

# M.A.T.E Multi

From Some of Mother Natures  
Best Ingredients.

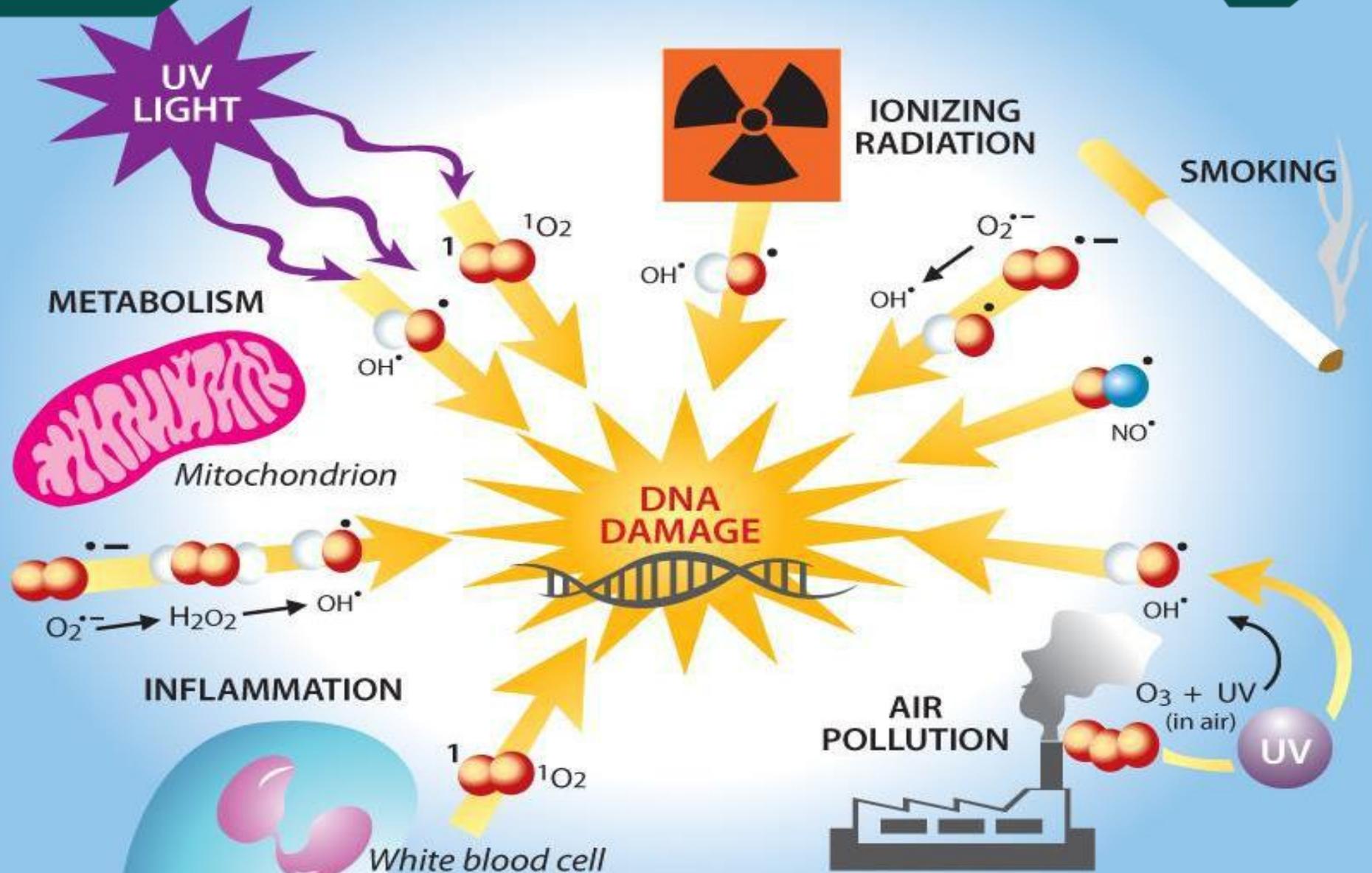


## M.A.T.E MULTI Benefits

M.A.T.E MULTI is a multi-functional supplement formulated from some of nature's richest nutritional ingredients. M.A.T.E Multi contains a broad spectrum of antioxidants, minerals, vitamins, amino acids and other nutrient boosting benefits that :-

- Reduce free radicals formed in the body
- Helps reduce and decrease free radical damage to body cells
- Maintains and supports collagen formation
- Maintains and supports body metabolism and metabolic rate
- Maintains and supports general health and wellbeing
- Assists with connective tissue production and formation
- Maintains a healthy thyroid gland function
- Maintains and supports immune system health
- Maintains and supports healthy immune system function
- Maintains and supports skin health
- Maintains and supports wound healing.

