



# HELLO, I'M DIGITAL MEDIA DESIGNER

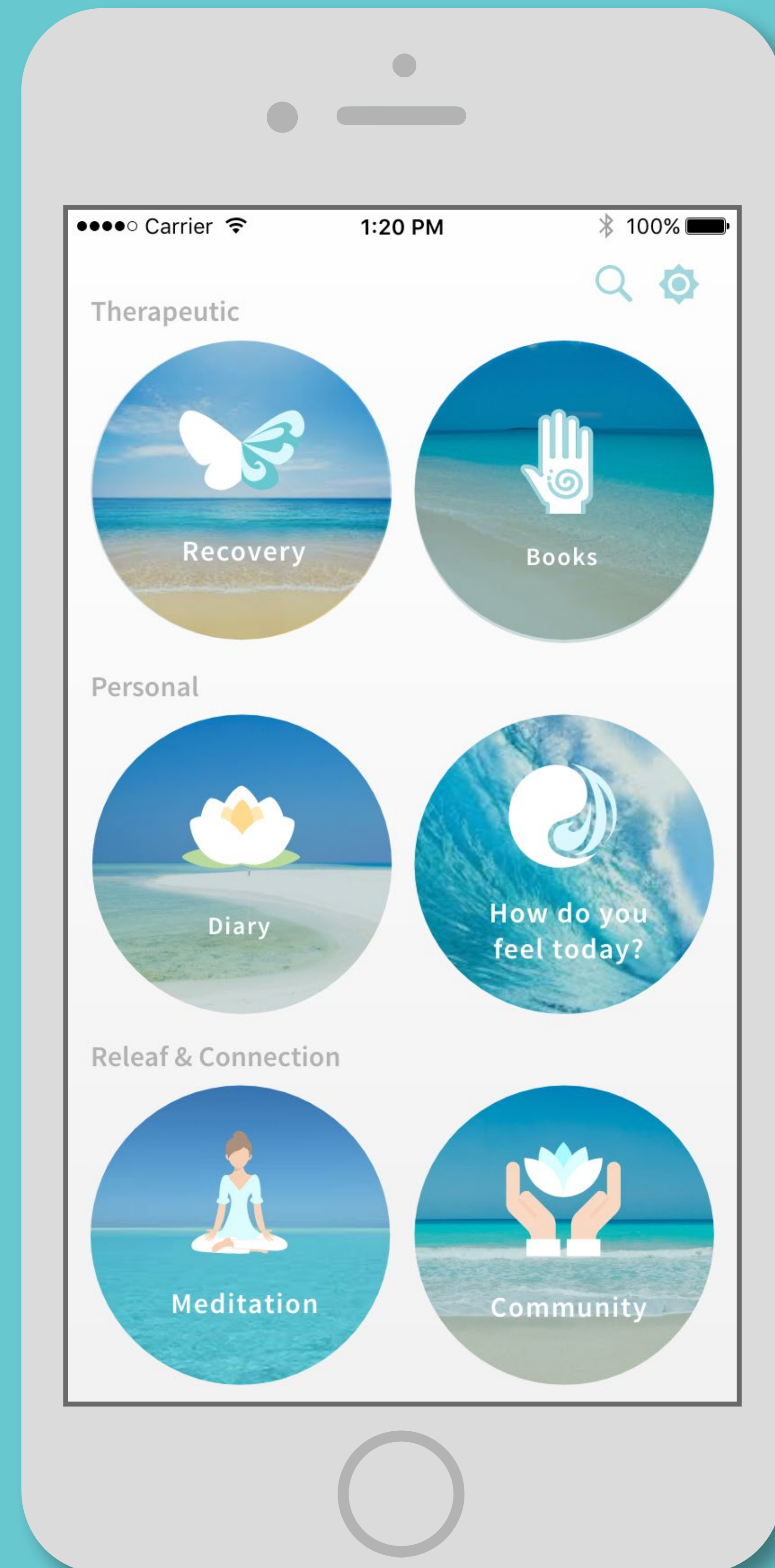
<http://designbyolena.com/>

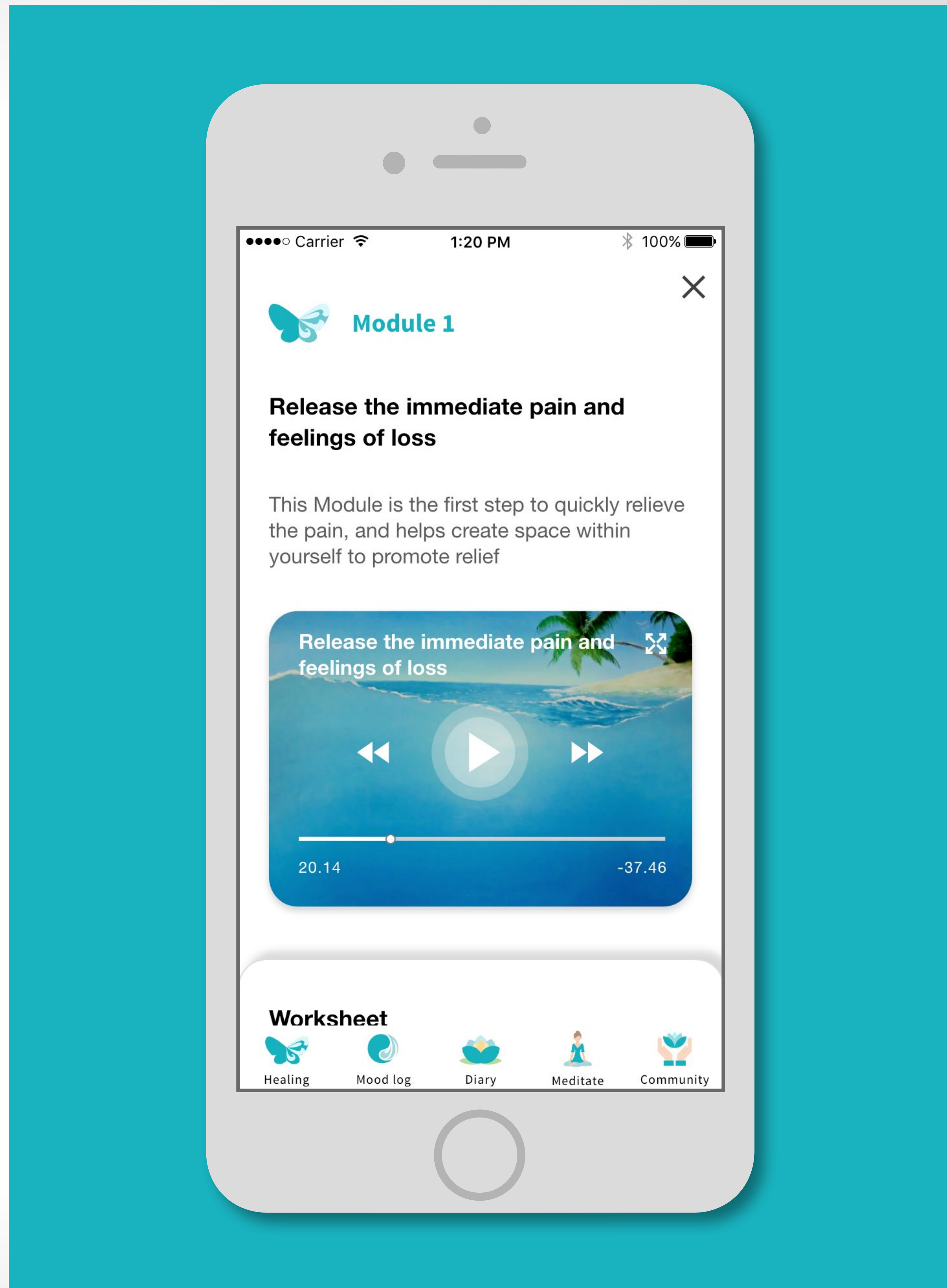
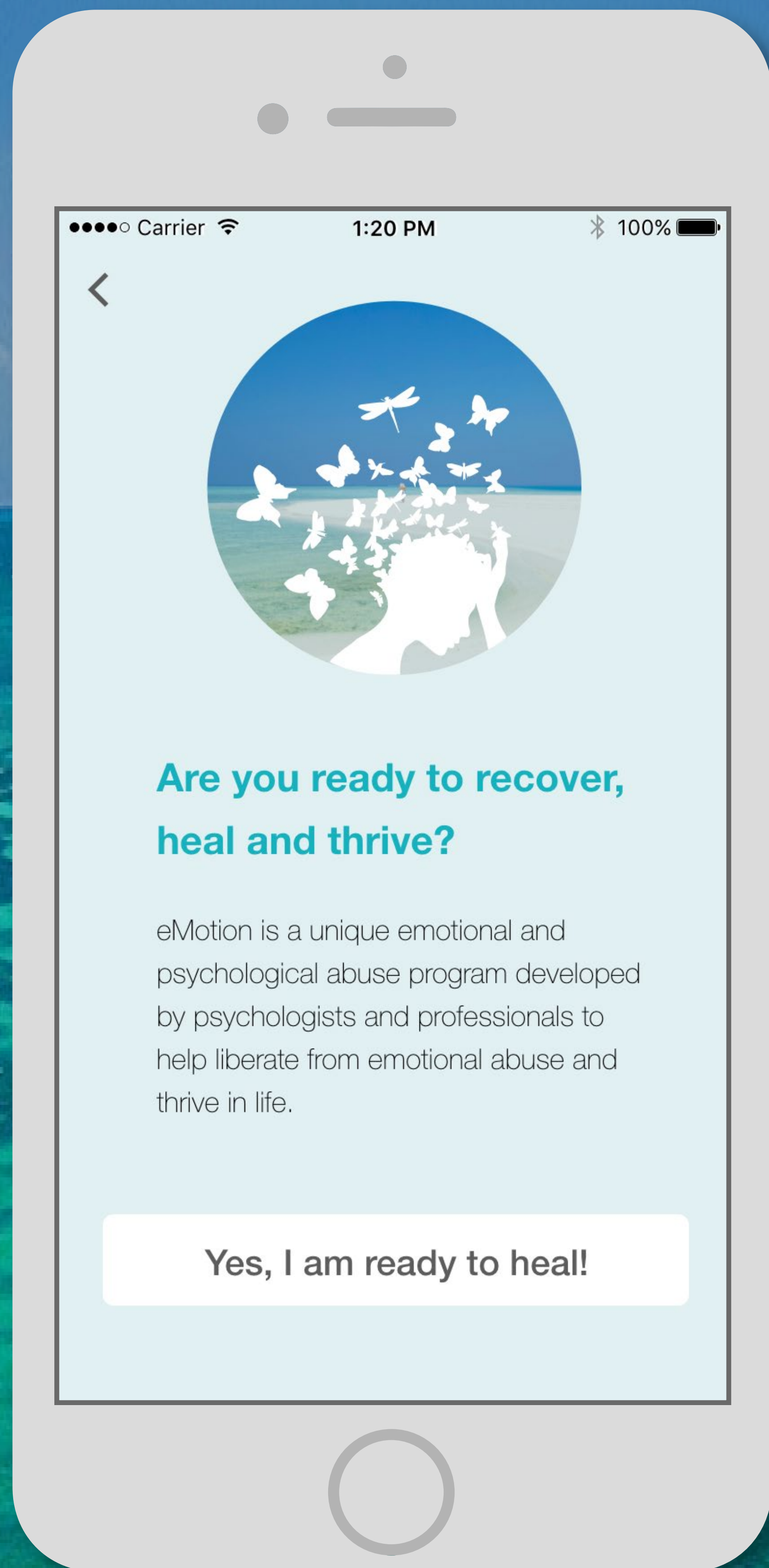
## *Recovery app for women* eMotion

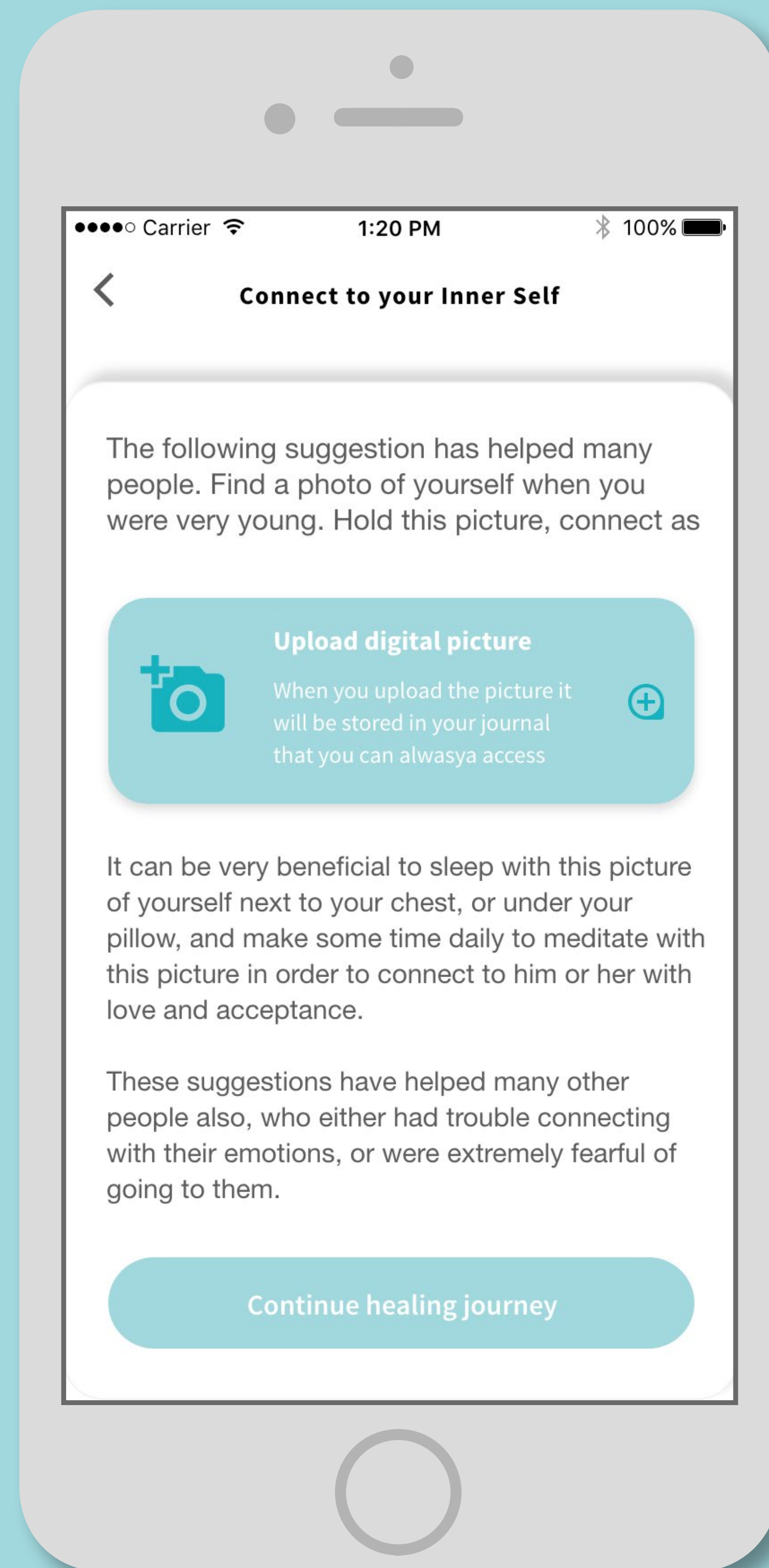
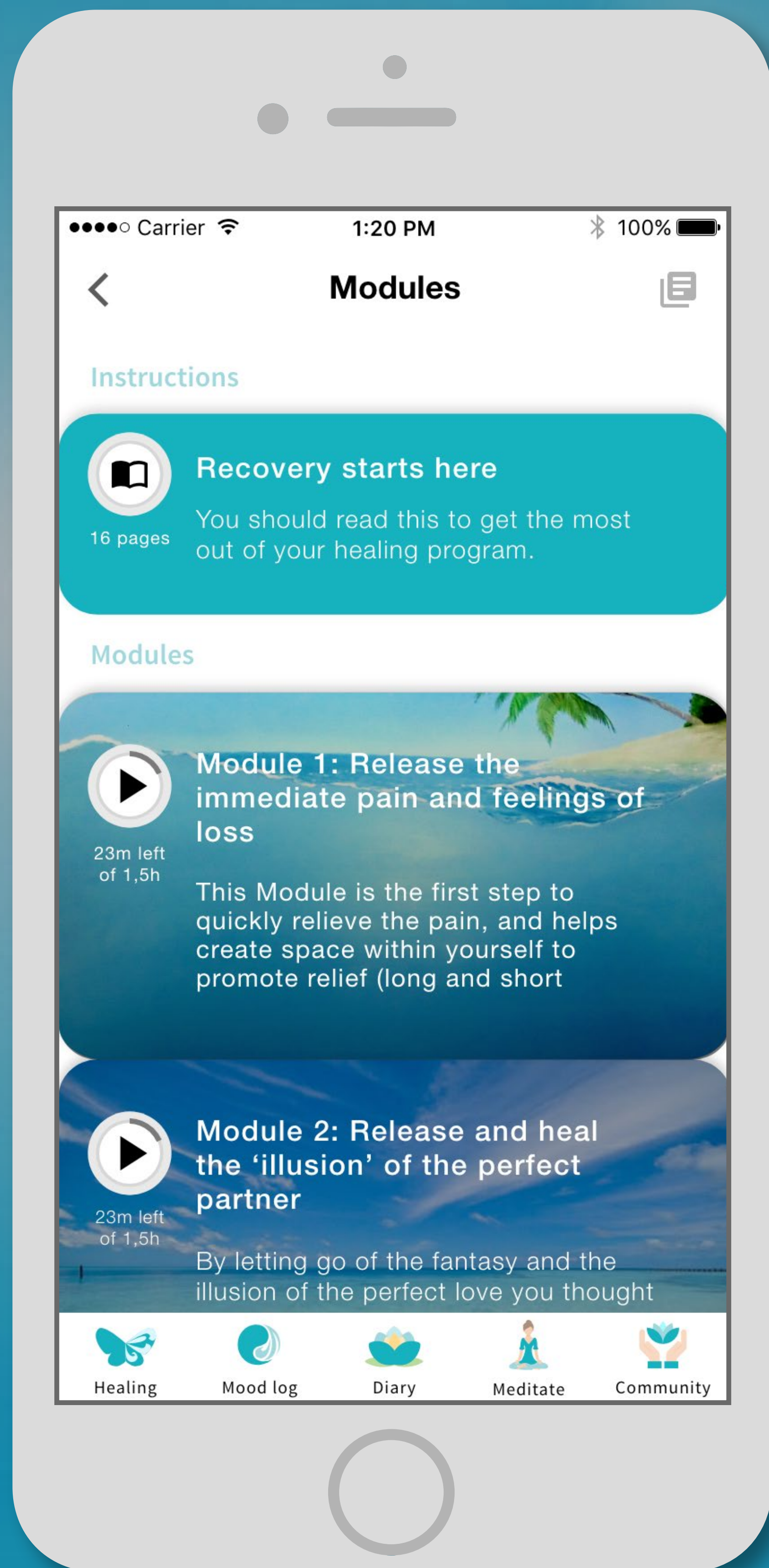
The aim of the project was to create a recovery app for women, who suffered from an emotional abuse in romantic relationships. The app should support the victims of the abuse in their recovery journey, have a step-by-step professional recovery program directed to healing from emotional abuse and an internal community forum, which would allow the victims of domestic emotional violence connect with each other.

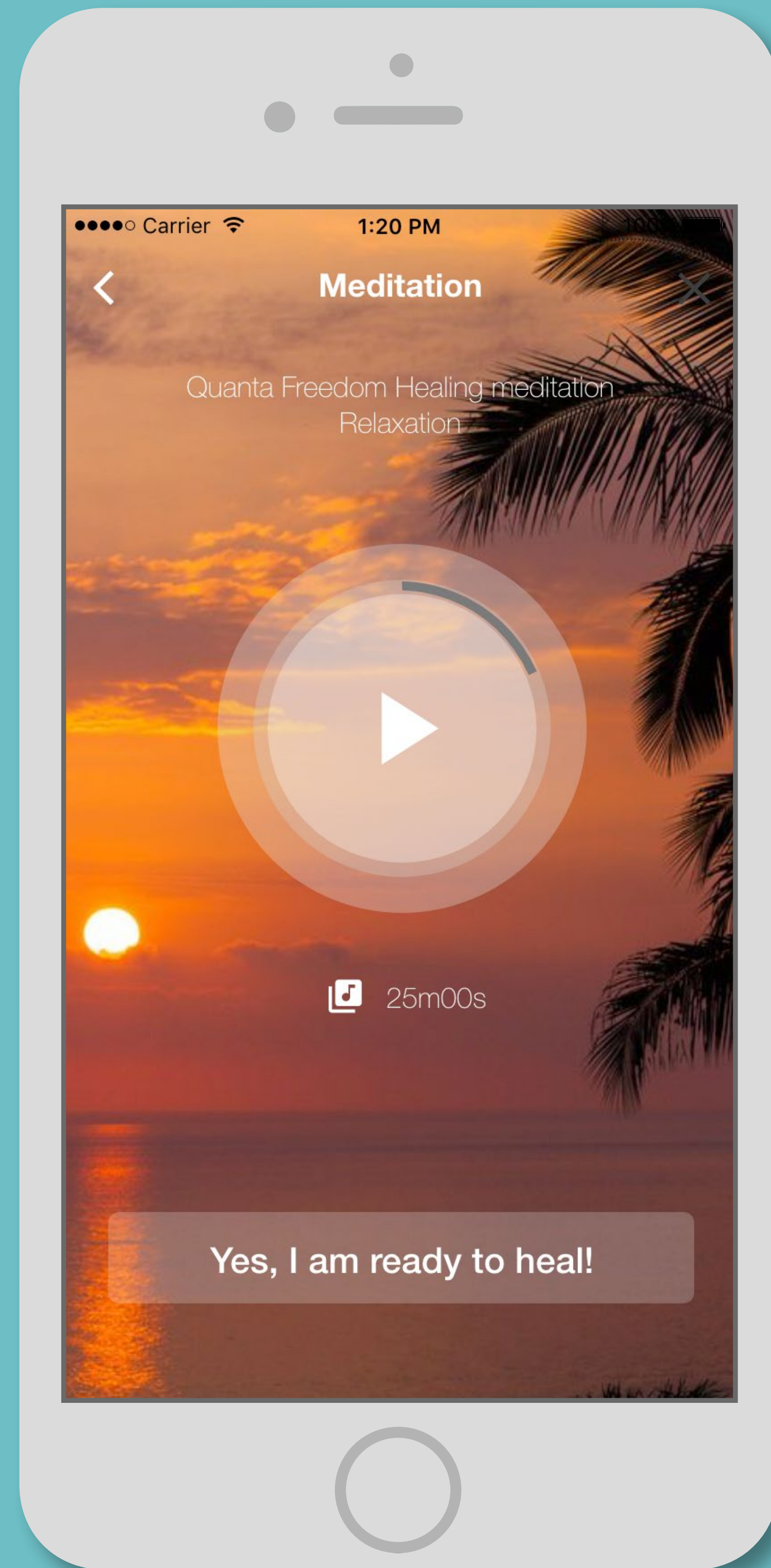
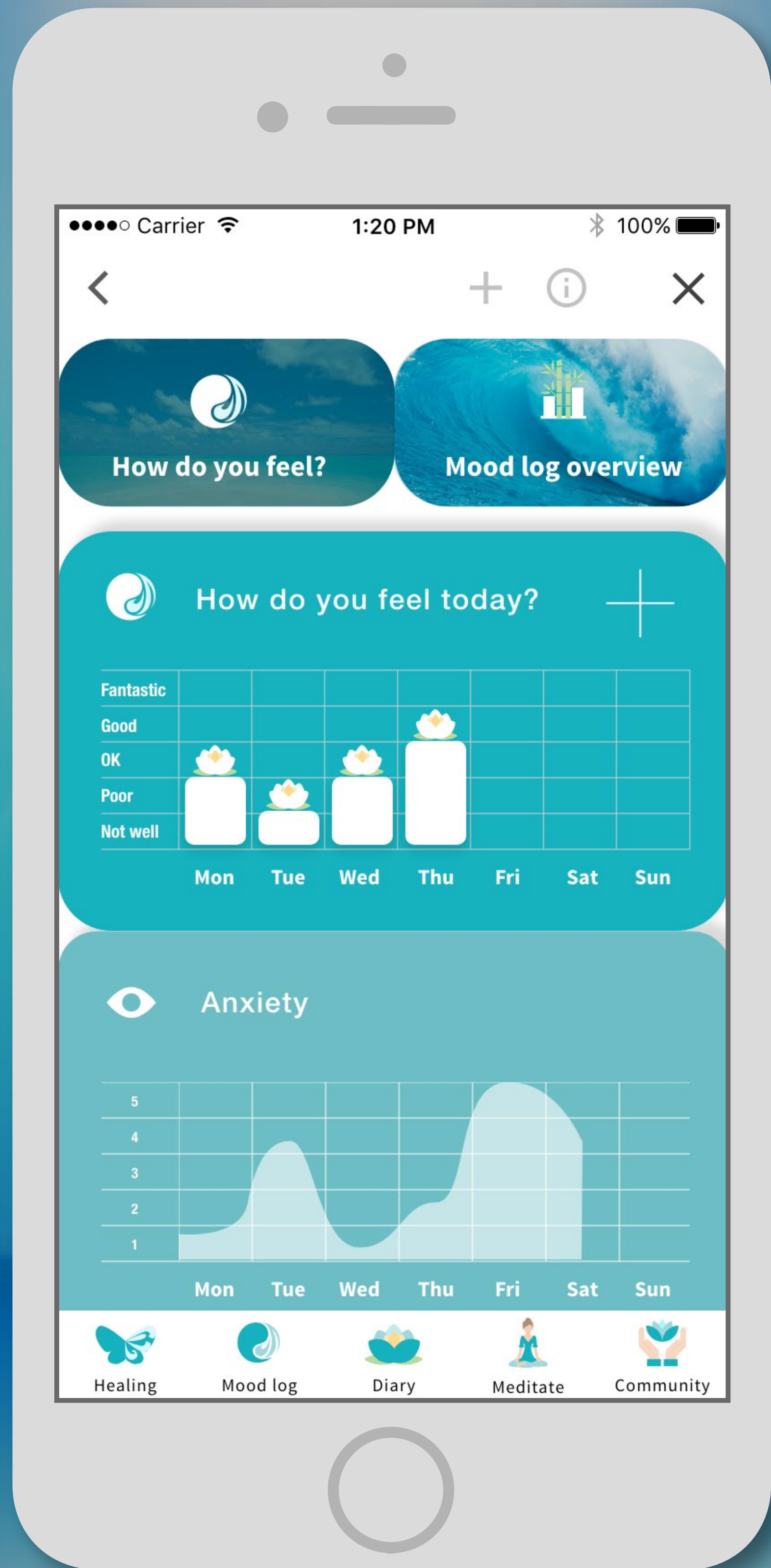
To see how the survivors of emotional abuse and mental health experts would respond to the idea, I conducted usability testings and interviews with mental health professionals. Results showed that the eMotion app has a potential to help survivors of emotional abuse on their recovery journey. According to one of the mental health experts, eMotion creates “a good environment to believe in yourself”.

