

# AVAZERA



# MESSAGE FROM OUR FOUNDER

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## Avazera

[ava-zero] - To live in blossom

Before a flower blossoms, its seed must be planted, watered and nourished. The same can be said for us. When we take care of our spiritual and physical growth, the most beautiful version of ourselves will emerge.

Avazera is more than just a business. On the surface we sell high quality, feel-good-products but at our core, we are a transparent network of entrepreneurs on a mission to strengthen communities across the globe. It all began when my son was 10 months old and allergic to almost everything under the sun. Dairy, wheat, rice and eggs were just some of his dietary restrictions. All of a sudden dinner became a full-time project! How could I make tasty meals without dairy or wheat? How could I ensure my son was getting the nutrients he needed?

I never would have thought that the answer would lie in making simple changes to our diets like replacing eggs with chia seeds and rice with quinoa. Not only did my son's unpleasant and sometimes frightening allergic reactions disappear, but my family began living life with more energy and mental clarity. Incorporating superfoods into our diets, was a total game changer, naturally I began sharing my experience with those around me.

That's when I realized there was an opportunity to share this lifestyle with the masses. It was my ah-ha moment. Why not use my 10 years of executive experience in affiliate marketing to create a business that not only sold great products, but also rewarded those who love and introduce those products to their communities.

With the dedication and support of our co-founders and incredible team, my ah-ha moment has since become Avazera. By partnering with leaders in the health and jewelry industries our product line has grown to include delicious blends of organic loose-leaf tea and handcrafted gemstone jewelry.

Our promise is to always deliver superior products that fall within the realm of total wellness while providing you with a unique opportunity to earn rewards when you spread the word or start your own business as a Wellness Ambassador.

When you choose Avazera, you choose to live a better quality of life. Join us on our path to better living, and allow your best self to blossom!

Your Truly,  
Shiva Burnett







# OUR PROMISE

For us simplicity and quality go hand and hand. It's not only about what's in our products, it's about what's not. Our superfoods and loose-leaf tea blends come straight from the source and are:



## ORGANIC

Our products are grown without the use of pesticides, synthetic fertilizers, sewage sludge, or ionizing radiation.



## GLUTEN FREE

Our products are free from gluten (a protein that is indigestible for some and found in a variety of grains).



## FREE OF ARTIFICIAL COLOURS

Our products do not contain artificial colours.



## FREE OF CHEMICAL ADDITIVES

Our products do not contain chemical additives.



## VEGAN

Our products do not contain animal products.



## GMO FREE

Our products are grown without genetically modified organisms.



## CRUELTY FREE

Our products are not developed or produced through inhumane animal testing.



# FEEL-GOOD PRODUCTS

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Avazera specializes in feel-good-products. Products that appeal to our 6 senses (yes, pleasure is a sense!) and cater to our inner and outer wellbeing. While high quality tends to come at a high price, we want to ensure the average person; family and child have access to sustainable products that promote better health and wellbeing

## OUR MISSION

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To offer wholesome, carefully sourced products through a hub that not only promotes better living, but also rewards those who love and introduce our goods in their communities.

## JOIN US ON THE JOURNEY

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When you choose Avazera, you choose to live a better quality of life. Join us on the path to better living, and allow your best self to blossom!





**WANT A LITTLE BIT OF THIS  
AND A LITTLE BIT OF THAT?**

**NO PROBLEM!  
OUR SUPERFOODS AND LOOSE  
LEAF TEA BLENDS COME IN SMALL SIZES**





## ORGANIC MORINGA

### WHAT IS MORINGA POWDER?

Our moringa powder is made from moringa oleifera leaves that are dried away from sunlight in order to retain their natural-occurring nutrients. The dried leaves are then crushed into a soft and fluffy powder, which we use to make delicious blends.

### WHY IT'S GOOD FOR YOU:

- Moringa has 36x more magnesium than found in eggs, 25x the iron found in spinach, 7x the vitamin C found in oranges, 4x the beta-carotene of carrots, 4x as much calcium in milk, 3x the potassium of bananas and more fibre than oats.
- Moringa is a complete protein because it contains the 9 essential amino acids that our bodies cannot produce naturally but require to function normally.
- It's also extremely high in antioxidants and is a natural source of cytokinins, a group of hormones with anti-aging effects.

