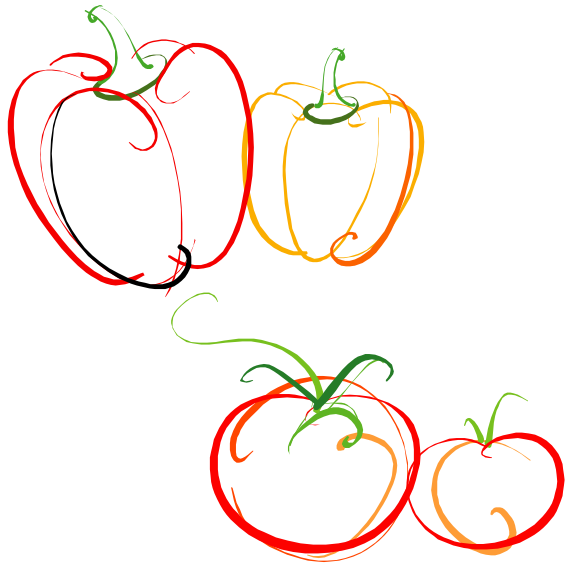




Amitayus
Wellbeing

Health Foods



Specialist Foods:

Gluten Free

Wheat Free

Dairy Free

Vegetarian

SPRING/SUMMER 2009

Welcome to our latest Food Catalogue,

Food allergies and intolerances are now becoming increasingly common with people typically being allergic to nuts, cows milk, egg, wheat and gluten.

With food allergies a reaction can be severe and the latest research suggests that as many as one in six people are affected by the condition. Around 90 percent of the food triggers are milk, nut, egg, soy, fish or wheat based. Following a series of elimination tests that can be carried out through you GP you can begin to identify the types of foods to avoid and start to look at creating new meals with the things you can eat. Often you may only have to make small adjustments to your diet, and in the case of a gluten intolerance you will have to consider alternatives to wheat, rye, oats and barley. There are a few options to try such as rice flour and rice pasta as well as potato flour, and specialist breads and biscuits.

At Amitayus Wellbeing we specialise in a range of Gluten-Free and Wheat-Free products. We also cater for vegetarian and vegan diets.

Our stock is continually expanding so if you can't find what you are looking for please do contact us and we will do our best to order it for you.

You can place your order by telephone, in person, via email or by post using the order form enclosed.

We look forward to hearing from you.



Dawn Hart, Clinic Manager.

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Key to products:

D = Dairy-Free

E = Egg-Free

G = Gluten-Free

V = Vegetarian

W = Wheat-Free

O = Organic

Y = Yeast-Free

The prices of goods for sale in this brochure were correct at the time of going to press. Amitayus Wellbeing reserves the right to make amendments to prices when necessary in line with our wholesalers recommended RRP.

GLUTEN FREE & WHEAT FREE BREADS & PASTA



ITEM DESCRIPTION

PRICE

DIETARY SPECIALS

Dietary Specials Pizza Bases 2 x 150g bases	£3.98	GVW
Dietary Specials Sliced White Loaf 400g	£2.70	GVW

ORGRAN

Bread Mix Easy Bake 1x 450g	£2.95	DGVWY
Vegetable Rice Pasta Spirals 250g	£1.89	DEGVW
Spaghetti 220g	£1.99	DEGVW
Rice & Corn Lasagne 200g	£2.65	DEGVW
Rice & Corn Pasta (Macaroni) 250g	£1.75	DGVW

ORGANICO

Fusilli Rice Pasta 250g	£2.15	GVW
Tomato & Aubergine Pasta Sauce 300g	£2.45	DEGVW
Tomato & Zucchini Pasta Sauce 300g	£2.45	DEGVW
Tomato & Basil Pasta Sauce 300g	£2.45	DEGVW

MERIDIAN

Red Pesto 170g	£1.89	GVW
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GLUTEN FREE & WHEAT FREE

BISCUITS & CRACKERS

ITEM DESCRIPTION

PRICE

ORGRAN

Onion & Chive Crispbites 100g	£1.99	DEGVWY
Orgran Corn CrispBread 200g	£2.39	DGVW

BIONA

Organic Rice Cakes No Salt	£0.95p	GO
Organic Corn Cakes No Salt	£1.19	O

VILLAGE BAKERY

Apricot, Date & Sultana Bars 150g	£2.15	GW
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PRESERVES & SAUCES