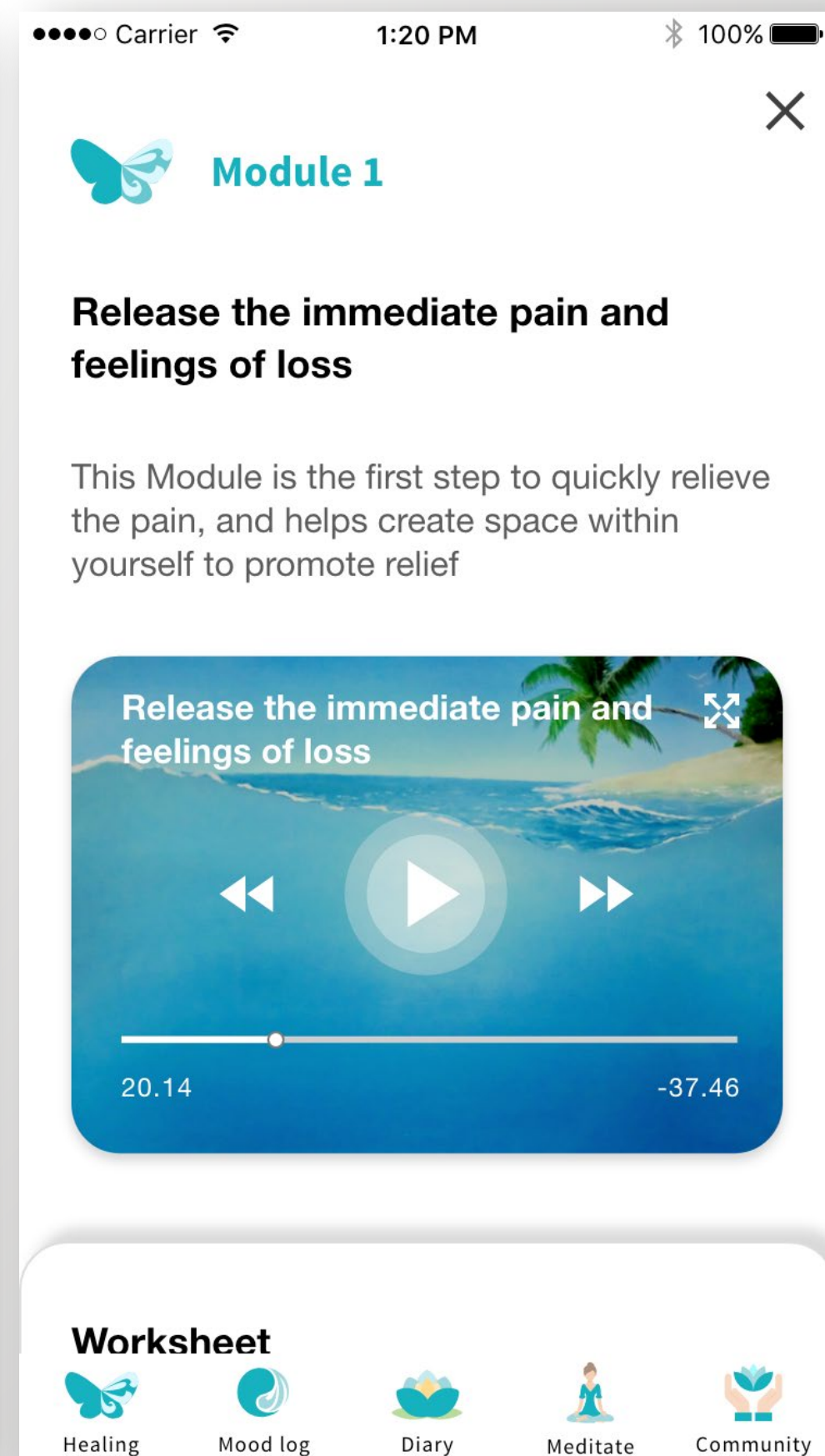
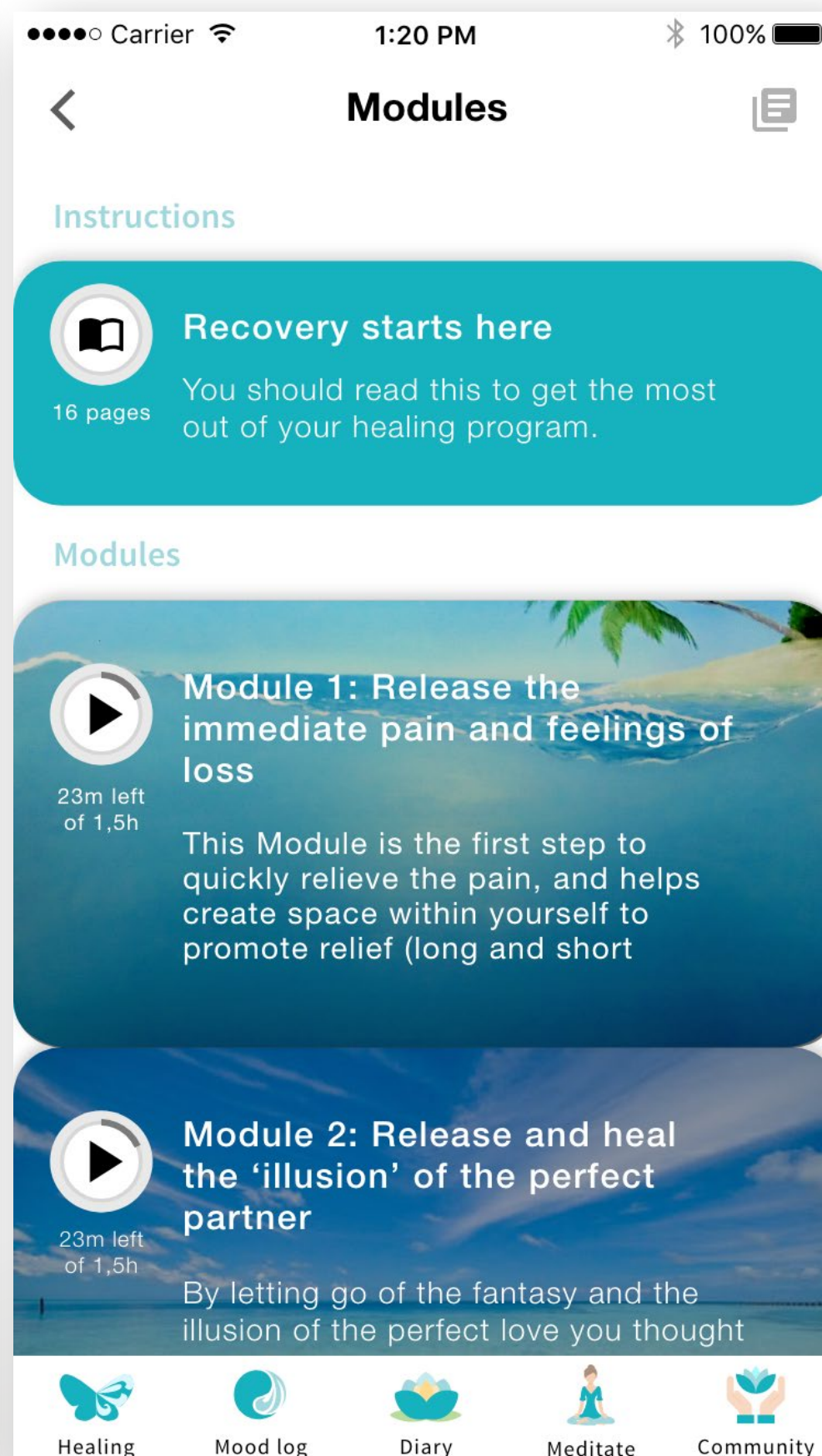
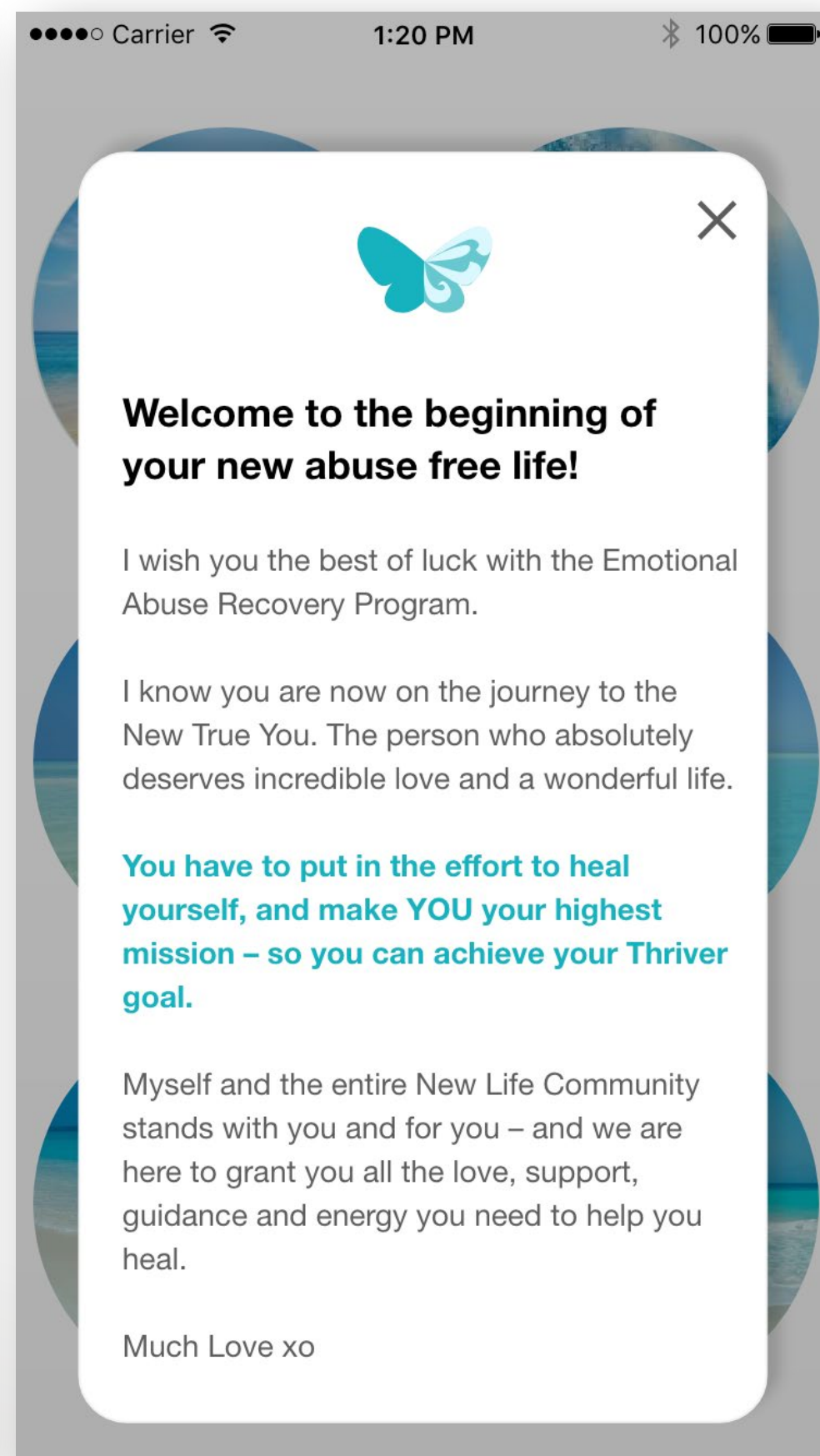
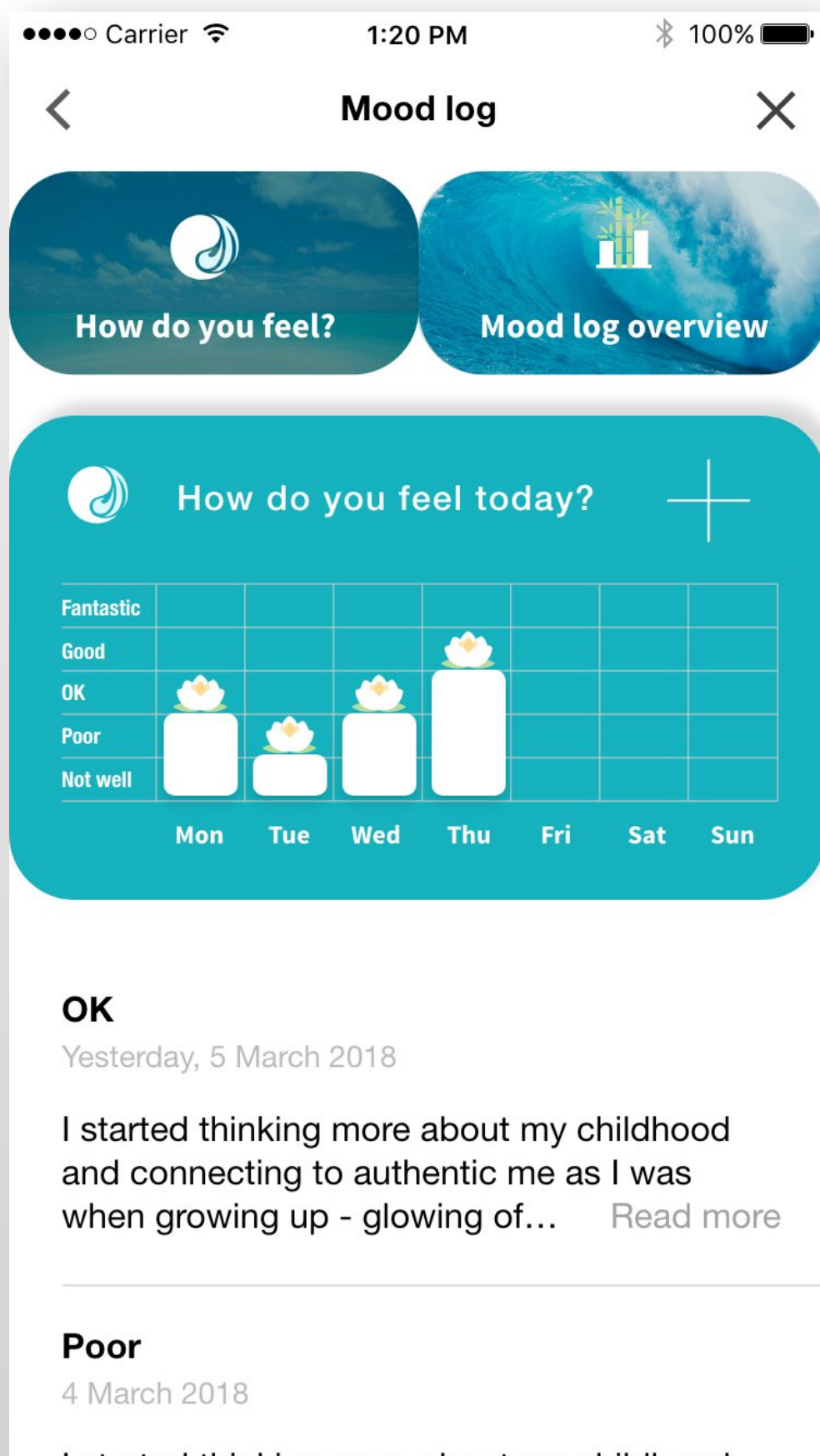
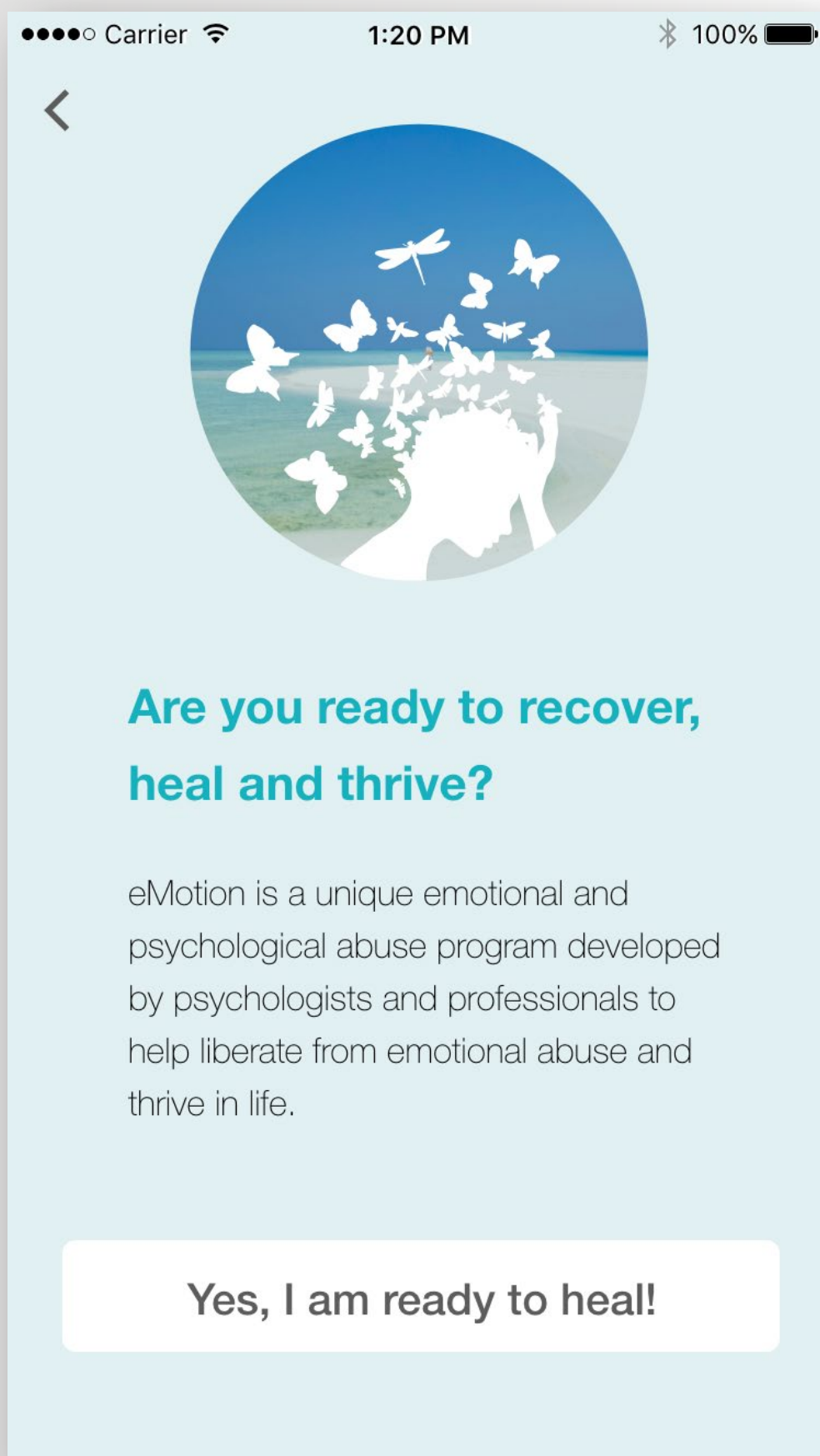
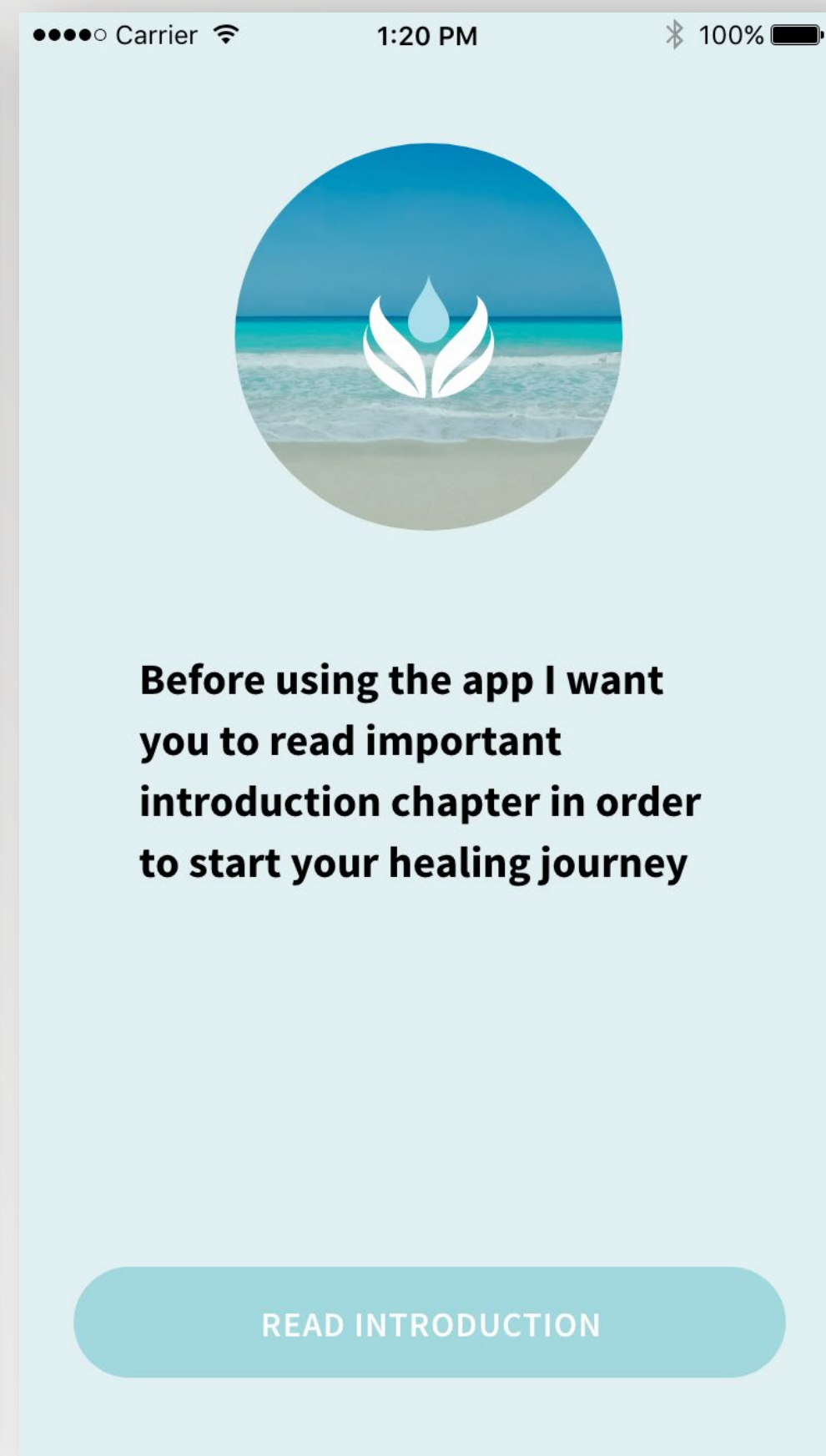
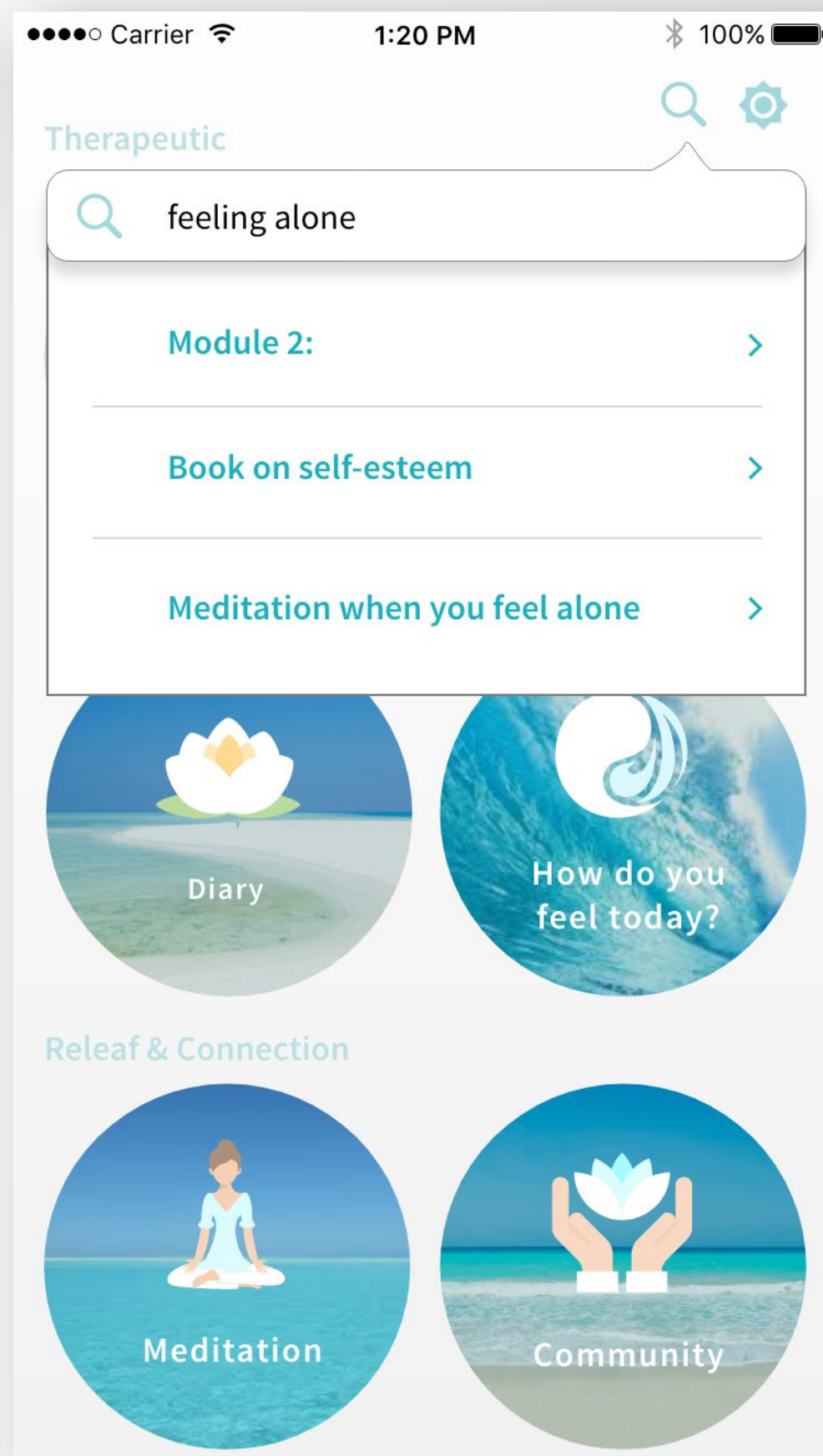
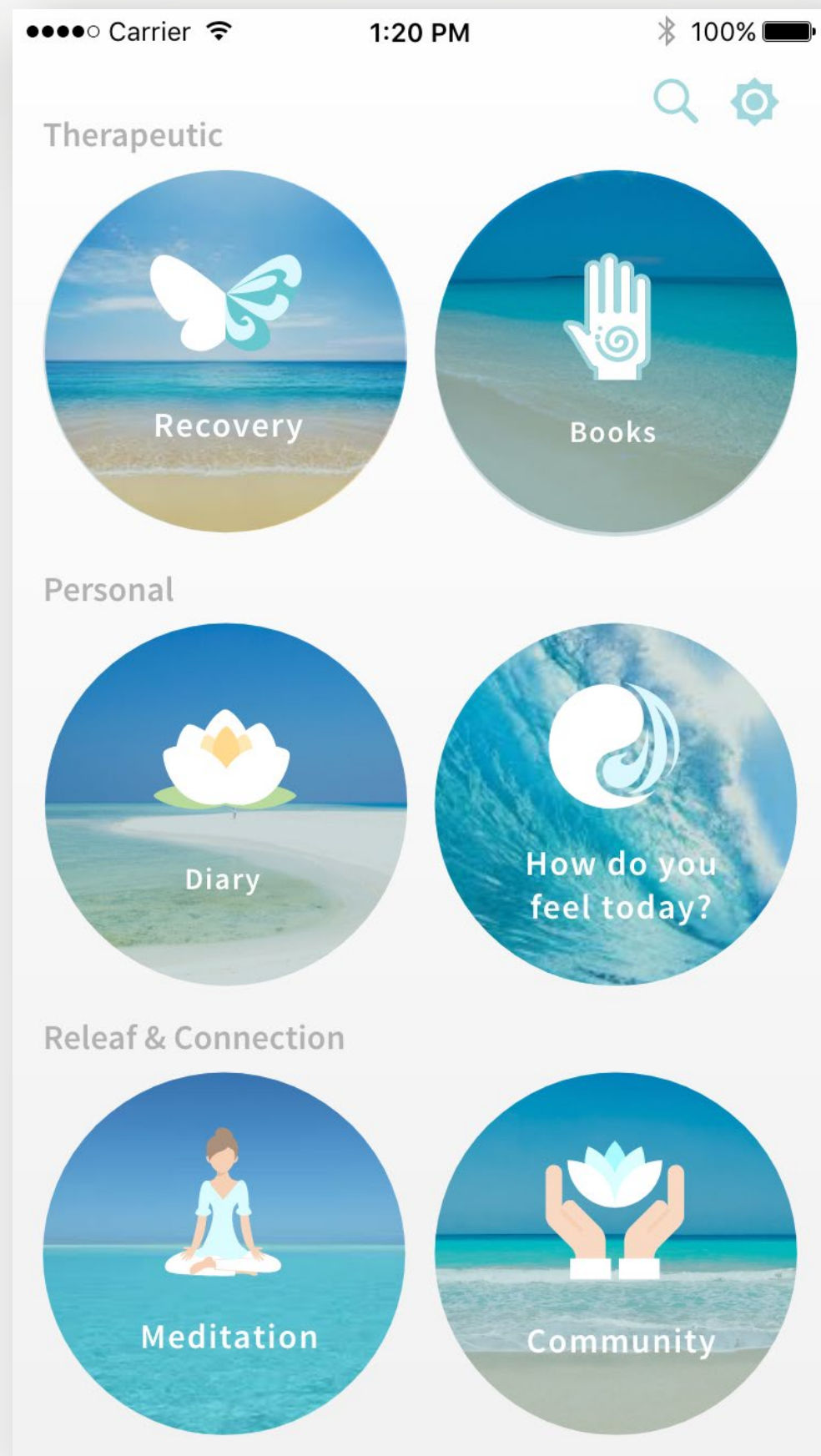
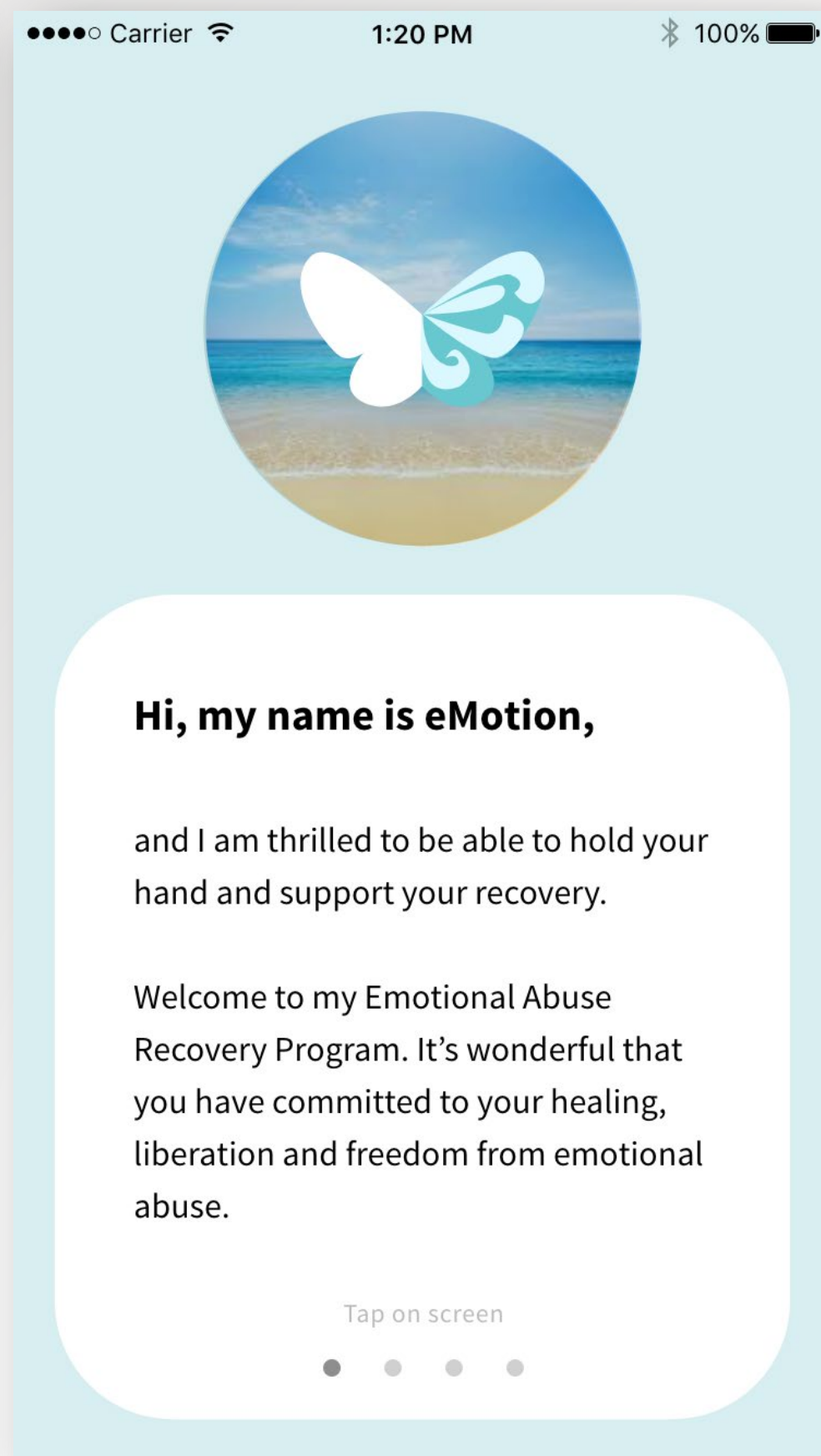
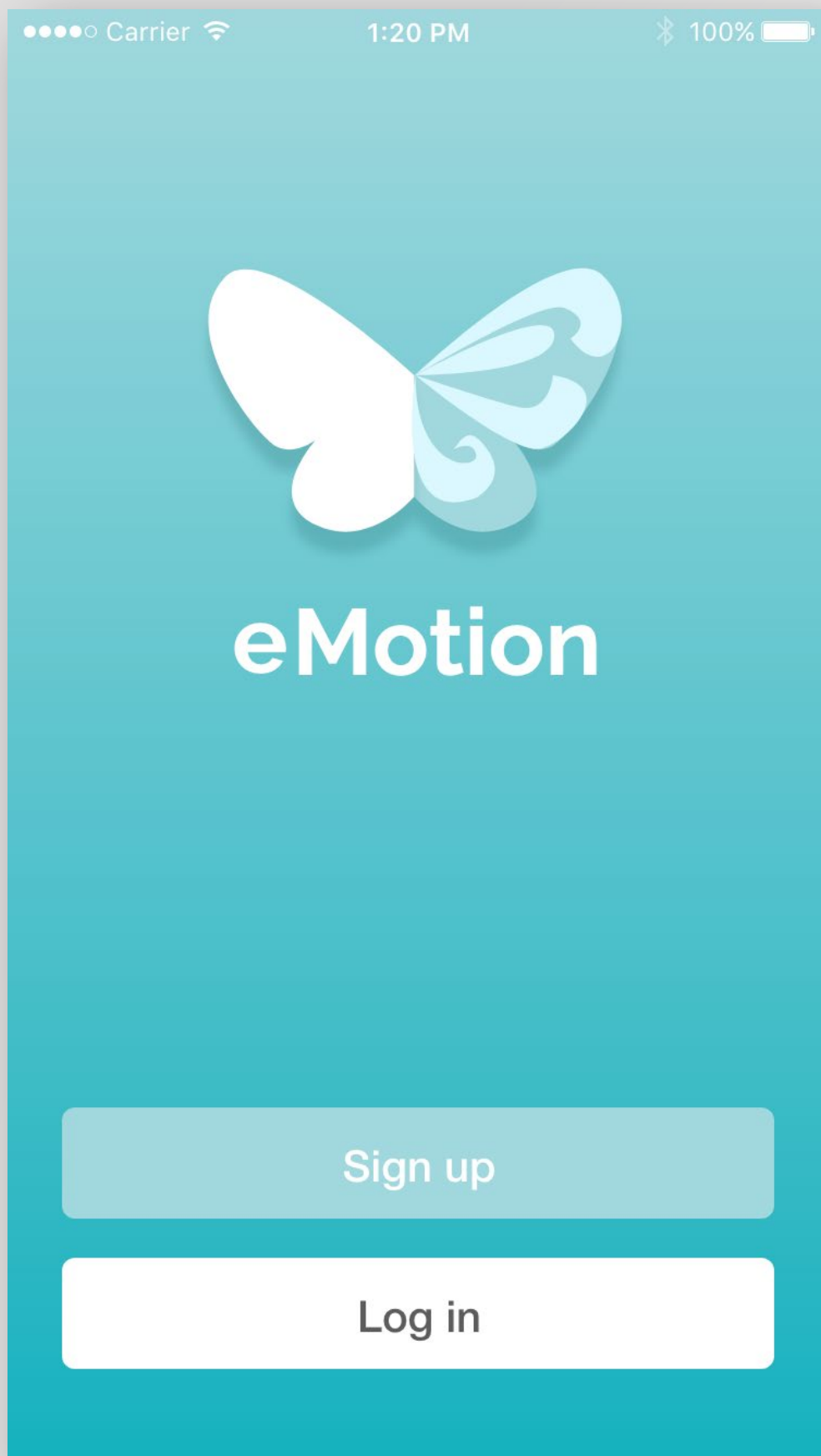
I started this project by exploring the literature related to the recovery and healing programmes from emotional abuse and selfhelp methods of recovery. I studied people who will be the core users of the app to understand their needs and behavior. I used a human-centered design approach at each stage of the design process.











