

## ETHICS & SUSTAINABILITY IN ACTION ®

Living Elixir is lovingly hand crafted by Red Dragon Organics. We are an independent, family run organic drinks processor based between Lismore and Byron Bay in Northern NSW.

We are passionately dedicated to health, ethics and sustainability in everything we do. We also make a traditional organic ginger beer. All are available in 350ml bottles and, for the fans and devotees, a 1250ml bottle.



## PLASTIC BOTTLES?

In order to maintain the goodness of the cold pressed, raw juices, we do not pasteurise or heat treat or use chemical preservatives. Instead we ferment the drinks in the bottle, to preserve them, but while the yeasts are busy converting sugars to bubbles the pressure can build up inside the bottle. We have to use our BPA-free, Australian made, recyclable plastic bottles as they can expand a little under pressure and will never burst or break. We consider it a small compromise in order to get you the raw, cold pressed exceptional quality of the ingredients.

## GET IN TOUCH...

For your nearest stockist or to purchase online visit:

[www.RedDragonOrganics.com.au](http://www.RedDragonOrganics.com.au)  
[sales@reddragonorganics.com.au](mailto:sales@reddragonorganics.com.au)  
(02) 6624 6900



All Red Dragon Organics drinks are Certified Organic by NASAA (2567P)

Proudly printed by our local printer on 100% post consumer recycled, carbon neutral Australian made paper.

# ACCESS THE POWER OF TURMERIC!

LIVING ELIXIR IS A PURPOSEFULLY  
CREATED ELIXIR OF HEALTH...  
AN ELIXIR OF LIFE !

This potent innovative beverage is designed for the maintenance of optimal health and vitality for body and mind, boosting your sense of inner strength and wellbeing.

The raw, certified organic and cold pressed Australian **turmeric**, **ginger** and **lemon** juices are strongly anti-inflammatory and bursting with antioxidants and valuable minerals. Combined with infusions of **Gotu kola**, **Brahmi** and **Ginkgo biloba** herbs to aid improved memory, nerve and brain function. The elixir is then naturally fermented in the bottle with organic raw honey and organic raw sugar and 'Grander' revitalised water. It is this special fermentation process that brings you this drink, fresh, raw, unpasteurised, preserving the nutritional and energetic qualities of its potent ingredients.

## SEASONAL VARIATIONS IN FLAVOUR & FIZZ

Every bottle may vary slightly in taste and bubbles. This is because we make each bottle by hand, with fresh local ingredients and a delicate fermentation process. If your bottle has warmed up on its journey to you, it will be slightly more fizzy or if we used new season ginger, it won't taste as fiery. This is the seasonal beauty and unpredictability of nature.

Red Dragon Organics

# LIVING ELIXIR®

## TURMERIC GINGER BEER

with GINKGO, BRAHMI & GOTU KOLA

CERTIFIED ORGANIC & NOW AVAILABLE IN

SUGAR FREE



VOTED 2014 WINNER  
ORGANIC PRODUCT OF THE YEAR

Let food be thy medicine  
and medicine be thy food

— Hippocrates (480–375 BC)

# LIVING ELIXIR®

AN AMAZING ARRAY OF THE HIGHEST QUALITY CERTIFIED ORGANIC INGREDIENTS, EACH WITH THEIR OWN NUTRITIONAL AND HEALTH VALUES BLENDED IN A SYNERGISTIC ELIXIR OF HEALTH AND VITALITY...



## CERTIFIED ORGANIC AUSTRALIAN FRESH TURMERIC JUICE - *Curcuma longa*

The ancient root of longevity. One of planet Earth's most transformative and healing plants. It is a potent anti-inflammatory and powerful antioxidant, providing protection against a variety of diseases commonly experienced during ageing. Enhances detoxification, aids digestion, especially of fats, through increased bile production in the liver. Very high in minerals especially iron, manganese, zinc, potassium and magnesium and vitamins C and E.



