

Glowming

Ingredients and Benefits



Glowming enhances your well-being with all-natural health drinks crafted for nourishment, effectiveness, and great taste. Each flavour combines premium ingredients like psyllium fibre, L-Carnitine, glutathione, green tea extract, and marine collagen to support cleansing and vitality. Fat-free, keto-friendly, and free from added sugar or artificial sweeteners, Glowming is FDA- and Halal-approved and comes in convenient powder sachets.

Glow from within with Glowming!



www.glowming.co.za





POMEGRANATE

Pomegranate Powder Drink

Ingredients: Pomegranate Fruit Extract, Psyllium Husk Seed Powder, Chia Seed, Green Tea Extract, Moringa Leaves Powder, L-Carnitine, Glutathione, Marine Fish Collagen, Garcinia Cambogia Fruit Extract, Grape Seed Extract, African Mango Fruit Extract, Stevia.

Unit Wt: 10 sachets x 20g (200g)

NUTRITION FACTS

Amount Per Serving: 20 grams
Per Pouch: 200 grams (10 Sachets)
Calories: 30

		%RENI
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	*
Cholesterol	0mg	0%
Sodium	150mg	30%
Total Carbohydrates	19g	25%
Dietary Fiber	0g	0%
Sugar	1.4g	1%
Total Protein	< 1g	0%

%RENI values are based on 2002 FNRI Reference adult requirement of 19-29 years old.

*RENI not established

INGREDIENTS AND BENEFITS LIST

Pomegranate Extract

This super-fruit is loaded with antioxidants such as punicalagins and vitamin C. It helps reduce inflammation, lower blood pressure, and improve heart health. In addition to its anti-aging properties, it also supports blood flow and digestion.

Psyllium Husk Extract

A rich source of soluble plant fibre that supports digestive health, strengthens the gut barrier and helps flush out microplastics. Since it absorbs liquid in the body, it promotes a feeling of fullness. Commonly used as a natural laxative, it may also help to relieve diarrhoea and reduce triglycerides, cholesterol, blood sugar, and blood pressure levels.

Glutathione

A powerful antioxidant that supports immune function and cellular repair. It helps reduce melanin production, promoting brighter and more radiant skin, especially when combined with Vitamin C.

Marine Collagen

Sourced from the cartilage and connective tissue of fish, collagen is essential for maintaining skin elasticity, hydration and firmness. This complete protein minimises wrinkles, strengthens hair and nails and promotes an overall youthful, glowing appearance by supporting skin regeneration.

Green Tea Extract

Rich in a polyphenol called catechin, it boosts metabolism and supports fat burning, especially when combined with exercise. It also helps to regulate appetite and reduction of abdominal fat.

L-Carnitine

This amino acid supports brain function, heart health and enhanced performance and recovery during exercise. Also assists weight loss since it helps transport fatty acids into your cells to be burned for energy.



Grape Seed Extract

Rich in antioxidants such as flavonoids, grape seed extract helps combat oxidative stress, supports cardiovascular health, and promotes collagen production. It also enhances blood circulation and may protect against chronic illnesses.

African Mango Extract

Known for appetite control and fat reduction, it helps regulate cholesterol, stabilize blood sugar, and improve metabolic health making it beneficial for overall weight management.

Chia Seeds

A great source of vitamins, minerals and antioxidants, chia seeds are high in fibre, protein and omega-3 fatty acids. They may also aid in digestion, reduce inflammation, and curb appetite by making you feeling full for longer.

Garcinia Cambogia

A tropical fruit that may aid in weight management by suppressing appetite and lowering cholesterol. It can also support joint health, improve digestive function, and help regulate blood sugar and cholesterol levels.

Moringa

Hailed as one of the most nutritious plants in the world, it is a powerful antioxidant that helps boost energy, cognition, sex drive and mood, plus it balances blood sugar. Protects cells from free radical damage since it is packed with essential vitamins including A, C, and E.

Stevia (Steviol Glycoside)

A 100% all-natural, zero-calorie sweetener made from the leaves of the Stevia plant. Offers a healthier alternative to refined sugar or artificial sweeteners. With no impact on blood sugar levels and a clean, natural profile, Stevia allows you to enjoy the sweet flavours of our drinks without compromising your health.