### HOW TO ENJOY IT:

Add 1 to 2 teaspoons of moringa powder to your favourite fruit or vegetable smoothies before blending.

### BEAUTY BONUS:

Mix a handful of moringa powder to an adequate amount of water to make a smooth paste. Apply evenly on your face as a mask and leave on for 15-20 minutes. Rinse off with warm water for beautiful glowing skin.

**PRICE (REGULAR): \$15.50**  
**SIZE: 4OZ (113G)**  
**CODE: 4251**

**PRICE (SMALL): \$7.70**  
**SIZE: 1.76OZ (50G)**

**7x**  
 More Vitamin C  
 Than Oranges

**4x**  
 More Calcium  
 Than Milk

**25x**  
 More Iron Than  
 Spinach

**36x**  
 More Magnesium  
 Than Eggs





## Moringa Mango Shake

### Ingredients:

1/2 ripe mango, or frozen chunks (approximately 1 cup)  
1 banana  
1 tbsp. of moringa powder  
1 cup fresh orange juice  
6 – 7 ice cubes

### Instructions:

To prepare the Moringa Mango shake put all of the above ingredients into the blender and blend for approximately one minute (depending on the power of your blender).

If your Moringa Mango shake is not very sweet, just add a teaspoon of honey!



# ORGANIC GOJI BERRIES

## WHAT IS DRIED GOJI BERRIES?

Organic goji berries are grown in the Himalayan mountain region and have long been known for their healing purposes in traditional oriental medicine. Goji berries are known to improve longevity, build strength and sexual potency.

## WHY IT'S GOOD FOR YOU:

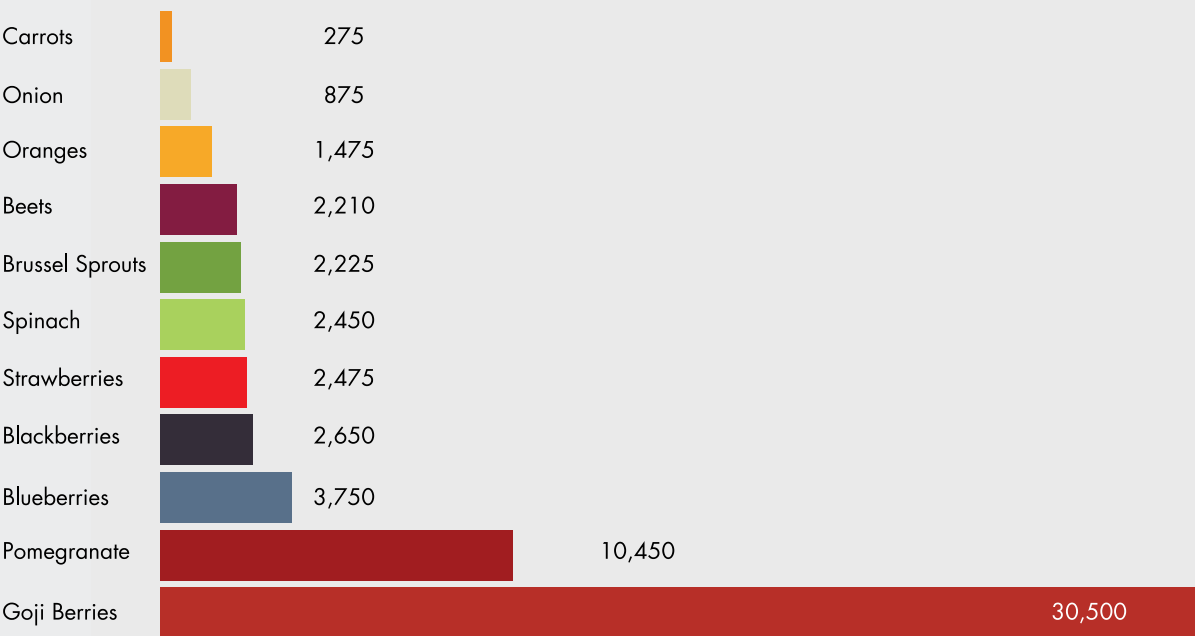
- Goji berries contain 18 amino acids, which help build protein, repair muscles and support a healthy metabolism.
- They are one of highest rated antioxidants in the world based on the ORAC (Oxygen Radical Absorbance Capacity) chart of fruits, vegetables and essential oils.
- Goji berries are loaded with beta-carotene (a pigment found in plants and fruits), which helps promote healthy skin. They have 500x the vitamin C of oranges and are an excellent source of vitamin A.