# FORMATION OF FREE RADICALS



# REDUCING FREE RADICALS

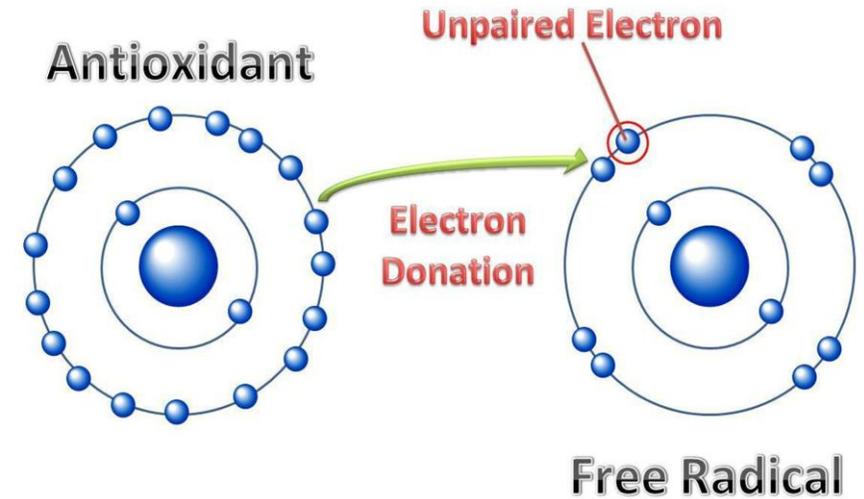
M.A.T.E Multi reduces free radicals and reduces free radical damage to body cells.

Free radicals are highly reactive and unstable molecules that are made by the body naturally as a by-product of normal metabolism or from exposure to cancer and disease-causing substances.

Free radicals can also be made by the body after exposure to radiation, toxins, oxidative stress, pollution, vaping, tobacco smoke, inflammation and ultraviolet (UV) light.

Free radicals have a lifespan of only a fraction of a second, but during that time can damage DNA, sometimes causing mutations that can increase your risk of getting health conditions like heart disease and cancer.

When free radicals don't have antioxidants to keep them in check, they go rogue and cause cellular damage. Antioxidants assist in keeping free radicals under control, but as we get older our cells are exposed to more free radicals, speeding up the ageing process. Your body naturally creates some antioxidants but often needs help with products like M.A.T.E Multi to help counter the build-up of free radicals.



**M.A.T.E Multi supports and maintains metabolism and metabolic rate.**

Metabolism includes all the cellular processes in your body that keep you alive and functioning and the process by which the body changes food and drink into energy.

Even at rest, a body needs energy for all it does. This includes breathing, sending blood through the body, keeping hormone levels even and growing and repairing cells.

The number of calories a body at rest uses to do these things is known as basal metabolic rate, also called basal metabolism.

During menopause, your metabolic rate decreases. As oestrogen levels decrease, there's an increase in levels of body fat. Menopause is also linked with changes in fat and sugar metabolism.

Including M.A.T.E Multi into a healthy, balanced diet, looking after your gut microbiome, getting a good night's sleep and cutting down on ultra-processed foods can all benefit your metabolic and overall health or even become a part of a weight management program.



## M.A.T.E Multi supports collagen formation.

Collagen is a key component of the extracellular matrix, a network of molecules that holds together the body's tissues. Healthy collagen levels contribute to healthy joints, protection of the kidneys and other organs, skin elasticity and a healthy cardiovascular system.

Collagen is plentiful in the human body. According to some older research, one-third of the protein in the human body and three-quarters of the dry weight of skin consist of collagen.

There are around 28 types of collagen and they all have different structures. Most are formed of fibrils, which are long, thin structures that are strong and flexible.

In the skin, collagen provides strength and elasticity. As people get older, their collagen levels fall and collagen fibres become thinner and weaker. M.A.T.E Multi supports and maintains collagen formation, making it an excellent multi-functional supplement as we age.