ITEM DESCRIPTION

PRICE

MERIDIAN

Morello Cherry Fruit Spread 284g	£2.09	DGVWY
Blueberry Fruit Spread 284g	£2.09	DGVWY
Organic Pumpkin Seed Butter 170g	£2.09	DGWO
Organic Cashew Nut Butter 170g	£2.79	DEGVWO
Organic Salad Cream 250ml	£1.99	DGWO
Organic Tomato Ketchup 285g	£1.39	DEGVO
Date Syrup 250ml	£1.99	DEGVW
Organic Blackstrap Molasses 350g	£1.19	DEGV

GLUTEN FREE & WHEAT FREE BREAKFAST CEREALS

ITEM DESCRIPTION

PRICE

DOVES FARM

Organic Gluten-Free Cereal Flakes 375g	£2.89	GW
Organic Cornflakes 375g	£2.30	GVW

NATURE'S PATH

Organic Breakfast Cereals Crispy Rice 284g	£2.79	GW
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GLUTEN FREE & WHEAT FREE - MISCELLANEOUS

ITEM DESCRIPTION	PRICE	
Orgran Garden Vegetable Soup-For-Cup 2x12g	£1.65	DGW
Free & Easy Gluten Free Vegetable Gravy Sauce Mix 130g	£1.76	GW
Vecon Concentrated Vegetable Stock 125g	£1.87	DGVW

FLOUR & BAKING

GOODNESS FOODS

Potato Flour 500g	£1.54	GVW
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DOVES FARM

Gluten Free Plain White Flour 1kg	£2.13	GVW
Gluten Free White Bread Flour 1kg	£2.25	DGVW
Rice Flour 1kg	£1.60	GVW
Gram Flour 1kg	£1.75	GVW
Organic Baking Powder 110g	£1.46	GVW



GENERAL HEALTH FOODS –VEGETARIAN

ITEM DESCRIPTION	PRICE	
Organico Spelt Bread Sticks 120g	£2.19	VO
Biona Organic Corn Cakes No Salt	£1.19	VO
Biona Organic Basmati Rice 500g	£2.70	VO
Biona Organic Peanut Butter 250g	£2.20	VO
Granrose Soya Mince	£1.45	V
Granrose Meat Free Sausage Mix	£1.45	V
Granrose Meat-Free Burger Mix 175g	£1.45	V

GENERAL HEALTH FOODS –VEGETARIAN (CONTINUED)

ITEM DESCRIPTION	PRICE	
Granrose Soya Milk	£1.35	GV
Just Wholefoods Organic Soup-in-a-Mug, Tomato & Basil 4x17g	£1.33	VO
RYE BREADS		
Biona Organic Pumpkin Seed Rye Bread 500g	£2.09	VWO
Biona Organic Wholemeal Rye Bread 500g (With Sunflower Seeds).	£2.09	VO

GENERAL HEALTH FOODS – CORDIALS, JUICES & HERBAL TEAS

ITEM DESCRIPTION	PRICE	
Thorncroft Wild Nettle Cordial 375ml	£2.97	V
Thorncroft Wild Elderflower Cordial 375ml	£2.91	V
Thorncroft Pink Ginger Cordial 375ml	£2.97	V
Sunsweet Californian Prune Juice 1ltr	£3.53	V
Clipper Organic Rooibos Tea 40 Bags	£1.99	VO
Clipper Organic White Tea & Lemon 25 bags	£1.69	VO
Clipper Organic Fennel Herbal Tea 20 bags	£1.30	VO
Clipper Organic Nettle and Mint Tea 20 bags	£1.30	VO
Clipper Organic Indian Chai Tea 20 bags	£1.75	VO
Clipper Organic & Fairtrade Green Tea 25 bags	£1.49	VO
Clipper Organic Nettle Tea 20 bags	£1.25	VO
Clipper Organic Sleep Easy Tea 20 Bags	£1.25	VO
Clipper Ayurvedic Detox Tea 20 bags	£1.99	VO
Hambleden Infusions, Hibiscus 20 bags	£1.89	VO
Hambleden Infusions Rosehip 20 bags	£1.89	VO

VIRIDIAN—VITAMINS, MINERALS, HERBAL SUPPLEMENTS.

Founded in 1999 Viridian is mostly organic and committed to being an ethical producer of vitamins and minerals. All of their products contain 100% active ingredients, no additives, and are produced in the UK. Vegan & Vegetarian. Gluten Free, Wheat Free, Lactose Free, Yeast Free.

