

Nordic Group

The Nordic Group, which includes Nordic Laboratories, Nordic VMS and Nordic Clinic, is intent on incorporating a functional medicine approach into modern health practice. Established over 25 years ago, this passion for health and sustainability is reflected in everything we do.

Nordic Laboratories

Nordic Laboratories was founded in 1998 with the goal of providing patients and practitioners with clear, reliable laboratory test results. Since then, we've become a worldwide laboratory test distributor. We are entirely independent, and as a result, are able to choose laboratory assessments from a wide range of suppliers, based on the individual quality and value of each test. Our clients receive these tests promptly and have access to the highly qualified members of the Nordic team.

www.nordic-labs.com

Nordic VMS

Nordic VMS is an online patient management system that is free to use for both practitioners and patients. Its aim is to help medical practitioners better manage their patients, their practice and their time. Registered practitioners can create patient notes, protocols and order selected tests and supplements for their patients through this one secure location. The patient site gives patients access to their treatment protocols, prescribed tests and supplements, and they can pay online for products delivered directly to their door.

www.nordicvms.com

Nordic Clinic

Nordic Clinic is a high profile clinic offering health treatment and support to patients throughout Scandinavia. Our team of medically trained practitioners is committed to provide the Scandinavian public with a valued alternative to national health services.

Our clinicians continue further medical training within their field and beyond. By communicating with the media and with political decision makers, we actively promote a functional medicine focus for individuals and society as a whole.

www.nordicclinic.com



The Nordic Smoothie

The nutrition behind our mission

Our Nordic breakfast smoothie is somewhat legendary within Nordic Group. It started life as a simple, easy to make recipe that we could recommend to a lot of our patients in Nordic Clinic as a daily nutritional base for a very wide range of patient needs. It became the everyday breakfast in the family home of Chris and Anne Catherine, our company founders, and has become well known amongst the many folk in the global functional medicine community who have benefited from their hospitality over the years. It's also become a firm favourite in Nordic offices around the globe. You could say it powers all of our efforts on our mission to help nurture and support the functional medicine community around the world. So that's why we're sharing it with you.

*Simple, easy nourishment.
Use it yourself. Pass it on.*



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Our smoothie philosophy

“Above all do not forget your duty to love yourself”

So said the Danish philosopher Søren Kierkegaard.

He was pretty big on loving other people too. We never got to make him our smoothie but we've never had anyone disappointed. It's designed to fill you with the good stuff our bodies need every day and taste great to raise an outer smile as well. Our aim is to include as much of our daily nutritional needs as we can in bioavailable forms. It's got a mix of nutritionally rich food ingredients like berries, avocados, banana, spinach and oils. All topped off with a mix of some of the nutritional supplements we think most bodies can really get a boost from in our everyday diets.



Find out more - what's inside?

At Nordic Health we seek out high quality supplements which have been well researched and designed to meet the nutritional needs they are designed for. Our breakfast smoothie contains a few supplements we think are particularly valuable for everyday nutrition and health.



Nuzest Clean Lean Protein

A premium pea protein in four flavours. We've used this in Nordic Clinic for a long time since the warm water extraction process means more of the protein is extracted from the pea than in other protein powders. This means less Lectin and greater digestibility so more of the amino acids find their way to where our bodies need them.



Nuzest Good Green Vitality

75 ingredients are chosen to provide bio available sources of the minerals, nutrients, enzymes, probiotics, plant extracts etc that our 12 body systems need each day. A powerful foundation for everyday nutrition. And it actually tastes pretty good as well.



Broccolox®

The health benefits of sulforaphane are becoming increasingly well known with emerging evidence of its role in detoxification, immune system boosting, cholesterol management and enzyme regulation. A 1g serve of Broccolox® is equivalent to 12g of broccoli sprouts providing a rich daily source of this valuable nutrient.



Nucleotides

Nucleotides are the building blocks of our DNA and RNA. They are essential for cell renewal in cells with a rapid turnover such as gut lining cells, red blood cells, good gut bacteria and immune system cells. Nucleotides contains all 5 nucleotides (from the pyrimidine and purine groups) that are required for the formation of DNA and RNA.



Bio-D-Mulsion Forte™

Vitamin D has multiple roles in the body, helping to maintain the health of bones and teeth, support the health of the immune system, brain, and nervous system. Vitamin D oil has been dispersed into microscopic particles to aid absorption and assimilation.



Organic & Grass-fed Bone Broth

Organic & Grass-fed Bone Broth Collagen is sourced from free-range Nordic and grass-fed cattle from ecologically sustainable agriculture. The specially patented manufacturing process ensures a high content of protein, collagen, and essential amino acids in easily absorbed form while preserving the hyaluronic acid. Collagen is the most abundant protein in the body and makes up over a third of all tissue. This protein is a critical component of skin, hair, connective tissue, tendons, muscles, and more. The product is extremely digestible and is well tolerated.



ActiGreen™ Original Green Tea Powder

offers a convenient way to obtain the active constituents of Green Tea in a readily absorbed form. With its documented content of Catechins (2-3 times stronger than an average cup of green tea) and the potent antioxidant compound EGCG (epigallocatechin gallate), ActiGreen™ provides strong antioxidant benefits.



SporeBiotic

SporeBiotic is a 100% spore-based, broad-spectrum probiotic clinically shown to maintain healthy gut barrier function. Because of their endospore coat, Bacillus spore probiotics are resilient probiotic strains that survive the low pH of the gastric barrier, allowing the entire dose of ingested bacteria to reach the intestines intact. Spores make a potent impact in the gut since the spore population in the gut is low enough that the 4 billion spores added each day through SporeBiotic will make a potent impact on the sensory systems in the gastrointestinal tract to create beneficial effects.

To find out more about these supplements or order some for you or your patients go to www.nordicvms.com and login or register as a practitioner.