



**EAT SMART,
LIVE SMART**

ABOUT US

Livsmart is a wellness food brand with the mission of changing people's attitude towards healthy eating.



We believe that there are fewer greater pleasures in life than food, yet most of us are constantly struggling to find a balance between eating what is “good” for us and eating what we enjoy.

What if we told you that this compromise was not necessary?

At Livsmart, we scour the globe for ingredients that can replace our daily food choices with healthier alternatives, without compromising on taste and experience.

BRAND PURPOSE

At Livsmart, our endeavor is to introduce products that enable smart food choices in your everyday life. To eat smart is to eat healthy but without having to compromise on taste and experience. With this in mind we have launched our range of smart food products, with a lot more in the pipeline.

We travel the globe to bring you ingredients that are not just healthy but also leave a lasting impression on your taste buds.



Organic Matcha

KEY BENEFITS

RICH IN ANTIOXIDANTS AND NUTRIENTS

ASSISTS IN WEIGHT LOSS

BOOSTS ENERGY AND METABOLISM

HELPS INCREASE FOCUS

ORGANIC, VEGAN FRIENDLY AND GLUTEN FREE

TASTES GREAT IN TEAS AND BAKED GOODS



What is Matcha?



Our **Matcha** is made from premium **organic tea leaves** that are grown in the shade to increase their **chlorophyll** and **amino acid** content. This gives them a bright green color and high nutrition content. The leaves are then handpicked, dried and ground into a fine powder that is loved for its **pleasing flavor** and **health benefits**.

Product Description

Matcha is most often consumed as a hot or cold beverage and combines well with water or milk. It has a uniquely pleasing flavor that can be enjoyed by adding it to cakes, ice creams and other desserts. Its several health benefits make it a must-have ingredient for every household.

Ingredients:
Matcha green tea powder

Nutrition Facts:

Net Weight 100 g
About 50 servings per container
Serving Size 1 teaspoons (2g)

Amount Per Serving	
Calories	0

% Daily Value

Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 0g	0%

Organic Dragon Fruit Powder

KEY BENEFITS

ADDS A VIBRANT MAGENTA
COLOR TO FOOD AND BEVERAGES

TASTES GREAT IN SMOOTHIES,
BOWLS AND BAKED GOODS

ORGANIC, VEGAN FRIENDLY
AND GLUTEN FREE

GOOD SOURCE OF FIBER

CONTAINS PREBIOTICS

RICH IN ANTIOXIDANTS AND
NUTRIENTS

HELPS IMPROVE IMMUNITY



Organic Dragon Fruit Powder

What is Dragon Fruit Powder?

Dragon Fruit or **Pitaya** is a **tropical fruit**, which we freeze dry into a vibrant magenta powder that retains its original flavor. The fruit has been classified as a **super food** due to its several health benefits. It is packed with **vitamin C, B1, B2 and B3**, as well as minerals like **iron, calcium, magnesium and phosphorus**. It is also **rich in antioxidants, fiber and omega essential fatty acids**.



Product Description:

Dragon Fruit Powder is most often consumed by adding it to smoothies, granola, raw desserts, yogurts and juices. It is loved for its health benefits, pleasant flavor and its bright magenta color. It is low in calories and can be enjoyed as part of a healthy balanced diet.

Ingredients: Freeze dried dragon fruit powder

Nutrition Facts:

Net Weight 100 g
About 11 servings per container
Serving Size 1 teaspoons (9g)

Amount Per Serving	
Calories	40

% Daily Value

Total Fat 0.5g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 8g	3%
Dietary Fiber 2g	
Total Sugars 5g	
Net Carbs 6g	
Protein 1g	0%

SHIRATAKI NOODLES

KEY BENEFITS

SUITABLE FOR KETO AND OTHER
LOW-CARB DIETS

CAN HELP TO REDUCE BLOOD
SUGAR AND INSULIN LEVELS.

ORGANIC, VEGAN FRIENDLY
AND GLUTEN FREE

CONTAINS ONLY 6 CALORIES PER SERVING

A HEALTHY ALTERNATIVE
TO TRADITIONAL NOODLES



Shirataki Noodles

What are Shirataki Noodles?

The word “**Shirataki**” is **Japanese** for “**white waterfall**,” which describes the noodles’ white translucent appearance. Made from natural fiber found in the root of the **Konjac plant**, these noodles are very **low in calories** and contain no digestible carbs.



Shirataki noodles are also known as **miracle noodles** because of their **health benefits** and assistance in **weight loss**. Since these noodles move through your digestive system very slowly, they make you **feel full for longer**. In addition, the viscous fiber functions as a **prebiotic** and nourishes the bacteria living in your colon.

