



LIVSMART



**EAT SMART, LIVE  
SMART**

# ABOUT US

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**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

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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.





# Natural Sweeteners

# 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 **mangroside**.

## 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%

# STEVIA SWEETENER

NATURAL SUGAR REPLACEMENT

## KEY BENEFITS

DOES NOT IMPACT BLOOD SUGAR LEVELS

NO AFTERTASTE

CONTAINS ZERO NET CARBS

CONTAINS ZERO CALORIES

ASSISTS WITH WEIGHT LOSS

KETO AND VEGAN  
FRIENDLY





## Stevia Sweetener

# What is Stevia Sweetener?

Stevia sweeteners are derived from the leaves of the **Stevia rebaudiana** plant, a herbal shrub native to **South America**. The stevia plant has been used for food and **medicinal purposes** for hundreds of years.

The sweeteners are made by extracting steviol glycosides from the leaves of the stevia plant and combining it with Erythritol to achieve the **perfect balance of sweetness and taste**.



## Product Description:

Our Stevia Sweetener has approximately twice the sweetness of sugar without any of the associated health risks. It can be used as a guilt-free sugar replacement in foods and beverages, as it has zero net carbs and zero calories per serving. It can help with lowering overall blood sugar levels and can assist in weight-loss.

Nutrition Facts	
Net Weight 250 g	
About 125 servings per container	
Serving Size 2g	
Amount Per Serving	
<b>Calories</b>	<b>0</b>
<b>% Daily Value</b>	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrates 2g	<1%
Dietary Fiber 0g	
Total Sugars 0g	
Protein 0g	0%

**Ingredients: Stevia extract and Erythritol**

# 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 <b>Serving Size</b> 1 teaspoons (9g)	
Amount Per Serving	
Calories	40
	<b>% Daily Value</b>
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%

# ALLULOSE SYRUP

SUGARFREE SWEETENER

## KEY BENEFITS

CONTAINS ZERO NET CARBS

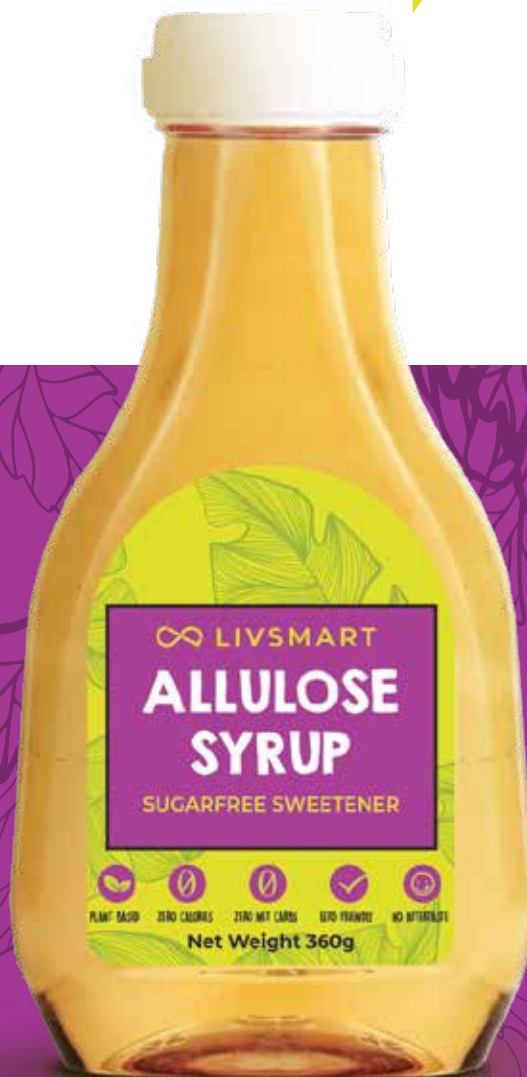
DOES NOT IMPACT BLOOD SUGAR LEVELS

CONTAINS ZERO CALORIES

ASSISTS WITH WEIGHT LOSS

NO AFTERTASTE

KETO AND VEGAN FRIENDLY



## Allulose Syrup

# What is Allulose?

Allulose is a **delicious 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 has **no calories** and **does not impact blood sugar levels**.



## Product Description:

Allulose syrup can be used like honey or maple syrup for your foods and beverages, without any of the health risks associated with those products. Just pour it over your waffles and pancakes, or squirt some into your morning coffee to enjoy guilt-free sweetness. Studies have shown that the use of Allulose liquid can lower blood sugar levels and help with weight loss as well.

