

Weight Loss
& Wellness

Gfrag®
South Africa

Price List 2026



www.healing-hands.co.za



Please note:
Prices may differ slightly between our online store and stockists due to operational costs. Stockist pricing allows convenient local access without separate courier fees.



Transform your habits,
not just your weight

WE DON'T DO DIETS,
WE BUILD LIFESTYLES

Coaching is available for clients who are truly committed to losing weight.

- Weekly Coaching R100
- Monthly Coaching R400

**You may cancel at any time when you have the hang of your new lifestyle.
Coaching is recommended but Optional

Gfrag® Lifestyle Plans

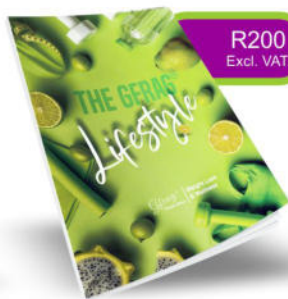
For lasting success, pair your Gfrag® Injections and Weight Loss Supplements with the Gfrag® Lifestyle Plan, healthy habits prevent the weight from coming back.



R120
Excl. VAT.

Gfrag® Mini Lifestyle

Week 1: Detox | Week 2: Metabolic Kick start
Week 3: Mini Lifestyle | Week 4: 7 Day example of The Gfrag® Lifestyle



R200
Excl. VAT.

The Gfrag® Lifestyle

Refer to a Gfrag® Coach for more info on living the Gfrag® way.



R140
Excl. VAT.

Gfrag® Kids Lifestyle Plan

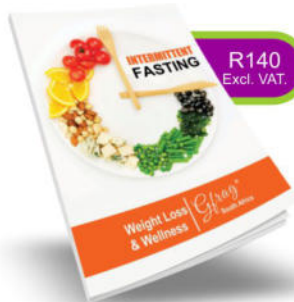
At Gfrag®, we believe that healthy eating habits are essential for your child's growth, development, and overall well-being. The Gfrag® Kids Lifestyle Plan is designed to provide you with daily guidelines, practical tips, and easy lunchbox recipes that make healthy eating simple and fun for children under 14. When you buy, cook, and prepare their food, you have the power to serve nutritious meals that fuel their energy, support their immune system, and help them thrive.



R390
Excl. VAT.

Gfrag® S.A Recipe Book

This all-in-one healthy lifestyle recipe book features 350+ delicious, nutrient-packed recipes designed to help you eat better, feel stronger, and live happier every single day. Whether you're just starting your wellness journey or looking to take it to the next level, this book empowers you to create balanced meals that nourish your body and satisfy your cravings. From energizing breakfasts and protein-rich lunches to guilt-free desserts and refreshing smoothies.



R140
Excl. VAT.

Gfrag® Intermittent Fasting

Refer to a Gfrag® Coach for more info on the Gfrag® Intermittent Fasting Guide.



Free with
Selected
Products

Gfrag® 7 Day Example of the Gfrag® Lifestyle

When ordering **Weight Loss Products**, please indicate if you want a Gfrag® 7 Day Meal Plan **for free**. **80% of Weight Loss comes from what you eat.**



R250
Excl. VAT.

Gfrag® Menopause & Peri-Menopause

Hot flashes? Mood swings? Belly bloat? We've got you. Food, lifestyle & supplement tips



R200
Excl. VAT.

Eat to Ease. Anti-Inflammatory Guide

Struggling with autoimmune disease, chronic pain, or inflammation? The Eat to Ease Guide is a simple, step-by-step tool to help you make better food choices, reduce inflammation, and support long-term health.

Gfrag® Lifestyle & Gfrag® S.A Recipe Book Combo



R520
Excl. VAT.

Gfrag®

STOP BEING THE PERSON WHO CRASH DIETS, LOSES 3KG WEIGHT, AND GAINS IT ALL BACK...

START BEING THE PERSON WHO USES A SUSTAINABLE PLAN, BUILDS LASTING HABITS AND NEVER STRUGGLES AGAIN..

Our Gfrag® Injections are safe and natural. They consist of various Amino Acids that the body itself cannot produce, which in turn results in weight loss, fat loss and overall health.

We recommend using Gfrag® Injections for at least 3-6 months, depending on each individual's wellness and weight loss goals. Always begin your journey with Gfrag® Potent Fat Burner, then Gfrag® Lipolytic MIC Injections and the follow steps 3-5:

When using the Gfrag® Range please follow this protocol to achieve the best results and maximum benefits!

STEP 1 Start with Gfrag® Potent Fat Burner Injections

STEP 2 Gfrag® Lipolytic MIC

STEP 3 Gfrag® Potent Fat Burner & Gfrag® Lipolytic MIC Combo

STEP 4 Gfrag® Slimbomb
-Never start your protocol here!

STEP 5 Gfrag® Weight Loss Shot can be used on it's own or between step 1-4 or as a weekly weight loss booster / detox with other injections from the range.

Please Note: You will either have to utilise a registered nurse to administer your injections or undergo training to do them yourself. While we provide clear instructions, you administer the injections at your own risk.

Gfrag® Injection Range



Gfrag® Potent Fat Burner

- Aids in Weight Loss
- Resets Metabolism
- Regulates Blood Sugar
- Reduces Body Fat
- Anti-ageing
- Improves Sleep Pattern

5mg R770 Excl. VAT.



Gfrag® Lipolytic mic 5ml

A blend of Lipolytic, Mic and Amino Acids:

- Burns Stored, Stubborn Fat
- Boosts Leptin Levels
- Increases BMR
- Great for Belly Fat

5ml R770 Excl. VAT.



Gfrag® Slim Bomb

- 3x the strength of Gfrag® Potent Fat Burner
- Please Note Step 4 Above

***Subject to Availability 10mg R1 200** Excl. VAT.



Gfrag® Weight Loss Shot

- Reduces body fat
- Converts fat to energy
- Minimizes visceral fat
- Boosts metabolism
- Lowers Cholesterol
- Reduces fatty deposits in the liver

5ml R750 Excl. VAT.