Carrier 1:20 PM 100%

## How To Get The Most Out Of Your Healing Modules

This Healing Tips explains exactly what you need to do and how to get the most out of the Healings so you can start recovering as quickly and effectively as possible.

Please start with listening to the **Healing Tips Audio** before proceeding with the Quanta Freedom Healing Modules.

Carrier 1:20 PM 100%

## Session worksheets

**Module 1: Release immediate pain and feelings of loss**

SECTION 1: What my pain is about

SECTION 2: Accepting that the pain has given me an opportunity to heal and create a better way

When we've been hurt we feel like victims. However, to rise into empowerment and in order to create the life we do want to live...

### Shift Number 1

Details:

I feel that I have the power to create the life I want and believe in myself. From today I will be doing the modules so I can see the results in the nearest future. I know that the pain is not permanent and that one day I will be able to recover after

Healing Mood log Diary Meditate Community

Carrier 1:20 PM 100%

## Meditation

This is two bonus meditations – a full body relaxation track and empowerment track designed to provide you with physical, emotional, mental and spiritual well-being.

The Relaxation Meditation (25m)

Self-Healing And Protection Meditation (35m)

ADD MY FAVORITE MEDITATION

Carrier 1:20 PM 100%

## Meditation

Quanta Freedom Healing meditation  
Self-Healing And Protection Meditation

25m00s

Yes, I am ready to heal!

Carrier 1:20 PM 100%

## Modules

30% completed

Modules

Module 1: Release the immediate pain and feelings of loss (23m left of 1.5h)

Module 2: Release and heal the 'illusion' of the perfect partner (2h)

Healing Mood log Diary Meditate Community

Carrier 1:20 PM 100%

## It has been long time since you logged in last time

Keeping consistency in the treatment for psychological and emotional abuse is essential for recovery.

Try to do the modules as often as you can and do the exercises so you can feel better much faster!

Much Love xo

eMotion

Carrier 1:20 PM 100%

## Books

Please note that it is important to read the eBook information in conjunction with doing the Modules. The eBooks can be read at any pace that you wish to; however I suggest that you read the eBooks in the following order:

Emotional Abuse – The Truth (23m left of 1.5h)

How to do No Contact (23m left of 1.5h)

Self-care when recovering from emotional abuse

Carrier 1:20 PM 100%

How do you feel? Mood log overview

How do you feel today?

Fantastic							
Good							
OK							
Poor							
Not well							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Anxiety

5							
4							
3							
2							
1							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Healing Mood log Diary Meditate Community

Carrier 1:20 PM 100%

## Mood log

How do you feel today?

Fantastic

Good

OK

Poor

Not well

POOR

WHY DO YOU FEEL THIS WAY?

Carrier 1:20 PM 100%

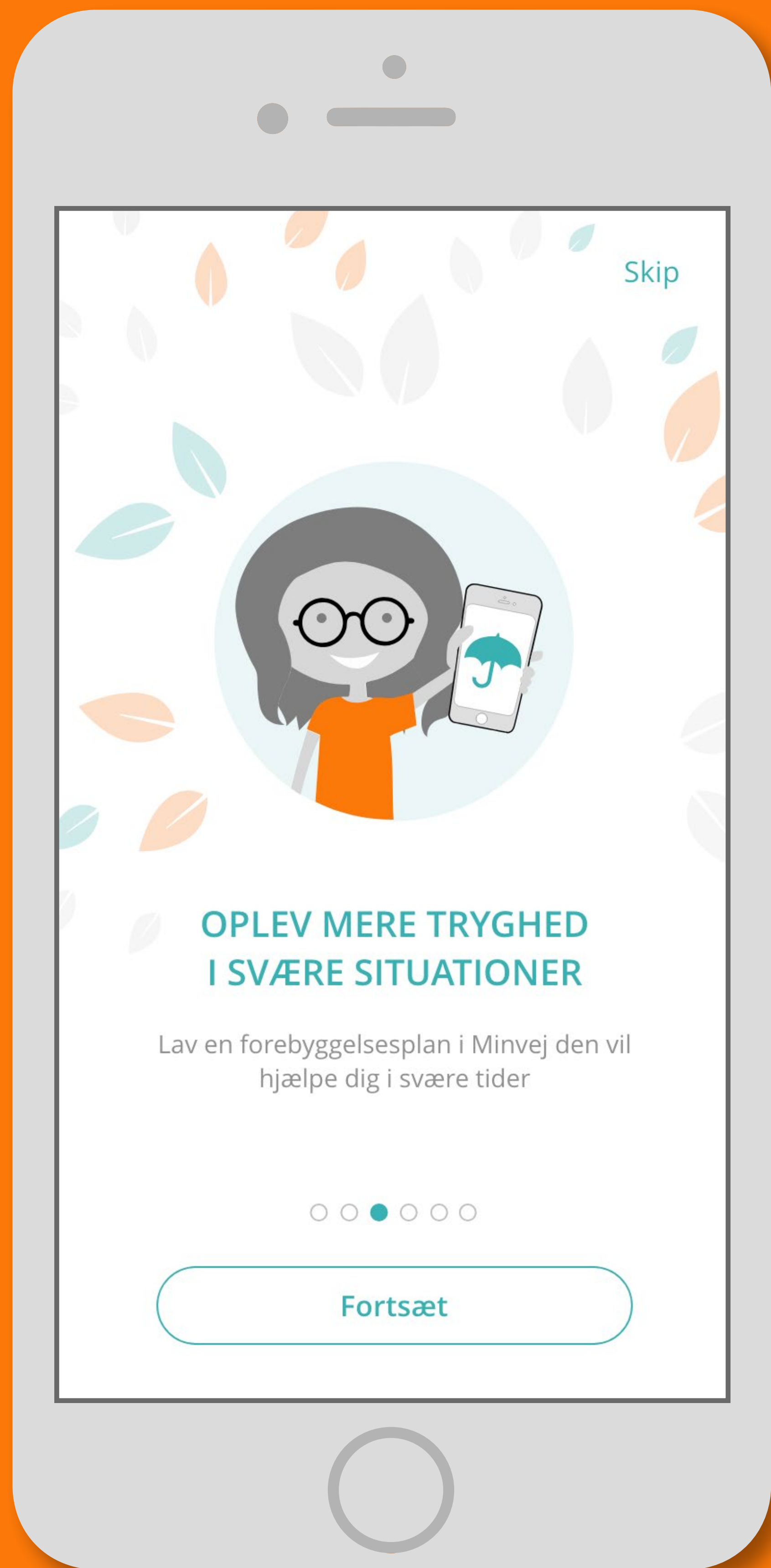
## Mood log

Today, 5 March 2018

Stats on this day

Mood Anxiety Sleep Activities

I started thinking more about my childhood and connecting to authentic me as I was when growing up - glowing of hope, happiness and believing in good with all my heart - in good in people and the world. I want to become that girl again but wiser this time and different while keeping these essential part of me. Connecting to my creativity that has been a part of my life as long as I remember myself. Being in caring and loving relationship with my family and people close to me.



Skip

## Oplev mere tryghed i svære situationer

Lav en forebyggelsesplan i Minvej den vil  
hjælpe dig i svære tider



Fortsæt



Skip

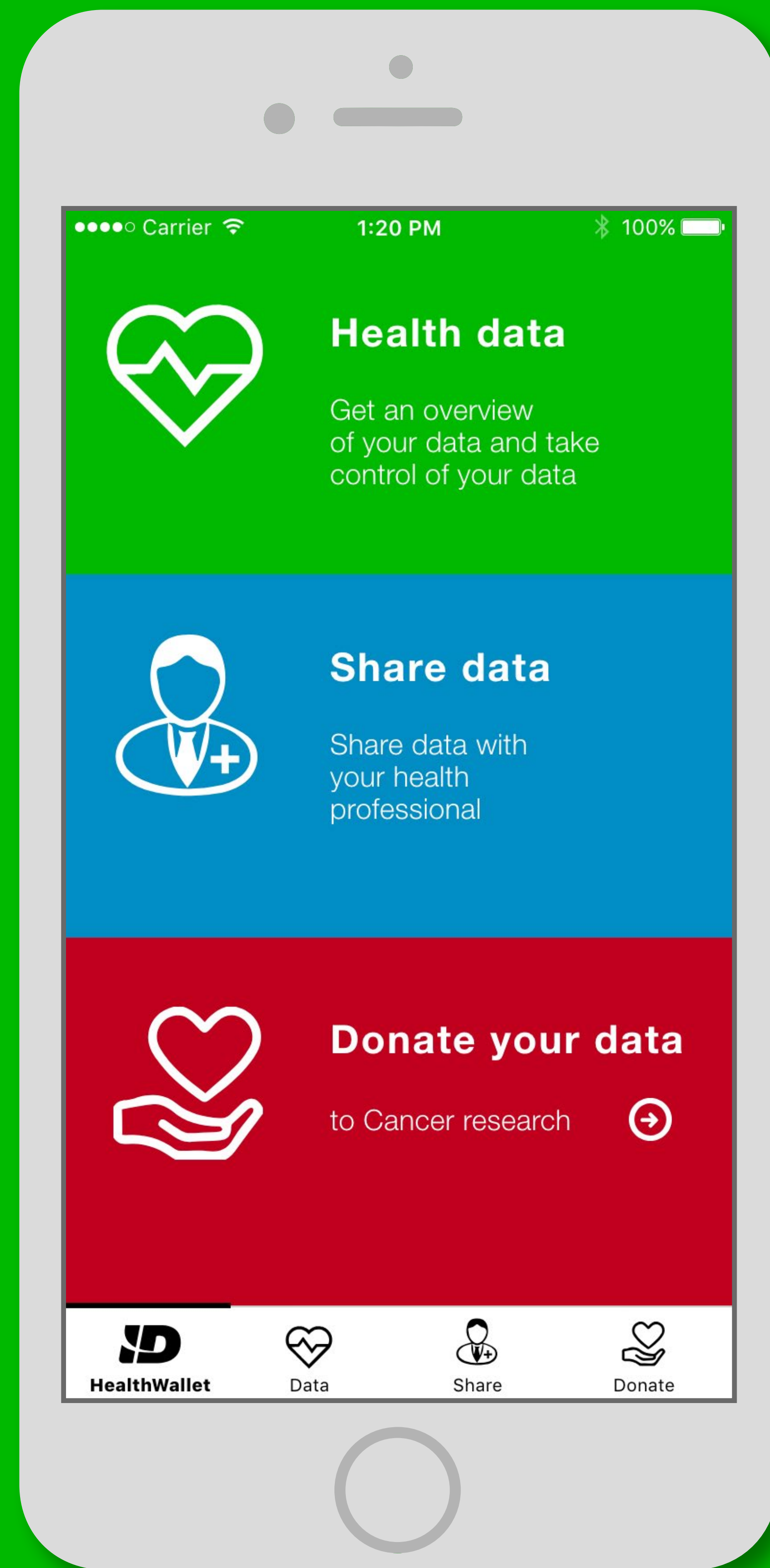
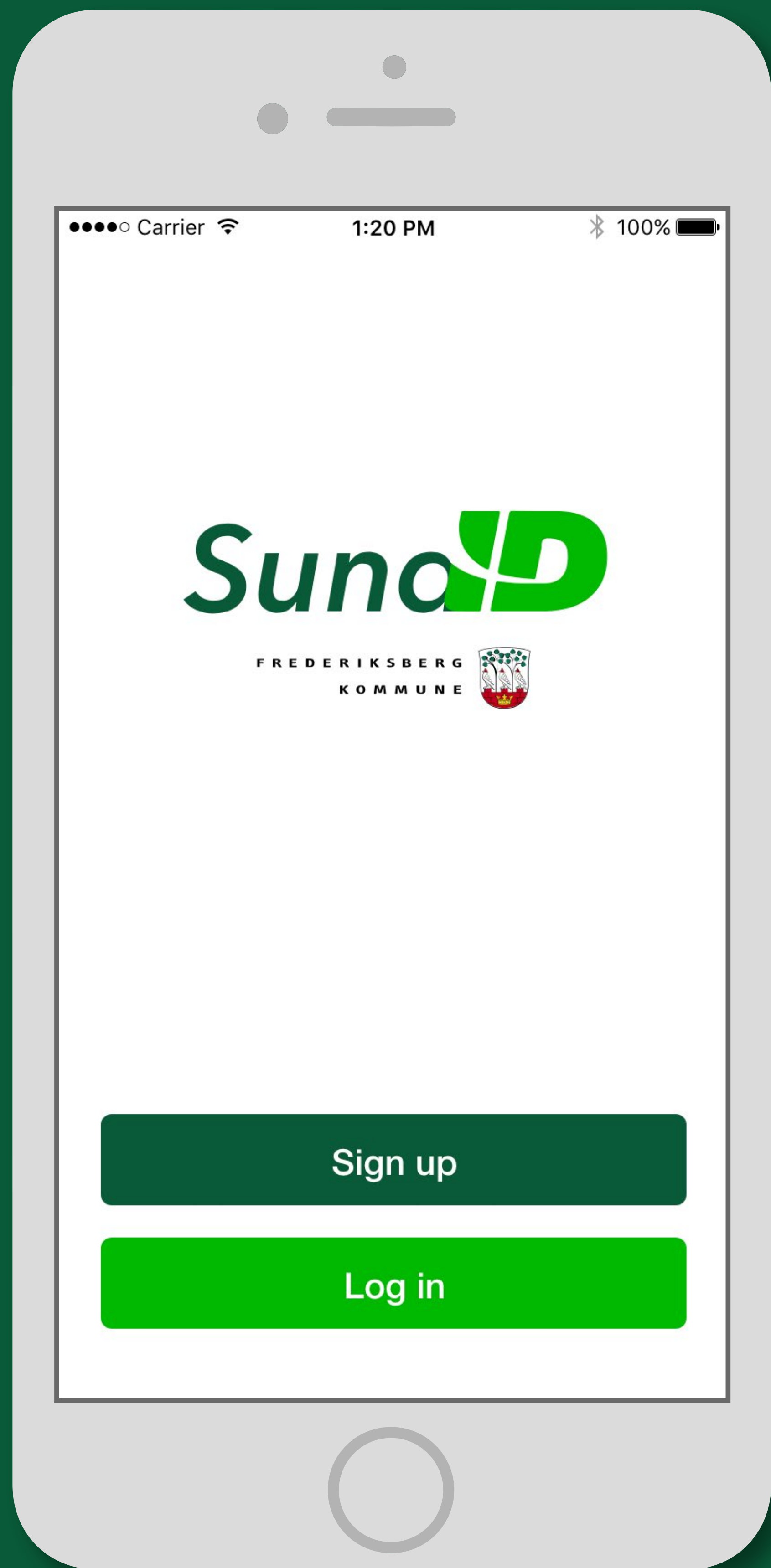
## Lad dig inspirere af andre brugere