RECOMMENDED SERVINGS

The aforementioned ingredients did not exceed the recommended daily allowance. The maximum serving size of product is two (2) sachets per day. The ingredients that have a cleansing and detoxification properties are green tea, garcinia cambogia, and psyllium husk. In this case, drinking plenty of water is necessary to ensure proper hydration, aid in the digestion and absorption of the product, and support the body's natural detoxification processes.

It is important to follow the recommended serving size and consume the product as part of a balanced diet and healthy lifestyle. It is also advisable to consult with a healthcare professional before incorporating any new dietary supplements into your routine, especially if you have any underlying medical conditions or are taking medication.



CAFE LATTE

Coffee Powder Drink Mix

Ingredients: Non-Dairy Creamer, Coffee Mix (Robusta and Arabica blend), Psyllium Husk Seed Powder, Glutathione, Marine Fish Collagen, Moringa Leaves Powder, Green Tea Extract, L-Carnitine, Okralin Fruit Extract, Garcinia Cambogia Fruit Extract, Aloe Vera Leaf Extract, Stevia.

Unit Wt: 10 sachets x 20g (200g)

NUTRITION FACTS

Amount Per Serving: 20 grams
Per Pouch: 200 grams (10 Sachets)
Calories: 35

		%RENI
Total Fat	1.75g	6%
Saturated Fat	0g	0%
Trans Fat	0g	*
Cholesterol	0mg	0%
Sodium	200mg	40%
Total Carbohydrates	13g	17%
Dietary Fiber	< 1g	1%
Sugar	< 1g	0%
Total Protein	< 1g	2%

INGREDIENTS AND BENEFITS LIST

Non-Dairy Creamer

A lactose-free alternative that adds smoothness and richness to our drinks without the cholesterol, calories and potential allergens found in dairy creamers.

Psyllium Husk Extract

A rich source of soluble plant fibre that supports digestive health, strengthens the gut barrier and helps flush out microplastics. Since it absorbs liquid in the body, it promotes a feeling of fullness. Commonly used as a natural laxative, it may also help to relieve diarrhoea and reduce triglycerides, cholesterol, blood sugar, and blood pressure levels.

Coffee Bean

A flavourful, natural source of caffeine that boosts energy and enhances mental alertness and weight management. Contains several antioxidants and may help lower your risk of type 2 diabetes, depression and liver disease.

Glutathione

A powerful antioxidant that supports immune function and cellular repair. It helps reduce melanin production, promoting brighter and more radiant skin, especially when combined with Vitamin C.

Marine Collagen

Sourced from the cartilage and connective tissue of fish, collagen is essential for maintaining skin elasticity, hydration and firmness. This complete protein minimises wrinkles, strengthens hair and nails and promotes an overall youthful, glowing appearance by supporting skin regeneration.

Green Tea Extract

Rich in a polyphenol called catechin, it boosts metabolism and supports fat burning, especially when combined with exercise. It also helps to regulate appetite and reduction of abdominal fat.



Aloe Vera Extract

High in antioxidants and vitamin C, aloe vera may improve skin elasticity, boost immunity, and soothe the digestive tract. Research suggests it may stimulate collagen production and combat signs of aging due to its hydrating mucopolysaccharides.

Okra Extract

A natural source of fibre, vitamins, and antioxidants, it aids in lowering cholesterol, regulating blood sugar levels and supporting gut health. Also helps reduce inflammation, bloating and improves nutrient absorption.

L-Carnitine

This amino acid supports brain function, heart health and enhanced performance and recovery during exercise. Also assists weight loss since it helps transport fatty acids into your cells to be burned for energy.

Garcinia Cambogia

A tropical fruit that may aid in weight management by suppressing appetite and lowering cholesterol. It can also support joint health, improve digestive function, and help regulate blood sugar and cholesterol levels.

Moringa

Hailed as one of the most nutritious plants in the world, it is a powerful antioxidant that helps boost energy, cognition, sex drive and mood, plus it balances blood sugar. Protects cells from free radical damage since it is packed with essential vitamins including A, C, and E.

