

## Nordic Group

The Nordic Group, which includes Nordic Laboratories, Nordic VMS and our Nordic Clinics, is intent on incorporating a functional medicine approach into modern health practice. Established over 25 years ago, our aim is to support and promote individualised healthcare through an unwavering commitment to scientific integrity, innovation and doing what is best for the patient.

### Nordic Laboratories

Nordic Laboratories was founded in 1997 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 wherever they are in the world.

[www.nordic-labs.com](http://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](http://www.nordicvms.com)

### Nordic Clinics

Our team of medically trained practitioners at our high-profile Nordic Clinics are committed to provide health treatment and support to patients, giving the public 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.

Since opening our flagship clinic in Copenhagen in 2002, we have grown our network of clinics around Europe. We now also have clinics in Stockholm, Helsinki, Porto and Lisbon with plans to open more in the near future.

[www.nordicclinic.com](http://www.nordicclinic.com)



[www.nordichealthfood.com](http://www.nordichealthfood.com)

#### Head Office:

Nygade 6, 3.sal  
1164 Copenhagen K  
Denmark  
Tlf: +45 33 75 10 00

#### South Africa Office:

Indiwell, 9a Blackpool Rd  
Bryanston, 2191 Johannesburg  
South Africa  
Tel: +27 825 725 725

#### UK Office:

11 Old Factory Buildings, Stonegate  
East Sussex, TN5 7DU  
United Kingdom  
Tel: +44 (0)1580 201 687



# The Nordic Smoothies



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

# What's inside?



## 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, broadspectrum 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.

*Tip!*

In Denmark we are fortunate to find lots of frozen vegetables in the supermarkets, even organic ones. If you cannot find this, do make your own. Freezing veggies helps break down the cellulose, making the food easier to blend, as well as adding coldness to the smoothie for a greater organoleptic experience.

# How to create our Brownie Smoothie



## Ingredients to serve 2



25g Brown Mushrooms or other type (preferably frozen)



1 Chunk of Jerusalem Artichoke (preferably frozen)



100g Frozen Cauliflower



1 Banana



1/2 Avocado



1 tbsp Cocoa Powder



2-2 1/2 Scoops of Chocolate Clean Lean Protein



1 Scoop Good Green Vitality



4 Drops of Bio-D-Mulsion Forte™



2 Scoops of Broccolox



2 Scoops of Nucleotides



4 capsules (opened) SporeBiotic



4 scoops of Bone Broth



Water, almond or coconut milk - how much depends on how you prefer the consistency.

Combine all the ingredients in a blender and blend until smooth.

Serve in a glass or a bowl, perhaps with sprinkles of nuts, seeds, berries or oats. Enjoy!

Note: Green Tea is omitted as Cocoa Powder gives energy.

# How to create our Purple Explosion Smoothie

---



## Ingredients to serves 2



75g Frozen  
Beetroot



100g Frozen  
Berries of your  
Choice



25g Frozen  
Spinach or Broccoli



1 tbsp Dried Acai or  
Cranberry



1/2 Avocado



2-2 1/2 Scoops of  
Wild Strawberry  
Clean Lean Protein



1 Scoop Good  
Green Vitality



4 scoops of  
Bone Broth



2 Scoops of  
Nucleotides



2 Drops of  
Bio-D-Mulsion Forte™



4 capsules (opened)  
SporeBiotic



Water, almond or coconut milk - how much  
depends on how you prefer the consistency

Combine all the ingredients in a blender and blend until smooth.

Serve in a glass or a bowl, perhaps with sprinkles of  
nuts, seeds, berries or oats. Enjoy!

Note: Broccolox® and Green Tea are omitted to ensure the impressive purple colour of the smoothie.  
You can take these separately.

# How to create our Sunday Greenie Smoothie

---



## Ingredients to serve 2



25g Cucumber



25g Courgette



1 tsp Fresh Ginger



1/2 Avocado



2-2 1/2 Scoops of  
Wild Strawberry  
Clean Lean Protein



1 Scoop Good  
Green Vitality



2 Scoops of  
Broccolox®



2 Scoops of  
Nucleotides



4 scoops of  
Bone Broth



2 Sachets of  
Green Tea



Water, how much depends on how you  
prefer the consistency

Combine all the ingredients in a blender and blend until smooth.

Serve in a glass for a fresh feeling, enjoy!

# How to create our Good Morning Sunshine Smoothie



## Ingredients to serves 2



100g Frozen  
Cauliflower



100g Frozen  
Mango



1/2 Unwaxed Lemon  
with Peel



1 tsp Fresh Ginger



1/2 tsp Turmeric  
(Powder or Fresh)



A little ground  
pepper



2-2 1/2 Scoops of  
Vanilla Clean Lean  
Protein



2 Scoops of  
Nucleotides



4 Drops of Bio-D-  
Mulsion Forte™



4 scoops of  
Bone Broth



4 capsules (opened)  
SporeBiotic



Water, almond or coconut milk - how much  
depends on how you prefer the consistency

Combine all the ingredients in a blender and blend until smooth.

Serve in a glass or a bowl, perhaps add a bit of coconut  
yoghurt and sprinkles of coconut on top. Enjoy!

Note: Broccolox®, Good Green Stuff and Green Tea are omitted to ensure the vibrant sunshine colour of the smoothie. You can take these separately.

# How to create our Nordic Classic Smoothie



## Ingredients to serve 2



100g Frozen Forest  
Berries



1/2 Banana



50g Frozen Spinach



1/2 Avocado



1 Scoop Good  
Green Vitality



4 Drops of Bio-D-  
Mulsion Forte™



2-2 1/2 Scoops of  
Wild Strawberry  
Clean Lean Protein



2 Scoops of  
Nucleotides



4 capsules (opened)  
SporeBiotic



2 Scoops of  
Broccolox®



2 Sachets of  
Green Tea



4 scoops of  
Bone Broth



Water, almond or coconut milk - how much  
depends on how you prefer the consistency

Combine all the ingredients in a blender and blend until smooth.

Serve in a glass or a bowl, perhaps with sprinkles of  
nuts, seeds, berries or oats. Enjoy!