



AVAZERA



A MESSAGE FROM OUR FOUNDER



AVAZERA

[ava] [zera] - Avazera is a new beginning, helping to give life and plant the seeds of wellness.

Before a flower blossoms, its seed must be planted, watered, and nourished. The same can be said for us. When we take care of our physical, spiritual, and personal growth, the most beautiful version of ourselves will emerge.

It all began when my son was ten months old and allergic to almost everything under the sun. Dairy, wheat, rice and eggs were just some of his dietary restrictions. All of a sudden dinner became a full-time project! How could I make delicious and healthy meals without dairy or wheat? How could I ensure my son was getting the vital nutrients he needed?

I would never have thought that the answer would lie in making simple changes to our lifestyle such as replacing eggs with chia seeds and rice with quinoa! Not only did my son's unpleasant and sometimes frightening allergic reactions disappear, but my family began enjoying life with more energy and mental clarity. Incorporating wholesome superfoods within our diets set us on a new path on our health and wellness journey. So naturally, I began sharing my experience with those around me!

It was then I had realized there was an opportunity to share this lifestyle with the masses. It was my "ah-ha" moment. I decided to create a business that not only provides accessible and sustainable products but also connects and educates the wellness community.

With the dedication and support of Avazera's co-founders and an incredible team, my ah-ha moment has since become Avazera. I can't wait for you to join us on our mission and try our feel-good products!

When you choose Avazera, you choose to live a better quality of life. Join us on your path to better living, and allow your best self to blossom!

Keep blossoming,
Shiva Burnett

A stylized, handwritten signature in black ink, consisting of a large, flowing loop followed by a small, distinct mark.



THE AVAZERA DIFFERENCE

For us, simplicity and quality go hand in hand. It's not only about what's in our products, it's also about what's not. Our superfoods and wellness tea blends are:



ORGANIC

Our products are grown without the use of pesticides, synthetic fertilizers, sewage sludge, or ionizing radiation.



VEGAN

Our products do not contain animal products.



GLUTEN-FREE

Our products are free from gluten (a protein that is indigestible for some and found in a variety of grains.)



GMO-FREE

Our products are grown without genetically modified organisms.



FREE OF CHEMICAL ADDITIVES

Our products do not contain chemical additives such as artificial colours, sweeteners, and preservatives.



FAIR TRADE

Our products promote ethical and sustainable standards with respect to people and our planet.

FEEL-GOOD PRODUCTS

Avazera specializes in feel-good-products that appeal to your six senses (yes, pleasure is a sense!) which cater to your inner and outer wellbeing. While high-quality tends to come at a high price, we want to ensure that the average person; family and child has access to sustainable products that promote better health and wellbeing!

OUR MISSION

To offer wholesome, carefully sourced products through a hub that not only promotes better living but also rewards those who love and introduce our feel-good products within their communities.



AZ BOX

The **AZ BOX** is a seasonal wellness subscription filled with an assortment of Avazera's feel-good products that are organic, vegan, gluten-free, and free from artificial additives delivered straight to your door!

YOU GET

Discover new wellness favourites every season with the **AZ BOX**! Each curated collection includes wellness essentials, recipes, and how-to guides conveniently providing everything you need for a holistic healthy lifestyle.

YOU SHARE

Each **AZ BOX** you receive or refer to someone else will give you AZ Points which are redeemable for products or cash rewards with The **AZ BOX** Rewards Program.

CURATED FOR YOU

We believe in a holistic experience. Everything in your **AZ BOX** cohesively works together to engage your mind, body and spirit. Seasonally, your feel-good items are hand-picked and co-curated by the Avazera wellness team alongside a certified holistic nutritionist with YOU in mind!

SPREAD THE LOVE

Give the gift of wellness to your loved ones with our gift subscription service.

About the AZ BOX Rewards Program

Introducing the **AZ BOX** Rewards program! Join the Avazera community, share your [#AZBOXlove](#) and get rewarded while you spread the love! Every time you shop and refer others to Avazera we want to thank you in return with our AZ Points redeemable for products or cash rewards. Join today to start earning. It's that simple!