Gfrag® Slim Tan

The Gfrag® Slim Tan Duo formula contains L-Tyrosine so you Lose weight while getting a beautiful, bronze skin tone

10mg R800 Excl. VAT.



Gfrag® Hunger Hush Injection

- Suppresses Appetite Naturally
- Supports Hormonal Weight Management (Perimenopause & Menopause)
- Regulates Metabolism and Cravings
- Enhances Energy Utilisation
- Aids in managing Insulin Resistance
- Boosts and Enhances the results and effectiveness of Appetite Suppressant Peptide Injections by making it stronger

1 Month Supply R2 000 Excl. VAT

1 Single Injection R500 Excl. VAT



Gfrag® Weight Loss Shot + Appetite Suppressant Peptides

- Reverses Diet Induced Obesity
- Suppresses Appetite
- Increases Cellular Energy Regulators
- Treated Related Metabolic Conditions
- Increases NAD⁺ and SAM Concentrations in FAT Cells
- Prevents Lipogenesis (Fat Accumulation)
- Regulates Energy Expenditure in Fat

***Subject to Availability 5mg R1 500** Excl. VAT.



Gfrag® HCG + HCG Protocol

- Hormonal Slimming
- Eases Premenstrual Tension
- Regulates Hormonal Imbalances
- Improves Metabolism

***Includes HCG Protocol**

***Subject to Availability 500IU R800** Excl. VAT.

Gfrag® Injection Combo's



**Gfrag® HCG + Lipolytic MIC
R1 300.00**

**Gfrag® Potent Fat Burner
Lipolytic MIC
R1 100.00**

**Gfrag® Weight Loss Shot +
Appetite Suppressant
peptides &
Hunger Hush Booster
Injection
R2 000.00**

Gfrag® Products are effective when combined with proper nutrition and consistency. If you are not changing what you eat, results cannot be guaranteed.

Gfrag® Appetite Management



Gfrag® Hunger Buster

- Natural Appetite Suppressant
- Suitable for all ages

90 Caps R350 Excl. VAT.



Gfrag® Skinny

- Dual Formula
- Appetite Suppressant & Fat burner
- Our best seller

30 Caps R440 Excl. VAT.



Gfrag® 7 Day

- Increases Metabolism
- Controls Appetite
- Aids in HGs like wedding or an important upcoming event.

R195 Excl. VAT.



Gfrag® Kilo Off Slimming Syrup

- Fat Accelerator
- Appetite Management
- Energy Booster
- Added Wholefoods

**Cherry flavour. Contains high doses of caffeine.*

500ml R400 Excl. VAT.



Gfrag® Super Appetite Suppress

Gfrag® Appetite Suppressant contains 5-HTP and will assist with emotional eating.

60 Caps R500 Excl. VAT.

Gfrag® Fat Burners



Gfrag® Potent Fat Burner

- Fat Loss
- Increases Metabolism
- Suited for people with heart problems or epilepsy

60 Caps R280 Excl. VAT.



Gfrag® Thermoslim 12 Hour

- Scientific Fat Burn Formulation for 12 hours
- Thermogenic Fat Burn with added benefit of Mood Enhancer
- Enhances Mental Sharpness
- Increases Energy

60 Caps R320 Excl. VAT.



Gfrag® Fat Burning Hot Chocolate

- 20 Calories per Serving
- Made from Dutch Cocoa
- Promotes Healthy Gut
- Fat Burner
- Contains L-Carnitine
- Sugar Free
- Contains Anti-oxidants
- Boosts Immune System
- Contains Gut-Amine
- Can be used for baking

500g R400 Excl. VAT.



Gfrag® Fat Burning Slimming Coffee

- Burns Body Fat
- Appetite Reduction after 4 days.
- Snack Less
- Reduces Cellulite
- Increases Metabolism
- Drink as desired: Super charge your morning coffee by adding 1tsp into your cappuccino or coffee
- Add to smoothies or make your own Frappuccino

Available on Pre-order* **500ml R450 Excl. VAT.



Gfrag® Skinny Berry Juice

- All in one Fat Loss Support
- Aids in Weight Loss
- Increases Energy
- Multivitamin & Anti-oxidant
- Great pre-workout

**Flavours may vary depending on Availability*

Subject to Availability* **250g R300 Excl. VAT.



Gfrag® Slimming Powder

- Burns Visceral Fat around Organs
- Contains other Health Benefits connected to Anthocyanins
- Use with any of our injections for super results

375g R490 Excl. VAT.



Gfrag® AMPK

Fat burner for Peri/Menopausal Women

- Encourages the body to burn stored abdominal fat
- Revitalizes youthful AMPK levels
- Two potent botanical extracts trigger AMPK activity
- Promotes healthy cellular metabolism
- This supplement should be taken in conjunction with a healthy diet and regular exercise program

**Individual results are not guaranteed, and results may vary*

90 Caps R400 Excl. VAT.

If you are not willing to change your eating patterns then Gfrag® Weight Loss is not for you...

80% of Weight Loss happens with the food choices you make.

Food is medicines!

Please
Take
Note...

Eating healthier is not expensive at all.

Less people will be on chronic medication / diagnosed with chronic illness if they made the right food choices.

Do not expect changes if you are not willing to give up old habits & implement new ones.

Gfrag® Gut Health



Gfrag® Gut-Amine

- Relieves IBS and Heals Leaky Gut
- Anti-Ageing
- Improves Athletic Performance
- Improves Symptoms caused by Diabetes
- Improves Gut Health
- Anti-Inflammatory
- Protects Ulcers from further Damage
- Boosts Brain Health, Decreasing Memory Loss
- Reduces cravings for Tobacco and Alcohol
- Repairs and Rebuilds lining of the digestive tract
- Great for chemo patients (Reduces Tissue Damage)

Gut Lining

200g R290 Excl. VAT.