## HOW TO ENJOY IT:

Add organic goji berries to your smoothie, cereal, trail mix and tea. Or, simply enjoy a handful as a healthy snack!

**PRICE (REGULAR): \$10.00**      **PRICE (SMALL): \$6.00**  
**SIZE: 4OZ (113G)**              **SIZE: 1.76OZ (50G)**  
**CODE: 4268**

## FOOD ANTIOXIDANT LEVELS





## Zesty Goji Juice or Jam

Depending on the amount of liquid added, you can make a juice or jam.

### Ingredients:

1/4 cup goji berries, soaked. You can store the soaked water for future use  
1/2 tsp. orange zest  
1/2 tsp. fresh grated ginger  
1 tsp. raw honey, agave nectar, or 1 pitted date

### For Jam:

Blend well in blender until pureed.

### For Juice:

Add 1 cup coconut water, purified water, or apple juice.



## ORGANIC QUINOA

### WHAT IS QUINOA?

Quinoa (pronounced keen-wah) is often referred to as a grain, but is actually a seed. Quinoa grows in many different climates and if not harvested, will sprout into leafy vegetables! This power seed is one that is quickly becoming a mainstay in many health conscious homes.

### WHY IT'S GOOD FOR YOU:

Quinoa is an excellent protein source as it is considered a complete protein and contains all nine essential amino acids. It also has twice as much fibre than most other grains, plus it is great gluten-free option for those who are gluten sensitive.

### HOW TO ENJOY IT:

Use quinoa as a substitute for rice. Add beans, seeds, and/or vegetables for a chilled salad or add to soup.

Price: \$13.75

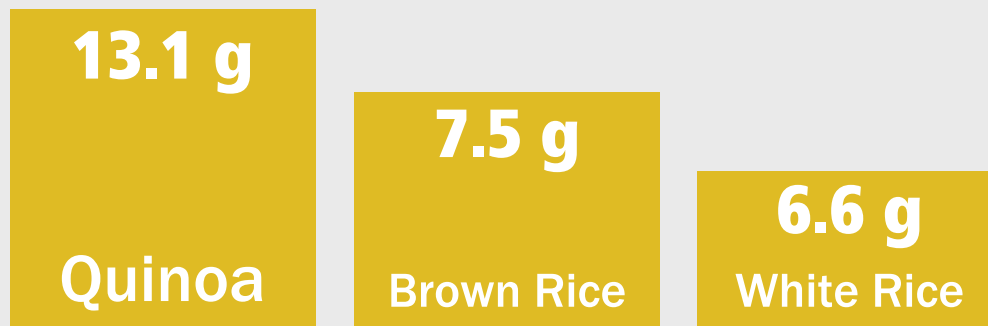
Size: 17.6oz (500g)

Code: 4237

## A TYPICAL SERVING IS:



1/4 Cup



## Quinoa VS. Rice

Protein Count





## Cooking Quinoa Simmer Method

Quinoa cooks in water at a ratio of 2:1, that is 2 cups of water for every 1 cup of quinoa. Combine the water and quinoa in a pot. Bring to a boil.

Reduce heat to a simmer, cover and cook for 12-15 minutes. You will know that the quinoa is cooked when the center of the seeds are no longer white and is translucent. Once cooked remove the lid and fluff with a fork.



## Greek Quinoa Salad Recipe

### Serves 6

1¾ cups water  
 2/4 cup quinoa  
 1 cup diced English cucumber  
 1/2 cup diced red peppers  
 1/2 cup sliced or pitted black olives  
 1/2 cup crumbled feta cheese (or your choice of cheese alternative)  
 1/4 cup diced red onion (optional)  
 3 tbsp. olive oil  
 3 tbsp. red wine vinegar  
 1 tsp. dried oregano  
 Cracked black pepper to taste  
 1/4 cup of almonds (optional)

Bring water and quinoa to a boil in a medium pot. Reduce to a simmer, cover and cook for 12-15 minutes. Fluff with a fork and set aside to cool completely.