AZ BOX | LUXE Members Receive:

- Four boxes, four times per year. Each **AZ BOX** will be tailored and different than the last!
- Discover and enjoy a variety of our premium superfoods and organic loose-leaf tea wellness blends every season.
- Easy step-by-step recipes plus wellness tools making everyday wellness simple.
- Access to our quarterly **AZ BOX** magazine.
- Have access to Team Avazera and certified wellness professionals to answer any of your questions.
- Connect with us! Join the private Avazera community of like-minded health conscious individuals!
- Priority FREE standard shipping!
- Receive an additional 15% OFF on all purchases of individual items.

BAOBAB

WHAT IS BAOBAB?

Baobab is a fruit, closely resembling a coconut from Africa's renowned "Tree of Life." With a mild, yet tangy taste it can be easily incorporated into a variety of meals and drinks making it perfect for children. The pulp naturally dehydrates within the pod, and then it is simply turned into a nutrient-rich powder.

WHY IT'S GOOD FOR YOU:

- Baobab has one of the highest antioxidant capacities of any fruit in the world! Antioxidants help protect our cells from damage caused by free radicals which speed up the aging process.
- Baobab is also exceptionally high in fibre and is an excellent source of Vitamin C and B6, which helps to reduce fatigue and contribute to the proper functioning of the immune system.
- Its high Vitamin C content can also aid in the absorption of iron and contribute to the regeneration process of cells.

HOW TO ENJOY IT:

Add 1 to 2 tablespoons of our baobab powder into your smoothie or fruit juice blends. You may also add it to yogurt, porridge, cereal, desserts, or straight into your water for a boost while you're on the go!



*Disclaimer: This chart in no way endorses or is otherwise connected in any way with Avazera. Its purpose is to educate about baobab.

Baobab Berry Blast

Ingredients:

- 1 tsp. of Avazera's baobab
- Handful of berries (i.e. raspberry, blueberry, blackberry, strawberry)
- 1 cup coconut water, purified water, or juice

Directions:

Combine all ingredients together in high-powered blender until smooth and enjoy!



ORGANIC CHIA SEEDS

WHAT ARE CHIA SEEDS?

Organic chia seeds, otherwise known as *Salvia hispanica* L. comes from a flowering plant in the mint family. These small, but mighty seeds were a staple in the diets of the ancient Mayans, Aztecs, and Incas helping to provide them with endurance and energy, as chia means “strength” in the Mayan language.

WHY IT'S GOOD FOR YOU:

- Chia seeds are exceptionally high in Omega-3 fatty acids with nearly five grams in a one-ounce serving. Omega fatty acids are essential for brain function and overall health.
- Chia seeds can also help to stabilize blood sugar and help with insulin resistance, which may help combat belly fat.
- Chia seeds contain Tryptophan, an amino acid that controls appetite, regulates sleep, and improves mood. These are all factors that can help tremendously with weight management.
- Adding one tablespoon of chia seeds to your diet is an easy way to add a sufficient amount of fibre into your diet.

HOW TO ENJOY IT:

Sprinkle our chia seeds on top of cereals, salads, or mix into your favourite smoothies, drinks or baked goods. As well, soak the chia seeds in water to create the perfect egg-replacement within many recipes!

7x

More Vitamin C
Than Oranges

5x

More Calcium
Than Milk

2

TBSP Contains 10
Grams of Fibre

20%

Protein

8x

More Omega
Than Salmon

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Five Ways to use Chia Seeds

1. Blend chia seeds within a variety of smoothie recipes!
2. Top off your salads with chia seeds.
3. Combine with yogurt and cereal recipes.
4. Add chia seeds to soups to boost nutritional value and to serve as a thickening agent.
5. Use as a quick, easy and nutritious egg replacement.

How To Make Chia Eggs:

Chia eggs are an easy substitute in most recipes calling for just one or two eggs. They're a great option for vegans and those allergic to eggs.

Ingredients:

- 1 tbsp. of Avazera's organic chia seeds
- 3 tbsp. of filtered water

Directions:

Simply grind the chia seeds in a blender or coffee grinder. Whisk together the ground seeds and water until well combined. After which, place in the fridge to set for 15 minutes. Use as you would an egg in many of your favourite baking recipes.



ORGANIC CHLORELLA

WHAT IS CHLORELLA?