Gfrag® Sculpt & Cleanse

- Helps with Constipation

Colon Cleanser

60 Caps R290 Excl. VAT.



Gfrag® IBS

Helps with:

- Inflammation of Colon
- Strengthens Colon Lining
- Bloating and Flatulence
- Abdominal Pain

Pain Relief

90 Caps R340 Excl. VAT.



Gfrag® Pro Bi

- Promotes Intestinal Health
- Increases Healthy Bacteria in the Gut.
- Improves: IBS
- Diarrhea
- Constipation
- Acid Reflux / Heartburn
- Use with Gfrag® Berberine for Candida

Pro-Biotic

*Subject to availability 60 Caps R300 Excl. VAT.



Gfrag® Colitis & Crohn's

A Herbal Supplement that assists with pain and inflammation associated to Ulcerative Colitis, Crohn's, Gastritis & Enteritis.

*Use with Gfrag® Gut-Amine

30 Caps R290 Excl. VAT.



Gfrag® Gut-Master

Colon Healer & Support

- Anti-Inflammatory
- Digestion
- Leaky Gut
- Microbiome
- IBD & IBS
- Gut-Health
- Cherry Berry Flavour

Quadbiotic

500g R580 Excl. VAT.



Gfrag® Zinc L-Carnosine

- Leaky Gut
- Gastritis
- Ulcers
- Helicobacter Pylori
- Beneficial for children / grown-ups with Autism
- Protects the Gut Mucosa from Inflammation and Damage
- Helps Restore Damaged Gastric

Gut Inflammation

60 Caps R450 Excl. VAT.



Gfrag® Bromo Boost

Bromo Boost is an enzyme extract from pineapple stems and fruit, and it's known for a variety of potential health benefits.

- Digestive Enzyme
- Anti-Inflammatory
- Great for Pancreatic problems
- Helps with Angina, Bronchitis, Sinusitis, Osteoarthritis, Wound healing
- Improves appearance of Cellulite
- Helps with Bloating
- Improves Skin texture
- Anti-Oxidant
- Great for post-op healing

Pineapple Flavour

250g | 50 Servings R300 Excl. VAT.

Gfrag® Skin Range For Men & Women



Gfrag® NMN Anti-Ageing

- Anti-ageing & longevity
- Mitochondrial function & energy support
- NAD+ production & cognitive function
- Boosted energy levels
- Improves feeling of wellness
- Improves blood flow in skeletal muscle
- Improves bone density, eye function and liver health
- Reduction in age-related weight gain
- Improves insulin activity and production and glucose tolerance
- Improves muscle strength & endurance

R820 Excl. VAT.



Gfrag® Skin Renew

Gfrag® Skin Renew is a natural skin renewal supplement that helps with:

- Hydrates the skin from the inside
- Delaying skin-Ageing
- Improving Skin Elasticity
- Assisting with Sun Damage
- May reduce Pigmentation
- Protects skin against free radicals
- UV Protection by strengthening skin structure
- Contains Hyaluronic Acid

*Drink with 2 glasses of water.

30 Caps R380 Excl. VAT.



Gfrag® Skin Lips Hair

- Assists with Acne
- Helps clear the Skin
- Anti-Inflammatory for Skin and Lips
- Banishes Cold Sores
- Fights Hair Loss

60 Caps R280 Excl. VAT.



Gfrag® Collagen Cream

- Made with Collagen Peptides
- Hydrates
- Lifts
- Firms
- Restores
- With Vitamin A, C, E and Co-Enzyme Q10 & Collagen

50ml R425 Excl. VAT.

Gfrag® Women's Range



Gfrag® Fembido Libido Support

Gfrag® Fembido is a Female Intimacy Supplement that helps with Sexual Drive

Libido

**Use with Gfrag® Cortisol Support for Maximum Results.*

60 Caps R350 Excl. VAT.



Gfrag® Hot Flush / Gloede

Gfrag® Hot Flush / Gloede Supplement helps with:

- Excessive Sweating
- Hot Flushes
- Night Sweats

**Use with Gfrag® SHE / Cortisol Support*

60 Caps R330 Excl. VAT.



Gfrag® PCOS powder

- Regulates Menstrual Cycle
- Hormonal Acne
- Regulates Blood Sugar
- Hirsutism (Facial Hair)
- PMDD
- PMS

PCOS

**Drink after Breakfast, on a full stomach.*

500g R580 Excl. VAT.



Gfrag® PCOS & Insulin Resistance Supplement

- Helps promote a Healthy Hormone Balance for ladies with PCOS
- Support overall Reproductive Health
- Promotes Regulation of Menstrual Cycle
- Can help improve Metabolic Health
- Assists in Increasing Insulin Sensitivity
- May Support symptoms of PCOS

PCOS + Insulin Resistance

120 Caps R500 Excl. VAT.



Gfrag® Female Health

- Fights Inflammation
- Helps with age associated memory
- Removes excess bad estrogen
- Decreases uterine fibroids
- Longevity
- Anti-aging
- Prevents atherosclerosis
- Reduces fatigue, improves low wave sleep
- Helps with menopausal symptoms
- Eye & Brain health
- Energy
- Lowers cholesterol

Preventative

60 Caps R320 Excl. VAT.



Gfrag® Menopause Supplement

An all natural, daily supplement to restore balance and relieve the symptoms of menopause.