Combine the cucumber, red pepper, olives, cheese and red onion (if using) in a medium bowl. Add the cooled quinoa. Whisk together the olive oil, vinegar and oregano. Pour the dressing over the quinoa mixture and gently toss until evenly distributed. Add cracked black pepper to taste. Add almonds for extra flavour.





## Indian-Infused Quinoa

**Serves 4**

2 tbsp butter or 1 tbsp coconut oil  
4 cardamom pods, cracked but not broken  
(or 1/4 tsp. of ground cardamom)  
1/2 bay leaf  
3/4 cup quinoa  
1/3 cup water  
1/4 cup finely diced carrots  
Pinch of cinnamon  
Pinch of salt

Melt butter or coconut oil in a medium saucepan on medium heat. Stir in the cardamom pods and bay leaf; heat for 30 seconds. Add the quinoa and stir to coat all the seeds with the butter/coconut oil. Add water, carrots, cinnamon and salt. Bring to boil on high heat, then reduce to a simmer, cover and cook for 12-15 minutes. Turn the heat off and let it sit covered for another 10 minutes. Discard the cardamom pods and bay leaf and serve.



## ORGANIC CHIA SEEDS

### WHAT ARE CHIA SEEDS?

Organic chia seeds, otherwise known as *Salvia Hispanica*, come from a flowering plant in the mint family. These seeds are unprocessed and are a great source of antioxidants, fibre and protein.

### WHY IT'S GOOD FOR YOU:

- Chia seeds are particularly high in Omega-3 fatty acids with nearly five grams in a one-ounce serving. Omega fatty acids are important for brain function and overall health.
- Chia seeds can also help to stabilize blood sugar and help with insulin resistance, which may help combat belly fat.
- Chia seeds contain Tryptophan, an amino acid that controls appetite, regulates sleep and improves mood. These are all factors that can help tremendously with weight management.
- Adding just a tablespoon of chia seeds to your diet is an easy way to add a sufficient amount of fibre in your diet.

### HOW TO ENJOY IT:

The mild, yet nutty flavour of chia seeds makes them easy to add to foods and beverages. Sprinkle on cereals, sauces, salads, or mix into smoothies, drinks and baked goods. Soak chia seeds in water to create a gel that can replace eggs in some recipes.

**Price: \$10.00**

**Size: 8oz (227g)**

**Code: 4275**

**7x**  
More Vitamin C  
Than Oranges

**5x**  
More Calcium  
Than Milk

**2**  
TBSP Contains 10  
Grams of Fibre

**20%**  
Protein

**8x**  
More Omega  
Than Salmon





## 5 ways to use Chia seeds

1. Blend chia seeds into smoothies
2. Add seeds to salad dressings
3. Mix seeds with yogurt or cereal
4. Add seeds to soups to thicken and add nutrition
5. Use as a quick and easy egg replacement in baked recipes.

### How To Make Chia Eggs:

Chia seed eggs are an easy substitute in most recipes calling for just one or two eggs. They're a great option for vegans and those allergic to eggs.

#### Ingredients:

- 1 tbsp. chia seeds
- 3 tbsp. filtered water

To prepare a chia egg, simply grind the chia seeds, with a blender or coffee grinder. Whisk together the ground seeds and water until well combined, then place in the fridge to set for 15 minutes. Use as you would an egg in many of your favourite baking recipes.



# BAOBAB

## WHAT IS BAOBAB?

Baobab is a fruit that grows on its own tree also known as the “tree of life”. These trees typically take years to fruit and most of the harvest comes from trees that have been standing for over one hundred years!

## WHY IT'S GOOD FOR YOU:

- Baobab has one of the highest antioxidant capacities of any fruit in the world! Antioxidants help protect our cells from damage caused by free radicals which speed up the aging process.
- Baobab is also exceptionally high in fibre and is an excellent source of vitamin C and vitamin B6, which help to reduce fatigue and contribute to the normal function of the immune system.
- Its high vitamin C content can also aid in the absorption of iron and contribute to the regeneration process of cells.

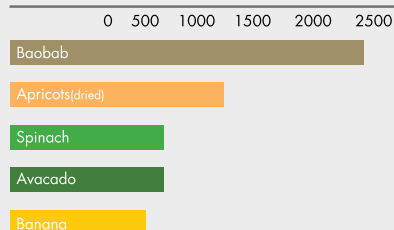
## HOW TO ENJOY IT:

Use baobab powder in your smoothie or fruit juice blends. Add to your breakfast cereal or create healthy treats by adding it into your pancake or homemade breakfast bar mix and taste the difference!