Organic chlorella is an emerald green freshwater algae that grows in many lakes and rivers. This superfood has shown to promote natural cleansing. In addition to this, it assists the body in detoxifying heavy metals, as well as other toxins. It is also a high source of chlorophyll, iron, Vitamin A, all the while containing the essential amino acids making it a complete protein!

WHY IT'S GOOD FOR YOU:

- Chlorella is an alkalizing superfood due to its incredibly rich source of chlorophyll helping to provide your system with a balanced pH.
- The fibrous portion of chlorella has been shown to bind with toxins that can build up within our bodies due to repeated exposure to heavy metals and pesticides.
- As a complete protein of a plant-based source, chlorella contains the nine essential amino acids that our bodies cannot produce naturally, but are vital to functioning normally.
- It contains a variety of natural antioxidants that may help defend and protect the body's cells from the damaging effects of free radicals.
- Contains the Chlorella Growth Factor, where it reproduces its own DNA and stimulates the growth of its own cells. This unique ability allows for the stimulation of tissue growth while repairing and promoting proper DNA and RNA cell growth.

HOW TO ENJOY IT:

To start, add ½ to 1 teaspoon of our chlorella powder into your favourite smoothie recipe. Or use a superfood seasoning for a noticeable boost to salad dressings and savoury dishes! Once you become accustomed to chlorella, you may increase the serving size to 1 to 2 teaspoons per day.

10x
More Chlorophyll
Than Spirulina

50%
Protein

Every **20-24** hours
Chorella's Cell Growth Rate
Multiples by 4

*Disclaimer: This chart in no way endorses or is otherwise connected in any way with Avazera. Its purpose is to educate about chlorella.

Based on a gram vs. gram comparison



Zesty Guacamole

Ingredients:

- 1 tsp. of Avazera's organic chlorella
- 2 large ripe avocados
- 1 large tomato, diced
- ½ of a red onion, diced
- the juice of 1 lime
- 1 clove of garlic, minced
- ½ tsp. of pink Himalayan salt
- ½ tsp. of fresh black pepper

Directions:

Mash up the ripe avocados with a fork. Add in the remaining ingredients and combine well. Use to top off whole grain toast or within your preferred recipes!



ORGANIC GOJI BERRIES

WHAT ARE GOJI BERRIES?

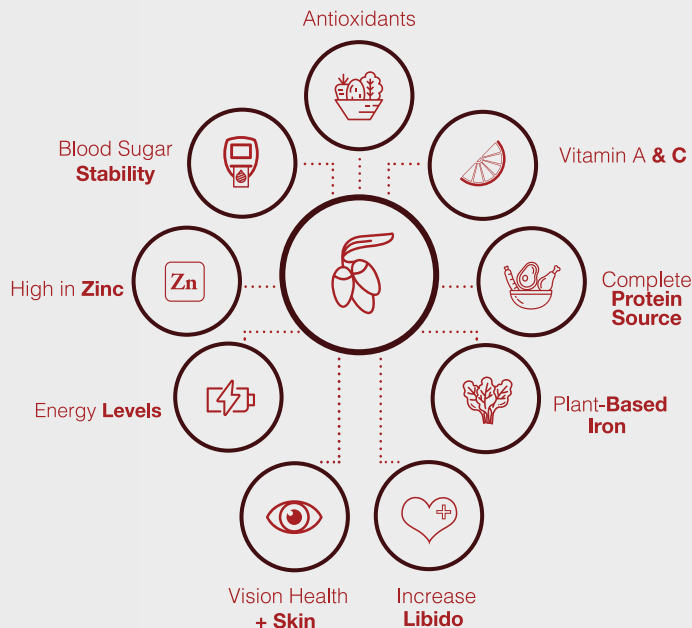
They are grown in the Himalayan mountain region and have been known for their healing purposes within traditional Chinese medicine for thousands of years.

WHY IT'S GOOD FOR YOU:

- Goji berries contain eighteen amino acids, which help build protein, repair muscles and support a healthy metabolism.
- These berries have one of the highest rated antioxidants in the world based on the ORAC (Oxygen Radical Absorbance Capacity) chart of fruits, vegetables, and essential oils.
- Goji berries are loaded with beta-carotene (a pigment found in plants and fruits), which helps to promote healthy skin. They have five-hundred times the Vitamin C of oranges and are an excellent source of Vitamin A.

