

On the wrack

Seagreens, launched in September, make nutritious wild seaweeds easy to use as everyday food — as daily capsules, ready-granulated for cooking and baking, and in large dried pieces for a normal pepper grinder. Their Wild Seaweed Food Capsules are the only one to give you 1000mg of the widest variety of nutrients in natural balance in 2 vegetable capsules, achieved by blending 3 varieties of the most nutritious wild wrack seaweeds (*not common kelp*) to provide an outstanding nutritional profile and iodine at a safe but substantial 230ug per capsule.

Each new product is Vegetarian Society approved, certified organic, suitable for vegans and can be purchased from health food stores, delicatessens and fine food stores across the country.

Have a break, have a...

A traditional festive favourite that will be on everyone's shopping list this season is Ashbourne's new range of All Butter English Shortbreads.

Round, crisp and crumbly with an unmistakably hand-baked texture, they are the ideal size for tea and come in four delicious varieties including traditional, lemon, mocha and chocolate chip.

A perfect gift idea, Ashbourne's All Butter English Shortbreads come in an attractive presentation box and are cleverly designed to be displayed upright or lengthways to accommodate available shelf space.

Available in 125g pack from as little as £1.11.

Awash with goodness

The Durlston Grange Soap Company has a range of soap that is made from 100% genuine plant based materials. Using the finest natural palm oil, which is then carefully hand blended with coconut oil and combined with essential oils, herbal extracts or other ingredients such as Jojoba, Olive Oil and Aloe Vera. The various ingredients used in the soaps provide pleasant alternatives that can suit the individual needs. Not being tested on animals and containing no animal by-products or derivatives, the soaps are, with one exception, which contains honey, all registered with The Vegan Society, which makes them suitable for vegetarians and vegans alike.

Each tablet costs just £1.20 and is available from health stores.



Clear conscience

Conscience Cosmetics was conceived when Alison Russell was unable to buy cruelty-free cosmetics locally which conformed to her own high standards. Alison decided to market her own range of cosmetics with a name which would be a beacon for all those people who want to shop for attractive and stylish products but keep a clear conscience at the same time.

The complete range includes Cleansers, Skin Fresheners, Moisturisers, Masks and Scrubs, Shampoos and Conditioners and all Conscience Cosmetics products are suitable for vegetarians and vegans. Alison believes in value for money for the consumer and her prices reflect that. Each item ranges between £2 to £3.

Conscience Cosmetics are kindly giving away 10 items to the first readers who write for a product guide to the address below:

Conscience Cosmetics,
PO Box 5180, Matlock DE4 4ZW

So, So Good

Imagine a delicious tasting drink rich in nutrients for good health, which you can also cook with and pour over cereals, that has no cholesterol or lactose and is low in saturated fat. Sounds unbelievable but it's true!

From the middle of July onwards, a new range of soy drinks from Australia is set to challenge the taste buds of good food lovers nationwide. Called 'So Good', this highly nutritious beverage made from natural soy protein is good news for people who might be worried about cholesterol, would like to improve bone health or find it hard to tolerate milk and milk derivatives.

There are five variants of 'So Good' from which to choose: Gold, Low Fat and Fat Free and for those of us who fancy something sweet straight from the fridge, there are also two unforgettable flavoured milks — Absolutely Vanilla and Utterly Chocolate.

The 'So Good' range is available from supermarkets and health food shops with a recommended selling price of £1.29.

'Vegetarian' readers can obtain a copy of the 'So Good' recipe leaflet by writing to: The So Good Nutrition Advisory Service, The Sanitarium Health Food Company (UK) Limited, 40-44 Bradfield Road, Wellingborough NN8 4HB

