthy alternative to rice, couscous, pasta and potatoes. The seeds are rich in protein, nutritional fibre, vitamins and minerals, and are naturally gluten-free.







# **Organic Fruit Juice**

#### East Joy Enterprise Limited

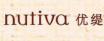
First launched in Asia, Casina Verde's 100% organic fruit juice from Italy comes in strawberry, blackberry, blueberry or plum flavours. It's bottled in 125ml containers for easy transport



## Sialang Honey (Tualang Honey) Health Harvest Food Limited

Sialang honey (Tualang honey) is a precious wild honey species of Apis Dorsata exclusively found in the tropical rainforests of Southeast Asia. This honey is raw in nature with enzymes, vitamins, minerals, antioxidants and aromas preserved. It is an ideal choice as a natural sweetener, as well as for therapy and daily recipes.





## **Nutiva Organic Hemp Oil** Eastern Zone Co. Ltd.

This organic hemp oil is cold-pressed from raw-shelled hempseed for a delicate, nutty flavour. Organic hemp is nature's most perfect balance of Omega-3, Omega-6 and GLA/SDA fatty acids. No other vegetable oil offers EFAs at such high concentrations. Rich in protein, fiber and vitamin E, this organic hemp oil is raw, and contains no trans fat or GMOs. It's perfect for salad, pesto or a smoothie, and is an ideal item for skincare.







## Organic Luo Han **Guo Fruitmayor** HK Springfield Industrial Limited

Springfield has three standardised production facilities in Guilin. In 2015, the company successfully obtained the organic certificates from CNAS and CHTC, making them the only production facilities granted these certificates in the Guilin region. Carefully nurtured from seeding to harvest with GAP cultivation technology, the products are 100% naturally grown and use a low-temperature vacuum dehydrating process. The result is fresh taste with rich vitamins, and all-natural sweetness without adding sugar or calories. Natural monk fruit is also available. Every production batch has to pass the pesticide residue test performed by the SGS.



## Bangkok Banana Chips HK Xin Xing Corporation Limited

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It's irresistible to grab a bag of potato chips, but many get a guilty feeling from the junk food. So Mak Mak introduces crispy banana chips, which brings the same pleasure of potato chips but are much healthier, with no trans fat, no cholesterol, and no artificial flavours or preservatives. It comes in three flavours: Original, BBQ and Corn Cheese.





# IIDEA (Hong Kong) Ltd. 翻達(新建)有限公司

## Organic Blue Agave Syrup IIDEA (Hong Kong) Limited

This organic agave syrup is a natural sweetener made from the agave plant. It's an excellent alternative sweetener due to its neutral flavour, health properties and versatility. It has a low glycemic index, vegan, GMO-free, gluten-free and organic. It's 25% sweeter than refined sugar, and contains natural fibers and minerals.



# Organic Apple Juice

K-Element

This juice is made with a mixture of different apple varieties straight from the orchards of Côteaux Nantais in eastern France. A classic juice both soft and fragrant, it can be served chilled at any time of the day, and was elected best organic product in France in 2015.



# RĀIZ TĪĪE BĀR Rawthentic Food Limited

Hong Kong's only local bean-to-bar chocolate makers, Rawthentic freshly manufactures and makes its own couverture/paste/liquor from unroasted, winnowed beans. Handcrafted, small-batch production means it takes four days to make each batch of chocolate. This includes conching (stone-grinding) the crushed beans (nibs) into chocolate, all under 47°C so that the maximum cacao nutritional benefits come with every bite. The chocolate is organic, ethically sourced, sustainable, tastes amazing and is good for you.

## Organic Jasberry Rice Siam Organic Co., Ltd

Jasberry® rice is a new rice variety developed through non-GMO method and being grown by small-scale farmers in the impoverished North Eastern part of Thailand. Jasberry has unique aroma and softness, yet consists very high antioxidants and other nutritional benefits. It is certified organic with USDA and EU standards. Siam Organic, as a certified social enterprised from Thailand, works very closely with the farmers to ensure that their lives are improving by growing Jasberry rice.







