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New Leaf Online has over **500** different products for you to purchase. If you can't find what you're looking for [Contact Us](#) and if we have it in stock we'll quickly add it to our online shop so you can enjoy the savings on all your health & sports nutrition purchases.

February SPECIALS ... save up to 46% off RRP! [ONLY WHILE STOCKS LAST!]



[Accelerade Rapid Hydration & Protein Drink 1.736kg powder](#)

- Rapid hydration, more energy, faster recovery.
 - Thirst quenching sports energy with all natural protein!
 - Studies at leading sports science labs show the protein-enhanced Accelerade extends endurance 29% more than a conventional sports drink and 57% more than water.
- [read more >>](#)

RRP \$78.40

\$59.90

save 24%

[BUY NOW](#)



[Life Stream Spirulina 400mg 500 vege-caps](#)

- Rich in nutrients for lasting energy.
 - Helps relieve stress, exhaustion & lack of energy.
 - Helps build immunity & iron levels.
- [read more >>](#)

RRP value

\$99.95

\$74.90

save 25%

[BUY NOW](#)



[Balance Sports Multi plus Antioxidants 100 tablets](#)

- Strengthens the immune system.
 - Speeds recovery.
 - Improves metabolic functions & aids energy utilisation.
- [read more >>](#)

RRP \$41.20

\$35.90

save 30%

[BUY NOW](#)



[Efamol Efalex 240 capsules](#)

- Providing important fatty acids to help maintain eye and brain function.
 - GM Free.
 - Low allergy formula.
- [read more >>](#)

RRP \$57.95

\$43.50

save 25%

[BUY NOW](#)



[Hilde Hemmes Swedish bitters 200ml](#)

- Helps to relieve indigestion symptoms such as heartburn, abdominal discomfort & flatulence (ideal after a heavy meal).
 - Can help with the relief of premenstrual discomfort, menopausal symptoms including night sweats and mood swings.
- [read more >>](#)

RRP \$16.98

\$12.70

save 25%

[BUY NOW](#)



[Spatone Iron Supplement 28 one-a-day sachets](#)

- Reduced chances of constipation / gastro-intestinal side effects, due to high absorption.
 - For mothers, sports people, vegetarians or just active people who are iron deficient.
- [read more >>](#)

RRP \$29.95

\$22.40

save 25%

[BUY NOW](#)



Morlife Organic Barley Grass 1kg fine powder

- 100% organic barley grass powder.
 - No pesticides or herbicides used.
 - Made from young barley shoots grown in the fertile land of New Zealand.
- [read more >>](#)

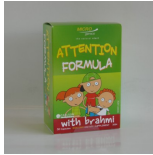
RRP \$72.95
\$51.10
 save 30%
[BUY NOW](#)



Endurox R4 Recovery Drink 2.1kg powder

- Elite level recovery drink for serious athletes into cycling, running, triathlon and swimming.
 - Recover faster, recover better, come back sooner!
 - Patented ratio of carbohydrate to protein (4:1) plus antioxidants, electrolytes & glutamine.
- [read more >>](#)

RRP \$89.60
\$67.20
 save 25%
[BUY NOW](#)



Microgenics Attention Formula with Brahmi 50 capsules

- Helps children improve attention, memory, learning, concentration & other cognitive functions.
 - Helps children relax to make study more enjoyable & improve learning ability.
 - Made in Australia.
- [read more >>](#)

RRP value \$16.95
\$11.60
 save 31%
[BUY NOW](#)



Microgenics Stress Relief St John's Wort 3600 Plus 60 capsules

- Helps with the relief of stress, mild anxiety, nervous tension & mild nerve pain.
 - High potency dose of St John's Wort combined with supporting herbs & herbal oils.
 - Made in Australia.
- [read more >>](#)

RRP value \$32.95
\$21.90
 save 35%
[BUY NOW](#)



Melrose Vitamin C w/ Bioflavonoids Orange Flavour 100g powder

- Assists in the management of wound healing, reducing muscular cramps, promoting healthy bones, teeth, skin & hair.
 - Helps reduce the symptoms of hay fever, allergies & mild upper respiratory tract infections.
 - Helps reduce the severity & duration of cold & flu symptoms.
- [read more >>](#)

RRP value \$7.50
\$10.99
 save 31%
[BUY NOW](#)

Also on Special -

Melrose Vitamin C Calcium Ascorbate 125g powder

Also on special this month & some of our everyday specials ...