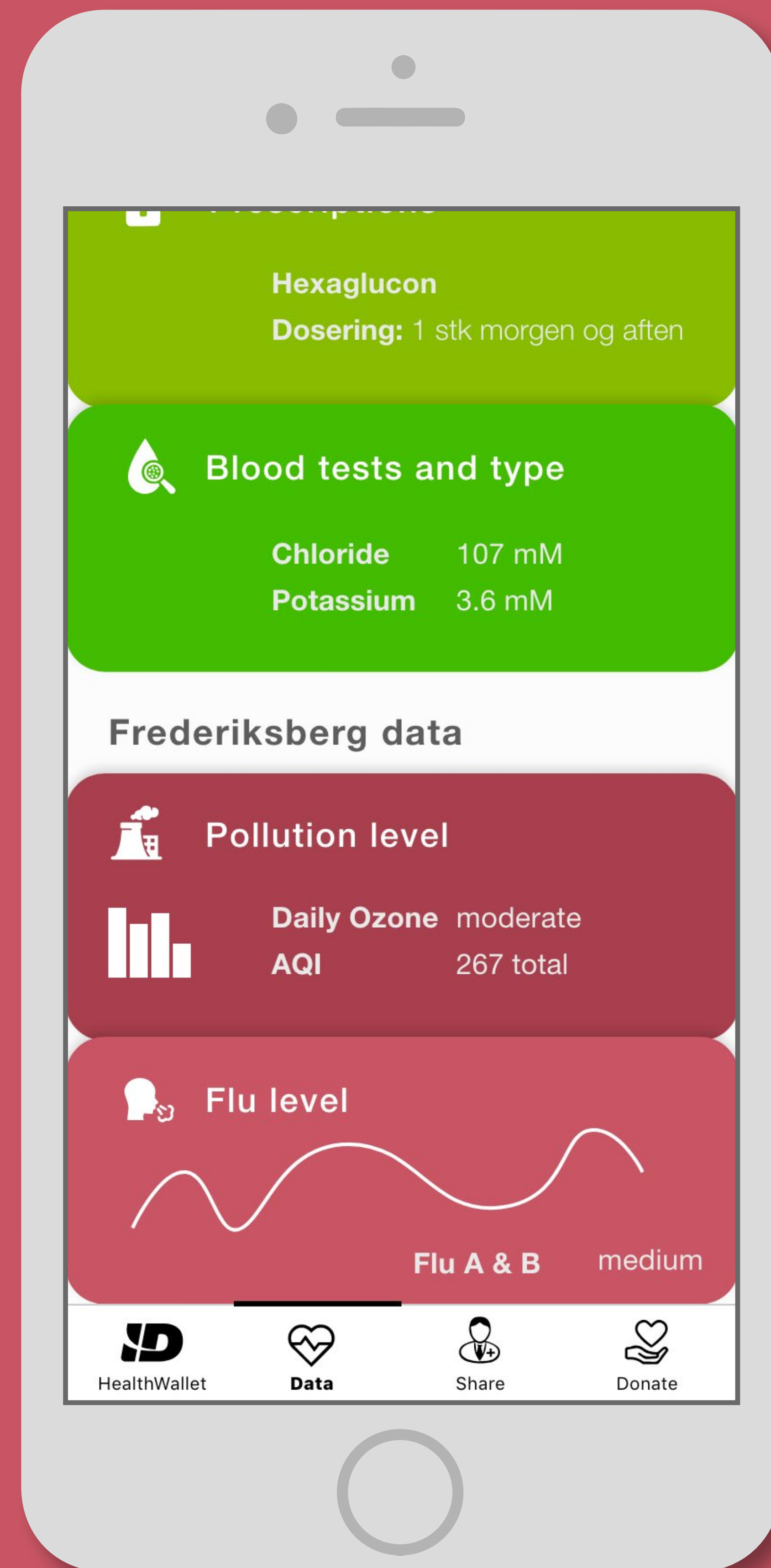
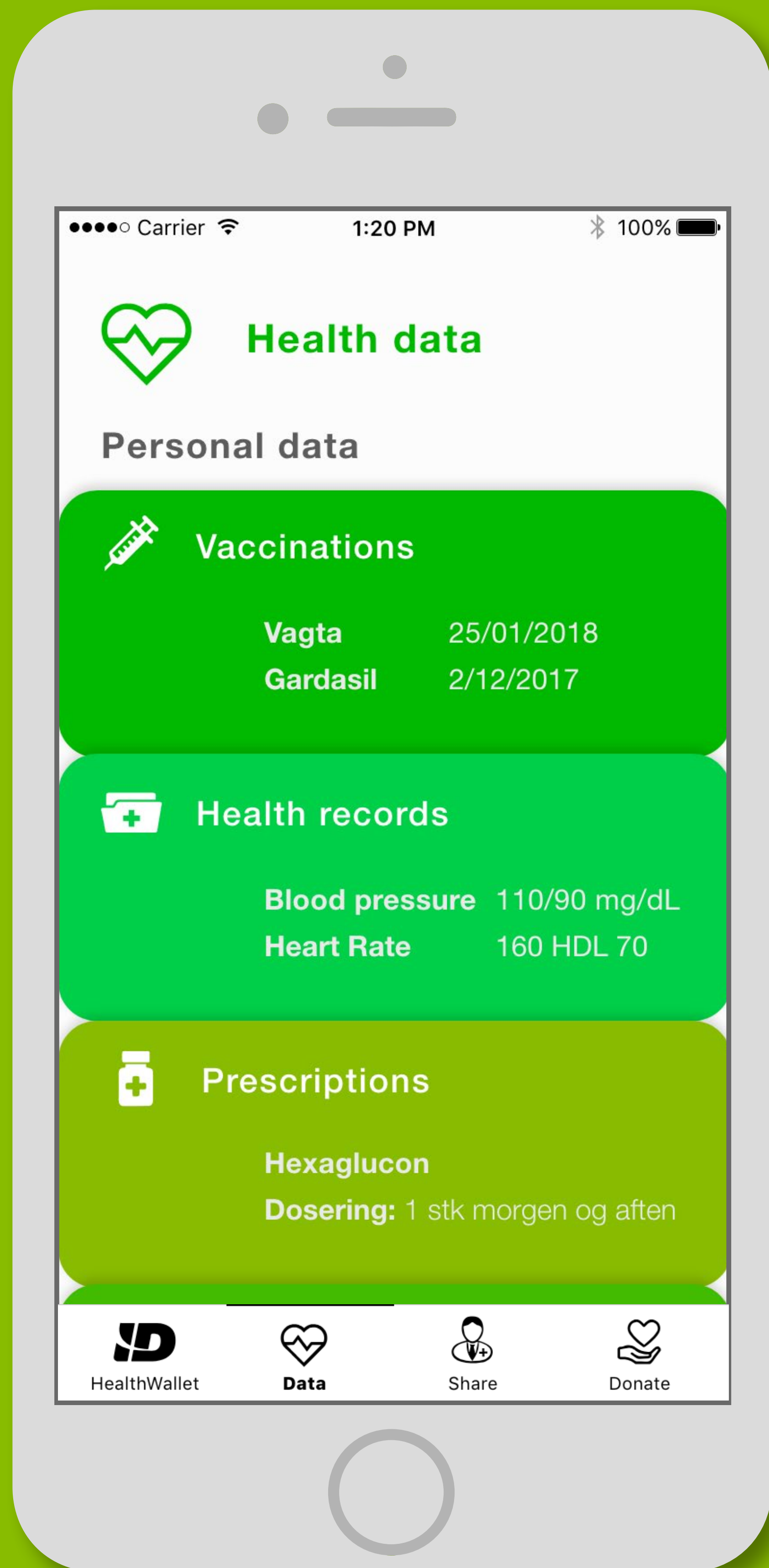
Find de mange lyspærer i Minvej de  
gemmer forslag til, hvad du kan sætte ind  
i din egen version

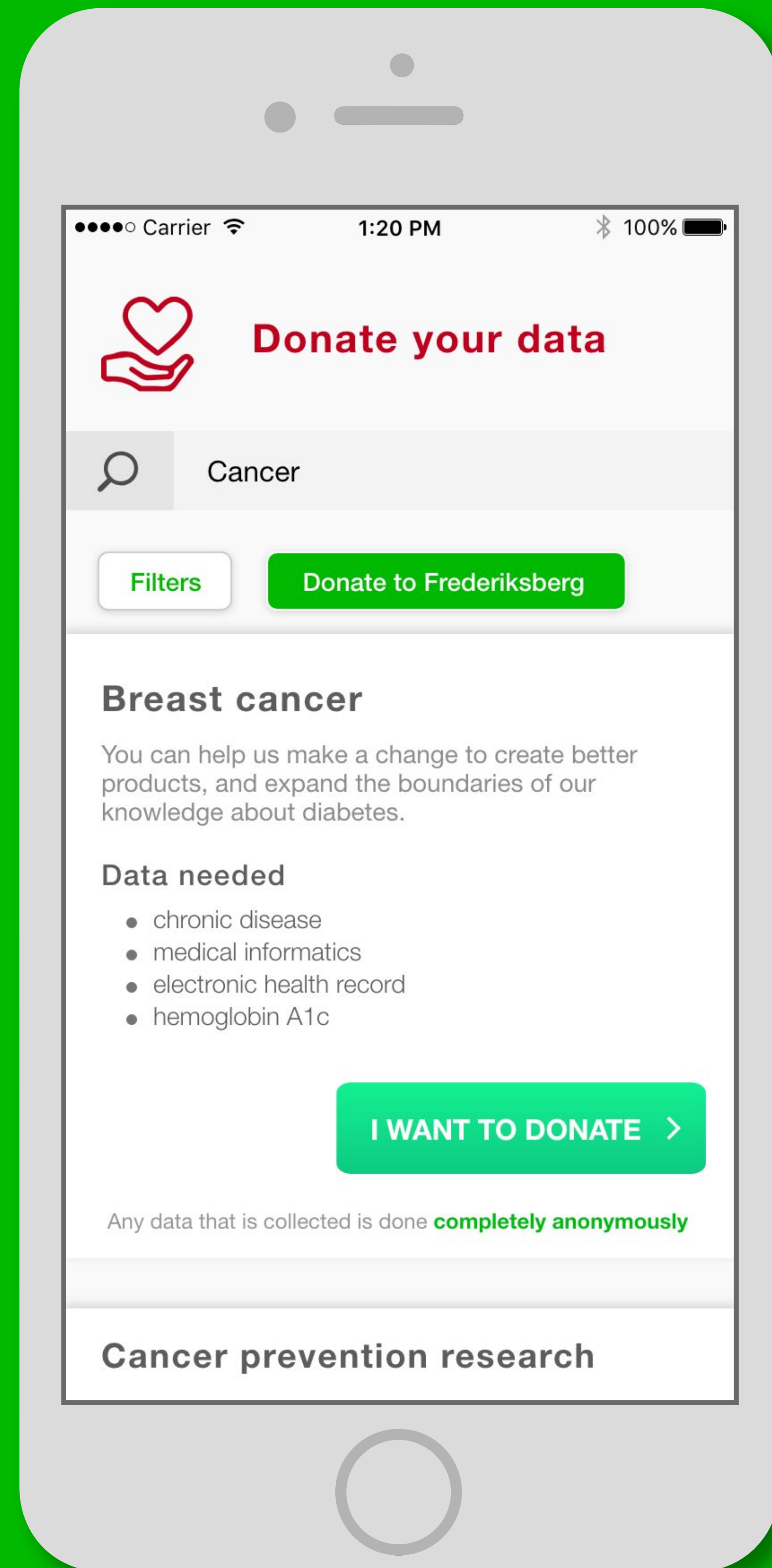
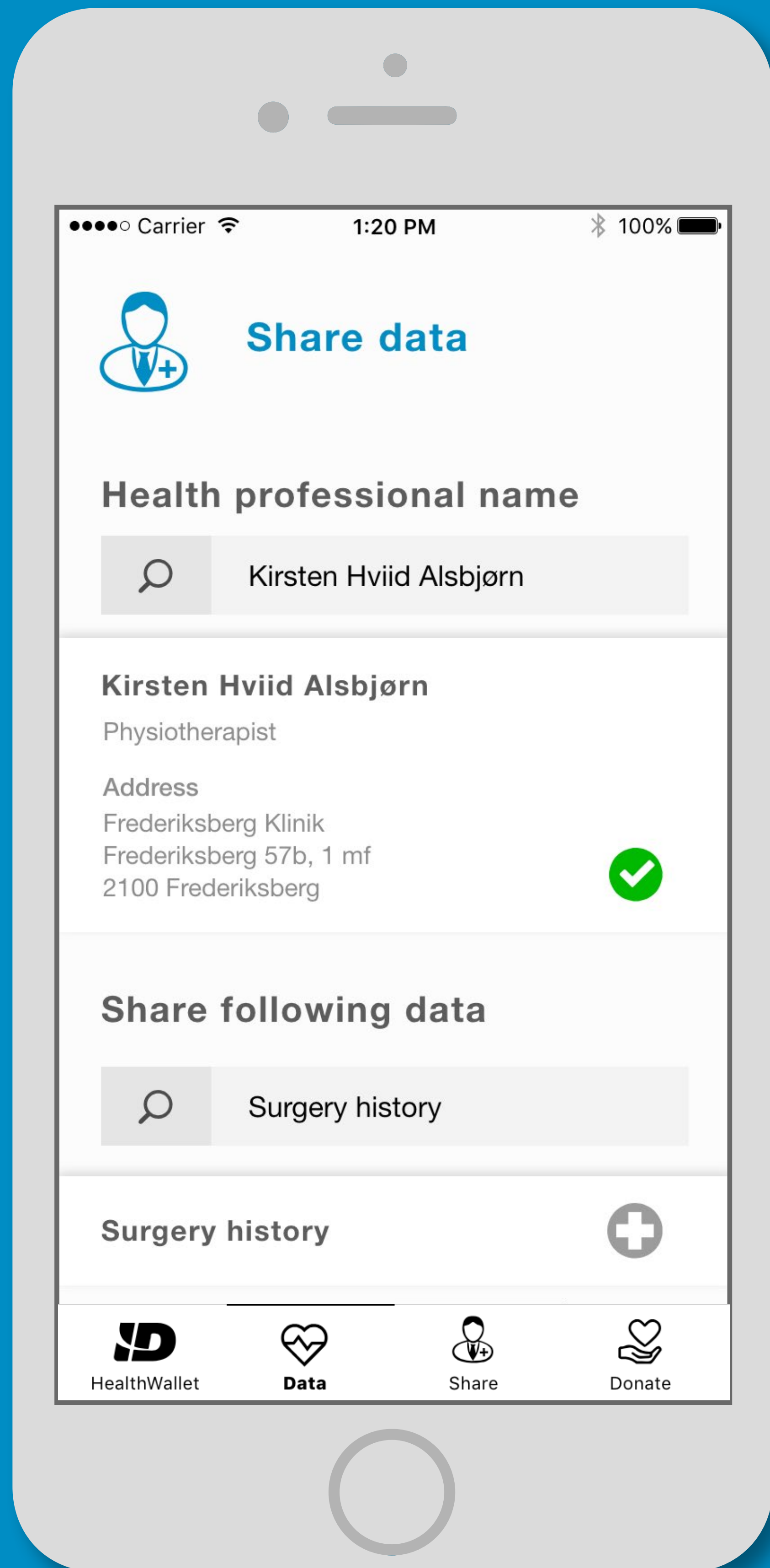