- Assist with menopausal symptoms
- Increases hormones like FSH slightly
- Helps for severity of hot flushes
- Increases energy levels
- Improves mood
- Alleviates anxiety
- Increases sexual desire
- Increases muscle strength
- Improves skin health
- Lowers binding of estrogen to estrogen receptors

Menopause

90 Caps R400 Excl. VAT.



Gfrag® Meno Belly

- Prevents Hormonal Toxicity
- Helps with Menopausal Belly Fat
- Lessens High Cortisol Levels

Menopause Belly

120 Caps R395 Excl. VAT.



Gfrag® SHE

- Balances Hormones
- PMS Relief
- Mood Support
- Hormonal Harmony
- PMDD Relief

Hormone Balancer

60 Caps R400 Excl. VAT.



Gfrag® Wild Yam Complex

- Increases Progesterone
- Helps with Low DHEA

60 Caps R350 Excl. VAT.



Gfrag® Vitamin E with Herbal Co-Factors

- Beneficial to people who suffer from Parkinson Disease
- Good for Breast health and pain
- Works against free radicals
- Cholesterol Balancer
- Good for your eyes
- Good for muscular strength and endurance
- Beneficial in reducing risks of cancer
- Beneficial for people who suffer from Alzheimer Disease
- Helps in restoration of damaged skin
- Beneficial for your hair
- A must for dry skin

*3 Months Supply

90 Caps R290 Excl. VAT.



Gfrag® Omega 3

- Supports Joint Health
- Supports Nervous System
- Supports Cardiovascular Health
- Brain Health
- Mood
- Eye health
- Effective Anti-Inflammatory

Anti-Inflammatory

✓ Heavy Metal & Mercury Tested

*3 Months Supply

120 Caps R410 Excl. VAT.



Gfrag® Progesterone Booster

- Supports your body's natural hormone rhythms with our expertly crafted formula, designed to promote healthy progesterone levels
- Ideal for Peri-menopause & Menopausal Women

Progesterone Booster

30 Caps R260 Excl. VAT.



Gfrag® Testo Booster

- Increases free testosterone naturally.
- Enhance libido, energy, and vitality.
- Improve mood, muscle strength, and stamina
- Supports androgen and testosterone production
- Regulates estrogen / progesterone balance
- Reduces prolactin levels (which suppress testosterone)
- Promotes a healthy testosterone-to-estrogen ratio
- Stimulates luteinizing hormone (LH) for natural testosterone production

Testosterone Booster

60 Caps R400 Excl. VAT.

Gfrag® Men's Range

While the majority of our Gfrag® Products are suitable for both men and women, these products are specially formulated to meet the unique needs of men, offering targeted benefits.



Gfrag® Male Health

- Boosts Testosterone & Energy
- Boosts Overall Health
- Increases Lean Muscle
- Increases Libido
- Anti-Oxidant
- Anti-Cancer Properties
- Anti-Viral & Anti-Bacterial
- Longevity
- Reduces Inflammation
- Reduces risk of heart disease
- Lowers Cholesterol

Preventative

60 Caps R300 Excl. VAT.



Gfrag® Prostate+ Support

- Strong anti-oxidant effects
- Reduces Swelling (hyperplasia) and inflammation of the prostate
- Increases stronger urine flow
- Alleviates the amount of urinating at night
- Assists with stronger erections

*Compliments Gfrag® Male Health very well. For high stress, combine with Gfrag® Cortisol Support.

90 Caps R320 Excl. VAT.



Gfrag® Gout

- Gfrag® Gout will lower the PH of ones body and will also help with pain relief but if somebody doesn't adhere to the gout rule which is "Go easy on the red meat and alcohol" well.....
- Also great for Joint and Ligament Pain associated with gout

120 Caps R380 Excl. VAT.



Gfrag® Wild Yam Complex

- Prostate Health (Use with Gfrag® Prostate Plus Supplement)
- Penile Dysfunction
- Low Sperm Count
- Helps with Low Progesterone

60 Caps R350 Excl. VAT.



Gfrag® Progesterone Booster

- Supports your body's natural hormone rhythms with our expertly crafted formula, designed to promote healthy progesterone levels
- Ideal for Men with Low progesterone

Progesterone Booster

30 Caps R260 Excl. VAT.



Gfrag® Testo Booster

- Increases free testosterone naturally.
- Enhance libido, energy, and vitality.
- Improve mood, muscle strength, and stamina
- Supports androgen and testosterone production
- Regulates estrogen / progesterone balance
- Reduces prolactin levels (which suppress testosterone)
- Promotes a healthy testosterone-to-estrogen ratio
- Stimulates luteinizing hormone (LH) for natural testosterone production

Testosterone
Booster

60 Caps R400 Excl. VAT.

Gfrag® Kids Range



Gfrag® Calm Kiddies

- Relieves Anxiety and Tension
- Assists with Stress
- Has a Calming Effect
- Assists with the treatment of ADD and ADHD Symptoms

**For Adults & Children. Adults required dosage: 1 capsules in the afternoon, 2 before bedtime.*

60 Caps R290 Excl. VAT.



Gfrag® Memory Booster

- Assists Short term Memory
- Improves Long term Memory
- Increases Learning Abilities
- Supports Mental Focus

**For Adults and Children*

90 Caps R350 Excl. VAT.



Gfrag® Kiddies Immune Booster Syrup

- Use Gfrag® Kiddies Immune Booster to fend off viruses and to boost immune system, a must for all creche and primary school kids

**Natural Products - Separation may occur.*

250ml R210 Excl. VAT.



Gfrag® Memory Booster Syrup

- Assists Short Term Memory
- Improves Long Term Memory
- Increases Learning Abilities
- Supports Mental Focus

**Natural Products - Separation may occur.*

250ml R220 Excl. VAT.



Gfrag® Kiddies Multi Vitamin & Mineral Supplement

Gfrag® Multivitamin And Mineral Syrup is a yummy supplement that comes packed with all the essential nutrients your little one's body to maintain great health to help with growth and for your little one to flourish

**Natural Products - Separation may occur.*

250ml R210 Excl. VAT.



Gfrag® Calm Kids Syrup

- Relieves Anxiety & Tension
- Assists with Stress
- Has a Calming Effect
- Assists with the treatment of ADHD & ADD symptoms
- **Natural Products - Separation may occur.*

250ml R220 Excl. VAT.



Gfrag® Kids Lifestyle Plan

Gfrag® Kids Lifestyle Plan for everyday guidelines and lunch box recipes

R140 Excl. VAT.