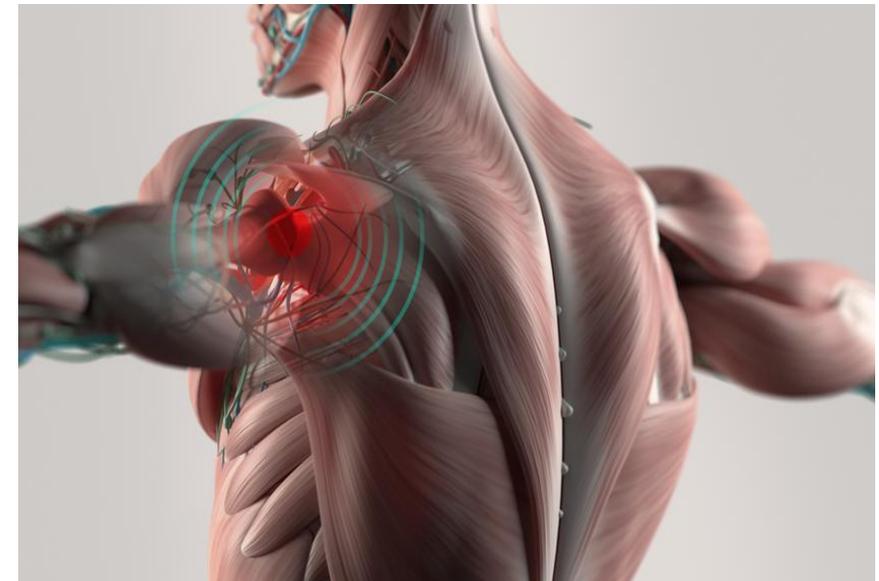
## M.A.T.E Multi assists with connective tissue production and formation.

Connective tissue contributes to numerous body functions, including supporting organs and cells, transporting nutrients and wastes, defending against pathogens, storing fat and repairing damaged tissues.

Connective tissue is composed primarily of an extracellular matrix and a limited number of cells. Most connective tissues are composed of ground substance, fibres and cells; Although blood and lymph are specialized fluid connective tissues without fibre.

Cartilage is an exception as it is avascular with no direct blood supply, although chondrocytes within cartilage are supplied by blood via diffusion.

Tendons and ligaments are composed mainly of densely packed collagen fibres which undergo no metabolic activity and do not require a blood supply. While living cells are hidden within the collagen fibres of tendons and ligaments that require a blood supply, their volume is minimal.



M.A.T.E Multi supports the immune system and a healthy immune system function.

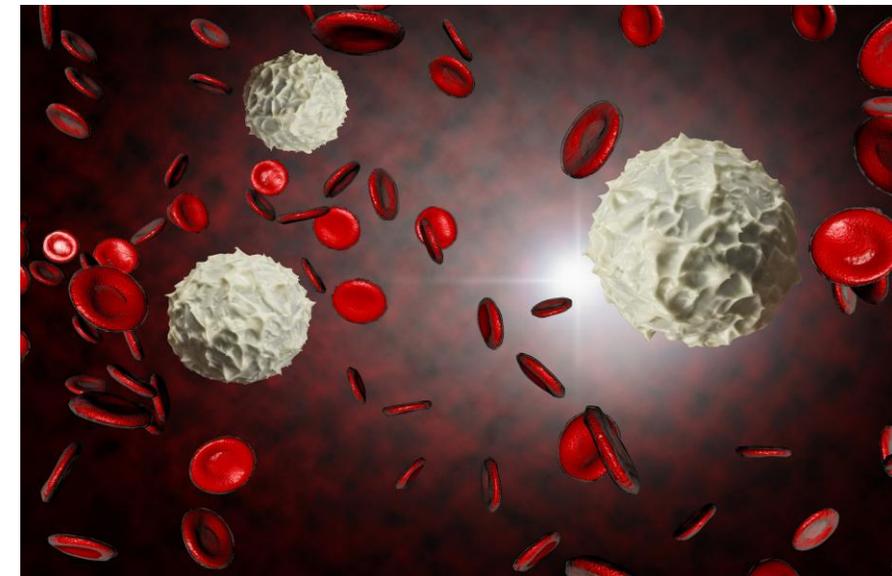
Your immune system is a large network of organs, white blood cells, proteins (antibodies) and chemicals.

This system works together to protect you from foreign invaders, searching for harmful bacteria, viruses, parasites and fungi that cause infection, illness and disease.

This is where M.A.T.E Multi plays a role, by providing nutrients and special plant compounds that maintains your immune system and supports healthy immune system function.

These nutrients and compounds assist your killer cells to recognize invaders quicker so they can attack and destroy them limiting their harm if they get in.

To keep your immune system healthy, get plenty of sleep, stay active, eat healthy foods, manage your weight, reduce your stress and follow other healthy habits.



## M.A.T.E Multi maintains and supports general health and wellbeing.

Health refers to a state where the physical body is free from disease, while wellness refers to an overall balance of a person's physical, social, spiritual, emotional, intellectual, environmental and occupational wellbeing.

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving!