Stevia (Steviol Glycoside)

A 100% all-natural, zero-calorie sweetener made from the leaves of the Stevia plant. Offers a healthier alternative to refined sugar or artificial sweeteners. With no impact on blood sugar levels and a clean, natural profile, Stevia allows you to enjoy the sweet flavours of our drinks without compromising your health.

RECOMMENDED SERVINGS

The aforementioned ingredients did not exceed the recommended daily allowance. The maximum serving size of product is two (2) sachets per day. The ingredients that have a cleansing and detoxification properties are green tea, garcinia cambogia, and psyllium husk. In this case, drinking plenty of water is necessary to ensure proper hydration, aid in the digestion and absorption of the product, and support the body's natural detoxification processes.

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eHOCO

Chocolate Powder Drink Mix

Ingredients: Non-Dairy Creamer, Cocoa Powder, Glutathione, Marine Fish Collagen, Okralin Fruit Extract, Green Tea Extract, L-Carnitine, Garcinia Cambogia Fruit Extract, Ashwagandha Extract, Psyllium Husk Seed Powder, Moringa Leaves Powder, Grapeseed Extract, Stevia.

Unit Wt: 10 sachets x 20g (200g)

NUTRITION FACTS

Amount Per Serving: 20 grams
Per Pouch: 200 grams (10 Sachets)
Calories: 30

		%RENI
Total Fat	1.75g	6%
Saturated Fat	0g	0%
Trans Fat	0g	*
Cholesterol	0mg	0%
Sodium	191mg	38%
Total Carbohydrates	16g	21%
Dietary Fiber	< 1g	4%
Sugar	< 1g	0%
Total Protein	< 1g	1%

%RENI values are based on 2002 FNRI Reference adult requirement of 19-29 years old.
*RENI not established

INGREDIENTS AND BENEFITS LIST

Cocoa Powder

Apart from its rich, comforting flavour, cocoa is loaded with antioxidants such as polyphenols which may improve cholesterol and blood sugar levels. It is also a source of iron, zinc, and selenium, which support immune health. Cocoa's phytonutrients may enhance mood, regulate energy, and suppress appetite.

Non-Dairy Creamer

A lactose-free alternative that adds smoothness and richness to our drinks without the cholesterol, calories and potential allergens found in dairy creamers.

Psyllium Husk Extract

A rich source of soluble plant fibre that supports digestive health, regulates bowel movements, strengthens the gut barrier and helps flush out microplastics. Since it absorbs liquid in the body, it promotes a feeling of fullness. Commonly used as a natural laxative, it may also help to relieve diarrhoea and reduce triglycerides, cholesterol, blood sugar, and blood pressure levels.

Ashwagandha

A potent adaptogenic herb that helps the body cope with stress and anxiety, enhances mental focus, and boosts energy levels. It may also reduce inflammation, improve sleep quality, and support hormonal balance.

Marine Collagen

Sourced from the cartilage and connective tissue of fish, collagen is essential for maintaining skin elasticity, hydration and firmness. This complete protein minimises wrinkles, strengthens hair and nails and promotes an overall youthful, glowing appearance by supporting skin regeneration.

Green Tea Extract

Rich in a polyphenol called catechin, it boosts metabolism and supports fat burning, especially when combined with exercise. It also helps to regulate appetite and reduction of abdominal fat.



Garcinia Cambogia

A tropical fruit that may aid in weight management by suppressing appetite and lowering cholesterol. It can also support joint health, improve digestive function, and help regulate blood sugar and cholesterol levels.

Glutathione

A powerful antioxidant that supports immune function and cellular repair. It helps reduce melanin production, promoting brighter and more radiant skin, especially when combined with Vitamin C.

Okra Extract

A natural source of fibre, vitamins, and antioxidants, it aids in lowering cholesterol, regulating blood sugar levels and supporting gut health. Also helps reduce inflammation, bloating and improves nutrient absorption.

L-Carnitine

This amino acid supports brain function, heart health and enhanced performance and recovery during exercise. Also assists weight loss since it helps transport fatty acids into your cells to be burned for energy.