HOW TO ENJOY IT:

Add organic goji berries to your smoothie, cereal, trail mix, and tea. Or, simply have a handful as a healthy snack!



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Zesty Goji Juice or Jam

Depending on the amount of liquid added, you can make a juice or jam.

Ingredients:

- ¼ cup of Avazera's organic goji berries, soaked. You can store the soaked water for future use
- ½ tsp. orange zest
- ½ tbsp. fresh grated ginger
- 1 tsp. raw honey, agave nectar, or 1 pitted date

For Jam:

Combine well in blender until puréed.

For Juice:

Add 1 cup coconut water, purified water, or apple juice.



ORGANIC MORINGA

WHAT IS ORGANIC MORINGA?

Moringa oleifera also known as moringa is a small tree commonly referred to as the “Miracle Tree” with the ability to withstand severe droughts and harsh climate conditions. Our organic moringa powder is harvested from naturally shade-dried moringa leaves to ensure its vital nutrients are not damaged by the sun. The leaves which have immense nutritional value are then simply crushed into a nutrient-dense powder!

WHY IT'S GOOD FOR YOU:

- Moringa is a rich source of plant-based B12 and other B vitamins.
- As a complete protein of a plant-based source, moringa contains the nine essential amino acids that our bodies cannot produce naturally, but are vital to function normally.
- It is a powerful natural antioxidant that may help defend and protect the body's cells from the damaging effects of free radicals. Along with cytokinins, a group of hormones with anti-aging benefits.

HOW TO ENJOY IT:

Add ½ to 1 teaspoon of our moringa powder into your favourite smoothie recipe. Or, use as a superfood seasoning for a noticeable boost to salad dressings and savoury dishes!

7x

More Vitamin C
Than Oranges

4x

More Calcium
Than Milk

25x

More Iron Than
Spinach

36x

More Magnesium
Than Eggs

*Disclaimer: This chart in no way endorses or is otherwise connected in any way with Avazera. Its purpose is to educate about moringa.

Based on a gram vs. gram comparison



The Moringananda

Ingredients:

- ½ tsp. of Avazera's organic moringa
- 1 cup of coconut water
- ½ ripe banana, frozen
- ½ cup of pineapple chunks, frozen

Directions:

Combine all of the above ingredients into a blender and combine for approximately one minute.

If you're Moringananda is not very sweet, just add a teaspoon of honey!





MORINGA FACE MASK

BEAUTY BONUS:

Mix one tablespoon of our organic moringa to an adequate amount of water to make a smooth paste. Apply evenly on your face as a mask and leave on for 15 to 20 minutes. Rinse off with warm water for refreshing and nourishing skin.

SUPERFOOD SNACKS

At Avazera, we believe you should feel great about making healthy snacking convenient. Discover our selection of snacks to compliment your everyday routine morning to night!



BAOBAB BITES

Our Baobab Bites are the all-natural fruit snack- making it a favourite for both kids and grown-ups when the need for something sweet pops up! These chewy bites made with baobab contain antioxidants, fibre, and Vitamin C. Combine with trail mix, or as a snack when you need a little something sweet!



ORGANIC JUNGLE NUTS

These raw, gluten-free nuts are loaded with the heart-healthy oleic acid and are packed with plant-based protein as well contain all the nine essential amino acids! Combine jungle nuts into trail mixes or stir them into oatmeal or porridge. They may also be blended to create your own nut milk. Or simply have a handful - they're great for snacking!



ORGANIC TIGER NUTS

Despite its name, tiger nuts are not actually from the nut family, but are small root vegetables! Our organic peeled tiger nuts are the perfect healthy snack: they are gluten-free, easy to chew and are an excellent source of resistant starch- a prebiotic fibre. They are also an allergy-friendly food because you guessed it- it's nut-free! Combine tiger nuts into trail mixes, stir them into oatmeal or porridge, or add them to your favourite smoothie recipes! They can also be used within gluten-free baking, blended to create a dairy-free milk substitute or, simply have a handful as a healthy snack!

ORGANIC RAW CACAO

WHAT IS RAW CACAO?