# Organic India True Wellness Tulsi Tea

Spicebox Organics Limited

Organic India's Wellness Teas are healing herbal teas that are specifically formulated using tulsi (holy basil) and other herbs to offer distinct benefits that support and promote true wellness. Four caffeine-free, USDA certified organic teas from the True Wellness line includes Tulsi Sleep, Tulsi Tummy, Tulsi Lax and Tulsi Cleanse.

# The Elements Coconut Water Thai Agri Foods Public Company Limited

Original Coconut Water In the tropics, coconut water is synonymous with heavenly water due to its ability to naturally hydrate and replace fluids and electrolytes lost through work, sport, fitness and other daily activities. Harvested from hand-picked young green coconuts, The Elements Coconut Water is a natural isotonic beverage that will hydrate your body as you enjoy its refreshing, pure taste. Ingredients: 100% Pure Coconut Water







## Trueline Select Hi-Oleic Roasted Peanut Oil Trueline Foods

This natural oil expeller is pressed from roasted American black walnuts. The oil won the 2014 Good Food Award and was a 2011 Sofi Award Finalist because it is made with wild, all-natural, American black walnuts that are grown free of chemicals, orchards or pesticides. The nuts are pressed into oil and bottled without the use of chemical extractors or artificial additives. Black walnut oil is ideal in full-flavoured fare such as salmon, pork or red-sauce pastas, as well as on vegetables, in stir-fry and in dressings.



Kiwi Manuka / Melora / Manuka Secrets / Lucas Papaw Ointment / Lullu O

W International Investment Limited



Unique in Hong Kong, Kiwi Manuka brings you ready-to-eat Manuka Honey Relief Snaps. The UMF 10+ Manuka Honey Relief Snaps (5g) are convenient and ready to be eaten directly from the pack. With 12 packs per box, all you need to do is to snap both ends and take a sip. Also available in UMF 5+, blended honey and multi-floral honey.





# Waydhanar Thai Natural Dried Fruit and Snack

Waydhanar Co. Ltd.

Thai natural dried fruit and snack with GMP and HACCP certified. No coloring and preservative.





#### Klihn Agarwood Oil Ask Me Company Limited

The use of Agarwood was recorded since Ancient times for its Medicinal and Ayurvedic properties and handed down from Generation to Generation. Known for its Sweet fragrance and Benefits. Klihn's Agarwood Oil contains 40% pure Agarwood Oil combined with other natural ingredients. All our products are 100% chemical free and done traditionally by hand.





# **Pure Organic Baby Lotion**







# Elizabeth Fay

# **Deodorant Stick**

Elizabeth Fay

ELIZABETH FAY is a certified organic cosmetics and deodorants brand. Their Deodorants are available in aerosol, stick, roll-on and deocrema. It is the After-Shave Solutions for the most sensitive human skin. It has specific formulations of mineral gel for anti-aging with hyaluronic acid for anti-aging facial.



# NAVEEN

# NAVEEN

# Naveen Feminine Wash -Cosmos organiccertified by Soil Association

Evergoods Global Co. Ltd.

This super-mild amino acid-based Cosmos organic-certified cleanser harmonious state for the private parts.





Food for Life

Experience body and mind relaxation with Kneipp's Shower Foam. No time for a bath? This innovative foam expands to create a bath like bubble effect. Made without preservatives, it nourishes both your skin and mind. Choose from four essential oils to suit your mood: Hibiscus, Lavendar, Orange Blossom, Eucalyptus.





Buds.

② 150ml ⊕ 5fl.or

# Beautiful Blooming Belly Stretch Mark Cream

Skin Corner Limited

A dual functions stretch mark cream - both for prevention and repair. Your growing belly is budding proof of the miracle you nurture. Blossom beautifully and minimize stretch marks by nourishing the skin. Luxurious and moisturising JOJOBA, SHEA BUTTER and SUNFLOWER OIL transport a medley of bio actives to your skin. Critical synthesis of collagen and elastin are promoted by CHLORELLA VULGARIS EXTRACT and TAMANOL OIL while its enzymatic degradation is prevented by ALGAE EXTRACT. INCA INCHI contributes to skin health and recovery and ALOE VERA EXTRACT soothes and hydrates.