Moringa

Hailed as one of the most nutritious plants in the world, it is a powerful antioxidant that helps boost energy, cognition, sex drive and mood, plus it balances blood sugar. Protects cells from free radical damage since it is packed with essential vitamins including A, C, and E.

Grape Seed Extract

Rich in antioxidants such as flavonoids, grape seed extract helps combat oxidative stress, supports cardiovascular health, and promotes collagen production. It also enhances blood circulation and may protect against chronic illnesses.

Stevia (Steviol Glycoside)

A 100% all-natural, zero-calorie sweetener made from the leaves of the Stevia plant. Offers a healthier alternative to refined sugar or artificial sweeteners. With no impact on blood sugar levels and a clean, natural profile, Stevia allows you to enjoy the sweet flavours of our drinks without compromising your health.

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MILKY MATCHA

Matcha Powder Drink Mix

Ingredients: Non-Dairy Creamer, Matcha Extract, Glutathione, Marine Fish Collagen, Okra Fruit Extract, L-Carnitine, Vitamin E, Garcinia Cambogia Fruit Extract, Green Tea Extract, Sakura Extract, Chitosan, Stevia, Zinc.

Unit Wt: 10 sachets x 20g (200g)

NUTRITION FACTS

Amount Per Serving: 20 grams
Per Pouch: 200 grams (10 Sachets)
Calories: 40

		%RENI
Total Fat	2g	3%
Saturated Fat	0g	*
Trans Fat	0g	*
Cholesterol	0g	*
Sodium	35mg	2%
Total Carbohydrates	19g	7%
Dietary Fiber	0g	0%
Sugar	6g	*
Total Protein	< 1g	1%

%RENI values are based on 2002 FNRI Reference adult requirement of 19-29 years old.

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INGREDIENTS AND BENEFITS LIST

Matcha Extract

Made from finely ground green tea leaves, this superfood is high in antioxidants and can help protect the liver, promote heart health, and aid in weight loss. It also contains caffeine which boosts alertness and energy levels.

Non-Dairy Creamer

A lactose-free alternative that adds smoothness and richness to our drinks without the cholesterol, calories and potential allergens found in dairy creamers.

L-Carnitine

This amino acid supports brain function, heart health and enhanced performance and recovery during exercise. Also assists weight loss since it helps transport fatty acids into your cells to be burned for energy.

Garcinia Cambogia

A tropical fruit that may aid in weight management by suppressing appetite and lowering cholesterol. It can also support joint health, improve digestive function, and help regulate blood sugar and cholesterol levels.

Vitamin E

Known for its potent antioxidant properties, it protects skin from free radical damage. This vitamin enhances hydration, improves texture, and reduces signs of aging for a smoother, more radiant complexion.

Glutathione

A powerful antioxidant that supports immune function and cellular repair. It helps reduce melanin production, promoting brighter and more radiant skin, especially when combined with Vitamin C.



Sakura Extract

Derived from cherry blossoms, Sakura extract is celebrated for its skin-brightening and anti-aging properties. Helps fade dark spots, reduce hyperpigmentation, and improve elasticity, leaving skin visibly plumper and more luminous.

Zinc

An essential mineral that supports immune function, wound healing and skin health. It also boosts collagen production, reduces acne and calms inflammation while protecting against oxidative stress.

Marine Collagen

Sourced from the cartilage and connective tissue of fish, collagen is essential for maintaining skin elasticity, hydration and firmness. This complete protein minimises wrinkles, strengthens hair and nails and promotes an overall youthful, glowing appearance by supporting skin regeneration.

Okra Extract

A natural source of fibre, vitamins, and antioxidants, it aids in lowering cholesterol, regulating blood sugar levels and supporting gut health. Also helps reduce inflammation, bloating and improves nutrient absorption.

Green Tea Extract

Rich in a polyphenol called catechin, it boosts metabolism and supports fat burning, especially when combined with exercise. It also helps to regulate appetite and reduction of abdominal fat.

Chitosan

Known for its fat-binding properties, this marine polymer helps reduce fat absorption, supports healthy cholesterol levels, and curbs cravings. A valuable ally in weight management.

Stevia (Steviol Glycoside)

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