IMPROVE YOUR DIGESTION

VIR475 ~ Bromelain 30 caps	£8.50
VIR880 ~ Licorice Root 30 caps	£6.75
VIR875 ~ Oregon Grape Root 30 caps	£6.60
VIR815 ~ Dong Quai Root Extract 30 caps	£5.75
VIR470 ~ High Potency Digestive Aid 30 caps	£6.75

VITAMIN & MINERAL SUPPLEMENTS

VIR250 ~ High Five B-Complex/Mag. Ascorbate 30caps	£6.10
VIR270 ~ Vitamin D2 1000iu 30caps	£5.25
VIR125 ~ ViriKid Multivitamin and Mineral 90 Minicaps	£14.30

BOOST YOUR IMMUNE SYSTEM

VIR395 ~ Grapefruit Seed Extract 30 caps	£7.70
VIR820 ~ Echinacea Root and Leaf 30 caps	£6.90
VIR845 ~ Rhodiola Rosea Root Extract 30 caps	£7.10
Vir380 - Quercetin & B5 30 caps	£6.20

HERBS

VIR935 ~ Herbal Female Complex 30 caps	£7.30
VIR853 - Rosehips 30 caps	£6.75
Vir815 - Dong Quai 30 caps	£5.85



We stock an extensive range of Viridian products. Further details are available on request.

NATURAL CLEANING PRODUCTS

Bio-D are a UK company, dedicated to promoting the use of hypoallergenic, environmentally responsible detergents that have a minimum impact on the ecosystem both in their use and in their manufacturing process. Where possible, all raw materials are plant-derived and are obtained from renewable sources. Approved by the Vegan Society.

ITEM DESCRIPTION	PRICE
Bio-D Multi-Surface Cleaner 1ltr	£2.55
Bio-D Washing-Up Liquid 1ltr	£1.92
Bio-D Laundry Liquid 1ltr	£3.83
Bio-D Washing Powder 2kg	£6.85
Bio-D Toilet Cleaner 750ml	£1.99

FEMININE HYGIENE

Natra Care Feminine Hygiene - Created by Susie Hewson in 1989 who was concerned about the damaging effects of dioxin pollution on women's health. The Natracare range is 100% cotton and their panty liners are 95% biodegradable.

ITEM DESCRIPTION	PRICE
Organic Cotton Applicator Tampons, Regular (16)	£2.69
Organic Cotton Applicator Tampons, Super (16)	£2.79
Organic Non Applicator Tampons, Regular (20)	£2.39
Organic Non Applicator Tampons, Regular (20)	£2.49
Non Applicator Tampons, Regular (10)	£1.52
Non Applicator Tampons, Super (10)	£1.59
Ultra Pads Regular with Wings x 14	£2.19
Ultra Pads Super with Wings x 12	£2.19

WHAT ELSE DO WE DO?

At Amitayus Wellbeing we stock an extensive range of skincare products that can be found in our separate catalogue.

Did you know that we also provide an extensive range of complementary therapies using our multi-disciplined team of experts.

Treatments include:

Acupuncture
Aromatherapy
Bowen Technique
Reflexology
Indian Head Massage
Physiotherapy
Western Herbal Medicine
Hot Stone Massage
Reiki
Iridology
Counselling
Holistic Facials
Foot Healthcare
Life Coaching

More details can be found on our website www.amitayus-wellbeing.co.uk

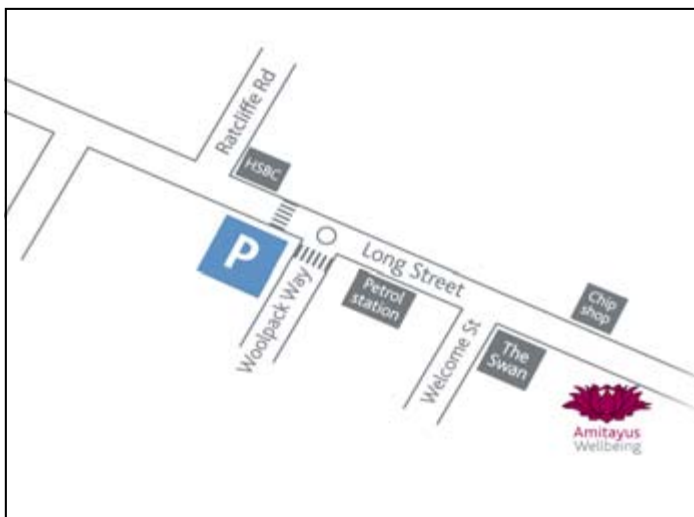
JOIN OUR MEDITATION LESSONS:

TUESDAY EVENINGS 7pm-8pm

WEDNESDAY LUNCHTIME 1pm-1.45pm

Call for availability and prices.

Where to find us:



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