Product Description:

Shirataki noodles are a healthy alternative to traditional noodles and can be used by replacing them in your favorite recipes. The noodles have no flavor and can therefore be easily combined with flavors of your choice.

Ingredients: Organic Konjac powder, Citric Acid and water

Nutrition Facts:

Net Weight 200 g
About 2 servings per packet
Serving Size 100g

Amount Per Serving	
Calories	6kcal

% Daily Value

Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0.29mg	0%
Total Carbohydrates 1.3g	0%
Dietary Fiber 0.5g	
Total Sugars 0g	
Protein <0.1g	0%

MONK FRUIT SWEETENER

KEY BENEFITS

CAN BE ADDED TO FOODS AND BEVERAGES JUST AS YOU WOULD WITH SUGAR (MEASURE 1:1)

SUITABLE FOR KETO AND OTHER LOW-CARB DIETS

CONTAINS ZERO CALORIES

DOES NOT IMPACT BLOOD SUGAR LEVELS

CONTAINS ZERO NET CARBS



Monk fruit sweetener

What is Monk Fruit?



Monk fruit is a modern day **superfood** that was discovered centuries ago in the remote highlands of **China**. Prized for its sweetness, this fruit was thought to be the **secret to longevity** and came to be called the **Immortals fruit**. The extract of the monk fruit can have up to 300 times the sweetness of sugar which unlike other fruits is **derived from antioxidants** called **mongrosides**.

Product Description

Our monk fruit sweetener is an ideal substitute for sugar as it has the same sweetness, but doesn't negatively impact our health. It is made from the natural extract of monk fruit, which has been used to improve overall wellbeing in eastern cultures for centuries. We blended this extract with Erythritol, a mild sugar alcohol derived from fruits and plants. Thus creating a guilt-free sugar replacement that is perfect for low-calorie and low-carbohydrate diets.

Ingredients:
Monk fruit extract and Erythritol

Nutrition Facts:

Net Weight 250g
About 62.5 servings per container
Serving Size 1 teaspoon (4g)

Amount Per Serving	
Calories	0

% Daily Value

Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 4g	1%
Dietary Fiber 0g	
Total Sugars 0g	
Sugar Alcohol 4g	
Protein 0g	0%

Erythritol

KEY BENEFITS

SUITABLE FOR KETO AND OTHER LOW-CARB DIETS

NO ADDED INGREDIENTS

CONTAINS ZERO CALORIES

CONTAINS ZERO NET CARBS

DOES NOT IMPACT BLOOD SUGAR LEVELS



Erythritol

What is Erythritol?

Erythritol is a **naturally** occurring **sweetener** that is made from **corn**. It is rapidly gaining popularity as a sugar substitute, as it has **zero net carbs and zero calories**.



Product Description:

If you are looking for a way to satisfy your sweet tooth without compromising your health, Erythritol is an excellent solution. It is about 70% as sweet as sugar and can be used as a sugar replacement for your cooking and baking needs.

Ingredients: Erythritol

Nutrition Facts:

Net Weight 500 g
About 62.5 servings per container
Serving Size 2 teaspoon (8g)

Amount Per Serving	
Calories	6kcal

% Daily Value

Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 8g	2%
Dietary Fiber 0g	
Total Sugars 0g	
Sugar Alcohol 8g	
Protein 0g	0%

Allulose

KEY BENEFITS

SUITABLE FOR KETO AND OTHER LOW-CARB DIETS

LOW IN CALORIES

CONTAINS ZERO NET CARBS

DOES NOT IMPACT BLOOD SUGAR LEVELS

HELPS CONTROL WEIGHT AND DIEBETES

BROWNS, TASTES AND
BAKES LIKE SUGAR



Allulose Natural Sweetener

What is Allulose?

Allulose is a **natural sweetener** derived from **Non-GMO corn**. It tastes like sugar, with a clean and mild sweetness and no unpleasant aftertaste. Since Allulose is not metabolized by the body, it is very **low in calories** and **does not impact blood sugar levels**.



Product Description:

Allulose has approximately 70% the sweetness intensity of sugar without any of the associated health risks. Therefore, it is growing in popularity as a sweetener in food and beverages. A unique property of Allulose is that it browns like sugar, making it the preferred sugar substitute for baking. Studies have shown that Allulose can lower blood sugar and insulin levels and help with weight loss as well.

Ingredients: Allulose

Nutrition Facts:	
Net Weight 100 g	
About 11 servings per container	
Serving Size 1 teaspoons (9g)	
Amount Per Serving	
Calories	40
% Daily Value	
Total Fat 0.5g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 8g	3%
Dietary Fiber 2g	
Total Sugars 5g	
Net Carbs 6g	
Protein 1g	0%