- [TNP Quick Fibre Plus Energy Food 375g](#)
- [Endura Sports Energy Gel 35g](#)
- [Endura Energy Bar 60g](#)
- [Endura Sports Energy Gel 35g](#)
- [Horleys Sculpt Advanced Shaping Protein for Women 500g](#)
- [Microgenics Glucosamine 1,500mg Chondroitin Complex 180 tablets](#)
- [Nutra Life Carb Lite Protein 500g](#)
- [Nuun Active Hydration 12 tablets](#)
- [Dymatize Mega Shake/Milk 1.125kg](#)
- [Dymatize Mega Shake/Milk 2.268kg](#)
- [Dymatize Mega Gainer 1.5kg](#)
- [Dymatize Mega Gainer 3.629kg](#)
- [Dymatize Elite Whey Protein Isolate 920g](#)
- [Dymatize Elite Whey Protein Isolate 2.275kg](#)
- [TNP Quick Cleanse 15 Day Detox plus BONUS Quick Fibre 375g](#)

For more Monthly Specials & other Great Prices ... [CLICK HERE!](#)

Article: CREATINE - a Natural Advantage

What is Creatine?

- It's an amino acid created by the liver, kidney & pancreas,
- Naturally occurs in muscle tissue, and
- Functions as a secondary reservoir for short term energy when the primary reservoir of energy (Adenosine Tri Phosphate or ATP) is used up.



Health Benefits of Creatine

Creatine monohydrate may stimulate muscle growth and may increase muscle strength when used in conjunction with a properly designed training program ...

[read more >>](#)



February SPECIAL:

NFS Greenridge Kre-alkalyn pH Correct Creatine 180 caps

- Creatine for those who workout, athletes & regular sports people.
 - Patented pH correct creatine that remains completely stable & reaches the muscle cells at full strength.
 - Optimises strength & aids development of lean body mass.
- [read more >>](#)

RRP \$79.95
\$51.90
 save 35%
[BUY NOW](#)

To browse other Creatine related product information and to make a purchase ... [CLICK HERE!](#)

Bargain BIN discounts at unbeatable prices (ONLY while stocks last)

- [Gen-Tec Pro Lean 1.6kg](#) - **\$46.00** save 60% [1 only]
- [Dymatize Mega Gainer 1.5kg Butter Cream Toffee](#) - **\$18.40** save 60% [1 only]
- [Greenridge BioDefence Infection Fighter 30 tablets](#) - **\$5.40** save 80%
- [Greenridge Chickweed Ointment Cracked & Dry Skin 50g](#) - **\$2.20** save 80% [1 only]
- [Greenridge EverCalm Anxiety & Nerves 200ml](#) - **\$7.50** save 80%
- [Greenridge LiverPlex Detox 100ml](#) - **\$5.00** save 80%
- [Microgenics Echinacea ACE with Zinc 100 capsules](#) - **\$8.60** save 80% [1 only]
- [Microgenics Evening Primrose Oil 1,000mg 200 vegicaps](#) - **\$9.90** save 60%
- [Microgenics Fish Oil 1,000mg 200 vegicaps](#) - **\$4.00** save 80%
- [Microgenics Sounds A Sleep Valerian 2,500mg 60 capsules](#) - **\$6.40** save 80% [2 only]
- [Nutra Life Hi-Omega Flaxseed Oil 200 capsules](#) - **\$6.60** save 80% [2 only]
- [Swisse Men's Ultivite Formula 1 60 vegicaps](#) - **\$7.70** save 80% [1 only]

For all our Bargain Bin deals [CLICK HERE!](#)

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