



Rogue Beverages' nutri-tonic range has been developed in conjunction with **Nikki Hart BCapSc, MSc**, highly experienced nutrition advisor and researcher. Nikki is an advisor to the food industry on product formulation to optimize digestive health.

All our nutri-tonic ingredients are vetted by Nikki and supported by peer-reviewed medical journal articles that substantiate their functional benefits.



NUTRITION QUESTIONS?

Email Nikki at nikki@roguebeverages.com.au

Find more at www.shojotonics.com
and www.vitonictonics.com
or by contacting us at
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NUTRI-TONICS

Functional, non-alcoholic drinks that provide specific health benefits, and contain natural functional ingredients, minerals, vitamins and superfood juices. These ingredients are carefully selected to target specific areas of human health.



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Distributed by Quality Food World
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Potent shots containing natural, functional ingredients that support your wellbeing



Vegan friendly



All natural ingredients



Gluten free



Caffeine free



No preservatives,
artificial colours,
flavours or
sweeteners



No added sugar



SHŌJŌ

Inspired by traditional Asian remedies

VITONIC

Harnessing indigenous botanicals

TURMERIC TONIC

- ♥ **ANTI-INFLAMMATORY**
curcumin regulates pro-inflammatory elements in the body
- ♥ **PROMOTES LIVER FUNCTION**
anti-inflammatory elements support healthy liver function
- ♥ **IMMUNITY BOOSTER**
vitamin C supports many of the body's immune mechanisms to fight viruses and produce antibodies
- ♥ **REDUCES TIREDNESS AND FATIGUE**
B vitamins anti-oxidant properties help reduce fatigue
- ♥ **CONTRIBUTES TO METABOLIC FUNCTION**
B vitamins help the body convert food into energy.



Evidence:

Mellentini J., 10 key trends in food, nutrition, and health 2018.: New Nutrition Business, Nov/Dec 2017, Vol 23:2/3

Goel A., et al. Curcumin as "Curecumin": From kitchen to clinic.: Biochem Pharmacol 2008; 75:783-809.

Aggarwal B.B., Harikumar K.B., Potential therapeutic effects of curcumin, the anti-inflammatory agent against neuro-degenerative, cardiovascular, pulmonary metabolic, auto-immune and neoplastic diseases. Int J Biochem Cell Biol 2009; 41(1): 40-59

BOYSENBERRY & KAWA KAWA TONIC

- ♥ **ASSISTS IN MANAGING LUNG HEALTH**
boysenberry supports the development of cells that can alleviate lung damage and promote repair
- ♥ **REDUCES AIRWAY AND LUNG INFLAMMATION**
blackcurrant suppresses elements that contribute to inflammation and allergic asthma
- ♥ **REDUCES TIREDNESS AND FATIGUE**
B vitamins anti-oxidant properties help reduce fatigue
- ♥ **CONTRIBUTES TO METABOLIC FUNCTION**
B vitamins help the body convert food into energy



Evidence:

Shaw, Odette M., et al., Boysenberry ingestion supports fibrolytic macrophages with the capacity to ameliorate chronic lung remodeling. Am J Physiol Lung Cell Mol Physiol, 2016 Sep 1;311(3):L628-38.

Nyanhanda, Tafadzwa., et al., Blackcurrant cultivar polyphenolic extracts suppress CCL26 secretion from alveolar epithelial cells; Food Funct., 2014 Apr;5(4):671-7.

Shaw, Odette M., et al., Blackcurrant anthocyanins modulate CCL11 secretion and suppress allergic airway inflammation. Molecular Nutrition & Food Research, 2017 Sep;61(9).

RED GINSENG TONIC

- ♥ **BRAIN POWER**
Korean red ginseng supports cognitive performance, in part by balancing signalling pathways needed for cognitive activity
- ♥ **BRAIN HEALTH**
Goji berries may support neurological function
- ♥ **REDUCES TIREDNESS & FATIGUE**
B vitamins anti-oxidant properties help reduce fatigue
- ♥ **CONTRIBUTES TO METABOLIC FUNCTION**
B vitamins help the body convert food into energy



Evidence:

Jakaria, Md. et al., Active ginseng components in cognitive impairment: Therapeutic potential and prospects for delivery and clinical study. Oncotarget. 2018 Sept 11; 9(71): 33601-33620

Zeng Fei Ma, et al., Goji Berries as a Potential Natural Antioxidant Medicine: An Insight into Their Molecular Mechanisms of Action; Oxid Med Cell Longev. 2019; 2019: 2437397.

KAKADU PLUM & ACACIA TONIC

- ♥ **ASSISTS IN MANAGING IBS**
Contains low fructose ingredients and can be part of a low fodmap diet, shown to provide symptomatic benefits in IBS sufferers
- ♥ **ANTI-INFLAMMATORY**
Kakadu Plum contains polyphenolics that may support anti-inflammation and provide antioxidants for bowel health
- ♥ **PREBIOTIC**
Acacia gum is a natural prebiotic that can improve intestinal microflora balance
- ♥ **IMMUNITY BOOSTER**
Vitamin C from Kakadu Plum and ascorbic acid supports many of the body's immune systems to fight viruses and produce antibodies



Evidence:

Nanayakkara, Wathsala S. et al., Efficacy of the low FODMAP diet for treating irritable bowel syndrome: the evidence to date, Clin Exp Gastroenterol. 2016; 9: 131-142.

Tan, Aaron C., et al., Potential antioxidant, anti-inflammatory, and proapoptotic anticancer activities of Kakadu plum and Illawarra plum polyphenolic fractions. Nutr. Cancer. 2011;63: 1074-1084.