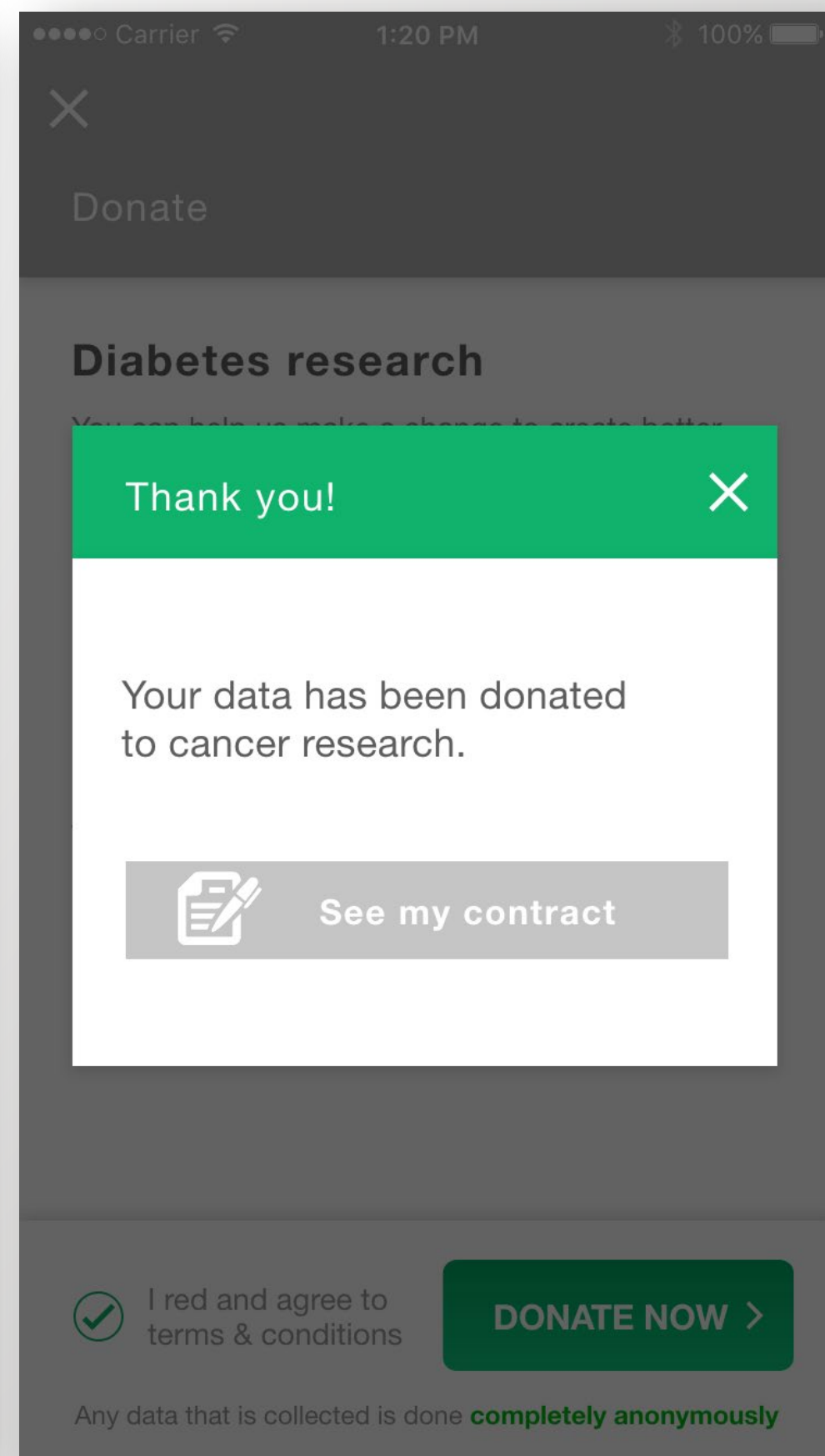
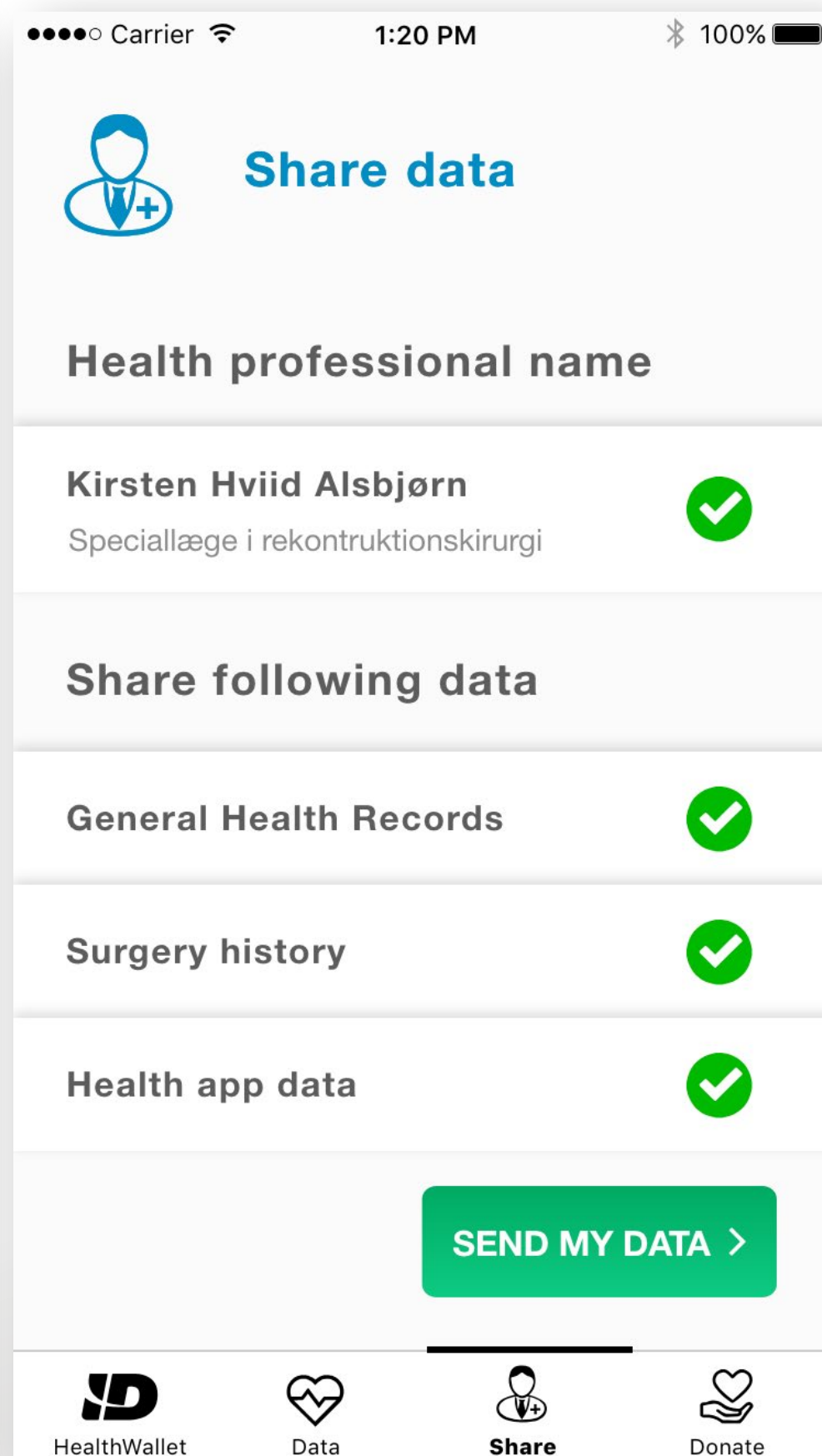
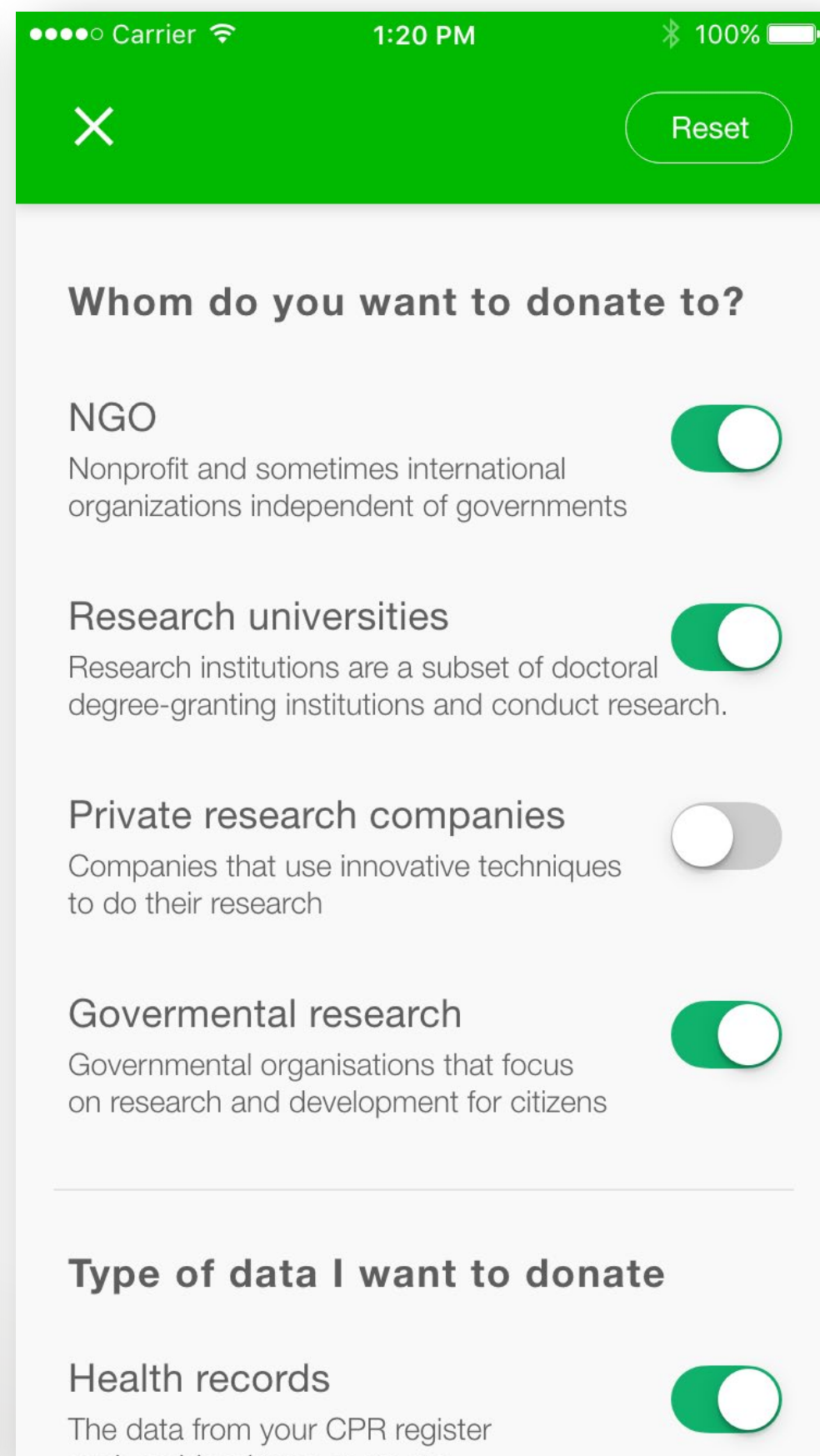
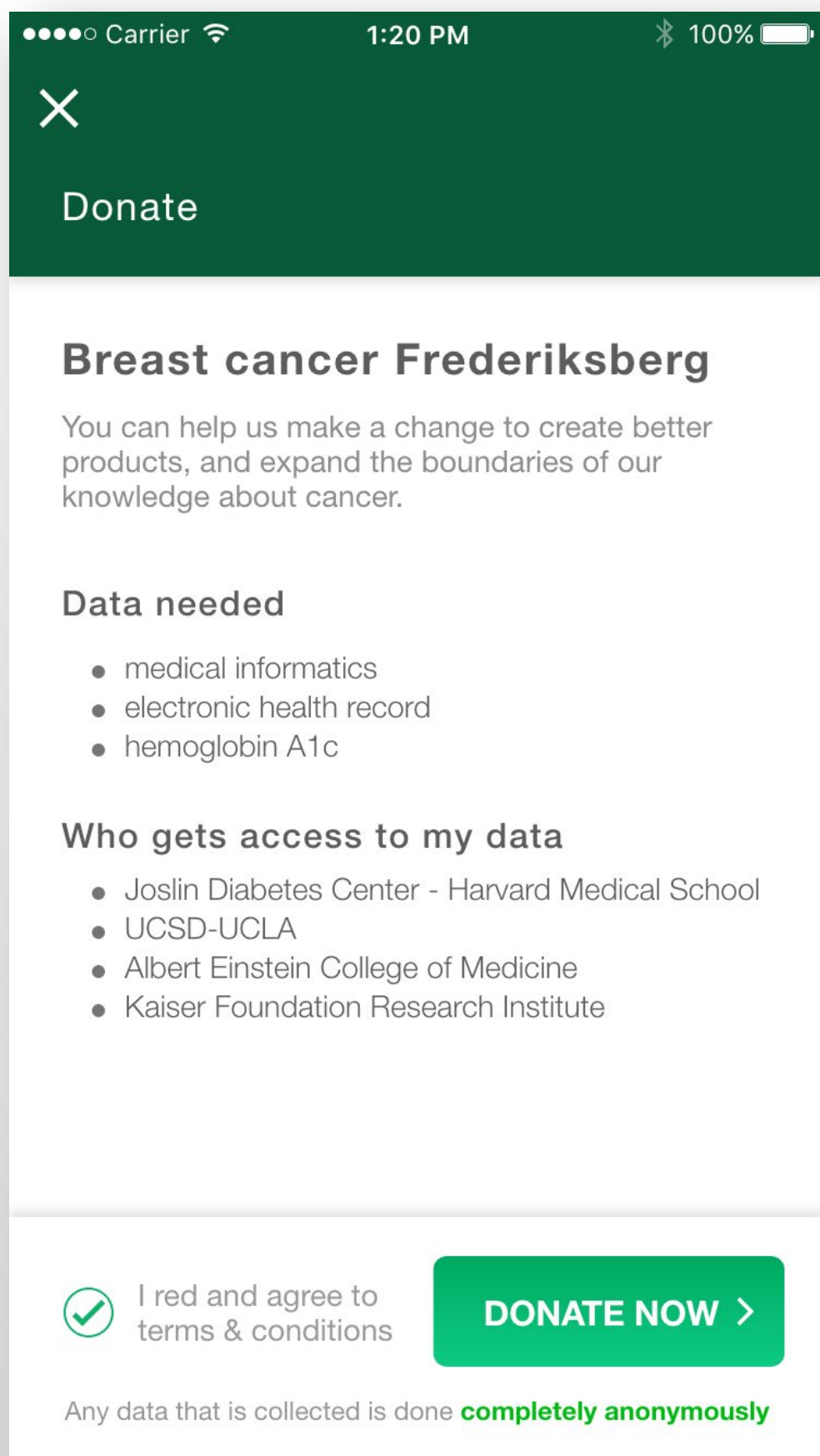
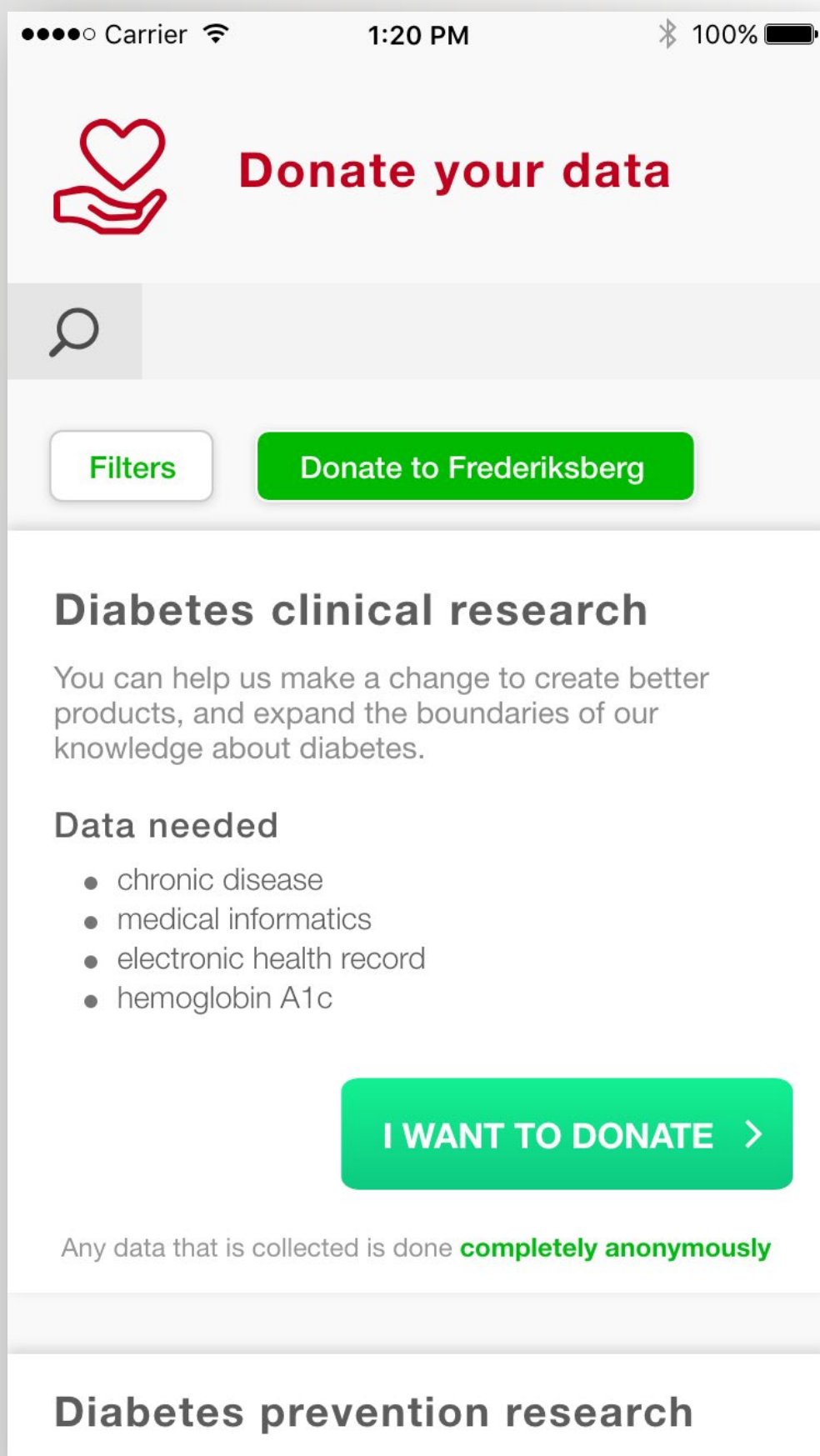
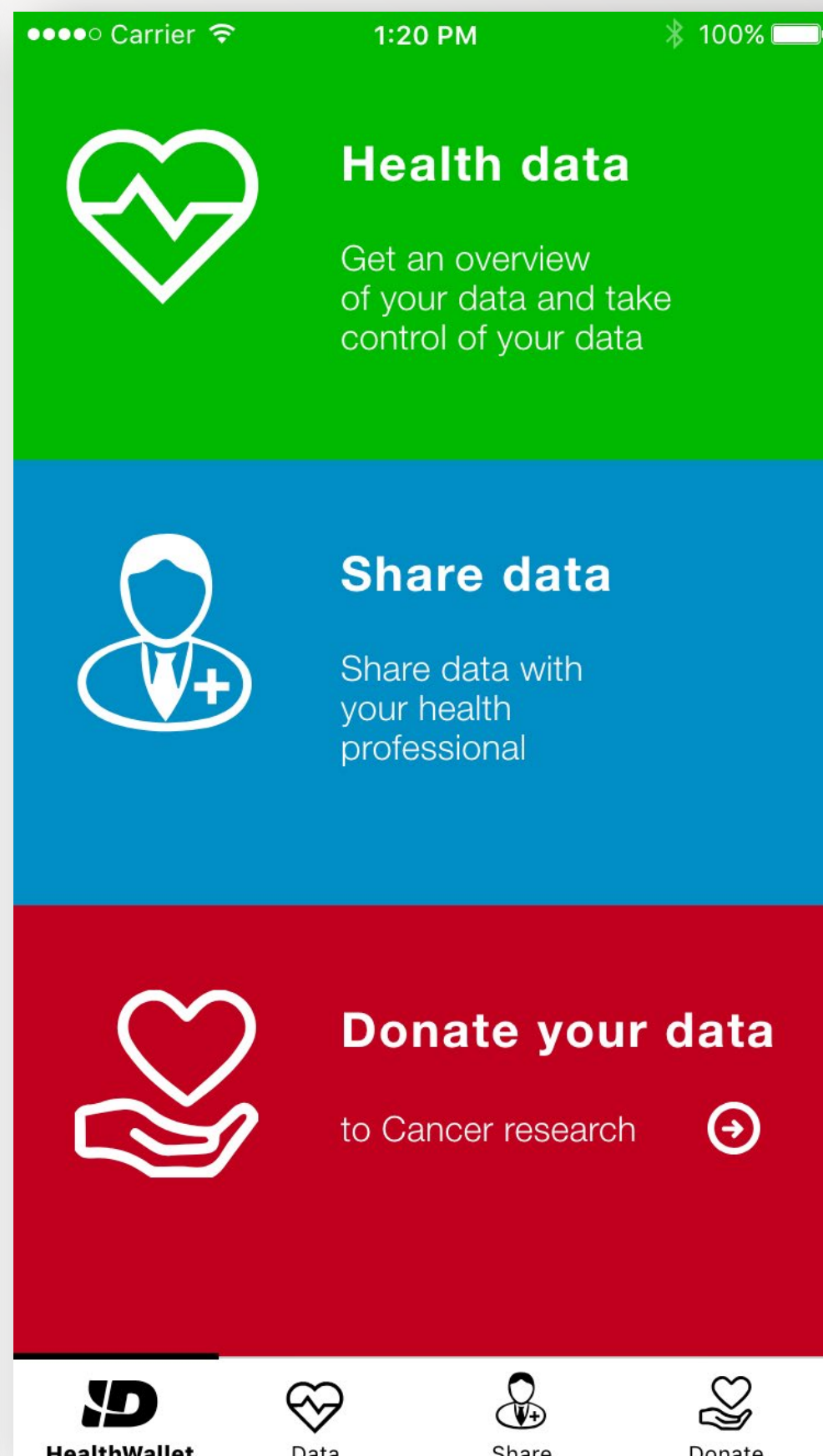
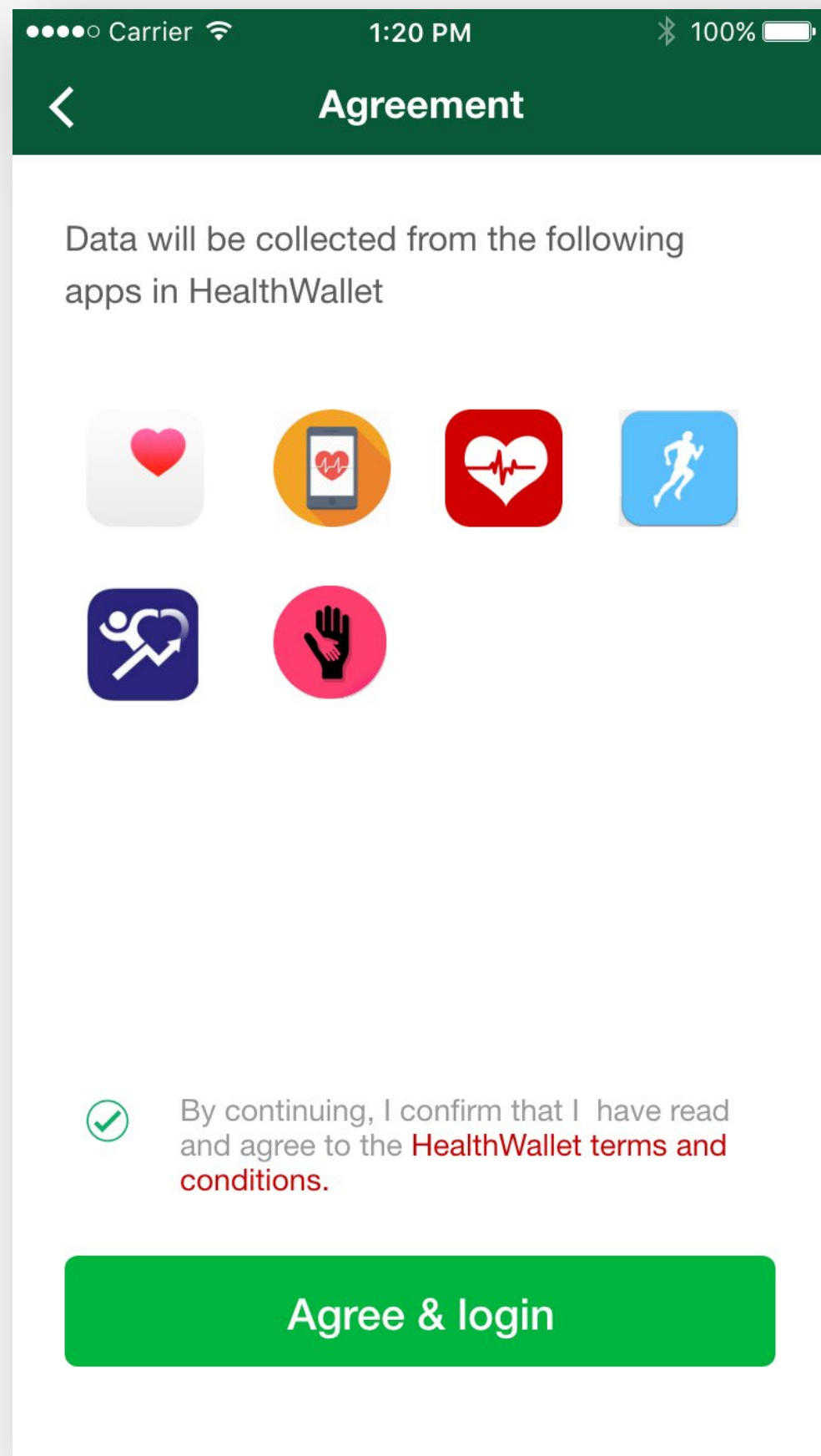
KOM IGANG











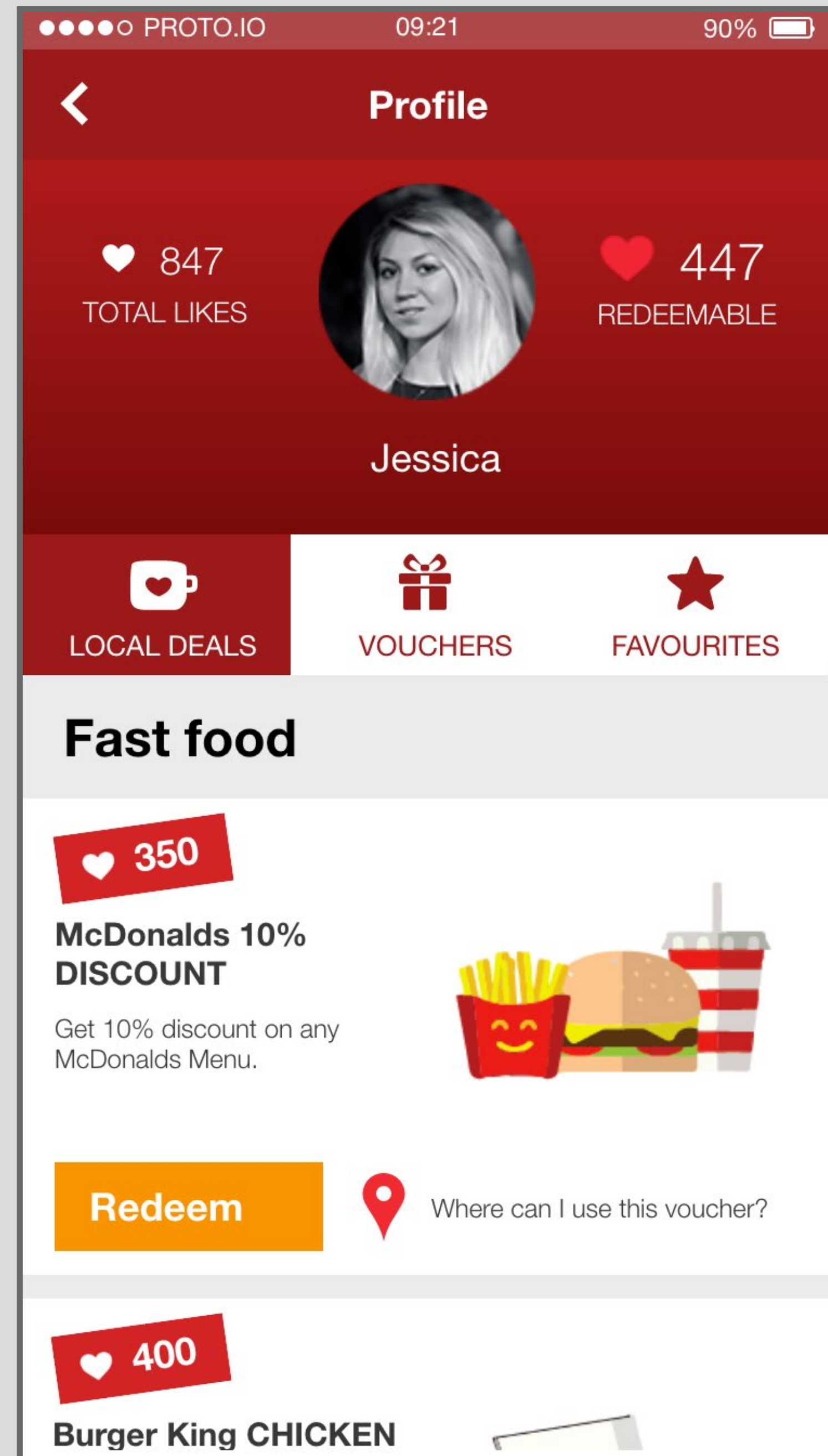
## *Gamification app* Foodzz

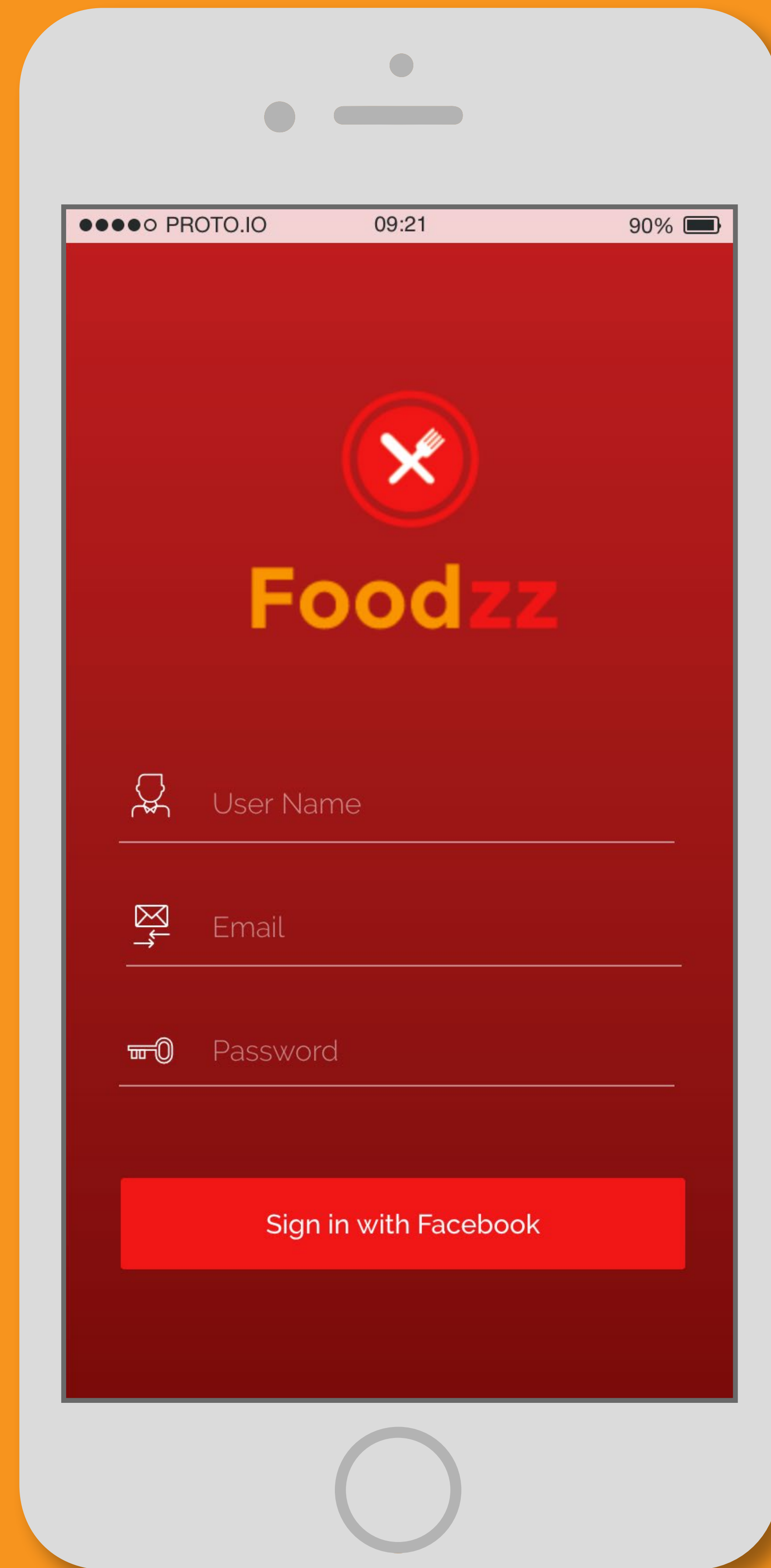
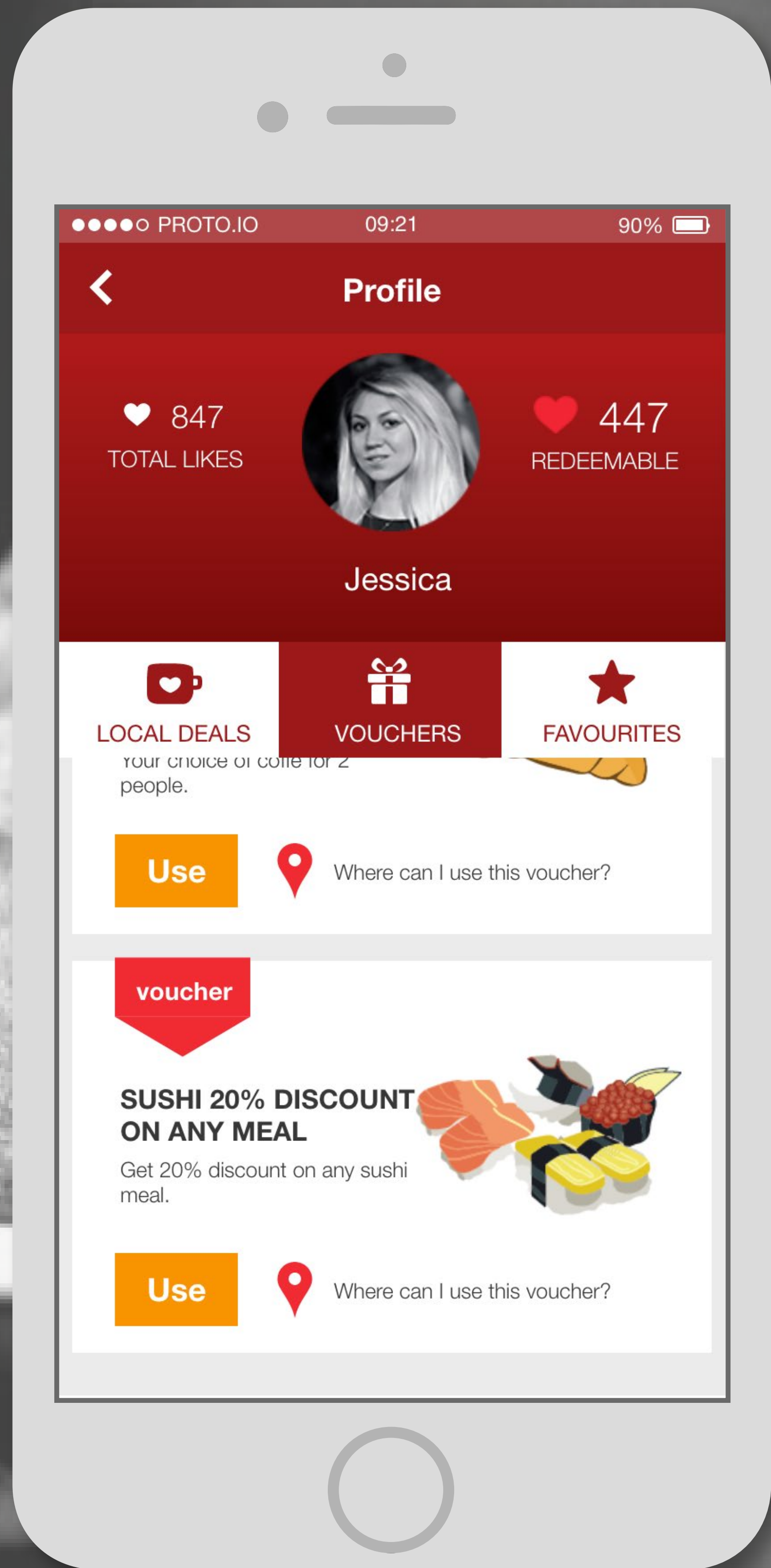
**F**oodzz app is a gamification mobile application for the food image lovers. The app is used to stream food pictures, find new lunch places, and defeating challenges to gain as many points as possible to exchange them for real food vouchers.