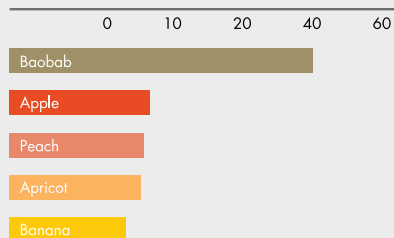
**PRICE (REGULAR): \$17.80**  
**SIZE: 4OZ (113G)**  
**CODE: 4244**

**PRICE (SMALL): \$10.00**  
**SIZE: 1.76OZ (50G)**

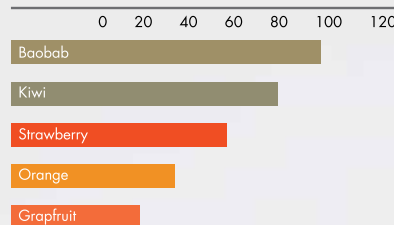
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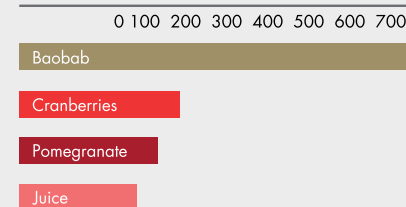
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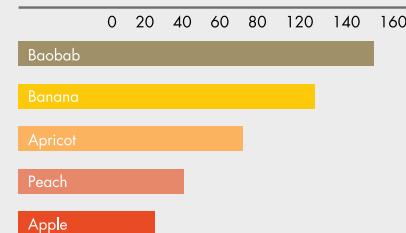
## VITAMIN C



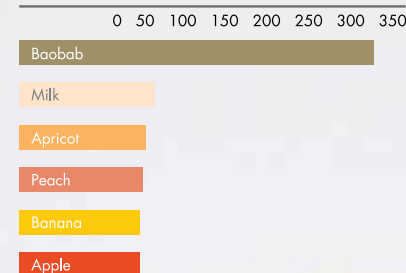
## ANTIOXIDANTS



## MAGNESIUM



## CALCIUM





## Baobab Berry Blast

### Ingredients:

1tsp. baobab powder  
Handful of berries (i.e. raspberry, blueberry,  
blackberry, strawberry)  
1 cup coconut water, purified water, or juice

Blend all ingredients together in high-powered  
blender until smooth and enjoy!



## ORGANIC SPIRULINA

### WHAT IS SPIRULINA?

Organic Spirulina is a type of blue-green algae found in many fresh water lakes, rivers and ponds around the world.

### WHY IT'S GOOD FOR YOU:

This superfood is naturally loaded with vitamins A through E, iron, potassium, calcium and antioxidants. It is considered a complete protein and contains an ideal balance of all 9 essential amino acids.

### HOW TO ENJOY IT:

Add 1 to 2 teaspoons of spirulina and blend with fruits or vegetables to make juices or smoothies for a noticeable boost in nutrients!

**PRICE (REGULAR): \$13.50**  
**SIZE: 4OZ (113G)**  
**CODE: 4299**

**PRICE (SMALL): \$7.70**  
**SIZE: 1.76OZ (50G)**

**58x**  
 Times More Iron  
 Than Spinach

**26x**  
 More Calcium  
 Than Milk

is **65%**  
 protein, 95% of which  
 is digestible

**25x**  
 More Beta-Carotene  
 Than Carrots





## Spicy Salad Dressing

### Ingredients:

- 1/2 cup organic hemp seed
- 1 handful fresh dill (stems and everything)
- 2-3 cloves garlic (depends how spicy it is)
- 1 tsp. spirulina
- 1 tsp. celtic sea salt
- 1 cup fresh spring water

Combine the ingredients and blend in a high-speed blender until creamy and smooth. Serve on a fresh garden picked salad for optimal pleasure!



## Spirulina Protein Blast

### Ingredients:

- 1 cup of fresh orange juice/pineapple juice
- 1 tsp. spirulina powder

Blend all ingredients together in high-powered blender until smooth and enjoy!