Gfrag® Heart Health



Gfrag® Cardio Health

- Strengthens Heart Muscle
- Lowers Blood Pressure
- Regulates Heartbeat
- Lowers Cholesterol
- Can be used as Preventative for Heart Ailments

Heart
Vitamin

60 Caps R320 Excl. VAT.



Gfrag® Circulation Capsules

- Improves Blood Circulation
- Cleanses & Dilates Arteries
- Helps with Winter Hands and Feet
- Helps with Pins and Needles
- Varicose Veins
- Lowers Cholesterol
- Assists with Heavy and Swollen Legs due to bad Blood Circulation.

Circulation

**For swollen legs add Gfrag® Lymphlex Drops*

90 Caps R320 Excl. VAT.



Gfrag® Blood Pressure

A Natural Supplement to lower high blood pressure. Can be used with any other Gfrag® Health and Wellness Products

For High
Blood Pressure

60 Caps R300 Excl. VAT.



Gfrag® Cholesterol

A Natural Supplement for people with High Cholesterol

- Lowers Bad Cholesterol (LDL cholesterol)
- Lowers Fat in Blood
- Removes Cholesterol out of the veins and by doing so cleanses arteries
- Prevents inflammation in veins

High
Cholesterol

30 Caps R300 Excl. VAT.

Gfrag® Summer Range



Gfrag® Cellulite Release

Gfrag® Cellulite Release is highly effective in reducing and eradicating cellulite. This strong compound provides your body with a powerful dose of healthy nutrients, herbs and natural extracts. The unique formula works in synergy with your body, targeting and reducing cellulite on all the main tell-tale areas ie. your bottom, thighs & abdomen.

***For significant results, use with Gfrag® Lymphlex and Gfrag® Collagen**

90 Caps R330 Excl. VAT.



Gfrag® Beautifully Bronzed Tan

Activate your Tan without the Sun!

- Gradual Bronze Glow over time
- Amplifies, Optimizes & Prolongs existing Tan
- Makes skin Stronger against the sun (still use SPF)
- Spend 20 minutes in the sun to Activate an even Deeper Bronze Tan

90 Caps R500 Excl. VAT.



Gfrag® Tight & Tone - The Skin Tightener

- Lipolysis in a bottle
- Promotes Lean Body Mass
- Boosts Metabolism
- Breaks Down Fat Cells
- Promotes Lipolysis

***For significant results, use with Gfrag® Cellulite Release or Gfrag® Collagen. Add some weights and you have a winner!**

90 Caps R400 Excl. VAT.



Gfrag® Boot Camp Body Shake

- Add to Smoothies
- Use for Baking
- One shake per day can be used as a meal replacement

***Chocolate, Vanilla / Strawberry flavour available on Pre-order.**

1kg R340 Excl. VAT.



Gfrag® Fat Burning Water Enhancer - Super Charge your Water

- Contains Fat Burning Ingredients
- A great way to consume your daily water intake
- Added Wholefoods

***Contains: Iodine**

250ml R220 Excl. VAT.



Gfrag® G-tone CLA

- Prevents Weight Regain
- Maintains LEAN Body Mass
- Mobilizes Stored Fat as Energy
- Aids in Skin Firmness

CLA

90 Caps R280 Excl. VAT.

Gfrag® Detox



- What makes Gfrag® Detox different than others is that it removes toxins from the liver, kidneys, lymphatics, blood and tissues. Gfrag® Detox also reduces free radicals, water and Fat soluble toxins, improves energy and assists with weight loss. Any person starting a new weight loss regime can benefit from detoxing.

90 Caps R420 Excl. VAT.

Gfrag® Winter Range



Gfrag® Beta-Immune

- Advanced Immune Formula
- Contains Beta-Glucans for Immune Support

***For Adults and Children**

60 Caps R300 Excl. VAT.



Gfrag® Lung Defence

- Promotes Healthy Lungs
- Bronchitis
- Lowers Respiratory Infections
- Asthma
- Enhances and Optimizes Oxygen
- Smokers Lungs
- COVID-19
- For Athletes

60 Caps R350 Excl. VAT.



Gfrag® 8-in-1 Super Immune Booster Blend

- Compromised Immune
- Flu, Colds / COVID
- Cold Sores
- Resists infections
- Prevents Cell Damage
- Use if you have an Underactive Thyroid

60 Caps R320 Excl. VAT.



Gfrag® Flu & Cold Caps

- Recover faster from Flu and Colds
- Non-Sedative
- Natural Ingredients

60 Caps R300 Excl. VAT.



Gfrag® High Protein Meaty Soup

- Use as a meal replacement or as a snack
- Use in recipes or as a delicious gravy
- High Protein | Low GI
- Added Amino Acids and Fat Burner
- 46 Calories per serving

***Subject to Availability**

600g R420 Excl. VAT.



Gfrag® Breath Easy Mints

Gfrag® Breath Easy Mints are powerful eucalyptus-infused crystals designed to release soothing vapors that ease cold, flu, and cough symptoms. Only for Inhalation.

R25 Excl. VAT.



Gfrag® Fat Burn Hot Chocolate

- Promotes Healthy Gut
- Fat Burner
- Contains L-Carnitine
- Sugar Free
- Contains Anti-oxidants
- Boosts Immune System
- Contains Gut-Amine
- Can be used for baking
- Add to plain yoghurt for a treat or use it to make a shake
- 20 Calories per Serving

500g R400 Excl. VAT.

Gfrag® Collagen Range



Gfrag® Hydrolized Peptan Collagen with Vitamin C

- Support Bone & Joint Health
- Supports a Healthy Gut
- Firms Loose Skin
- Reduces Wrinkles
- Improves Skin Hydration
- Reduces Cellulite
- Maintains & Builds Muscle
- Healthy Strong Nails
- Healthy Strong Hair
- Promotes Organ Health
- Youthful, Clear Skin

***1-3 Months Supply**

250g R400 Excl. VAT.



Gfrag® Travel Collagen

- Refillable

***Subject to availability**

80g R150 Excl. VAT.