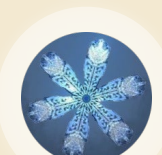
## CERTIFIED ORGANIC AUSTRALIAN FRESH GINGER JUICE - *Zingiber officinale*

An anti-inflammatory acting well with turmeric. Aids digestion and is great for all forms of nausea, relieving digestive disturbances. Boost to overall immune system and general feeling of wellbeing. There is a high level of fresh raw ginger in Living Elixir (as in Red Dragon Organics Organic Ginger Beer).



## CERTIFIED ORGANIC AUSTRALIAN FRESH LEMON JUICE - *Citrus limon*

Lemon juice, ginger and turmeric have a synergistic energy and increased potency when combined together as raw, organic juices and are an ancient Ayurvedic combination. Lemon juice has an alkalising effect on the body, is anti-bacterial and is packed with vitamins A and C.



## GRANDER WATER - *grander.com.au*

The water used in Living Elixir is double filtered and then passed through a 'Grander' unit, transforming it into revitalised, energised and restructured water, which enhances solubility and distribution of nutrients throughout the body.



## THIS IS A LIVE FERMENTING DRINK FULL OF DELICIOUS NATURAL BUBBLES SO PLEASE TAKE CARE WHEN OPENING...

The active life force of certified organic ingredients is maintained and enhanced by incorporating raw juices and Grander water in a bottle-fermented beverage. Fermented foods are created through the breakdown of sugars and proteins by micro-organisms. They can provide beneficial microorganisms to the body, which aid digestion, immunity and wellbeing.

**Dosage Information:** You can drink as much as you want! For people using Living Elixir as a health tonic or long term, one 1250ml bottle over 7 days is recommended.

Living Elixir is not by law intended to diagnose, treat, cure or prevent any disease. Living Elixir is not heat treated or pasteurised, so always keep it under 4°C. Gluten Free.

More information on Living Elixir, our philosophy, testimonials and our delicious Ginger Beer is on our website: [www.RedDragonOrganics.com.au](http://www.RedDragonOrganics.com.au)

## OUR SUGAR FREE ELIXIR

Trying to avoid refined sugar? We created the Sugar Free Living Elixir for you.

Made with all the same ingredients listed here, except without the sugar and with a little extra love for your body & mind. It is carefully brewed with just enough raw, organic, Australian honey to give it a gentle sparkle and rounded flavour. Never with artificial sweeteners or flavours. The Sugar Free Living Elixir has only 2.9gms per 100ml total sugars, which is less than most vegetable juices or coconut water. Look out for the white cap — the Original Living Elixir has a black cap.

Raw honey is a natural anti-oxidant and the only alkaline-forming sweetener. By using raw, certified organic, Australian honey in the Living Elixir we are supporting a threatened bee population, which in turn supports our entire ecosystem.

### Why use sugar at all?

Our Original Living Elixir is delicious! Made with raw organic sugar and raw organic Australian honey. Sugars are an essential part of the fermentation process, it creates the fizz and enhances the ginger and turmeric flavours in every bottle. The Original Living Elixir still only has 7.2gms of sugar per 100ml, less than most other ginger beers on the market.



## CERTIFIED ORGANIC GINKGO BILOBA - *Ginkgo biloba*

A potent antioxidant, Ginkgo helps to improve peripheral blood flow, especially to the brain where it both protects and promotes memory and mental function. Its reputed ability to improve circulation may help reduce macular degeneration, reduce depression in the elderly, reduce impotency, and delay the onset of Alzheimer's disease.



## CERTIFIED ORGANIC BRAHMI - *Bacopa monnieri*

Traditionally used to support and improve all aspects of mental function, including comprehension, memory and ready-recall, by enhancing the crucial coordination of these three aspects of mental function. Works synergistically with Gotu Kola, enhancing stamina and endurance. Credited with improving intelligence and memory, decreasing senility and ageing, and promoting longevity.



## CERTIFIED ORGANIC GOTU KOLA - *Centella asiatica*

Recommended for combatting nervous disorders, senility and premature ageing. As a brain tonic, Gotu Kola is said to aid intelligence, memory and attention span. Reputed to strengthen the adrenal glands whilst cleansing the blood to treat skin impurities. Used to energise the central nervous system and rebuild energy reserves. Anti-oxidant. Enhances circulation. These three herbs are noted Ayurvedic herbs for mental energy.