To understand the significance of wellness, it's important to understand how it's linked to health. According to the World Health Organization (WHO), health is defined as being "A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity."

Several key areas of your lifestyle are considered dimensions of overall wellness. They include; Socialize on a daily basis. You will be well on your way towards reducing stress, having positive social interactions and achieving optimal wellness.



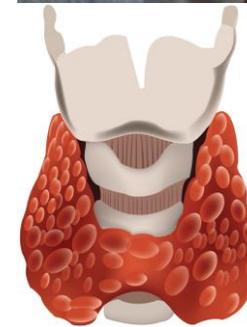
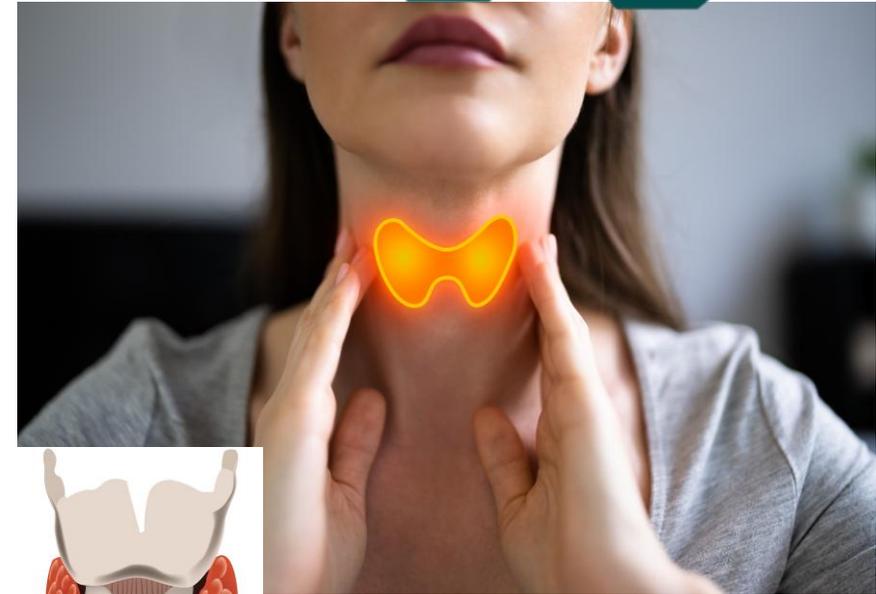
## M.A.T.E Multi maintains and supports a healthy thyroid function.

The thyroid gland is located at the front of the neck just below the Adam's apple (larynx). It is butterfly-shaped and consists of two lobes located either side of the windpipe (trachea).

A normal thyroid gland is not usually outwardly visible or able to be felt if finger pressure is applied to the neck. The thyroid gland produces hormones that regulate the body's metabolic rate, growth and development.

It plays a role in controlling heart, muscle and digestive function, brain development and bone maintenance. Its correct functioning depends on a good supply of iodine from the diet.

The ingredients in M.A.T.E Multi maintains and supports a healthy thyroid gland function. Cells producing thyroid hormones are very specialised in extracting and absorbing iodine from the blood and incorporating it into the thyroid hormones. The thyroid also plays a role in weight management from leptin resistance and insulin resistance.



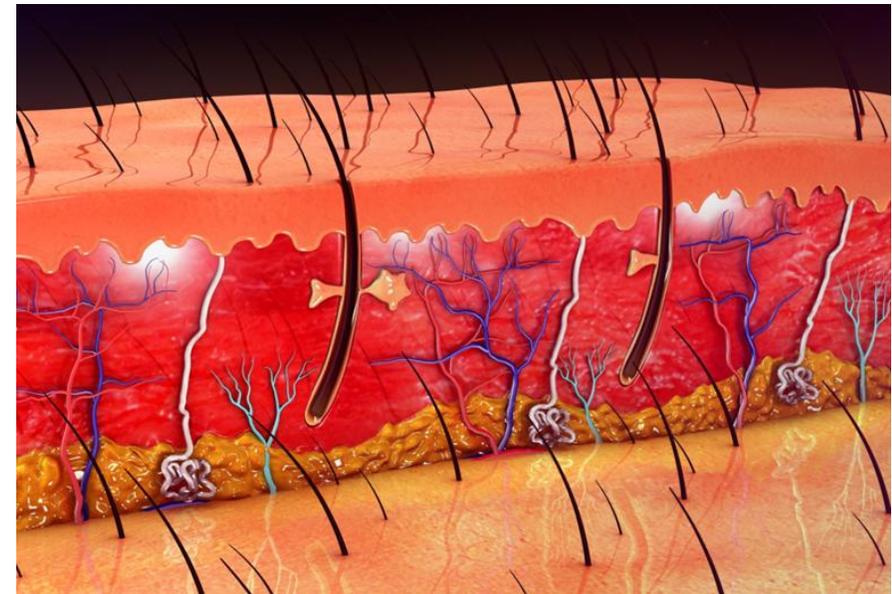
## M.A.T.E Multi maintains and supports healthy skin.

