

SUPPLIES

LIMPOPO BULK SUPPLIES

Limpopo Just Got Sweeter

Designer Water



IRONBOX



REFRESH



FLAGH™



H2O



GO-GLO'S



musclePOWER



Designer Water

PH 10 ALKALINE IONIZED WATER™

"are you drinking the best water for your health?"

15 REASONS TO TRY DESIGNER WATER TODAY

1. Better hydration
2. Gives an overall feeling of vitality
3. Smooth no bloating effect
4. Gives you energy
5. Helps with weight loss
6. Helps you detox
7. May help to reduce pain
8. Helps with acid reflux
9. May help with gout
10. Helps with constipation
11. Helps with better sleep
12. Tastes great
13. 99.99% pure alkaline water
14. Helps with hangovers
15. Contains antioxidants, which protects you from free radicals.



YOU'RE NOT SICK YOU'RE THIRSTY!



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN

**Diabetes
South Africa**



The Healthy Choice!



200ML



300ML



1 L



350ML

Flavoured Milk

IRONBULL



FOCUS **THE DRIVER'S CHOICE**
Left brain - Right eye. Right brain - Left eye. Co-ordination supplement for vision focus & performance.
Taurine, Gingko Biloba & Panax.
HIGH ENERGY.
BOOSTED CO-ORDINATION.



EXAM IQ **BRAIN FOOD**
Enhance the brain's ability to hyper-focus & concentrate with this unique & powerful tonic.
Gingko Biloba, Biotin H & Neuravena.
HIGH ENERGY.
EXTREME CONCENTRATION.



LIQUID GOLD
Energize with a blend of turmeric and honey flavours to boost your immune system.
Ginseng & Guarana.
HIGH ENERGY.
IMMUNE BOOSTER.



TESTRO **TESTOSTERONE THE X-FACTOR**
Herbal Ingredients combined to increase serotonin and dopamine levels in the brain, creating pleasure and cognition. Gingko Biloba, Guarana & Wild Yam.
HIGH ENERGY.
BOOSTED COGNITION.



BREAK THE RULES
Revive and energize with a high intensity tonic that gives you the edge.
Ginseng & Guarana.
HIGH ENERGY.



SUGAR FREE 0% **ENERGY ZERO SUGAR**
Long-lasting release of energy when you need it most, without the sugar.
Ginseng & Guarana.
HIGH ENERGY.
NO GUILT.



BLITZ **EXPLOSIVE ENERGY**
High power, ultra effective energy on demand when you need it most.
Taurine & Guarana.
ULTIMATE ENERGY.

EVERYTHING
ELSE IS
Bull



Jelliboy

GOURMET SODA



COTTON
CANDY
MY NOW!



I HAVE A
CRUSH!



SQUEEZE
MUA
TRY ME!



CHEWS
ME!



TASTE
THE
MEMORIES



" Like in the days of old "

IRONBOK

musclePOWER



Pine Ironbok Aerobics is beneficial for the heart and muscles. Assists in consumption of oxygen by the body, improves cardiovascular function, increasing the supply of blood to the muscles, lowers the accumulation of lactic acid which causes pain and muscle burning. More vitality & greater resistance to fatigue.



Mango Ironbok Bodybuilder is for weight training and can help you boost your image, self-esteem, sleep better; reduce fatigue and psychological tension such as stress and anxiety. Oxidation during exercise creates internal rusting. Ironbok bodybuilder inhibits free radicals and repairs damaged muscles.



Banana Ironbok Rugby is for players that generally require strength and skills such as jumping, tackling, pushing and precision kicking. Improving your cardiovascular fitness, endurance & strength in upper & lower body will improve your agility, speed, ball handling and kicking skills.



Granadilla Ironbok Soccer is for players to improve on sprinting and running fast. Increases aerobic capacity and cardiovascular health, lowers body fat and improves muscle tone, builds strength, flexibility and endurance, increases muscle and bone strength. Good health improves skill, concentration and winning



Fruity Ironbok Runner contains a balanced dietary supplement that assists in sport endurance to burn fat, losing calories, weight loss & stress relief. Runner's glow, sleeping easier & happiness grows new brain cells & boost memory... smarter & healthier.



Lineberry Ironbok Golfer will assist you on the golf course when you walk the 4 kilometre zone, pulling & carrying clubs. Golfing makes you fit, improves muscle tone & endurance, reduces weight & body fat, meeting new people and keeping in touch with friends.



Blackcurrant Ironbok Cyclist is a mixture of goodness so that every turn of the wheel burns fat, increases muscle tone, builds stamina, improves cardiovascular fitness, decreases stress. Improves your coordination, strength is built and wellness is achieved.

Boosts Muscle Performance

Truda™

GO-SLO'S



Go-Slo Today!



ENDORSED BY SA'S FIRST MICHELIN-STAR CHEF
JAN HENDRIK VAN DER WESTHUIZEN

Low
Fat

Low
Cholesterol

High
Energy



2.5kg Bag



1kg Bag

An essential part of a balanced diet

Cracklings



Freshly made in the Bushveld



What is Ghee?

Ghee is clarified butter, a.k.a. butter that has been simmered and strained to remove all water.

Why Choose Ghee?

Clarifying butter by removing water creates a higher smoke point—about 240° C compared to butter's 177° C. The clarifying process also removes casein and lactose, making ghee suitable for the dairy-sensitive. The absence of water even makes ghee shelf-stable, meaning it can be stored without any refrigeration for extended periods of time. Ghee is high in Omega-3s and butyric acid, a short-chain fatty acid thought to be good for your gastrointestinal tract.



The Healthy Choice



REFRESH



FLINT LIGHTERS CHARCOAL BRIQUETTES AT ITS BEST

Long burning natural material.
Locally sourced and produced, high-quality product.



LIMPOPO BULK SUPPLIES

Limpopo Just Got Sweeter

GET
IN
TOUCH
WITH
US

WE WOULD LOVE TO HEAR
FROM YOU

CONTACT US ON ANY OF
OUR MULTIPLE PLATFORMS



PHONE US;

NAUDE: 074 194 8074

PIETER: 083 562 1424



WHATSAPP US:

NAUDE: 074 194 8074

PIETER: 083 562 1424



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