

## Breastfeeding Friendly Cookies

### Ingredients

2 ½ cups of steel cut oats/rolled oats/gluten free oats  
4 tablespoons ground flax seeds  
½ cup filtered water  
6 tablespoons extra-virgin coconut oil  
¾ cup coconut sugar (or an alternative)  
¼ cup brewers yeast  
1 teaspoon pure vanilla extract  
½ teaspoon baking soda  
¼ teaspoon himalayan salt/sea salt  
⅔ cup dark chocolate chips (optional)

### Method

1. Preheat the oven to 180 degrees and line a tray with baking paper.
2. Add 2 cups of oats into a blender, and process them into a fine flour (set the blender aside while the flour settles).
3. In a large bowl combine the ground flax seeds with water, and stir well to mix.
4. Add the coconut oil, coconut sugar, brewers yeast, vanilla, baking soda, and salt, and stir until well combined.
5. Gradually stir in the oat flour until a dough is formed, then fold in the ½ cup of oats and dark choc chips (optional)
6. Roll the mixture into 3cm balls and place on the lined baking sheet, then use a fork to flatten the cookies.
7. Bake at 180 degrees for 10-12 minutes, until the cookies are lightly golden around the edges.
8. Allow the cookies to cool for 10 minutes, then transfer them to a wire rack to cool completely.
9. Eat and enjoy



The supplements selected for you in this clinic have been prescribed for your specific health needs.

**We recommend a regular wellness assessment to ensure this is the most suitable product for you!**

orthoplex

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Orthoplex White products can only be purchased and recommended to patients by Orthoplex White approved practitioners.

A *Pure*  
pregnancy  
with *Pure*Natal



**Professional preconception,  
pregnancy, and breastfeeding  
formula**



## Pregnancy is an exciting time in every couple's lives, but it can also be overwhelming.

With a wealth of information out there on what to eat, what not to eat, and what supplements to take, it can all lead to confusion; and every parent wants to feel they're making the best choices.

In pregnancy, there is an increased demand for many nutrients. Often supplementation is recommended to support both you, and your developing baby. Pure Natal has been carefully formulated, with exceptionally high-quality nutrients, to support you through all stages of your pregnancy journey.

At Bio Concepts, we know the importance of transparency to provide you with peace-of-mind. **Pure Natal** has been carefully formulated to exclude common excipients often found in tablets, soft gels and capsules. Excipients are defined as non-therapeutically active ingredients that do not contribute to the physiological or pharmacological action of a formula.

## How it works:

Orthoplex **Pure Natal** contains nutrients to support you through preconception, pregnancy, and breastfeeding, where nutrient intake is increased. It contains essential vitamins and minerals to support the healthy growth and development of your baby. Because you have enough to think about already, **Pure Natal** has been formulated in a convenient one-a-day capsule.

**Pure Natal** contains over 25 essential nutrients, including:

- Iodine
- Methyl folate (L-5-MTHF)
- Folic acid
- Iron (as Iron bisglycinate) (Ferrochel®) Vitamin C
- Zinc
- Essential B vitamins
- Vitamin K2

**Pure Natal** contains essential vitamins and minerals which:

- Support the health of mothers and healthy growth and development of their baby
- Meet the recommended daily intake, or greater, of numerous nutrients in demand during pregnancy and breastfeeding
- Is gentle on the stomach as it contains Iron as a bisglycinate
- Support healthy bone, connective tissue, hair, skin and nails
- Are non-GMO
- Play a vital role in the synthesis of DNA
- Are Soy free, lactose free, gluten free and vegetarian
- Delivers two sources of folate, L-5- MTHF and Folic acid
- Meet exceptional purity standards

*This supplement may not be right for you. Always read the label.  
Use only as directed. If symptoms persist consult your healthcare practitioner.*

## Pave your way to a **pure** pregnancy