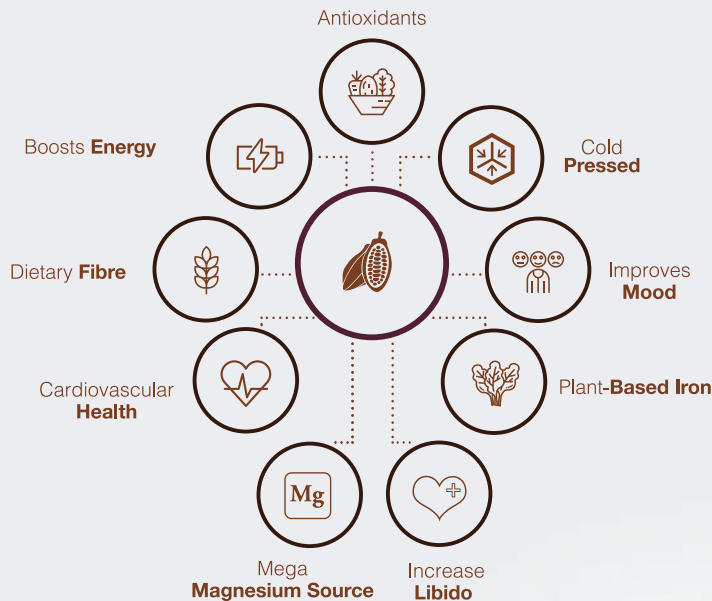
Raw cacao powder is made by cold-pressing unroasted cacao beans. The mass from this is then ground into a fine powder. Throughout this process, every precaution is taken to ensure heat is not used to retain the healthy living enzymes.

WHY IT'S GOOD FOR YOU:

- Raw cacao powder is a mega magnesium source, a powerful mineral that is often overlooked.
- Magnesium is essential for normal nerve and muscle function, supporting heart health, a healthy immune system while helping to maintain strong bones.
- Raw cacao also contains what is called the “bliss” chemical, which can be a mood enhancer and energy booster.

HOW TO ENJOY IT:

Use 1 to 2 tablespoons of our organic raw cacao powder as a healthy alternative to conventional over-processed “cocoa.” Add to your favourite smoothie and dessert recipes. Or, make a healthy raw cacao drink to replace coffee!



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The Cacao Bliss Smoothie

Ingredients:

- 1 tbsp. of Avazera's organic raw cacao
- 1 cup of cold coconut milk
- ½ banana, frozen
- 1 tbsp. of almond butter
- 1 tsp. of honey

Directions:

Combine all ingredients together in high-powered blender until smooth and enjoy immediately!



ORGANIC RAW RED MACA

WHAT IS RAW RED MACA?

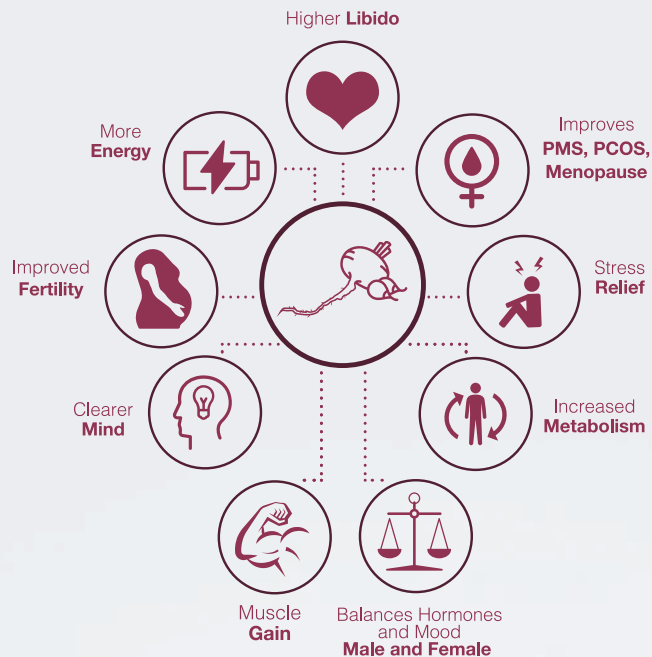
Our organic raw red maca is never heated and is packed with more nutrients and vitamins than just regular maca! This adaptogenic root has a rich nutritional profile with over sixty vital nutrients. It is an excellent source of plant-based protein.