## ORGANIC RAW CACAO

### WHAT IS RAW CACAO POWDER?

Raw cacao powder is made by cold-pressing unroasted cacao beans. The mass from this is then grounded into a fine powder. In order to retain the beans natural nutrients, every precaution is taken to ensure heat is not used in the grinding process. This will also ensure that fat is removed while maintaining the good living enzymes.

### WHY IT'S GOOD FOR YOU:

- Raw cacao powder is a mega magnesium source, a powerful mineral that is often overlooked.
- Magnesium is essential to normal nerve and muscle function, supports a healthy immune system, is good for your heart and helps with maintaining strong bones.
- Raw cacao also contains what is called the “bliss” chemical, which can be a mood enhancer and energy booster.

### HOW TO ENJOY IT:

Use raw cacao powder as a healthy alternative to conventional over-processed “cocoa” when baking or making hot chocolates, desserts and smoothies.

**PRICE (REGULAR): \$9.50**

**SIZE: 4OZ (113G)**

**CODE: 4282**

**PRICE (SMALL): \$6.00**

**SIZE: 1.76OZ (50G)**

### Compounds:

Theobromine  
Phenylethylamine  
Flavonoids

### Contains:

Natural Alkaloids  
Antioxidants

### Source of:

Magnesium,  
B Vitamins  
and Copper

- Improves activity and energy level
- Enhances mood, alertness and focus
- Promotes heart and arterial health
- Combats stress





## Cacao Chocolate Milk Kick

Serves two, though you may find yourself making more!

### Ingredients:

- 2 cups very cold almond milk
- 4 tbsp. raw cacao powder
- 4 tbsp. raw agave nectar
- 1/4 tsp. powdered ginseng (optional)
- 1 tsp. cold-pressed hemp oil
- 1 tsp. cold-pressed flax oil

Blend all ingredients together in high-powered blender until smooth and enjoy immediately!



A close-up photograph of a silver metal tea ball with a chain, resting on a light-colored wooden surface. In the bottom right corner, a blue ceramic dish contains several dried rosehips. The text is overlaid on the left side of the image.

# Time For Tea!

**Loaded With Antioxidants,  
Our Wellness Teas Can Help  
Boost Your Mood, Immunity  
And Overall Health.**













## STRAWBERRY CREAM CHOCOLATE TEA

Sweet strawberries + decadent chocolate = our strawberry cream chocolate tea! This harmonious combo is deliciously yummy, we simply can't get over it. Just think of chocolate covered strawberries- some things are just meant to be pals! It's amazing how only two ingredients can make a splash of flavour. You wouldn't want anything else for dessert after this tea invigorates your taste buds!

\*This tea is naturally caffeine free.

**INGREDIENTS: ORGANIC CACAO SHELLS, DRIED STRAWBERRIES**

**PRICE: \$12.10**  
**SIZE: 1.05OZ (30G)**  
**CODE: 4220-D**

## SWEET DREAMS TEA

Our sweet dreams tea is the perfect addition to your bedtime routine and for good reason to! It is a delicious blend of rooibos tea, peppermint and chamomile flower all of which are known to aid in relaxation. So slip into your pyjamas, pour yourself a warm cup and be ready to drift into a sweet slumber. Put an end to counting sheep once and for all!

\*This tea is naturally caffeine free so nothing can stop you from entering your own personal dreamland.

**INGREDIENTS: ORGANIC ROOIBOS, ORGANIC PEPPERMINT, ORGANIC CHAMOMILE (NATURALLY CAFFEINE FREE)**

**PRICE: \$6.50**  
**SIZE: 1.05OZ (30G)**  
**CODE: 4220-B**



## AFTER MEAL TEA

Our after meal tea is an absolute delight! This black tea is a pure and refreshing drink where the menthol notes of peppermint and spearmint and the little extra of lemongrass make it quite the blend. It is perfect to sip on to complete any meal of your day, as it can aid in the digestion of food and relaxation. You will definitely fall in love with it!