**Ingredients: Allulose**

### Nutrition Facts

Net Weight 360 g  
About 60 servings per container  
Serving Size 6g

Amount Per Serving  
**Calories** 0

#### % Daily Value

Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrates 4g	1%
Dietary Fiber 0g	
Total Sugars 0g	
Allulose 4g	
Protein 0g	0%



# Teas

# 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



## Organic Matcha

# 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%



# MANGO MATCHA

Natural Mango Infused Green Tea Powder

## KEY BENEFITS

RICH IN ANTIOXIDANTS AND NUTRIENTS

MADE FROM NATURAL MANGO EXTRACT

HELPS INCREASE FOCUS

TASTES GREAT IN TEAS AND BAKED GOODS

VEGAN FRIENDLY AND GLUTEN FREE

BOOSTS ENERGY AND METABOLISM



## Mango Matcha

# What is Mango Matcha?

Our Matcha is made from **premium 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 tea is then **blended with real mangoes** that are dried and ground into a fine powder, giving it a pleasing mango flavor.



## Product Description:

Mango Matcha is most often consumed as a hot or cold beverage and pairs well with water or milk. It has a uniquely pleasing flavor that combines the earthiness of matcha with the fruitiness of mango, and 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.

Nutrition Facts:	
Net Weight 100 g	
About 50 servings per container	
Serving Size 1/2 teaspoons (2g)	
Amount Per Serving	
<b>Calories</b>	<b>5</b>
	<b>% Daily Value</b>
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0.1%
Dietary Fiber 0g	
Total Sugars 0.3g	
Protein 0g	0%

**Ingredients: Matcha green tea powder and Mango extract**

# BLUE MATCHA

BUTTERFLY PEA FLOWER TEA POWDER

## KEY BENEFITS

RICH IN ANTIOXIDANTS AND NUTRIENTS

SUPPORTS SKIN AND HAIR HEALTH

MAY PROMOTE WEIGHT LOSS

CAN RELIEVE STRESS AND ANXIETY

STABILIZES BLOOD SUGAR LEVELS

AIDS IN DIGESTION



## Shirataki Noodles

# What is Blue Matcha?

Commonly known as **blue tea** or **blue matcha**, this **caffeine-free herbal tea** is made from the **Butterfly Pea Flower** that is native to **South Asia**. Renowned for its vibrant blue color, this tea has been consumed for centuries in Asian cultures for its various **health benefits**. The blue color is due to their **high content of anthocyanins - antioxidant pigments** that are known to promote **improved mental clarity, skin health, and stress relief**.



## Product Description:

Blue Matcha has a mild earthy flavor and is most often consumed as a hot or cold beverage with water. The infusion is often flavored with ingredients like mint, ginger, lemongrass, or cinnamon. Additionally, its uniquely pleasing flavor can be enjoyed by adding it to lattes, cocktails, smoothies, desserts and other foods, giving them a beautiful blue color along with the various health benefits.

**Ingredients: Butterfly Pea Flower Powder**

### Nutrition Facts:

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

Amount Per Serving	
<b>Calories</b>	1.3

#### % Daily Value

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



# Shirataki

# SHIRATAKI RICE

## 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 RICE



## Shirataki Rice

# What are Shirataki Rice?

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



Shirataki rice is growing in popularity for its **health benefits** and assistance in **weight loss**. Since this rice moves through your digestive system very slowly, it makes 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 rice is a healthy alternative to traditional rice and can be used by replacing them in your favorite recipes. The rice has 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%

# 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%



# Natural Extracts

# 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%

# Organic Lion's Mane

PURE MUSHROOM EXTRACT POWDER

## KEY BENEFITS

IMPROVES NERVE DEVELOPMENT  
AND FUNCTION

IMPROVES MEMORY AND  
FOCUS

PROMOTES HEALTHY ENERGY  
LEVELS

(CAN RELIEVE ANXIETY)

(CAN IMPROVE DIGESTIVE  
HEALTH)

(CAN REDUCE INFLAMMATION)



## Lion's Mane

# What is Lion's Mane?

Lion's mane mushrooms are large, white, shaggy mushrooms that resemble a lion's mane as they grow. They contain **bioactive substances** that have many **beneficial effects** on the body, **especially the brain, heart, and gut**. It has a long history of use in **Asian countries** due to its **numerous nutritional and health benefits**.



## Product Description:

Our Lion's Mane powder is extracted from the body of the mushroom in order to increase its potency. It is then ground into a fine powder that has an earthy and savory flavor. This powder dissolves easily and can be mixed into drinks such as water, coffee or smoothies.

**Ingredients: Lion's Mane Mushroom**

Nutrition Facts:	
Net Weight 100 g About 50 servings per container <b>Serving Size</b> 1/2 teaspoons (2g)	
Amount Per Serving	
Calories	8
	<b>% Daily Value</b>
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrates 1g	<1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	0%