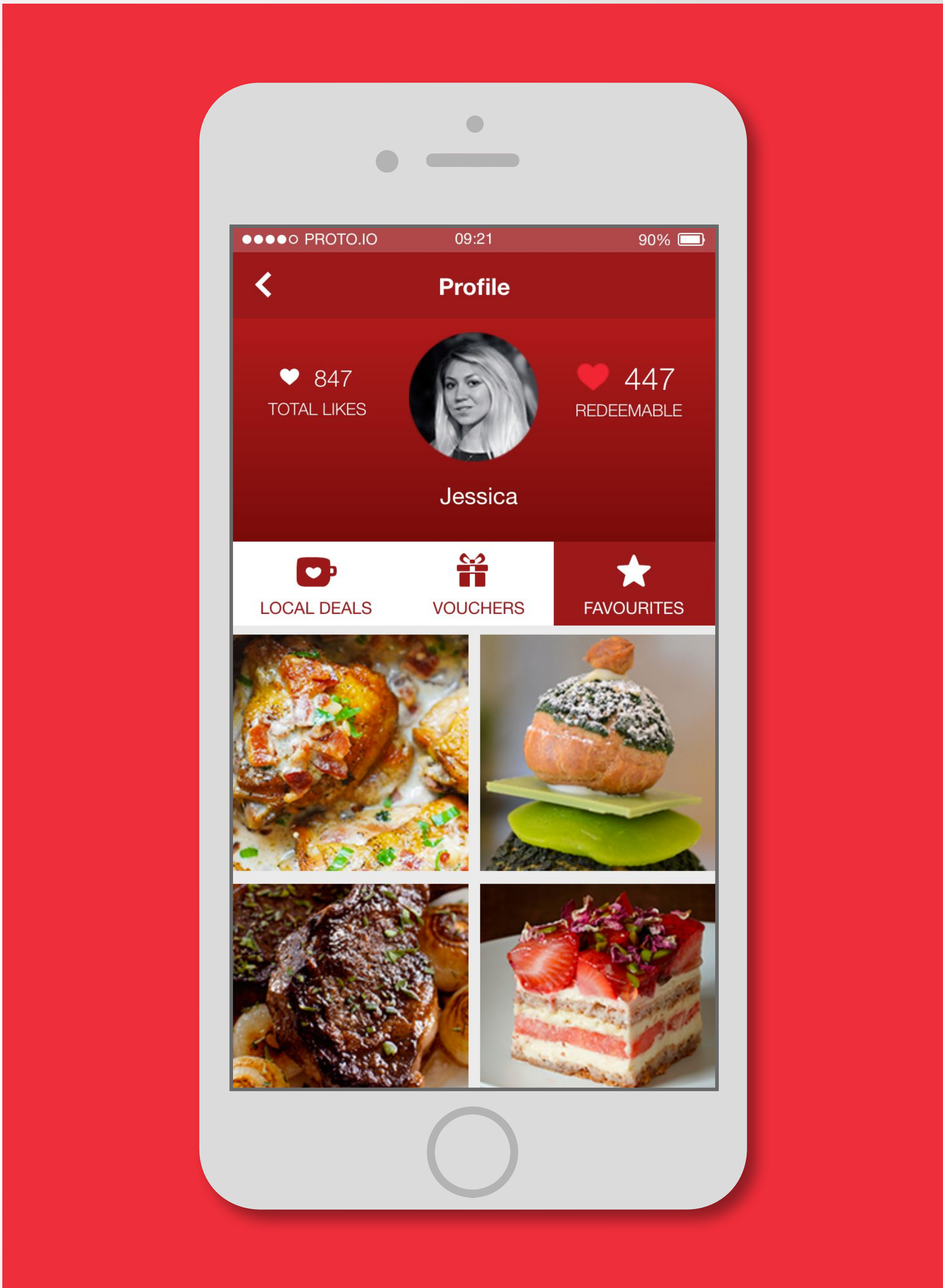
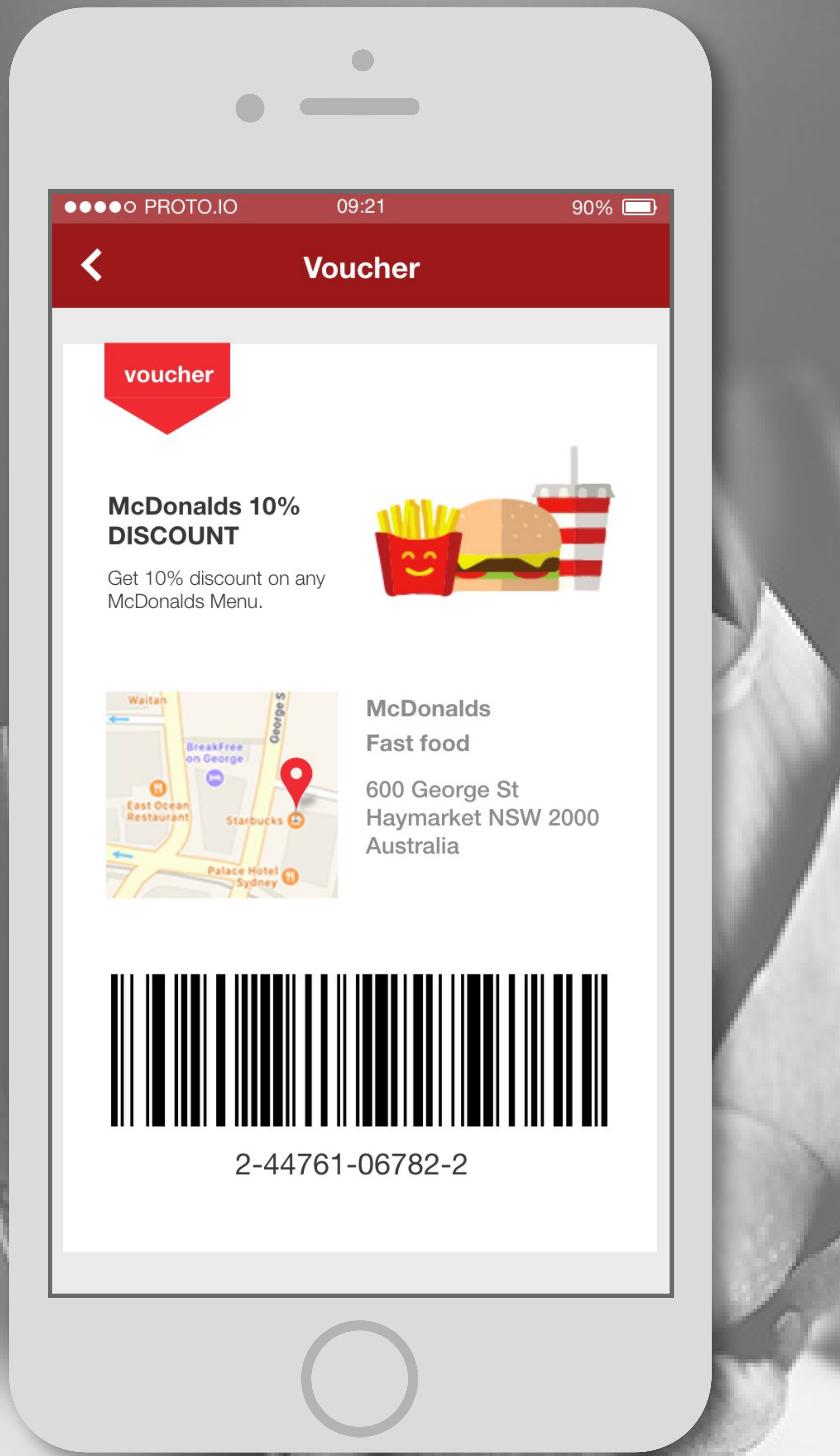
For example, to collect points, you have to post aesthetically pleasing photos, otherwise likes will be scarce. In order to post nice content, you have to constantly eat out and try new places often to snap new photos. Players are encouraged to achieve goals due to feedback in the form of points and vouchers. Feedback is constant, positive, and both short and long-term.

Users are able to keep record of their scores, which refers to the amount of people that have liked the photo of their food. These points are rewards, a gamification feature that helps satisfy human needs. The execution of a challenge help players feel a sense of achievement. Scores can be turned into vouchers, virtual goods that allow players to express themselves when used in participating restaurants.

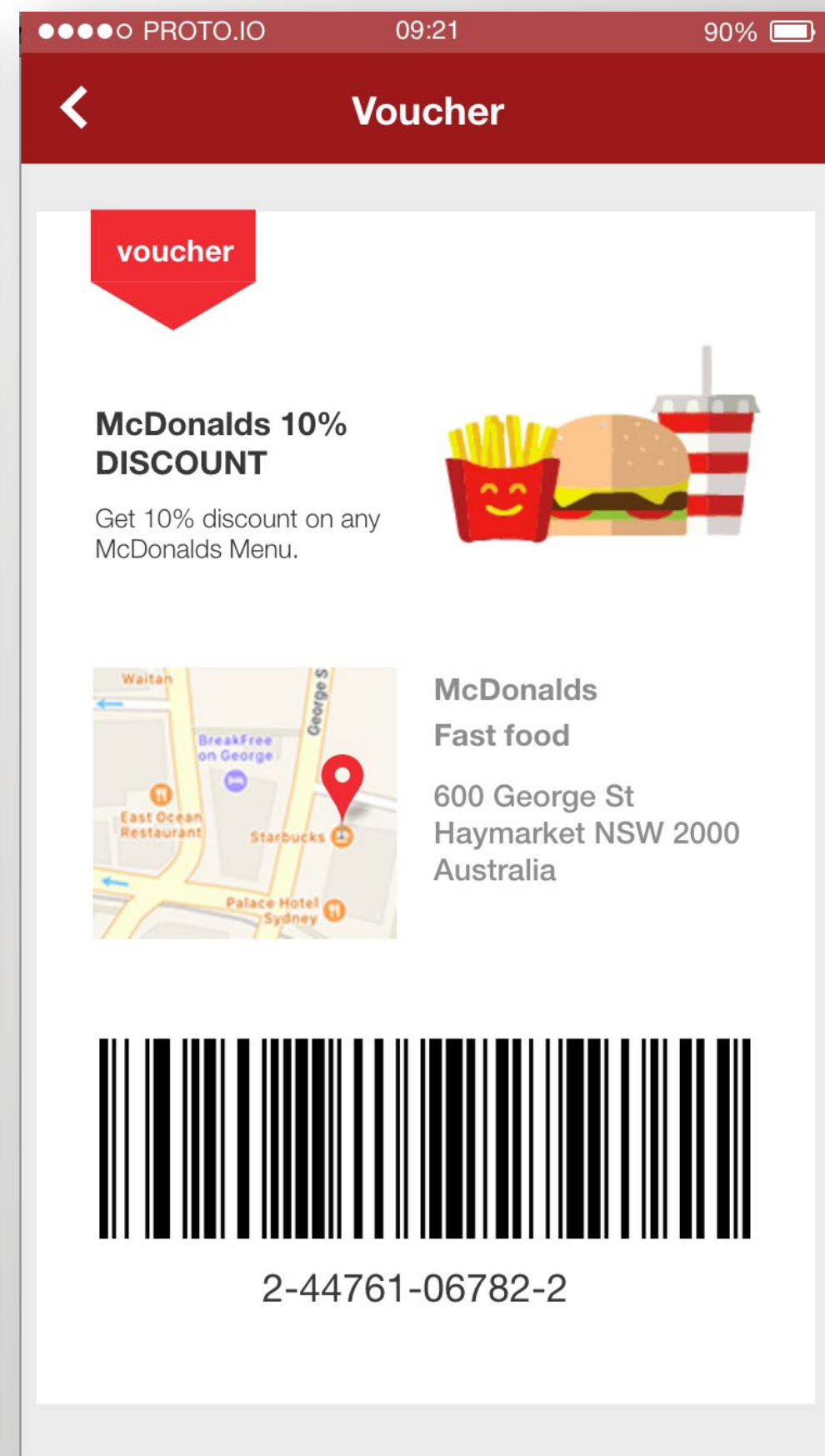
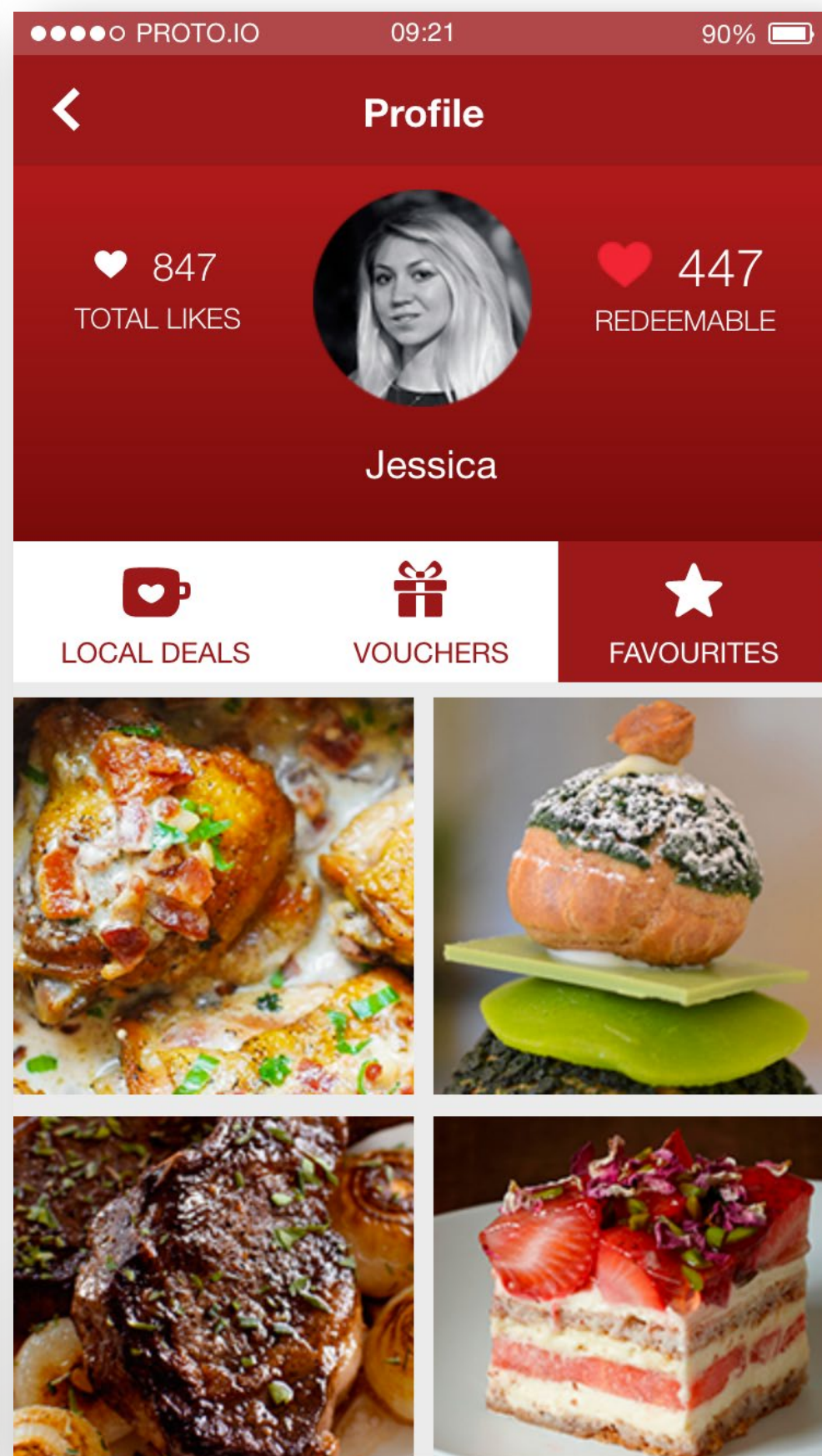
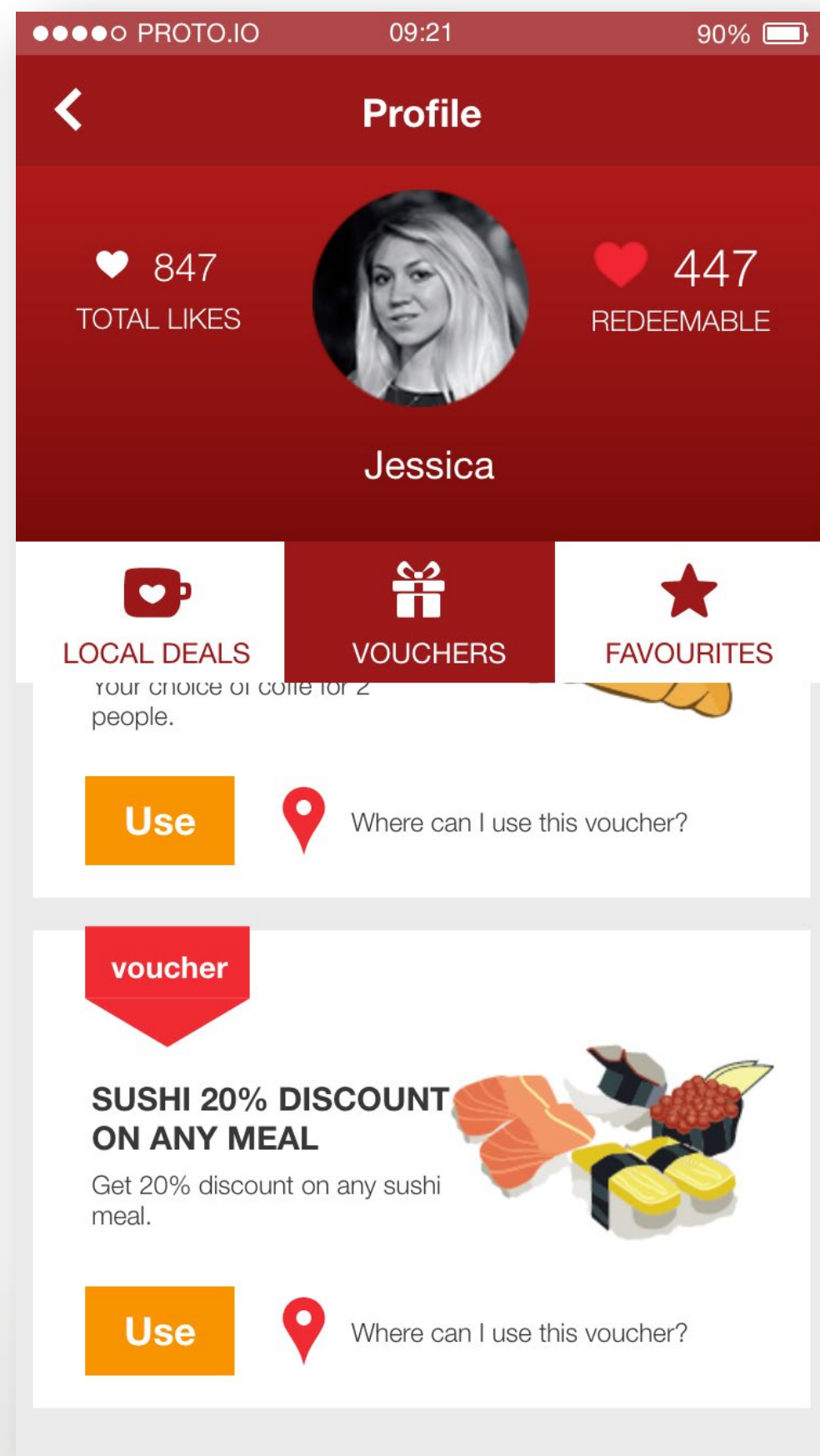
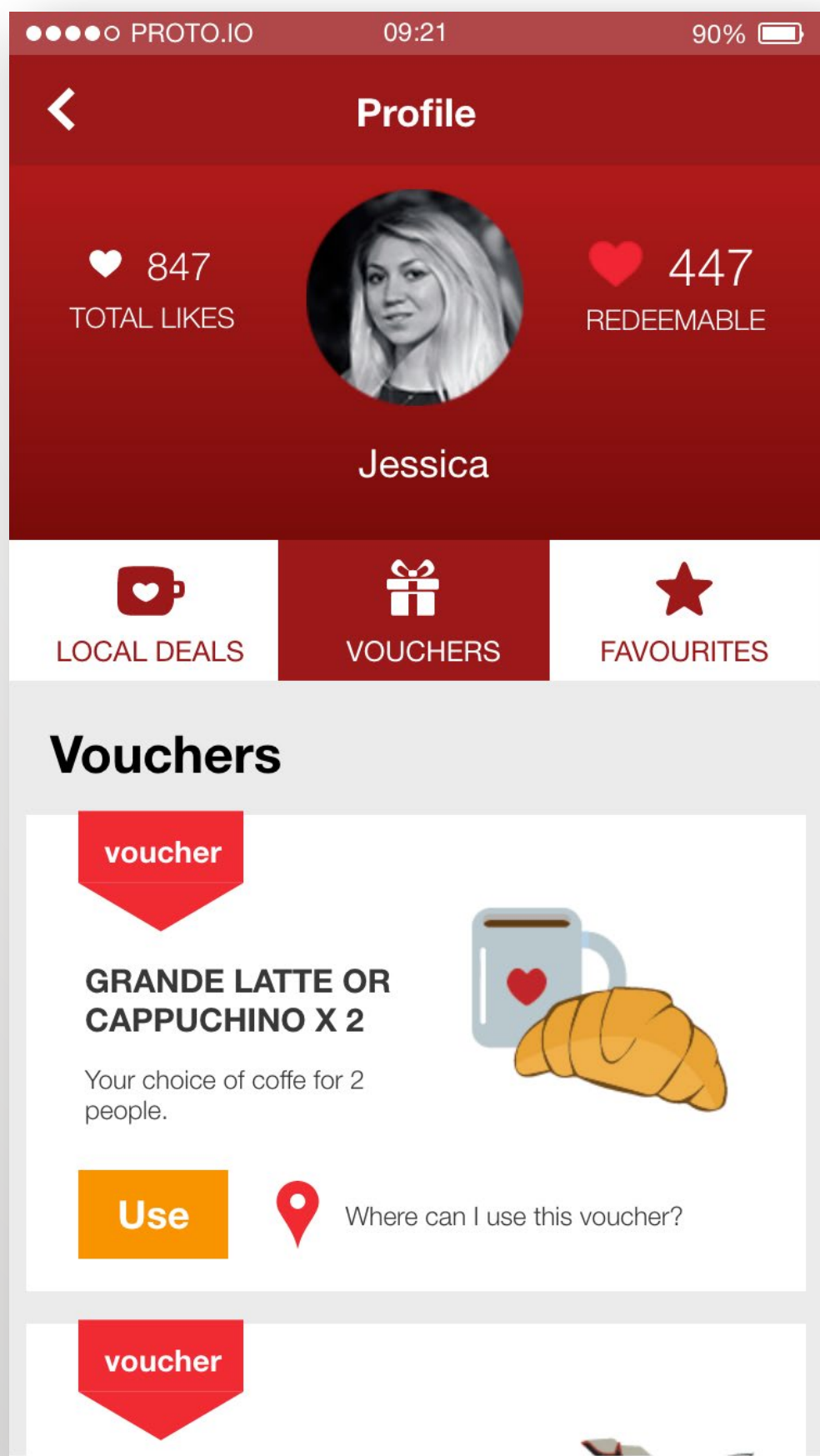
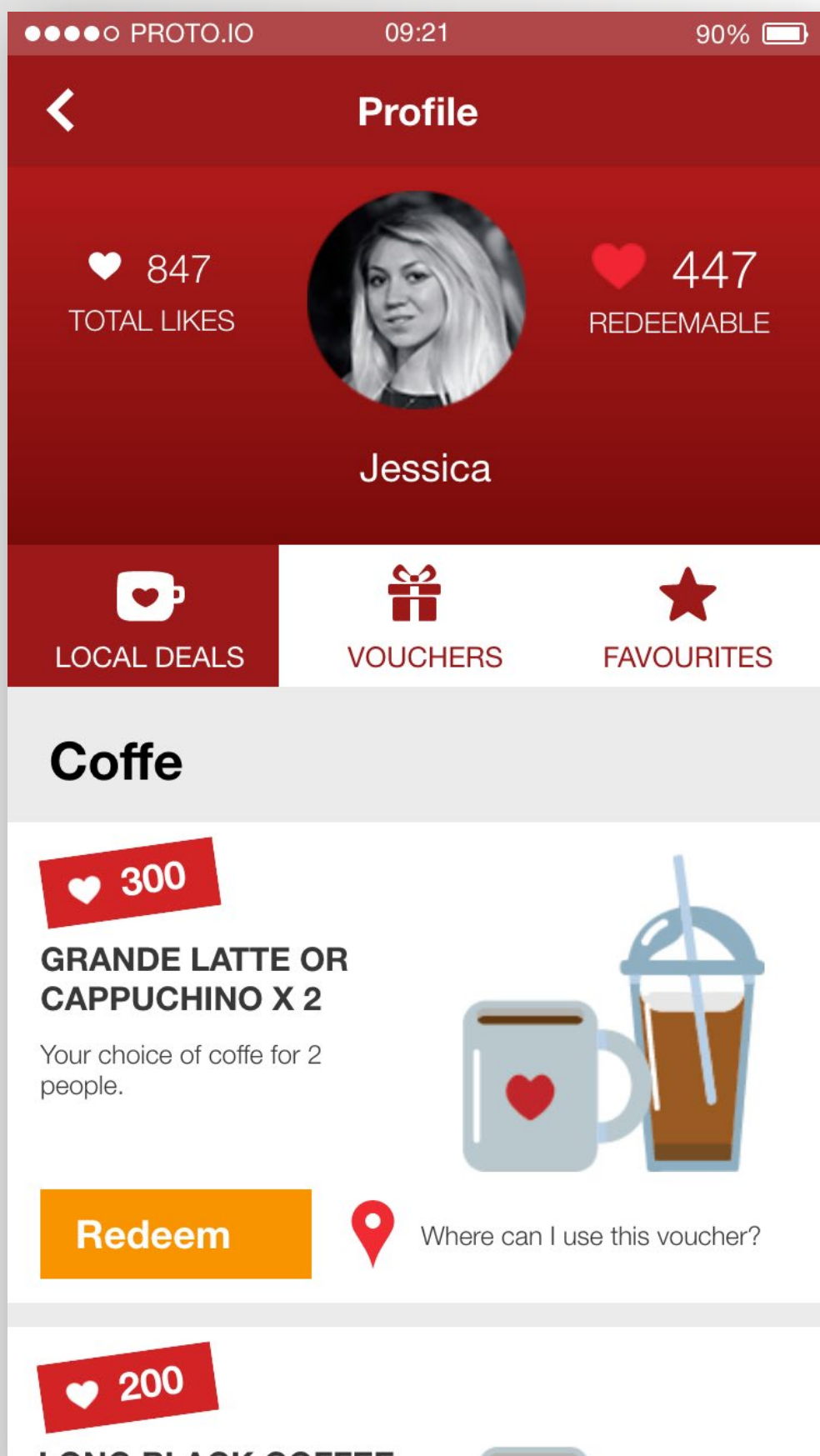
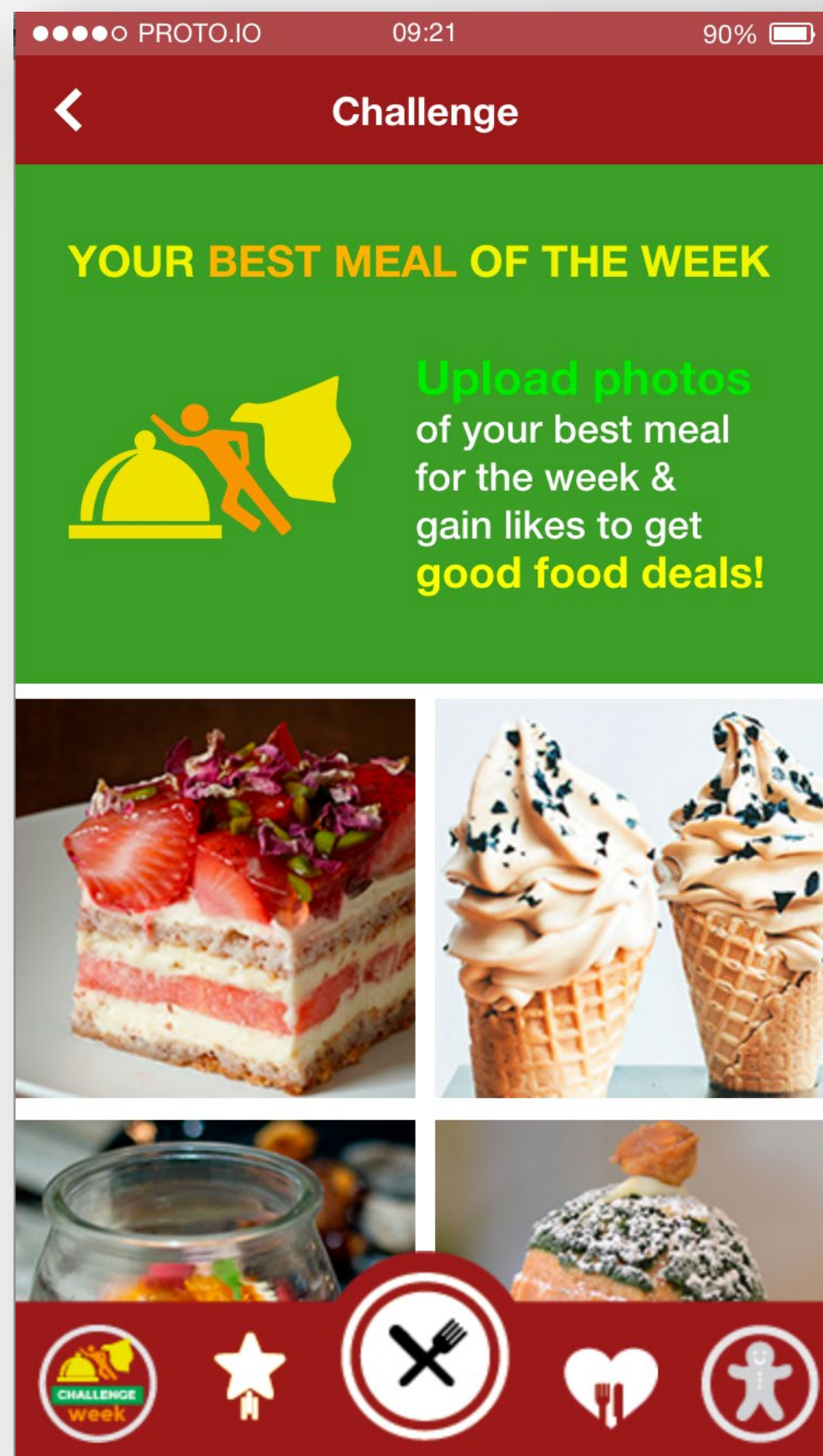
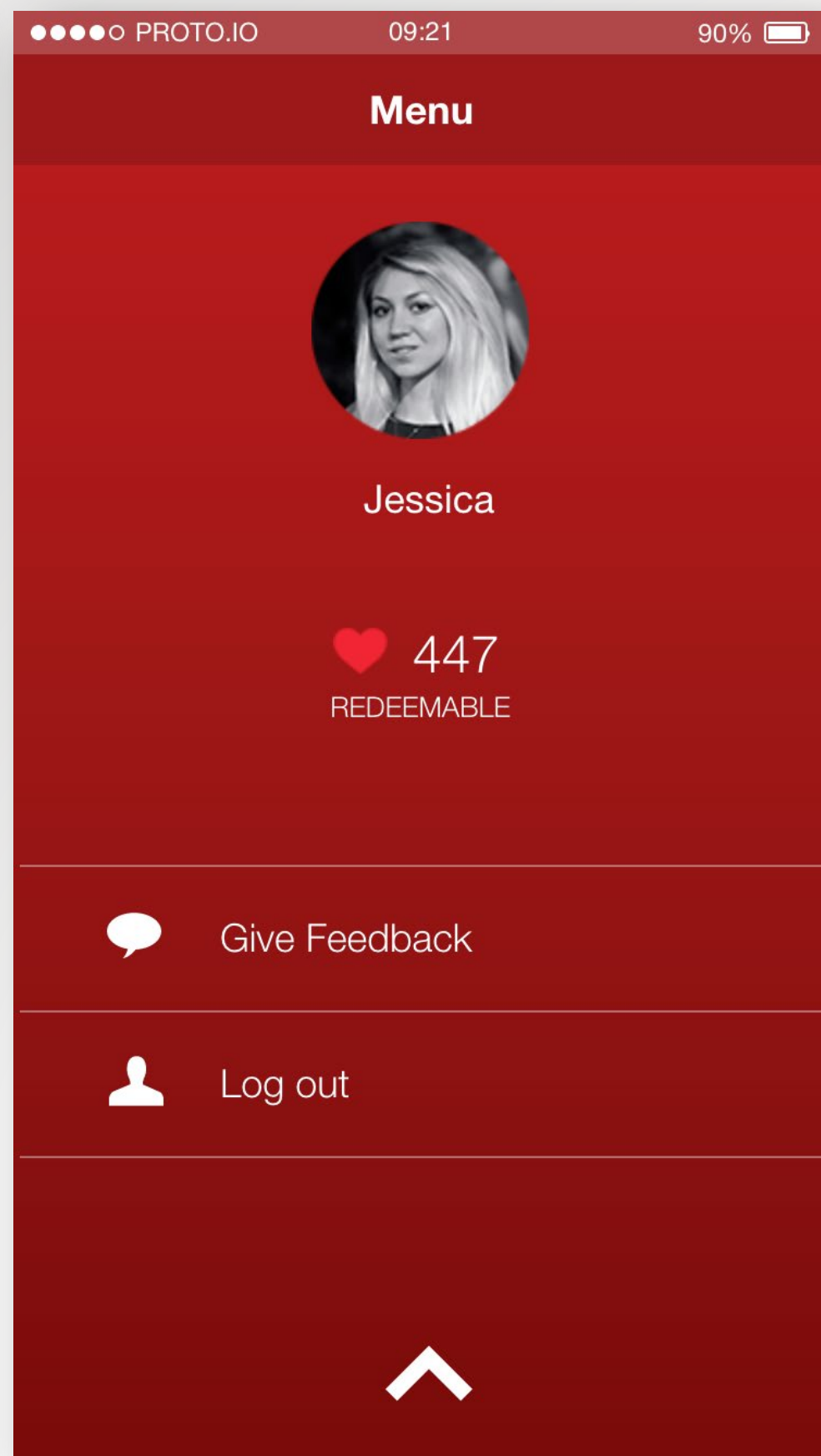
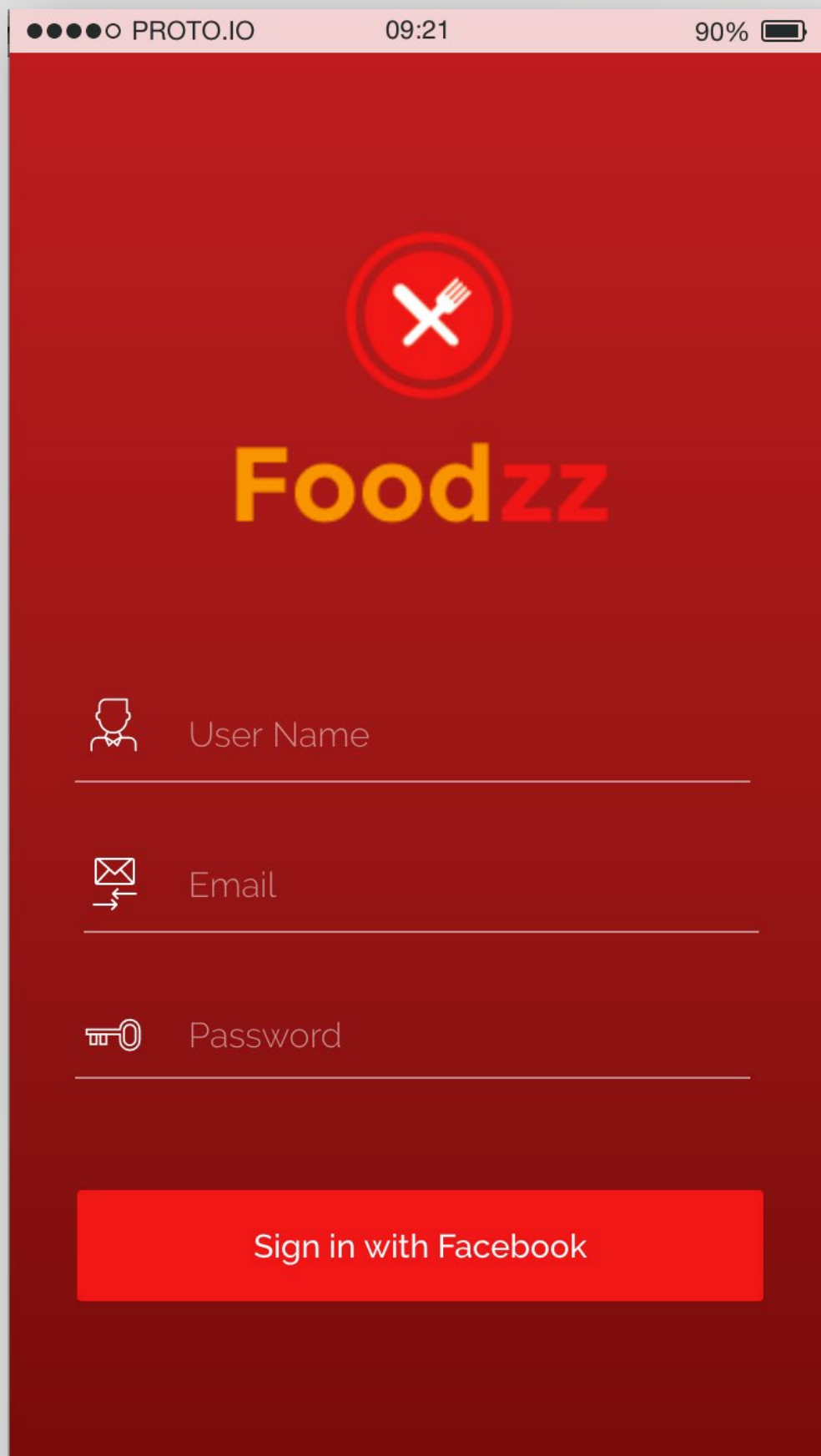