The skin protects our body against injury and infection, regulates temperature and controls the loss of body fluids. Its two main layers are the dermis and epidermis. Skin can be affected by sun, ageing, injury and infection.

Skin helps control your body temperature. When blood flow to your skin increases it helps to release heat from your body. When blood flow to your skin decreases it helps to keep warmth in. How much moisture evaporates from your skin, also affects your body's temperature.

Skin absorbs ultraviolet light from the sun, which is needed to make vitamin D. Vitamin D is important for good bone health. Most Australians can get enough vitamin D through safe exposure to the sun. The Sunshine Map tells you how much sunlight you need depending on where you live.

As you age, your skin changes. Most notably there are less elastic and collagen fibres and more obvious wrinkles. These changes can be increased by too much sun exposure.



## M.A.T.E Multi maintains and supports wound healing.

A wound is a cut or opening in the skin. It can be just a scratch or a cut that is as tiny as a paper cut.

A large scrape, abrasion, or cut might happen because of a fall, accident or trauma. A surgical cut made by a healthcare provider during a medical procedure is also a wound.

Your body has a complex system to patch up skin wounds. Each stage is needed for proper wound healing. Wound healing takes a number of parts and steps that come together to repair the body.

M.A.T.E Multi ingredients supports and encourages wound healing.

In wounds, a process takes place call angiogenesis. Angiogenesis happens when blood vessels push in to help in the repair process and pull back again after the healing process.





## Active ingredients per hard capsule:

Ascorbic acid (Vitamin C)	25 mg
Magnesium citrate	30 mg
Equiv to magnesium	4.64 mg
Zinc citrate dihydrate	30 mg
Equiv to zinc	9.63 mg
Dimethyl sulfone (MSM)	60 mg
Aloe vera (Aloe) ext dry conc	10 mg
Derived from dry inner leaf juice	2 g
Fucus vesiculosus (Kelp)	
extract dry concentrate	62.5 mg
Derived from dry whole plant	625 mg
Equiv to iodine	75 micrograms
Melaleuca alternifolia (Tea-tree)	
leaf powder	50mg
Moringa oleifera (Moringa) ext dry conc	70 mg
Derived from dry leaf	700 mg
Nigella sativa (Black cumin)	
dry seed powder	75 mg

M.A.T.E Multi is a Multi-functional supplement that can be used on its own or included into a multi action diet or health program. See other programs:- Weight management, Detox program and Natures Agility program.

# Recommended Usage

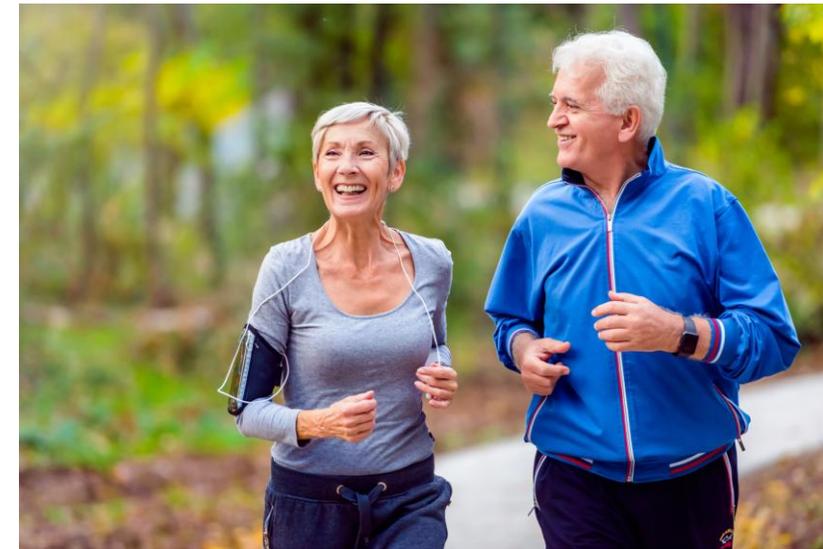
Recommended Serving  
2 per day with meals



All Paradise Nutrients superfood powders, TGA listed supplements and foods are made in compliance with Australian Regulations.



This product is Australian made in a strict food compliant HACCP and GMP certified facility.



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