Gfrag® Collagen Sachets

- Your favourite Gfrag® Collagen now comes in a sleek, waterproof pouch packed with 15 convenient sachets, perfect for life on the go!
- No mess. No fuss. No excuses. Just gut love, skin on fleek, joint support and everyday confidence -wherever you are
- Each sachet delivers 10g of Collagen + 10g of Protein for optimal results.
- Your daily dose of Gfrag®, anytime, anywhere

15 sachets

***Subject to availability**

R380 Excl. VAT.

Gfrag® Collagen Cream

- Made with Collagen Peptides
- Hydrates | Lifts | Firms | Restores
- With Vitamin A, C, E and
- Co-Enzyme Q10 & Collagen

50ml R425 Excl. VAT.



Gfrag® Hot Chocolate Collagen

- Type 1 & 3
- Once a Day
- Creamy & Versatile
- 100% Natural
- 5g Protein per Serving
- Cocoa for Drinking or Baking

***Available on Pre-order**

500g R500

Excl. VAT.



Gfrag® Hydra Collagen Glow Body Oil - for all skin types

- Fast Absorbing
- Hydrating
- Glow Restoring
- Anti-Ageing
- Skin Plumping

R285 Excl. VAT.



Gfrag® Collagen Serum with 1% Retinol

A powerful renewal serum with 1% Retinol, Collagen Peptides and Hyaluronic Acid to refine texture, support firmness and soften the appearance of fine lines. Designed for smoother, healthier-looking skin.

50 ml R380 Excl. VAT.



Gfrag® Collagen Mist

A refreshing hydration mist that supports skin elasticity, boosts moisture and instantly revitalises tired skin. Perfect for daily hydration and skin support.

Colour may vary from clear to light yellow due to natural active ingredients.

50 ml R380 Excl. VAT.

Gfrag® Nutraceuticals & Additional Products



Gfrag® Magnesium Ultra Potent Pink Powder

- Relieves Tension
- Headache and Migraines
- Helps with Insomnia
- Reduces Stress Symptoms like Anxiety
- Manages Fibromyalgia Pain
- Relieves Muscle Cramping
- PMS

***Note: has a Laxative Effect.**

***For migraines use with Gfrag® Migraine Support.**

200g R300 Excl. VAT.



Gfrag® Lymphlex

- Lymph Drainage
- Improves the appearance of cellulite
- Relieves Oedema
- Detoxifies

Lymphatic Cleanser

100ml R300 Excl. VAT.

Gfrag® Hypothyroid

A Herbal and Nutrient formulation that assists the production of thyroid hormones and supports normal thyroid functions. L-Tyrosine is a precursor for thyroid hormones whilst Iodine is essential for normal thyroid function.

***Safe to use with Chronic Thyroid Medication**

***Contains Iodine**

60 Caps R330 Excl. VAT.



Gfrag® Liverite

- Cleanses Liver of Toxins
- Assists with Fatty Liver
- Removes Excess Estrogen
- Gallbladder Support
- Thyroid Support

Liver Detox & Support

60 Caps R300 Excl. VAT.





Gfrag® Magnesium X7

Magnesium does A LOT of things! Despite magnesium's enormous behind-the-scenes role in our health, it gets little notice. This mineral CANNOT be overlooked if we want to achieve optimal health!

Blend of X7 Magnesiums with 3 Supporting Magnesiums:

- Magnesium Glycinate for anxiety
- Magnesium Orotate for peaceful sleep
- Magnesium Taurate for blood sugar
- Magnesium Gluconate to reduce inflammation & improve digestion
- Magnesium Aspartate for neuron protection
- Magnesium Bisglycinate to treat PMS
- Magnesium Chelate for muscle tissue, hormone regulation
- Magnesium Malate
- Magnesium Citrate
- Magnesium Ascorbate

120 Caps R410 Excl. VAT.



Gfrag® Cortisol Support

- Promotes Healthy Cortisol Levels
- Supports Healthy Adrenal Function
- Reduces Stress Levels
- Hormonal Belly Fat
- Relieves Fatigue
- Low Libido
- Adrenal Fatigue
- Balances high or low cortisol

60 Caps R380 Excl. VAT.



Gfrag® Migraine Support

- Prevents Migraines
- Lessens the Severity of Migraines
- Assists with bad Headaches
- Helps with Psoriasis
- Helps with Tinnitus (ringing in the ear)

30 Caps R200 Excl. VAT.



Gfrag® Berberine

- PCOS
- Assists with Depression
- Reduces Cholesterol
- Reduces Sleep Apnea
- Insulin Resistance
- Lowers High Blood Pressure
- Prevents Weight Gain
- Lowers Cholesterol
- Metabolic Syndrome
- Candida
- Diabetes
- Anti-Viral | Anti-Fungal | Anti-Bacterial
- A must for Peri-Menopause and Menopausal women

90 Caps R400 Excl. VAT.



Gfrag® Memory Booster

- Assists Short term Memory
- Improves Long term Memory
- Increases Learning Abilities
- Supports Mental Focus

***For Adults and Children**

90 Caps R350 Excl. VAT.



Gfrag® Aqua Ban

A Natural Diuretic that assists with Water Retention

60 Caps R280 Excl. VAT.



Gfrag® Bottom Slim

Burns Visceral fat around the Hips and Thighs.

***Use in conjunction with other Gfrag® Products for Stubborn Hip and Thigh Fat - ask your coach.**

30 Caps R290 Excl. VAT.



Gfrag® Leptiburn

- Supports Leptin Production & Sensitivity
- Supports Accelerated Fat Loss
- Diminishes Weight Loss Plateaus

Leptin Support

***If you have low Leptin Levels, please use with Gfrag® Lipolytic MIC.**

90 Caps R340 Excl. VAT.



Gfrag® Crave Crusher

- Blood Sugar Regulator that assists with cravings, once blood sugar is regulated the desire to snack is less
- Perfect for candidates that have a sweet tooth and constant cravings

60 Caps R290 Excl. VAT.



Gfrag® Cheat Pill

A Blend of Fat and Carb blocking agents that bind on fat and carbs consumed in high calorie meals

Carb & Fat Blocker

90 Caps R380 Excl. VAT.



Gfrag® Belly Fat Reducer

Made up of Advanced Clinically Studied Ingredients to Combat Visceral Stomach Fat.