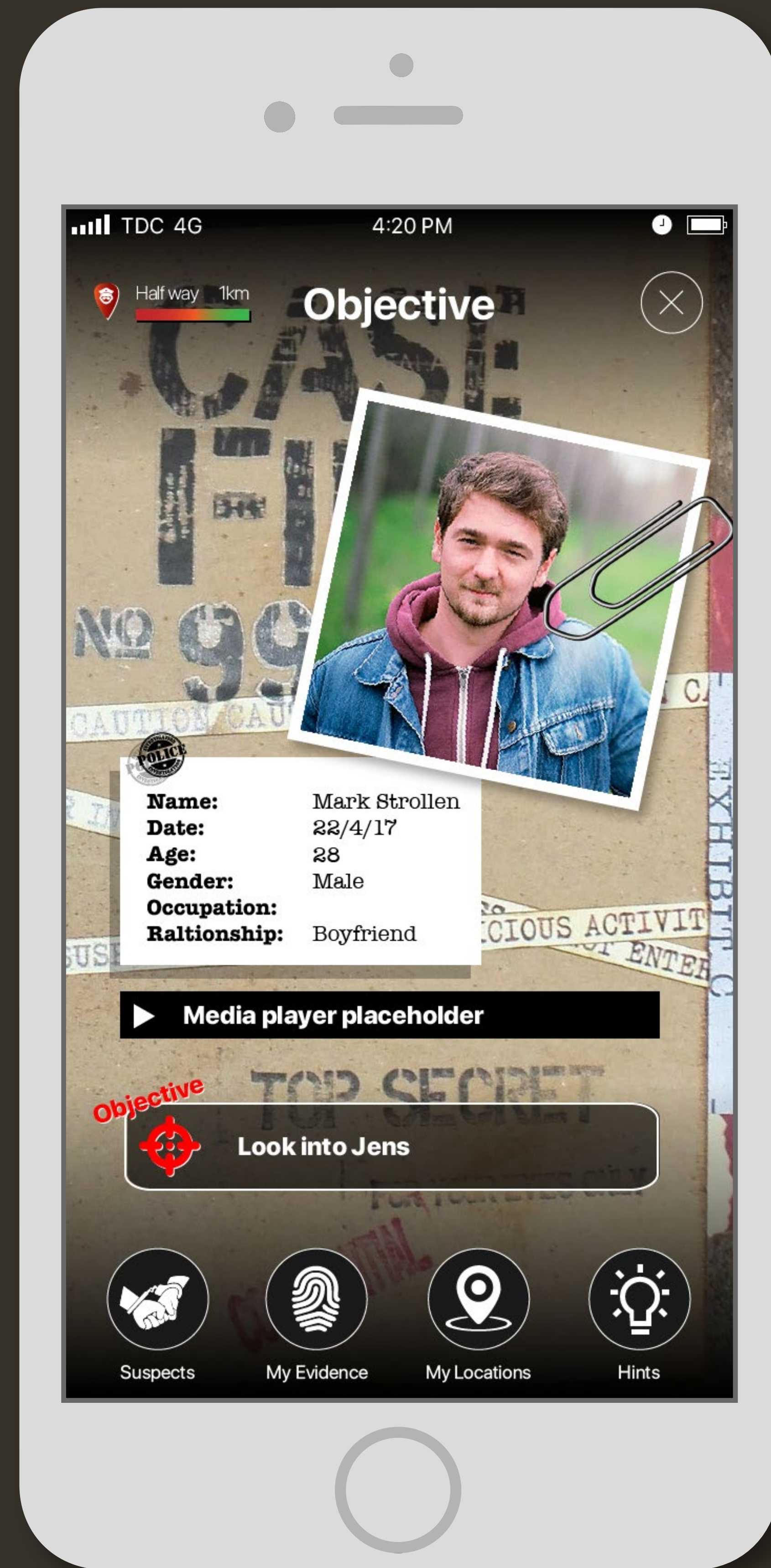


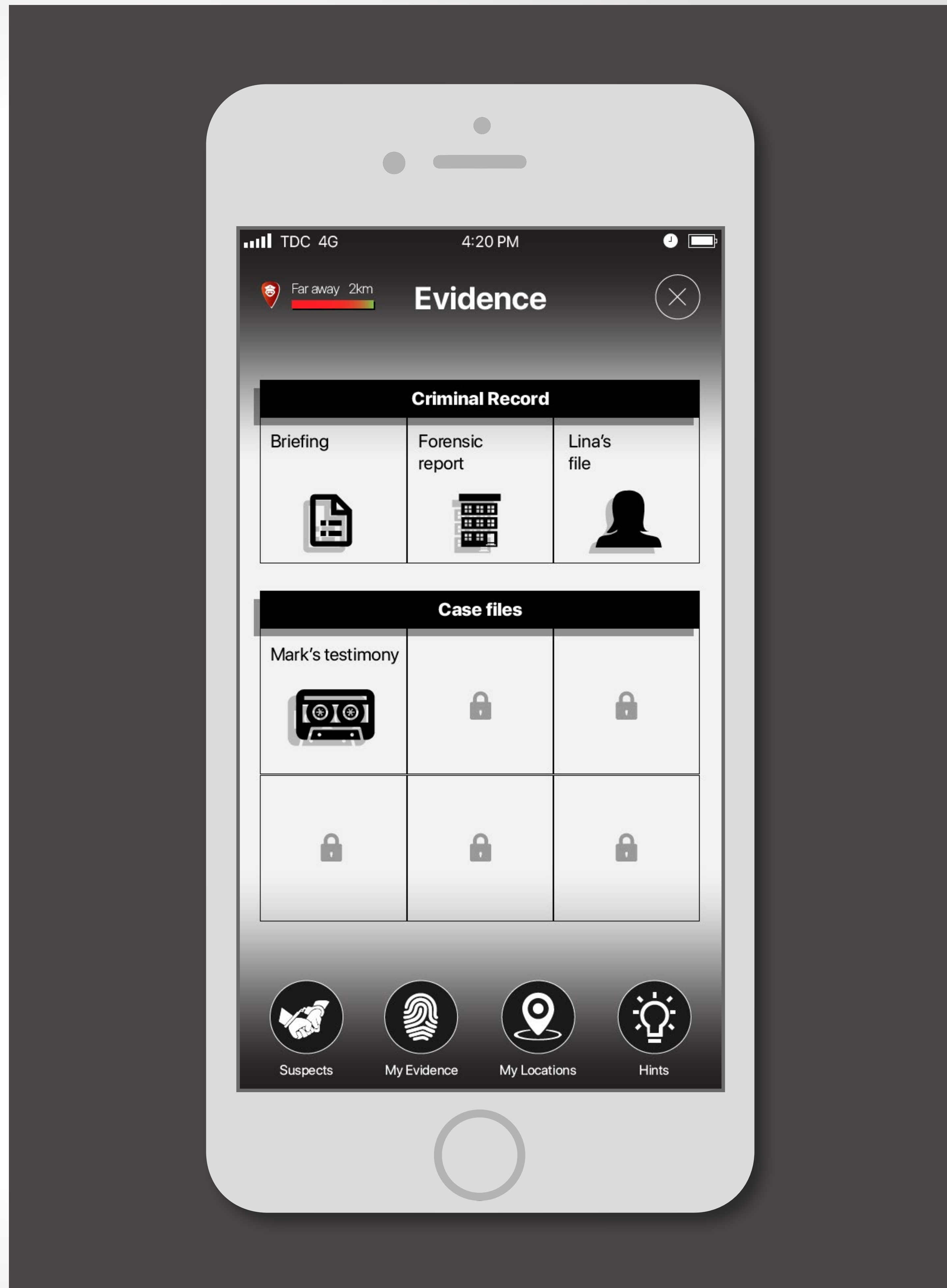
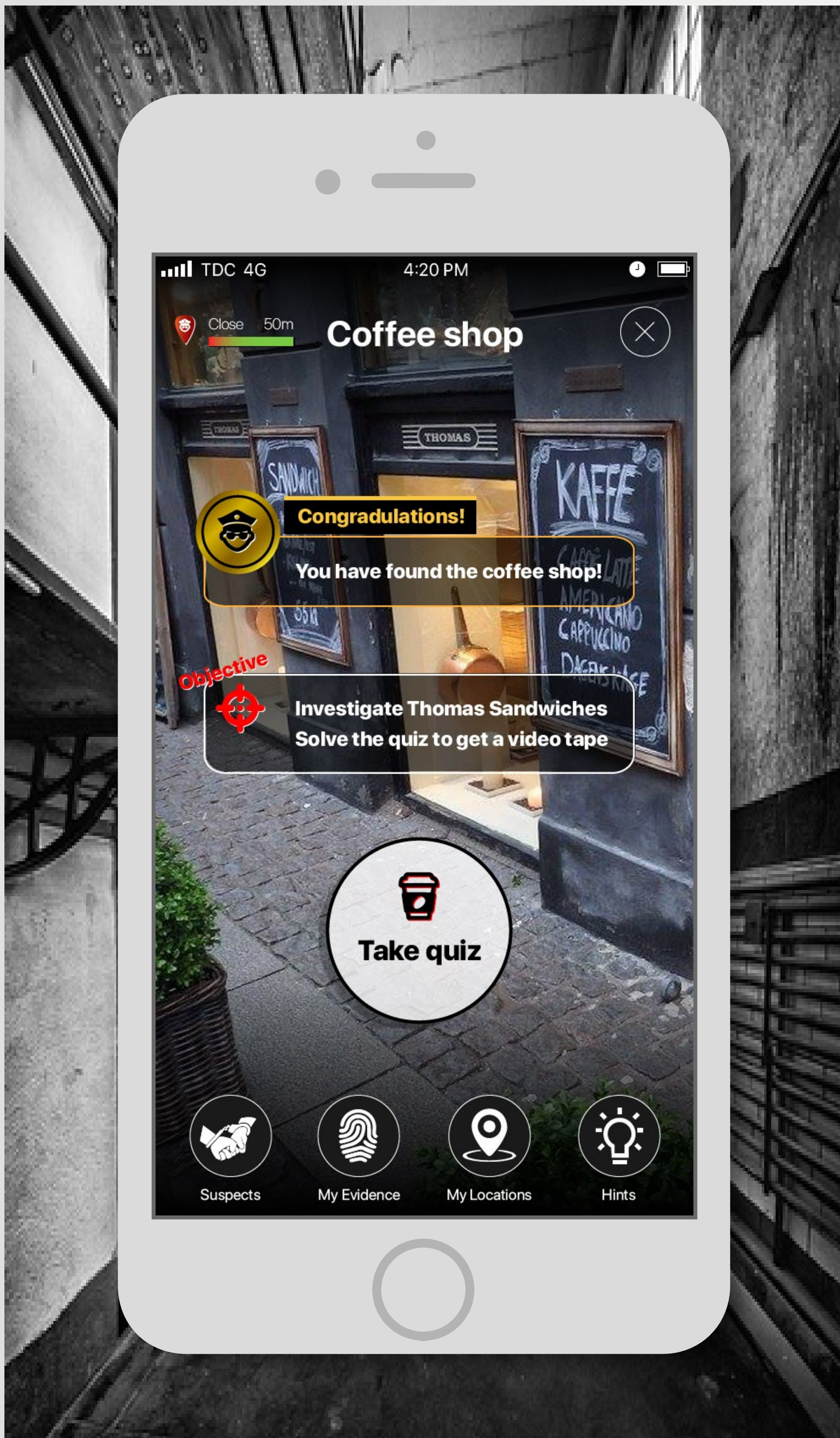


