

FRANKIE & ROSE

YOU'LL FEEL LIKE DANCING



✓ Reduce Inflammation

✓ Reduce Pain

✓ In Auto Immune Conditions

✓ Reduce Anxiety

✓ Improve Mental Performance

✓ Heart Health

Skin Conditions ✓

Improve Digestion ✓

Liver Support ✓

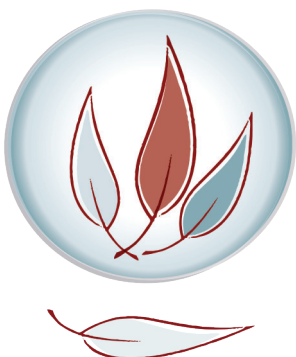
Blood Sugar Balance ✓

Improve Circulation ✓

Immune Support ✓

500g and 250g

Healing Naturally WA



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Reduce Inflammation Naturally with our Premium Frankincense Blend

LET YOUR FOOD BE YOUR MEDICINE

100% CERTIFIED ORGANIC INGREDIENTS:

Frankincense, St Mary's Thistle*, Rosehips*

Ashwagandha*, Mesquite*, Lucuma*.

• Indicates Certified Organic Ingredients.

DOSE RATE:

Adults 70kg : 10g or roughly 2 heaped teaspoons twice per day

Children (30kg) : 5g (1 heaped teaspoon) twice per day

DIRECTIONS FOR USE

CREATE A COMFORTING HOT DRINK:

Put 1 cup of near boiling hot water into your blender, add 1 teaspoon of Frankie & Rose, add coconut cream or your favourite milk and if required, sweeten with a little honey or for a zero calorie option, sweeten with Monk Fruit, blend briefly, pour into your favourite mug, sprinkle a little cinnamon on top. Enjoy!

CREATE A DELICIOUS ICED TEA:

Put 1/8 cup of near boiling hot water into your blender, add 1 teaspoon of Frankie & Rose, blend briefly, add almond milk or your favourite milk, a few ice cubes and if required, sweeten with a little honey or for a zero calorie option, sweeten with Monk Fruit, blend again, pour into your favourite tall glass, sprinkle a little cinnamon on top. Enjoy!

- ✓ Add to your favourite smoothie blends
- ✓ Stir into yoghurt
- ✓ Incorporate into your baking; muffins, cookies, slices, bliss balls
- ✓ For a super inflammation reducing option, combine with our GoldnZing.



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