***Use with Gfrag® Lipolytic MIC & our Gfrag® Slimming Powder to target belly fat.**

90 Caps R320 Excl. VAT.



Gfrag® Anxiety & Depression

- Natural Stress Relief
- Calms the Mind
- Helps Support Mental Well-being
- May help improve symptoms of Depression
- Helps with Anxiety

60 Caps R380 Excl. VAT.



Gfrag® ZZZZ Sleep Supplement

- Gfrag® ZZZZ Sleep Supplement aids in achieving REM sleep
- Helps with Tension and Anxiety

***Add Gfrag® Magnesium as it promotes healthy sleep**

60 Caps R390 Excl. VAT.



Gfrag® Green T & CLA

Gfrag® Green Tea 95% with CLA Powder combines the powerful benefits of Green Tea Extract (standardized to 95% polyphenols) with Conjugated Linoleic Acid (CLA), creating a potent formula designed to support fat loss, boost metabolism, and improve overall body composition.

60 Caps R300 Excl. VAT.



Gfrag® Green Tea

- 98% Pure Green tea
- Aids in Weight Loss and Abdominal Fat
- Speeds up Metabolism
- Reduces Abdominal Bloating
- Lowers Blood Pressure, Sugar and Cholesterol

1 Capsule = 9 Cups of Green Tea.

60 Caps R280 Excl. VAT.



Gfrag® Butterfly Pea Flower Health and Wellness Tea

- Uplifts Mood
- Enhances Skin Health
- Glowing Skin
- Promotes Graceful Ageing
- Accelerates Weight Loss
- Stimulates Hair Growth
- Ameliorates Diabetic Conditions
- Uplifts Cardiac Wellness (Heart Health)
- Promotes Healthy Eyesight
- Anti-Oxidant
- Great for Depression, Stress & Anxiety
- Aids in Hormone Balance
- Enhances Immune
- **And much more....**

50g R190 Excl. VAT.



Gfrag® Butterfly Pea Flower Health and Wellness Tea

Including Tea Infuser

R220 Excl. VAT.



Gfrag® Pain Spray

Pain Spray Eases Pain associated with:

- Sciatica
- Muscle Pain & Strain
- Joint Pain & Arthritis
- Menstrual Pain
- Anti-inflammatory
- Rheumatoid Arthritis
- Corns & Bunions
- Pain Blocker
- Nerve Pain
- Migraines & Headaches
- Muscular Pain
- Plantar Fasciitis
- Callouses
- Osteoarthritis & Tendinitis

***Can be used for heavy metal detox**

50ml R200 Excl. VAT.



Gfrag® Joint Pain Relief

Gfrag® Joint Pain Relief is a Anti-inflammatory Supplement that helps with joint pain, tendons and ligaments. It not only relieves pain in the joint but around the joint too.

***Can be used with: Gfrag® Gout, Gfrag® Collagen, Gfrag® Pain Spray**

90 Caps R300 Excl. VAT.



Gfrag® Iron Booster

Increases the serum iron levels and prevents iron induced constipation

30 Caps R200 Excl. VAT.



Gfrag® High Protein Ice Coffee

- 93 Calories
- 20g Protein
- 2g Carbohydrates
- Add a scoop with ice into a blender for a coffee freezo
- Add to plain smoothie for a creamy coffee smoothie
- Add to plain yoghurt or cottage cheese for a delicious dessert

700g R480 Excl. VAT.



Gfrag® Super Blacks

All-in-one Green & Red Superfoods

- Overall Health Supplement
- Green & Red Wholefoods
- Nutrition in Capsules
- Gluten Free
- Non GMO
- For those that don't like the taste of powders
- May Balance Blood Sugar Levels
- Supports Heart Health
- High Fiber
- Fights Cancer
- Improves Gut Health
- Anti-Inflammatory
- Unique Anti-Oxidants
- Blood Cleanser
- Protects against UV radiation
- Boosts Immune System
- Regulates Blood Pressure
- Binds and Detoxes Heavy Metals
- Electrolyte
- Liver Health
- Digestive Health
- PMS
- Fibromyalgia
- Depression
- Lowers Cholesterol
- Iron-Rich
- Detoxifies Radiation & Chemotherapy
- Brain & Eye Health
- Anti-Ageing, Longevity
- Improves Exercise Performance
- Urinary Infections
- Kidney Stones
- Improves Circulation
- Skin Hydration & Elasticity
- Seasonal allergies and much more...

180 Caps R600 Excl. VAT.



Gfrag® Electro Fusion

- Electrolytes packed with: Red Superfoods, Anti-Oxidants & Daily Vitamins
- For Everyday Use
- A must for GLP1 Users
- Chronic Fatigue
- Nerve Function
- Hydration
- POTS Syndrome
- Kidney Health
- Overall Wellness
- and much more...

One of a kind

250g R450 Excl. VAT.



Gfrag® Calm Down Juice

- Helps with Stress
- Lowers Blood pressure
- Increases Alertness
- Calms
- Improves Sleep
- Improves Concentration
- Improves Attention Span

Strawberry flavour

200g R300 Excl. VAT.



Gfrag® Shroom Power

Mushroom coffee blends, especially those containing medicinal mushrooms like Cordyceps, Lion's Mane, Chaga, Shiitake, Turkey Tail, and Reishi, are increasingly popular for their broad spectrum of health benefits.

- Immune System Support
- Cardiovascular Health
- Atherosclerosis
- Memory and Cognitive Function
- Kidney Health
- Anti-inflammatory
- Anti-cancer
- Diabetes and Blood Sugar Regulation
- Chronic Fatigue
- Stress and Anxiety Relief
- Asthma Relief
- Menopausal Symptoms
- Peptic Ulcers
- Liver Cirrhosis
- Arthritis

A must for all women

200g | 40 Servings R320 Excl. VAT.