Rose Anti-Wrinkle Whitening Soap

Stand In industrial Co Limited

Rose Anti-Wrinkle Whitening soap contains rich of rose hip oil and jojoba oil. Rose Hip oil can weaken the visibility of wrinkles, freckles & seborrheic keratosis. It can also enhance cells reproduction which in turns effective for anti-aging, moisturizing and whitening ones skin. Jojoba Oil is functional for moisturizing, anti-wrinkle, skin firming. It is suitable for infected skin.





Dr. Bronner's Welspring

Family soap-makers since 1858, Dr. Bronner's was founded 68 years ago and remains as No.1 top selling natural soaps in America. Made with organic essential oils, the castile soaps come in 11 distinctive scents. The soaps and lotions are good





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POWEROLL



# Charlotte's Web - Everyday Plus

Add Charlotte's Web Daily Dietary Supplement to your daily health routine. Formulated with an extra concentration of the cannabinoids found in Charlotte's Web proprietary hemp extracts, it supports mind and body wellness for those with elevated stress levels.



# P

# POWEROLL

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Glimlife Australia Pty Ltd

Poweroll Emu Oil

Poweroll Emu Oil is a unique blend of Australian emu oil and natural essential oils, specially formulated to relieve muscle pain. The roll-on applicator has been designed to roll easily over the skin, helping to massage pains as it applies the oil. The company has introduced a wide range of pain-relief products to provide millions of people with fast, long-lasting relief – and has become Australia's number-one natural pain reliever, proud to be the most-used brand for arthritis, muscle and joint pain.

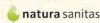


# Mymaha

# The Essential Greens MyMaha

Their high-vibe, conveniently packaged superfood powder blend provides two servings of fruits and vegetables. Made out of 11 superfoods including organic wheatgrass, spinach, raspberries, spirulina and moringa leaves, it's an energy charger and a natural vitamin C supplement, filled with iron and B vitamins to boost your body and your state of mind.

# Broccoli-Extract



The consumption of broccoli capsules mediates a variety of functions, including the provision of antioxidants, the regulation of enzymes and the control of apoptosis of diseased cells. This not only immensely supports the immune system, but also demonstrates the ability to limit the growth of tumor cells and promotes their auto destruction.



# NuNaturals NuStevia



NuNaturals NuStevia White Stevia Powder is the perfect all-purpose sweetener and the packets provide the ultimate convenience. The pre-measured packets take the guesswork out of how much NuStevia to use. Use it in tea, coffee, cereal and yoghurt, or anything that needs sweetening.







# ProPectin Apple Pectin Grace Time Asia Limited

ProPectin pharmaceutical-grade apple pectin is a health supplement and an integral part of Grace Time Asia's commitment to make a difference in the lives of people suffering from contamination due to heavy metals and radiations, as well as those with diabetes and cholesterol and colon health issues. It especially targets improvements in the health of children, who may suffer the greatest from exposure to environmental contamination.



# Active Liver, Apple Cider, Clear Brain and other 5 products

Under various product names, New Nordic offers a broad product range, which covers weight loss, metabolism, inner cleansing, anti-aging, restful sleep, skin and hair care, brain health, urinary tract and other functional products. Recent awards have included the Healthy Awards 2016 (UK, shortlisted), Health Food Business (Denmark), 2015 Best of Natural Beauty Awards (Canada, winner) and many more.

# Sukiri Whole Food Supplements

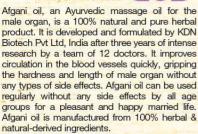


Based in Australia's Sunshine Coast, Sukiri is a manufacturer and wholesale distributor of the highest-quality Australiangrown whole-food supplements, handpicked from Australia's pristine countryside for their outstanding quality and health benefits. Sukiri's supplements are certified organic, GMO-free and gluten-free, and contain no fillers or bulking agents.



