



## The Lifestyle Package

\$217.80 AUD / per month

All programs run for a minimum of 4 months.

This package includes:

1. All inclusions within [The Healthstyle Emporium Program](#)
2. Monthly check in with one of our Emporium Coaches.
3. One child receives whole food nutrition for free, for 4 months.
4. 120 chocolate &/or vanilla shakes (1 for every day of your program) made of vegan, gluten free, whole foods from real fruits & vegetables, concealed with natural vegan chocolate & vanilla.
5. Fruit & vegetable capsules with 100% natural concentrates from 20 different fruits & vegetables (no antioxidants included).

### The next best thing to fruits & vegetables.

Our mission is to have all clients flooding their bodies with the essential whole food that will maximise their health. Nourishing the body with all the delicious essential phytonutrients, enzymes, minerals & vitamins needed for optimal functioning body systems... has seriously never been so easy.

Who can say they eat over 25 serves of fruit & veg everyday? The Emporium Package helps bridge the gap between what you should eat and what you do eat every day with additional nutritional boosts at snack time.

### Capsules

Made from quality ingredients carefully monitored from farm to capsule to provide natural nutrients your body needs to be at its best. Remove the H2O from fruits and vegetables and what do you have left? Nutrients – including healthful antioxidants. Our Fruit, Vegetable and Berry capsules contain powers from 7 fruits, 10 vegetables and grains that offer whole food based nutrition.

### Shakes

Helping you achieve a balanced diet and healthy lifestyle, providing whole food nutrition in convenient shakes. Ideal for fitness nutrition or as part of your everyday health routine, our shakes have the nutrients, protein, and fibres of whole foods to keep you going all day long. Perfect if you need a quick breakfast or a healthy alternative snack.

### This package is perfect for you if:

You dislike, or find it hard to consume the required amount of fruit & veg you need every day for optimal health.

- You struggle for snack ideas or are always on the run
- You need to increase energy throughout the day
- You are trying to take control of your cravings
- You are wanting to improve the condition of your hair & nails
- You're after continual balanced and restful night sleep
- You suffer from irritable bowel syndrome or other gut health issues (including bloating & cramping)
- You're looking to boost your immune system
- You're wanting to decrease body fat percentage