WHY IT'S GOOD FOR YOU!

- Research has shown that red maca may help to balance female hormones by supporting menopause, fertility, and libido.
- Red maca can be a natural alternative for alleviating depression, stress, anxiety and increasing mental clarity.
- For men, research has shown that red maca may help reduce prostate enlargement and help promote prostate health.

HOW TO ENJOY IT:

To start, add ¼ teaspoon of our organic raw red maca powder to your favourite smoothie recipe. Or, combine with your oatmeal, yogurt, or cereal for a noticeable boost of nutrients! Once you become accustomed, you may increase the serving size up to 2 teaspoons.



Maca Snack Balls

Ingredients:

- ¼ to ½ tsp. of Avazera's organic raw red maca
- 1 cup of medjool dates, pitted
- 2 tbsp. of almond butter
- ½ cup of unsweetened shredded coconut
- 1 tbsp. of coconut oil, liquid

Directions:

Combine the dates and coconut into a food processor until the mixture starts to ball up. Next, add in the maca powder and coconut oil. Remove the mixture from the food processor, place in the refrigerator for 15 minutes to set. After which roll into snack-sized balls. If you desire, you can roll your bites in the shredded coconut!



ORGANIC SPIRULINA

WHAT IS SPIRULINA?

Spirulina is a blue-green algae grown in many lakes and rivers around the world. Our organic spirulina is cultivated in a series of man-made outdoor pools that are closely supervised. Paddle wheels move the water to accelerate growth while clean, fresh water and nutrients are continually added to the ponds to keep the spirulina thriving. When ready, the spirulina is harvested with filters, washed in fresh water, and then dried.

WHY IT'S GOOD FOR YOU!

This superfood is naturally loaded with Vitamins A through E, iron, potassium, calcium and antioxidants. It is considered a complete protein and contains an ideal balance of all nine essential amino acids.

HOW TO ENJOY IT:

To start with, add ½ to 1 teaspoon of our spirulina powder into your favourite smoothie recipe. Or, use as a superfood seasoning for a noticeable boost to salad dressings and savoury dishes! Once you become accustomed to spirulina, you may increase the serving size to 1 to 2 tablespoons per day.

58x
More Iron
Than Spinach

26x
More Calcium
Than Milk

is **65%**
protein, 95% of which
is digestible

25x
More Beta-Carotene
Than Carrots

*Disclaimer: This chart in no way endorses or is otherwise connected in any way with Avazera. Its purpose is to educate about spirulina.

Based on a gram vs. gram comparison



Spicy Salad Dressing

Ingredients:

- 1 tsp. of Avazera's organic spirulina
- ½ cup organic hemp seed
- 1 handful fresh dill, including stems
- 2-3 cloves of garlic (depends how spicy it is)
- 1 tsp. celtic sea salt
- 1 cup fresh spring water

Directions:

Combine the ingredients and blend in a high-powered blender until creamy and smooth. Serve on a fresh garden picked salad for optimal taste.



Spirulina Protein Blast

Ingredients:

- 1 tsp. of Avazera's organic spirulina
- 1 cup of fresh orange or pineapple juice

Directions:

Combine all ingredients together in high-powered blender until smooth and enjoy!



WHY LOOSE-LEAF TEA?

Not all teas are created equal. At Avazera we offer high-quality, organic loose-leaf tea ensuring that you get a great tasting brew, each and every time. Let us help you discover your next favourite tea with our curated collection of wellness blends.

LOOSE-LEAF

- Whole leaf, high quality
- Resteeped for multiple flavourful cups of tea
- Greater aroma and flavour
- Environmentally sustainable
- Stays fresh longer
- Offers powerful antioxidants and plant polyphenols
- Longer brewing time

TEA BAGS

- Low-grade tea dust and fannings
- A one cup steep
- Limited aroma and flavour profile
- Quick brewing time
- Goes stale quicker
- Significant reduction in health benefits
- Bleached bag material often impacts taste







Strawberry Cream Chocolate Tea

Sweet strawberries + decadent cacao = our Strawberry Cream Chocolate Tea! This harmonious combination is deliciously yummy; we simply can't get over it. Just think of chocolate covered strawberries, some things are just meant to be pals! It's amazing how only two ingredients can make a splash of flavour. You wouldn't want anything else for dessert after this tea invigorates your taste buds!



