

# Creeds

super natural nutrition



Creeds is not just another health shop – it offers only that which, in the opinion of Sally-Ann Creed, is *the* most superior range of supplements. There is an emphasis on natural whole foods. Sally-Ann, with 11 years experience in recommending optimal nutrition, has now launched a specialist boutique health store that *you* can believe in. Creeds also offers health talks, consultations, an organic box scheme, a library and more...

Sally-Ann Creed developed a passion for helping others when she herself recovered from decades of intractable, drug-resistant chronic illness by nutritional intervention and targeted supplementation. She soon qualified as a Clinical Nutritionist and has built up a considerable practice. She also has a large following of subscribers to her monthly health newsletter. Her 2002 book "Let Food be your Medicine", now in its third updated reprint, has remained a best-seller and has made her known internationally. Her personal website ([www.sallyanncreed.co.za](http://www.sallyanncreed.co.za)) is the largest independent health website in the country and it is still growing! Sally-Ann regularly writes for major South African magazine publications and she has appeared on radio talk shows and television. She has been invited to address health conferences and seminars in the UK, United States, Australia, Canada, Zimbabwe and throughout South Africa. Having used and recommended nutritional supplementation over the years and having kept up-to-date



with cutting edge international research and development Sally-Ann began to feel the need to produce her own range of products in keeping with modern trends. Hence the Creeds label. For example Creeds Ultimate Omega-3 Fish Oil is Sally-Ann's response to the rampant incidence of inflammatory disease conditions such as asthma, arthritis, heart disease and eczema. This product may also be pivotal in the treatment of ADD/ADHD and improving memory. Sally-Ann sources only pharmaceutical grade fish oils – free of all mercury, DDT, PCBs and dioxins. Hers are products you can certainly believe in.



## Solgar

Solgar have been committed to bringing innovative products to the natural health industry for 60 years. Quality and consistency are so important and they are one of the few companies that control all aspects of manufacturing from raw material to distribution of finished product. Innovation, science, quality and education are the cornerstones of our industry and are what Solgar bring to the independent health store and their customers.

Garden of life. This is a unique range of product formulations developed by world-renowned doctor and nutritionist, Jordan Rubin - author of "The Maker's Diet". These whole-food based supplements have nutritional integrity because they contain all the micronutrients found in whole foods, and have the additional benefit of being produced from the best organically grown, nutrient-dense whole foods from around the world.

## Garden of Life





## Organic *selection*

The finest organic foods from around the world are available at Creeds - flours, grains, nuts, seeds, sauces, salts, seasonings, biscuits, nut butters, chutneys, olive oils, bouillon cubes, drinks, pastas, gluten-free foods, yoghurts, cheeses, fresh vegetables, prepared foods, coffee, tea, cocoa, chocolate, sweet treats – and much more.

## Manna

Manna. Blood sugar control at it's best – Manna provides a clinically tested nutritive supplement for those who are diabetic, those wishing to lose weight or balance blood sugar and reduce sweet cravings. This 100% organic product can be taken in powder or tablet form. Manna is a locally produced product and may be helpful in addressing obesity.





# Viridian

Viridian. Raw materials are carefully sourced in order to obtain the best available ingredients. Wherever possible organic produce is used – no chemical sprays or artificial fertilizers are used in growing the foods and herbs used in these formulations.

Comvita. This extensive, high quality range comes from New Zealand. It has a global reputation for being a premium healthcare range of products. The company is committed to the development of innovative natural products based on scientific research. Manuka honey is sourced from New Zealand's remote, pollution-free indigenous forests and is world-renowned for its distinctive flavour. No first-aid cabinet would be complete without the range of medicinal, antibacterial products derived from this famous honey.

# Comvita





# Miessence

The Miessence® products were the first comprehensive range of certified organic skin, hair, cosmetic and body care products on the planet. They have the seal of approval of one of the world's leading certification bodies (the Biological Farmers of Australia) - your guarantee of the authenticity of their claim to having truly natural and organic origins.

# The Victorian Garden

The Victorian Garden. A range of over 100 products, all organic and environmentally safe, is a delight to all five senses. Remarkably pure, this range is free from petrochemicals, parabens and SLES – very important in today's toxic environment. A very affordable range for young and old alike. There are products for the whole family.



More than just a health store, Creeds offers real lifestyle options which can help you live more healthily. There is a lending library with books, CDs, DVDs, videos and magazines. A dedicated PC with information on health, put together by Sally-Ann, is available for browsing. Regular talks on health topics, nutrition courses, cookery demonstrations, weight-loss workshops and personal coaching all take place at Creeds. Subscriptions to e-newsletters, free in-store newsletters and regular recipe updates are always available. Creeds is a lifestyle store – an entire experience.

## Resource Centre



The need for a luxury box scheme is long overdue – so Creeds has put together the first “mixed” box scheme! Each week you will receive a gorgeous mixture of fresh, organic fruit and vegetables in season.

## Creeds Box Schemes

We offer large and small Organic Boxes, Health Boxes, Baby Boxes, ‘The Dog Box’ and ‘The Cat Kit’ (our pets need to be healthy too!), and various other box schemes. Visit our website ([www.creeds.co.za](http://www.creeds.co.za)) for regular news and updates. Don't forget to enquire about our Loyalty Card.



# creeds

super natural nutrition

Shop B5, Steenberg Village, Tokai 7945 Tel: 021 702 0036  
info@creeds.co.za www.creeds.co.za

