



ORDERING

Our products are available throughout Australia from Good Health Food Stores and Selected Natural Health Practitioners.

A current list of stockists can be found at www.wheatfree.com.au/stockists.htm.

Or contact Natural Vitality Australia on

1800 247 322

SUPPORT

Traditionally, wheatfree or gluten free cooking has been a negative experience from diagnosis to finding suitable foods to eat and bake. At Brighterlife Wheatfree Foods we understand how difficult it can be to change your entire diet to accommodate specific health requirements and are more than willing to share our experiences and advice.

If you need help with baking go to www.wheatfree.com.au for baking tips or email kylie@wheatfree.com.au.

Our products have been endorsed by the Coeliac Society. We encourage all newly diagnosed coeliacs to contact your state office for outstanding support. Refer to www.coeliac.org.au.



Australian Made by
Australian Owned Company



Brighterlife Wheatfree Foods Pty Ltd
23 Donnelly's Road
Via Toowoomba, QLD 4352



*Brighterlife
Wheatfree Foods Aims
to.....*

*provide nutritious, easy to access
and prepare food products that
cater to the needs of specific
dietary requirements and in doing
so will enhance the lives of all
people involved!*

STOCKISTS
FOR TRADE SUPPLIERS CONTACT NATURAL VITALITY AUSTRALIA ON 1800 247 322.



Brighterlife

*Experience a
"Brighterlife" with
this healthy, convenient
and easy to prepare allergy
friendly product the whole
family will enjoy!*



**100%
FREE OF**

**WHEAT
SOYA
CASEIN
EGG**

**GLUTEN
CORN
SALICYLATES
AMINES**

NO ADDED YEAST OR PRESERVATIVES

**LET BRIGHTERLIFE HEALTHY FOODS INTRODUCE YOU TO
A WORLD OF CONVENIENT, HEALTHY, DELICIOUS
WHEATFREE PRODUCTS.**



WHEATFREE FOODS

ABOUT US

Brighterlife Wheatfree Foods was founded by Kylie Hollonds in 1999. Her family experienced first-hand the difficulty in satisfying the appetites of those suffering from allergies and food intolerances. Their search for products to meet their family's specific dietary requirements led to the eventual development of a wheat free range of flour mixes. Brighterlife Wheatfree Foods was primarily created to share their range of mixes with individuals like you and show you how easy and rewarding eating Wheatfree can be.

CONVENIENT, HEALTHY AND DELICIOUS

Whether you have specific dietary needs or you have chosen to reduce your wheat intake, our products provide the perfect starting base for replacing wheat based products in your diet.

Forget about filling your pantry with expensive unfamiliar ingredients or purchasing pre-made products that still may contain forbidden ingredients - by purchasing our pre-mixes you will always have a flour formula on hand that you know will meet your dietary needs.

Take control and know what you are eating:

So **Simple to Measure** and **Simple to Cook** you'll surprise yourself. It only takes a few easy steps to make delicious wheatfree bread, pikelets/pancakes, muffins, cakes, biscuits, slices and much more:

1. Measure mixture into a mixing bowl.
2. Add water, an egg (or egg replacer) and your favourite ingredients.

HEALTHY WHEATFREE INGREDIENTS

Our products are free of many allergy triggering ingredients. We have chosen easy to digest flours, i.e. Rice Flour, Potato Starch and Tapioca Starch. A small amount of raw sugar is used in some of our products to improve palatability. This raw sugar can be sifted out if required. We use a unique whey formula which has pre-digested qualities. All maltodextrins and dextrose are sourced from Tapioca. This product has also been endorsed by the Australian Coeliac Society as Gluten Free.

For more information on our ingredients refer to our website @ www.wheatfree.com.au/ingrdets.htm.

BRIGHTERLIFE PREMIUM WHEY DRINK

Whey is made from the serum that is separated when the casein in milk is converted to cheese. The whey used to make **Brighterlife Premium Whey Drink** is ultrafiltered to remove fat and increase the protein content. Whey proteins are recognised as being the easiest to digest, most suited to muscle and tissue rebuilding, assisting the body to grow during the growing years and helping to prevent wear and tear later in life.

Premium Whey Drink is blended with vitamins and minerals, vegetable gums, palm kernel oil and maltodextrins that are unique, as all are free from casein, corn, gluten, soy and wheat. The use of the drink powder in this product boosts protein and complex carbohydrates, slowing the release of energy, improving texture and taste. Brighterlife baked foods last longer (after they are baked) than many other low allergy foods without preservatives. This whey drink has a reduced lactose level as compared to its milk equivalent, however many people with lactose intolerance have a particular tolerance level, which allows them to consume some lactose without symptoms. **Brighterlife Premium Whey Drink** is available from all good Health Food Stores and Pharmacies.

For more information please visit www.wheatfree.com.au/ingrdets.htm.



HOW ELSE CAN WE HELP YOU?

Our pre-mixes may be suitable in the diets of people affected by allergies associated with:

Coeliac Disorders, Behavioural Disorders, Digestive Disturbances, Arthritis, Asthma, Eczema and Dermatitis, Hyper/hypoglycemias, Milk Intolerances, Weight Management, High Cholesterol and IBS to name a few.

WE DON'T SACRIFICE TASTE

Our products even fool the '**wheat eaters**'. They taste and look like wheat products - but contain no wheat. Now you can enjoy a delicious nutritious sandwich with bread that is wheat-like in taste and texture and even 'bends'.

Now you can enjoy a biscuit or a piece of cake with your friends. This helps enable you to stay focused on succeeding with your new Wheat Free diet.

Our flour formulas are marketed as bread, pancake/pikelet and muffin mixes but all can be used to make a wide range of treats from cakes, puddings and slices to foccacias, pizza bases and pastries.

A full recipe folder is available. It contains a large variety of recipes and is compiled for your convenience into five sections, one for each mix, a Seasonal and Miscellaneous Section. This book will allow you to continue to collect recipes and keep them in order.

At Brighterlife Wheatfree Foods we are continually developing new recipes to make living without wheat a relatively easy and enjoyable experience.

To register for monthly recipe releases visit www.wheatfree.com.au/recipes.htm.



LIFE CAN NOW BE BRIGHTER EATING WHEATFREE