# Afgani Sex Massage Oil Kadvan Overseas







# Glucosamine Chondroitin 1500/500 Vitamins For Life LLC

The product contains 1,500mg of glucosamine sulfate 2KCL and 500mg of chondroitin in one handy tablet. The product helps rebuild cartilage and is thought to have an anti-inflammatory effect on the joints.









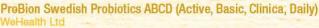






#### Ginjer Drops Forte Lemon Pharma GmbH & Co. KG

These ginger drops are made through high-pressure CO2 extraction, which guarantees the highest quality. Useful for indigestion and colic, pleasant for the stomach and intestines, and helpful against travel sickness, they're certified organic in accordance with EU regulations, and were selected as the Best New Health & Nutrition Product 2015 at the Natural Products Scandinavia expo.



ProBion is a highly effective Swedish probiotic in an ingenious tablet form. A low-compression technique protects from oxygen and humidity, and ensures the bacteria will remain viable in the gut without being damaged by gastric and bile acids. ProBion comes in four types and is customised for different digestive disorders such as constipation, diarrhoea and IBS. It contains prebiotics to stimulate the growth of probiotic bacteria and has a controlled dissolution profile to ensure prolonged performance in the large intestines. It is free of dairy, soy and gluten, and should be stored at room temperature.



# Soapnut Republic Laundry Liquid Alter Eco Limited



Soapnut Republic's laundry care products are extremely effective for everyday use and perfectly suited for people with sensitive skin as well as baby laundry. Soapnut Republic Laundry Liquid is tough on dirt and stains, naturally softens fabrics and produces extremely effective cleaning results. Their concentrated formula is 100% biodegradable, nontoxic, hypoallergenic and safe for the whole family. Suitable for standard and high-efficiency washers.





# Apple Cider Vinegar Shampoo

#### Morrocco Method Int'l

Apple Cider Vinegar Shampoo is a low-foaming anti-bacterial shampoo. Representing the element of fire, this shampoo stimulates the scalp by increasing blood flow and restoring the scalp's pH levels. Raw apple cider vinegar flushes the hair of oil buildup and unhealthy bacteria. It was the winner of the 2014 Best Raw Vegan Hair Care Product.









## **AQ Bio Sanitizer General** Purpose Formula

## AQ Bio Technology Group Limited

Spray this sanitiser directly into the air, on hands, on infected skin and wounds, and on any daily utensils. Features 99.999% germ-killing efficacy; great for disinfection, itch relief, deodorisation, removal of cigarette odours and reduction of cross-infection.





# **Fullland**

## Kraft Paper Bag Full Land (H.K.) Limited

Kraft Paper Bags are 100% recyclable and are made with long fiber kraft paper. The paper comes with two types of paper handle. The flat folded handles are easy to store away. The twisted handles are stylish and easy to load in the product. Also, they are FSC (Forest Stewardship Council) certified manufacturer.



Tin Can

#### Tyra Tinplate Printing And Can Manufacturing Co Ltd

With various shapes and attractive patterns, these food-grade tin cans are environmentally friendly and custom-made with the highest level of workmanship.



# not only FDA/LFGB safety-approved, but also biodegradable at the end of the product's life. Share in the idea of "live eco, live colourful".

Bamboo Fiber Wares, Konjac Sponge

C. Shine International Trading Co., Ltd.

It's everyone's responsibility to take whatever

steps they can reasonably take to be more ecofriendly. The bamboo fiber wares and konjac

sponge are made of eco-friendly materials

that mainly contain natural fibers. They are

J. SHINE

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Date 31 Aug- 2 Sep 2016

Time 31 August (Wed) 10am - 6pm

1 September (Thu) 10am - 6pm 2 September (Fri) 10am - 5pm

\*Free admission for trade visitors

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