Ingredients: organic cacao shells, dried strawberries

Sweet Dreams Tea

Our Sweet Dreams Tea is the perfect addition to your bedtime routine! It is a delicious blend of rooibos tea, peppermint and chamomile flowers all of which are known to aid in relaxation. So slip into your pyjamas, pour yourself a warm cup and be ready to drift into a sweet slumber. Put an end to counting sheep once and for all!



Ingredients: organic rooibos tea, organic peppermint, organic chamomile flowers





After Meal Tea

Our After Meal Tea is an absolute delight! This black tea is a pure and refreshing drink where the menthol notes of peppermint and spearmint with the little extra of lemongrass make it quite the blend. It is perfect to sip on to complete any meal of your day, as it can aid in the digestion of food and relaxation.

Ingredients: organic black tea, organic lemongrass, organic spearmint, organic peppermint

Rejuvenation Tea

Our Rejuvenation Tea with its delicate, but exotic scent unfolds pleasure with every sip. It is made by blending organic green tea leaves with jasmine flowers collected during peak season. It is here where the two infuse, and their flavours collide to produce a refreshingly sweet and soothing fragrance in every cup!

Ingredients: organic green tea, organic jasmine flowers







Fruitea

Our Fruitea is a fun and tropical blend. Each ingredient combines, mixes, and mingles for the most perfectly refreshing and hydrating blend!

Ingredients: apple, rosehip, lemon pieces, hibiscus petals



Zen Tea

This oh-so-soothing blend is a guaranteed way to help you steep your way to relaxation and peaceful bliss. Perfect to pair with your yoga and meditation practices.

Ingredients: organic sencha green tea, organic rose petals

Vanilla Bean Chocolate Tea



Vanilla or chocolate that is the question. But, why choose one when you can have the best of both worlds! With our Vanilla Bean Chocolate Tea, you will no longer have to wait to get your dessert fix! Try this delicious, super blend with incredible additions of cinnamon, nutmeg, and vanilla to treat yourself anytime, anywhere!

Ingredients: organic cacao shells, cinnamon, nutmeg, vanilla



Detox Tea

Our Detox Tea is a blend of zesty citrus coupled with the lightly warming zing of ginger! This tea blend is filled with many feel-good ingredients making it the perfect cup of tea to help give your system a re-boot. Along with a healthy kick of caffeine from the green tea, it can make you feel like you in no time!

Ingredients: organic green tea, organic ginger root, organic lemongrass, organic lemon myrtle

Sip Away: Iced Tea Recipes

Ingredients for Strawberry Fields:

- 4 cups of prepared Avazera Fruitea
- 2 tbsp. of tea (4 cups of water) 5 min. steep
- 1 pint of strawberries, quartered
- 1 lemon, sliced
- 10 leaves of basil and mint
- Agave syrup to taste

Ingredients for Touch of Mint:

- 3 cups of prepared Avazera After Meal Tea
- 1 tbsp. of tea (1 cup of water) 2 min. steep
- 1 cup of organic lemonade
- Mint and lemon slices for garnish

Directions:

Combine your prepared tea with the rest of the ingredients into a pitcher and mix well. Add ice and top with garnishes. Enjoy!



STRAWBERRY FIELDS





Healthy Skin Tea

Our Healthy Skin Tea is the perfect combination of refreshing, sweet and subtle peach tones and the slight sweetness of rooibos. The carefully selected accents of calendula petals and blackberry leaves create a loose-leaf tea combination packed with flavour and aroma while helping to promote healthy skin from within!



Ingredients: organic rooibos tea, organic blackberry leaves, organic calendula petals

Antioxidant Tea

Our Antioxidant Tea is a light and delicate loose-leaf tea blend providing the exceptional flavour and benefits of sencha green tea while the papaya and strawberry pieces give a fruity, juicy burst of flavour! This feel-good combination delivers a rich source of antioxidants with every sip helping to rejuvenate you from the inside and out!

Ingredients: organic sencha green tea, organic papaya, organic strawberries



How to Place an Order?

 avazera.com/shop

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For more information please visit
AVAZERA.COM