**INGREDIENTS: ORGANIC BLACK TEA, ORGANIC LEMONGRASS, ORGANIC SPEARMINT, AND ORGANIC PEPPERMINT**

**PRICE (REGULAR): \$12.50**  
**SIZE: 2.5OZ (71G)**  
**CODE: 4220-F**

**PRICE (SMALL): \$6.50**  
**SIZE: 1.05OZ (30G)**



## REJUVENATION TEA

Our rejuvenation tea with its delicate, but exotic scent unfolds pleasure with every sip. It is made by blending organic green tea leaves with jasmine flowers collected at peak season. It is here where the two infuse and their flavours collide to produce a refreshingly sweet and soothing fragrance in every cup!

**INGREDIENTS: ORGANIC JASMINE FLOWERS AND ORGANIC GREEN TEA**

**PRICE (REGULAR): \$18.15**  
**SIZE: 4OZ (113G)**  
**CODE: 4220-A**

**PRICE (SMALL): \$9.00**  
**SIZE: 2OZ (57G)**

## VANILLA BEANS CHOCOLATE TEA

Vanilla or chocolate, that is the question. But, why choose one when you can have the best of both worlds! With our tea Vanilla Bean Chocolate tea you no will longer have to wait to get your dessert fix. Try this delicious super blend with amazing additions of cinnamon, nutmeg and rosita to treat yourself anytime, anywhere!

\*This tea is naturally caffeine free.

**INGREDIENTS: ORGANIC CACAO SHELLS, CINNAMON, NUTMEG, ROSITA, VANILLA**

**PRICE: \$12.10**  
**SIZE: 1.05OZ (30G)**  
**CODE: 4220-C**



## DETOX TEA

Our detox tea is a blend of zesty citrus coupled with the lightly warming zing of ginger! This tea blend is filled with many feel good ingredients making it the perfect cup of tea to help give your system a re-boot. Along with a healthy kick of caffeine from the green tea it can make you feel like you in no time!

**INGREDIENTS: ORGANIC GREEN TEA, ORGANIC GINGER ROOT, ORGANIC LEMON GRASS, AND ORGANIC LEMON MYRTLE**

**Price (REGULAR): \$12.50**  
**SIZE: 2.5OZ (71G)**  
**Code: 4220-G**

**PRICE (SMALL): \$6.50**  
**SIZE: 1.05OZ (30G)**













Chic and convenient, this stainless steel teapot is just the right size. It can hold 775ml/27oz, it has a built-in and removable stainless steel infuser and is perfectly designed for brewing loose leaf tea. Other features include drip-less spouts and a stylish matte finish that won't show finger prints!

**Special Price : \$45.00**

## JOIN US

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We believe in community and paying it forward. That's why we created the Affiliate Rewards Program - a unique way of earning points that are redeemable for cash or products. It's our way of saying thank you for helping us reach a broader audience and for choosing Avazera on your journey to total wellness.

## MUTUAL GROWTH

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Rather than invest big dollars in large marketing campaigns and overhead costs, we've decided to invest in you. Why? Because word of mouth marketing works! When you become a Wellness Ambassador and spread the word, our community grows organically and you can benefit by growing your own business, earning AZ Dollars and rewards.

## OUR PROMISE

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Our promise is to deliver superior products while providing the tools and support that will accelerate your success in the Affiliate Rewards Program.







## CHOOSE WHAT WORKS FOR YOU

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Whether you shop a little or a lot there are so many ways to earn rewards and AZ Dollars. Becoming a member is absolutely free! Simply identify the option that works best for you and start earning AZ Dollars when you shop and refer others.





	Client	Preferred Client	Wellness Ambassador
Registration Cost	Free	Free	Free
Discounts	None	10% off the retail price on all our products	15% off the retail price on all our products
Accumulate AZ Dollars every time you make a purchase			
Receive exclusive specials and monthly promotions			
Earn AZ Dollars every time your referrals make a purchase *some rules apply			
Receive VIP specials and monthly promotions			
Receive the tools and support you need to host parties, spread the word and grow your network			
Eligible for Avazera Elite Bonus Plan			

Learn more about becoming a Wellness Ambassador at [www.avazera.com/joinus](http://www.avazera.com/joinus)

How to place an order?

 [avazera.com/shop](http://avazera.com/shop)

 1-647-793-1400

 [support@avazera.com](mailto:support@avazera.com)

 Connect with your Independent

Wellness Ambassador that referred you

 600 - 3250 Bloor Street West Toronto, ON, M8X 2X9



For more information, please visit [AVAZERA.COM](http://AVAZERA.COM)