Gfrag® Kidney Supplement

- Gfrag® Kidney Support Formula is a potent, plant-powered supplement crafted to promote optimal kidney function, natural detox, and urinary tract health.
- Promotes healthy kidney and urinary tract function.
- Supports natural detoxification and toxin elimination.
- Helps protect kidneys from oxidative stress and inflammation.
- Encourages healthy circulation and fluid balance.
- Protects Kidney Cells.
- Helps lower uric acid levels, reducing kidney stone risk.

90 Capsules R350 Excl. VAT.



Gfrag® Night Cap Cocoa

Soothe. Sip. Sleep. A luxurious night time ritual to elevate your Gfrag® Wellness experience.

Why You'll Love It:

- Promotes deep, restful sleep
- Calms the mind and body
- Reduces anxiety and tension
- Supports gut health and muscle recovery
- Adds a smooth, chocolatey finish to your Gfrag® drinks.

Your new sleep bestie

Not to be used on its own – always blend into your Gfrag® drinks for best results.

Specially crafted to pair with:

- Gfrag® Collagen
- Gfrag® Fat Burning Hot Chocolate
- Gfrag® Hot Chocolate Collagen



25 Servings
250g R350
Excl. VAT.



Gfrag® Eye Supplement

- Supports retinal and macular health.
- Combats screen fatigue and digital eye strain
- Enhances night and contrast vision
- Protects against oxidative and environmental damage

120 Capsules R380 Excl. VAT.



Gfrag® Pure Focus Lions Mane Drops

- Sharpens focus & memory
- Boosts mood & clarity
- Supports nerves & gut-brain health
- Great for adults and kids!

Brain

10ml R100 Excl. VAT.

Gfrag® Merch



Gfrag® Water bottles

Available in green, orange and pink, please check with a coach about stock availability before placing your order.

500ml R150 Excl. VAT.

IMPORTANT INFORMATION

Purchasing from our Website, or a recognized Gfrag® Wellness Coach or our Facebook page automatically means you have read, understood and agree to our terms and conditions.

MEDICAL DISCLAIMER

You should always consult your doctor/health care practitioner before beginning any nutrition or exercise program. If you are on medication your doctor can help determine which products are best suited for you. The information and products available on this page are not to be considered as medical advice, nor are they substitutes for professional advice, diagnoses, cure, prevention or treatment of any disease or condition whatsoever

Gfrag® South-Africa is an online health store, specialising in a wide selection of natural supplements, vitamins, superfoods and health-related products. Our team is all about helping you unlock your full potential to live a healthy life. Although all our products are natural people may have a reaction to certain natural ingredients without prior knowledge of this. You are responsible for your own health. As with conventional medicine, herbal medicine is vast and complex. Please do consult your health care practitioner when seeking medical advice.

IMPORTANT INFO

KINDLY NOTE: It may take 2-3 Days for a coach to get back to you with Gfrag® Product recommendations on a consultation.



Deliveries may take up to 4-7 working days depending on the couriers, public holidays, weekends and if your area is an outer lying areas etc. Couriers normally do not do deliveries over weekends as well as public holidays.



If we are sold out on a product or your coach is out of stock: The Waiting period can be up to 10 working days, please do not make any payments until our stock is replenished. We do not take any back orders. Best is to check with your coach regarding stock availability.



Orders will be sent out on Tuesdays & Thursdays. A tracking number will be sent to you, please see additional courier details below. Courier days may change when there is a public holiday; we will advise on our social media.

STOCK IS SUBJECT TO AVAILABILITY.



Regretfully we DO NOT give refunds AND/OR permit product returns, regardless of whether the product is OPENED OR SEALED.

Orders have to be placed and paid for, one day before courier day. No later than 14h30. Orders may take 1-3 days to process and will only be sent out after payment has been made. Payments must be paid in full before an order will be processed and sent out for delivery.

VERY IMPORTANT!

A tracking number with courier's link & contact details will be sent to you, so you can always track & trace your parcel.

Courier Carrier: The Courier Guy
Contact Details: 010 222 2300 or contact your nearest branch
Tracking URL: www.thecourierguy.co.za

Please allow some time before tracking your parcel. It can take up to 24 hours for a courier to book a parcel into their hub, so if you find that there is no information available, please wait a little while longer before tracking your parcel again.

Important: For any queries regarding your shipment, please contact *The Courier Guy* directly and not your coach.

Warnings & Disclaimers

(Universal for All Gfrag® Products)



Discontinue use if you are sensitive or allergic to any of the listed ingredients. Allergic reactions may occur if you are unaware of an existing allergy (for example, to beetroot, botanicals, or plant extracts).



If you are pregnant, breastfeeding, or have a medical condition, consult your doctor, pharmacist, or another qualified healthcare professional before use.



This product contains natural ingredients, so variations in color, texture, and taste may occur from batch to batch. Natural ingredients may also separate — shake, stir, or mix before use if needed.



Storage: Store in a cool, dry place away from direct sunlight. Avoid exposure to high humidity, as this may affect the texture or flow of powdered products. Temperature stability is at the consumer's discretion, but extremes should be avoided.



Keep out of reach of children. Not intended for persons under 18 years of age unless recommended by a healthcare professional. Do not exceed the recommended dosage. Use at your own risk.



Gfrag® cannot be held liable for any adverse reactions, side effects, or misuse of this product. This product is not intended to diagnose, treat, cure, or prevent any disease.

OUR PRODUCTS
MAKES NO CLAIMS
THE RESULTS SPEAK
FOR THEMSELVES

Gfrag®
South Africa

AFTER YOU HAVE RECEIVED YOUR ORDER:

Kindly read through all the material.

The directions of use are on the supplements you ordered – on the side of the containers.

The Injections use, on a separate pamphlet.

After you have read all of the above, then contact your coach if you have any questions.

List all the questions on 1 message please.

For orders contact us on:

(+27) 60 470 1226

(+27) 72 667 6093

info@healing-hands.co.za

* All Prices Excluding VAT & COURIER



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