



BM O V E D
FITNESS & WELLBEING

BM O V E D SNACKS

Honest, healthy snacks for people on the move.





INTRODUCTION

Honest, healthy snacks for people on the move.

The most common challenge people find while trying to stay healthy is eating 'on the go'. With this in mind we sourced some real guilt-free portable foods you can eat while on the move – whether it's a rushed breakfast, a snack after the gym, lunch in the office, nutritious food for the kids' lunch boxes, or something healthy to take on a hike, flight or in the car.

Our snacks require no preparation or cooking and are simply 'grab and go'.

We are proud to say that we cater for all lifestyles, including kid-friendly, diabetic, paleo, vegan, nut-free, and high-energy options.

All of these healthy snacks are pretty simple and that's the beauty of it!

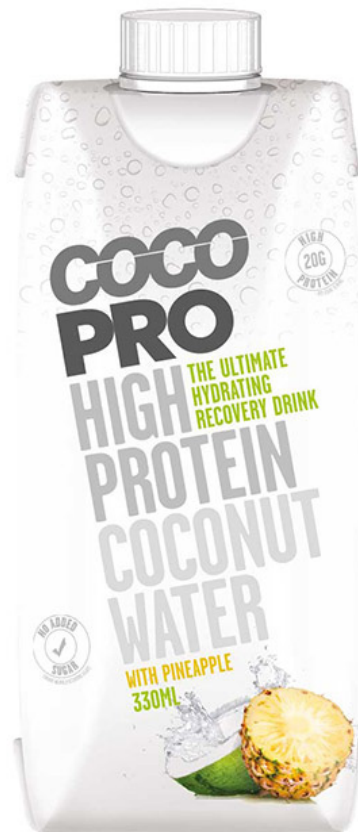
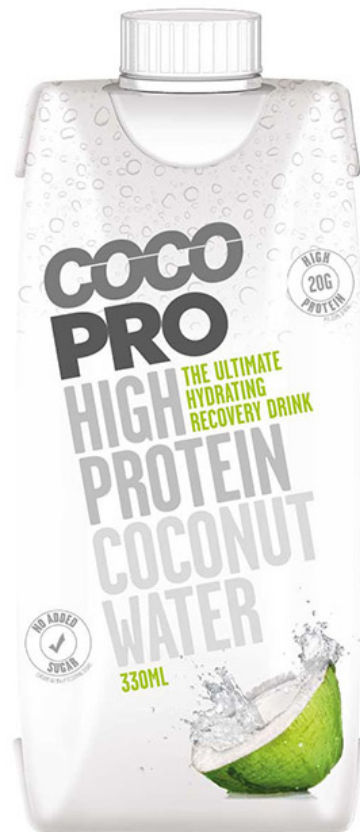
If it's a nutritious snack you need, grab our B Beefy Biltong or Whey Nougat Protein Bar, or enjoy one of our 'free from' dessert options like our B Yogland frozen desserts.

BON APPÉTIT!

In good health,
Rudi Keil



B MOVED
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BCOCOPRO

The ultimate recovery drink with 20g whey protein, electrolytes and no sugar added

**PACK SIZE: 8
PRODUCT SIZE**

330ml

PRICE

€24.00

The ultimate recovery drink with 20g whey protein, electrolytes and no sugar added. Available in two delicious and refreshing flavours, coconut flavour and pineapple flavor.

CocoPro is the world's first high protein pure coconut water. The combination of pure coconut water and the gold standard of protein provides the ultimate fuel for your body when it needs it most. CocoPro also provides your daily need of vitamin C and contains no added sugar. Sweetened with natural ingredients.

CocoPro is a drink that provides both optimal hydration and recovery all in one. The combination of Pure Coconut Water and Whey Protein Isolate was the

perfect combination to achieve this objective. CocoPro contains all the electrolytes, minerals and protein you need to keep your body and mind performing optimally. This is why we can confidently call it the 'ultimate hydrating recovery drink.'

BEST USE

Consume CocoPro immediately after exercise for superior recovery or drink as a health drink alternative. Best served chilled.

DIETARY INFORMATION

High Protein, Fat Free, No Added Sugar, Cholesterol Free, Suitable for Vegetarians, Informed Sport Certified, 100% RDA Vitamin C.

NATURAL FLAVOUR

Pure Coconut Water, Water, Whey Protein Isolate, Grape Juice from Concentrate, Dietary Fibre, Natural Flavourings, Stabiliser: Pectin, Antioxidant: Vitamin C, Sweetener: Stevia.

PINEAPPLE FLAVOUR:

Pure Coconut Water, Water, Pineapple Juice from concentrate, Whey Protein Isolate, Dietary Fibre, Natural Flavourings, Stabiliser, Pectin, Antioxidant, , Vitamin C, Sweetner, Stevia. (update pineapple ingredients on website



BWHEYNOUGAT

High protein whey bar
A delicious high-protein

PACK SIZE: 16
PRODUCT SIZE

50g

PRICE

€35.00

Protein bar with only 3 grams of
net carbs

A delicious High-protein bar made possible by a unique combination of egg based nougat and whey protein smothered in decadent dark chocolate.

This nutritional information calculation is based on the analytical values of the individual ingredients. # Dietary fibre determined by AOAC (2000) analysis.

Sugar free, suitable for diabetics

DIETARY INFORMATION

Allergens: Egg white, Whey Concentrate.

CHOCOLATE MOUSSE OR BANANA SPLIT FLAVOUR.

Whey Concentrate, Egg Albumen, Sugar, Dark Chocolate, Rice Paper, Flavourant.



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BBEEFY

Made with 100% Prime British Silverside beef

PRODUCT SIZE		PRICE
40 gram	PACK SIZE: 20	€80.00
500 gram	PACK SIZE: 1	€45.00
1kg	PACK SIZE: 1	€90.00

Air dried beef snack made with no gluten and MSG FREE.

Our beef biltong is made from pure 100% British Beef. A traditionally made high protein, rich and tasty Biltong marinated in our recipe of authentic South African herbs and spices.

TRADITIONAL FLAVOUR

Beef 95 %, Salt, Coriander, Pepper, Caster Sugar, Malt Vinegar

GARLIC FLAVOUR

Beef 95 %, Salt, Coriander, Garlic, Pepper, Caster Sugar, Malt Vinegar

CHILL FLAVOUR

Beef 95%, Salt, Coriander, Pepper, Castor Sugar, Malt Vinegar, Naga Chill



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BYOGLAND

Frozen dessert range

**PACK SIZE: 8
PRODUCT SIZE**

220ml

PRICE

€24.00

The ultimate fit frozen dessert range

The ultimate guilt free frozen dessert range comes in 4 delicious flavours Gourmet Vanilla Protein, Peanut Butter Protein, Dutch Chocolate Protein and Strawberry Amino.

The whole family can enjoy these frozen desserts, jam packed with probiotics, fibre, calcium, fortified with vitamins and minerals our frozen yogurt is perfect for growing children and adults alike.

All our frozen desserts provide an excellent source of protein but after

extensive development and research our passion led us to create our extra special range; Protein, the ultimate fit frozen dessert.

Similar to Protein Ice Cream, Protein is a nutritious dessert fortified with added whey protein isolate, essential branch chain aminos with no added sugar, sweetened with Stevia - it really packs the extra protein punch your body needs.

All our flavours are made with real ingredients and can be enjoyed as an early morning breakfast, on the go snack, a pre or post workout 'pick-me-up' or for that late night fix!

GOURMET VANILLA FLAVOUR

73 calories, 10g protein, , 8g carbohydrates, , 0g fat

PEANUT BUTTER PROTEIN

90 calories, 12g protein, 18g carbohydrates, 0g fat

DUTCH CHOCOLATE

83 calories, 10g protein, 10g carbohydrates, 0g fat

STRAWBERRY AMINO

72 calories, 10g protein, 8g carbohydrates, 0g fat



BCOCO LOCO

Raw Organic Cold Pressed Extra Virgin Coconut Oil

**PACK SIZE: 1
PRODUCT SIZE**

500 grams

PRICE

€15.00

B COCO LOCO raw extra virgin coconut oil is one of the healthiest oils available. Consisting of over 90% raw saturated fat in the form of beneficial medium chain triglycerides. Used as an energy source by the body, coconut oil is perfect for cooking, adding to smoothies and desserts and excellent when used topically for a healthy skin.

High in Lauric acid and containing zero cholesterol, coconut oil is a great replacement for traditional food preparation oils such as vegetable oil or animal based fats.

Dosage: A healthy dosage of coconut oil is 3 to 4 tablespoons a day.

Health Benefits of Coconut oil:

- Boosts the immune system
- Increases metabolism
- Increases your energy
- Reduces the risk of atherosclerosis and related illnesses
- Reduces the risk of cancer and other degenerative conditions
- Helps prevent bacterial, viral, and fungal infections
- Improves digestions and nutrient absorption
- Helps keep skin soft and smooth
- Coconut oil for the face helps prevent wrinkles

NATURAL

Cold pressed extra virgin coconut oil.

FREE FROM:

Artificial additives, colours, flavours and preservatives, lactose, salt, starch and sugar, corn, gluten, soy, wheat and yeast, dairy, gelatin, genetically modified ingredients, hydrogenised fats, nut and peanut derivatives.



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