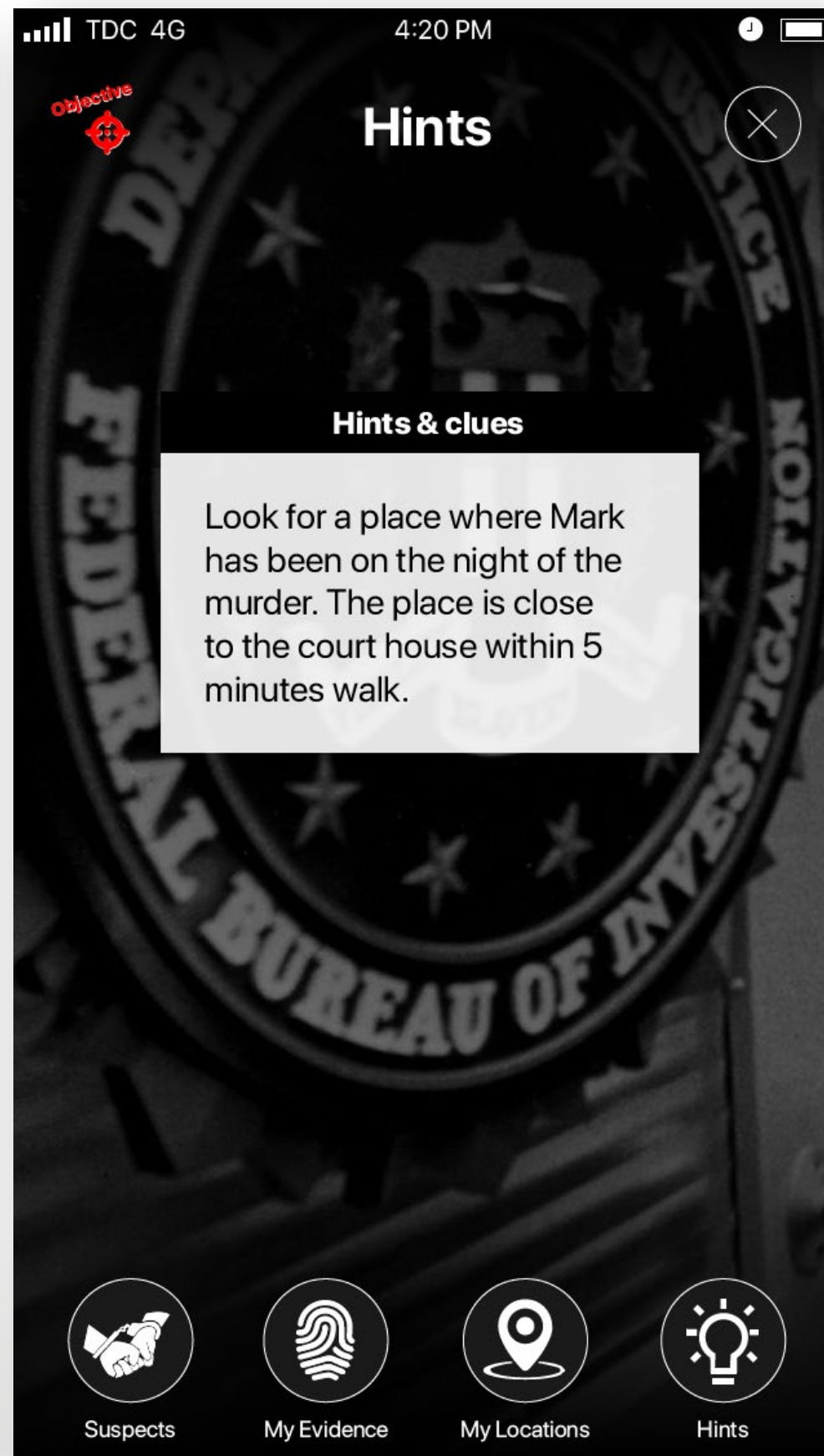
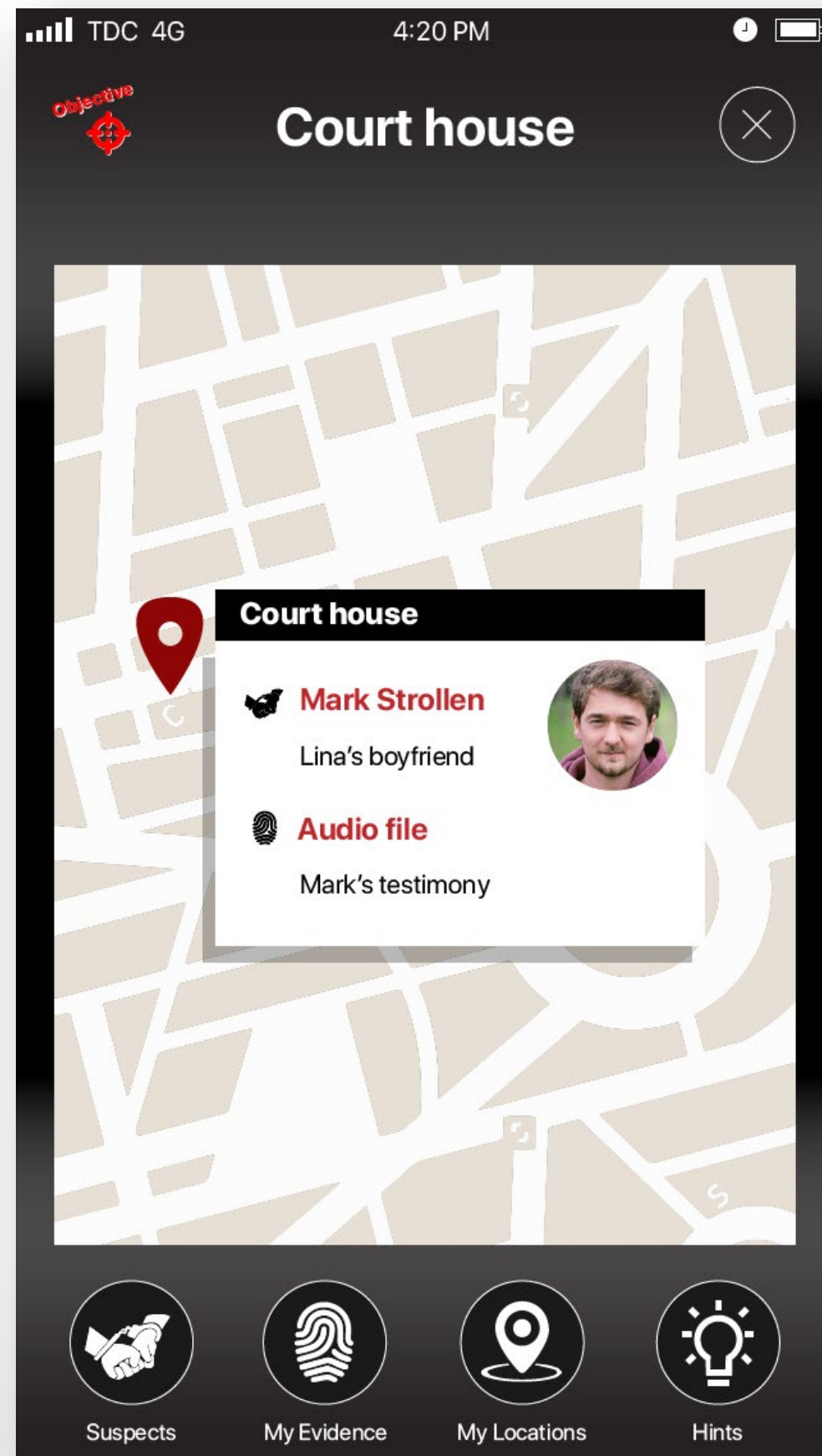
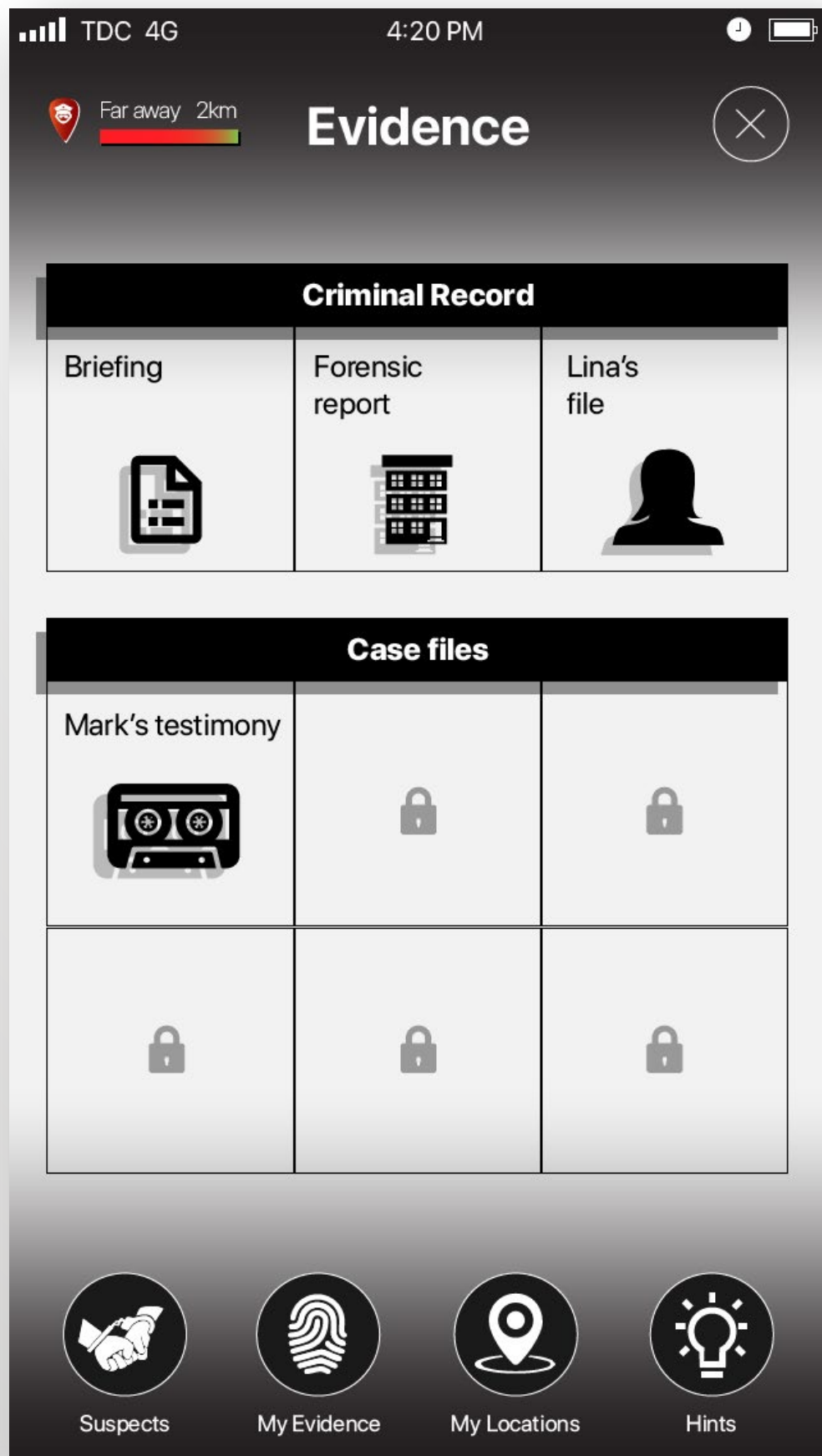
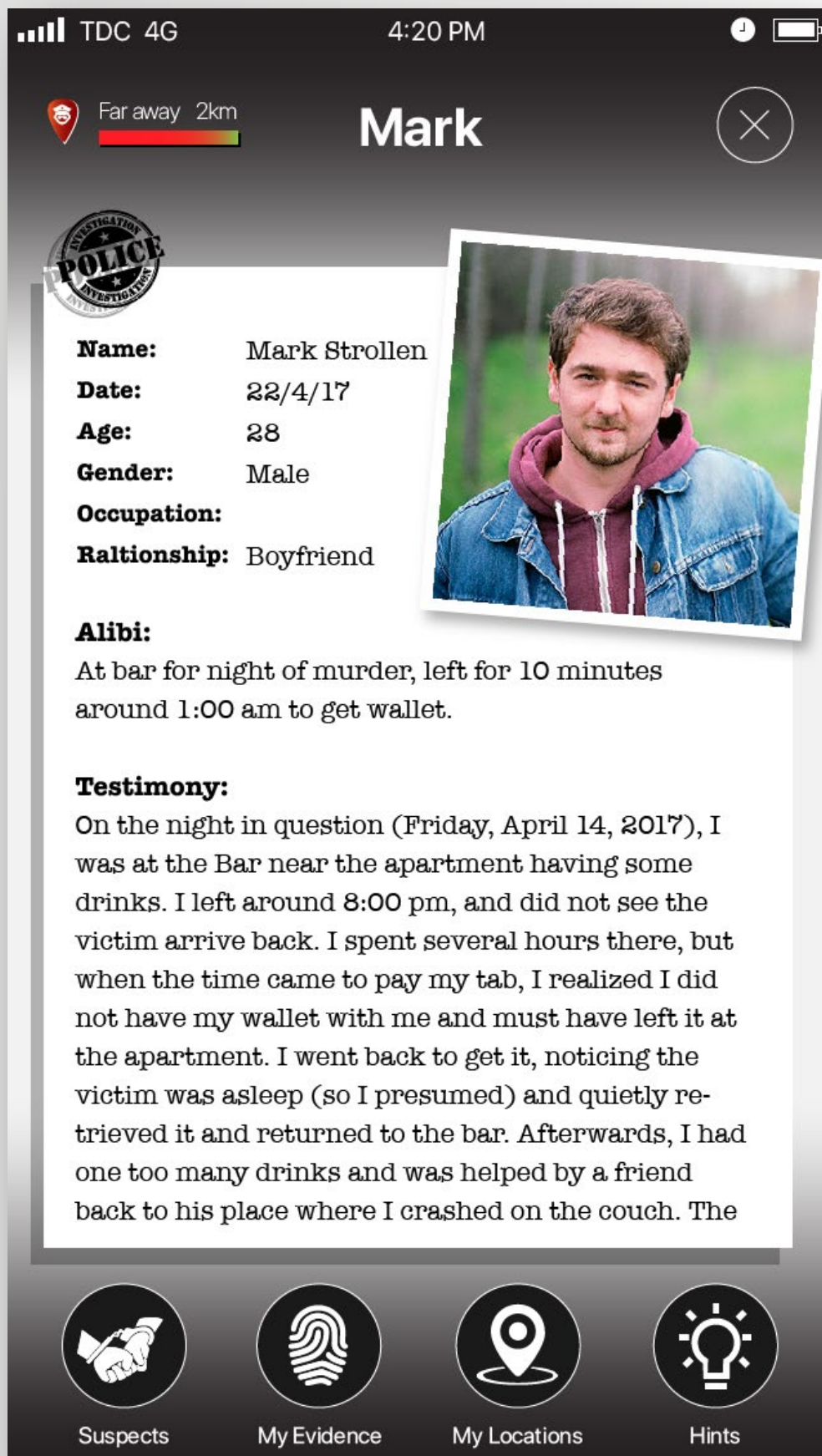
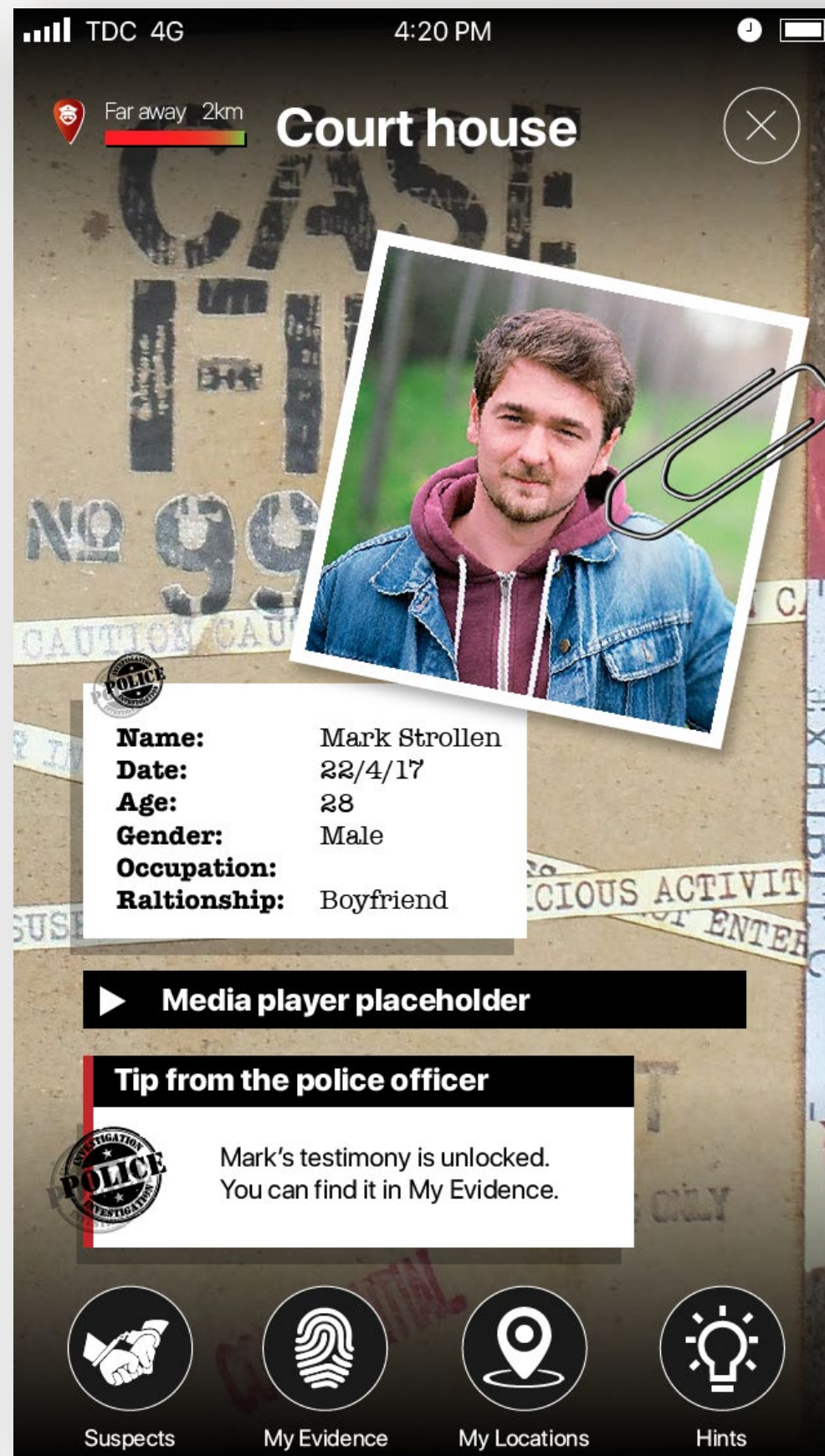
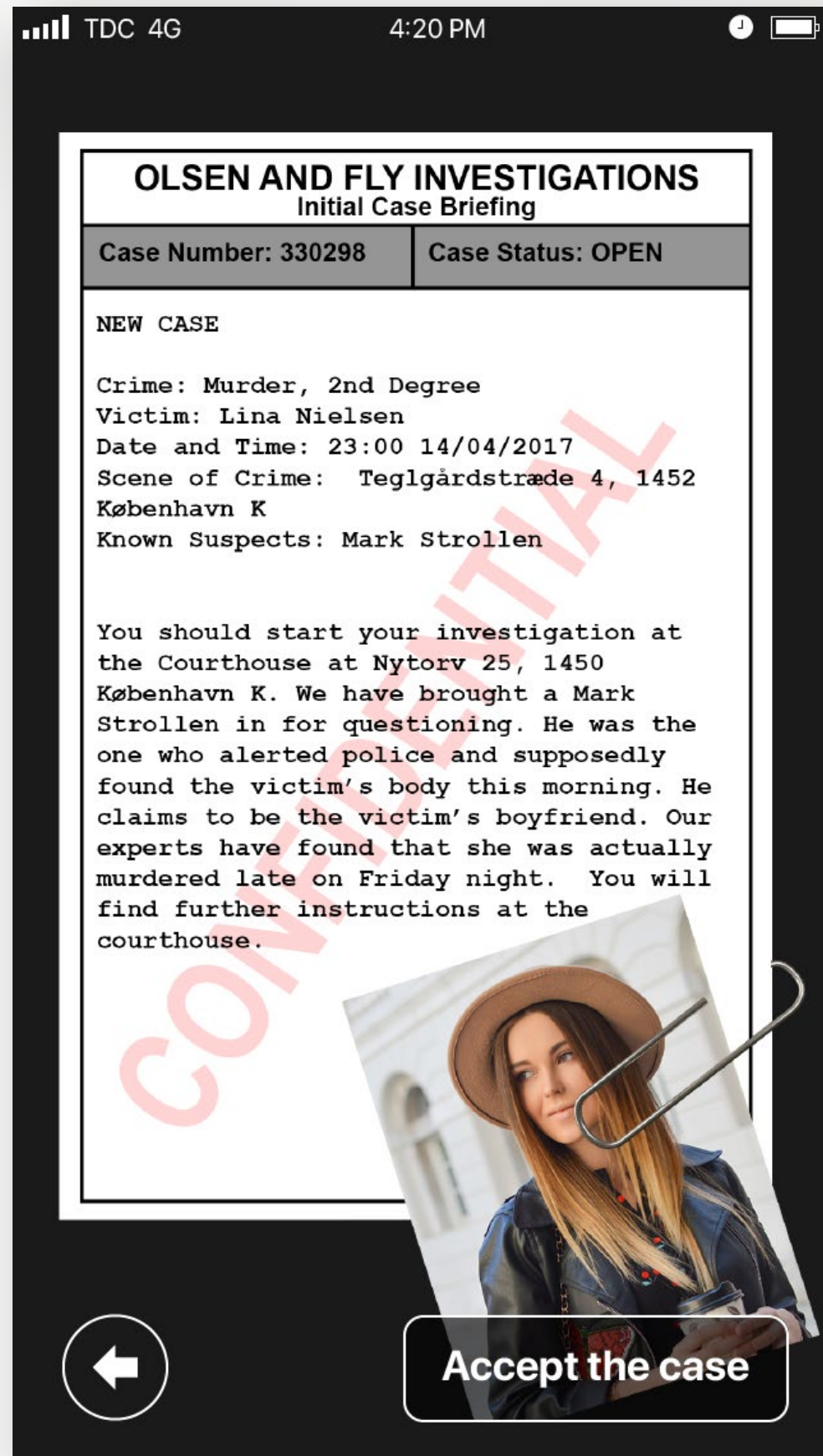
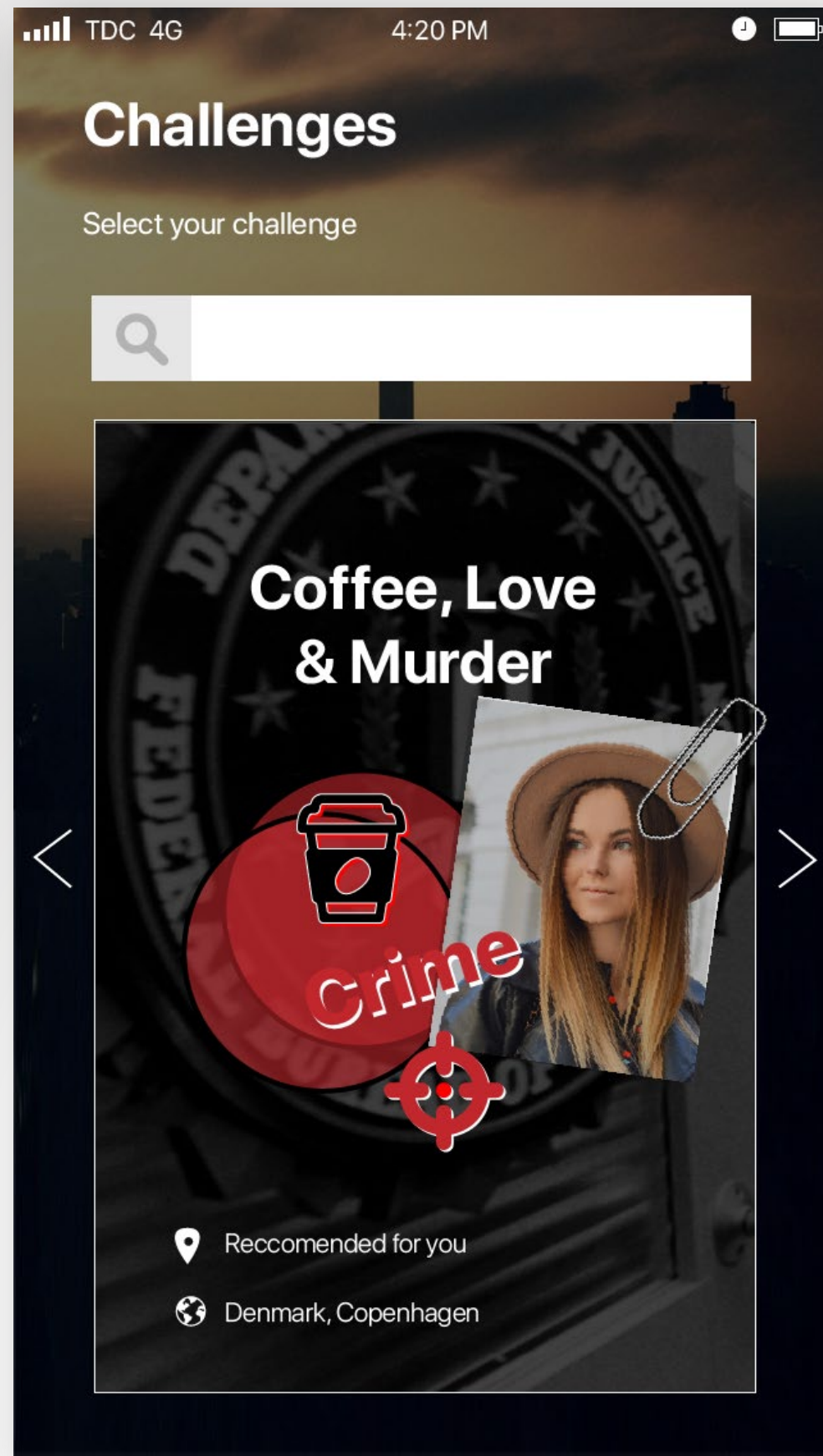
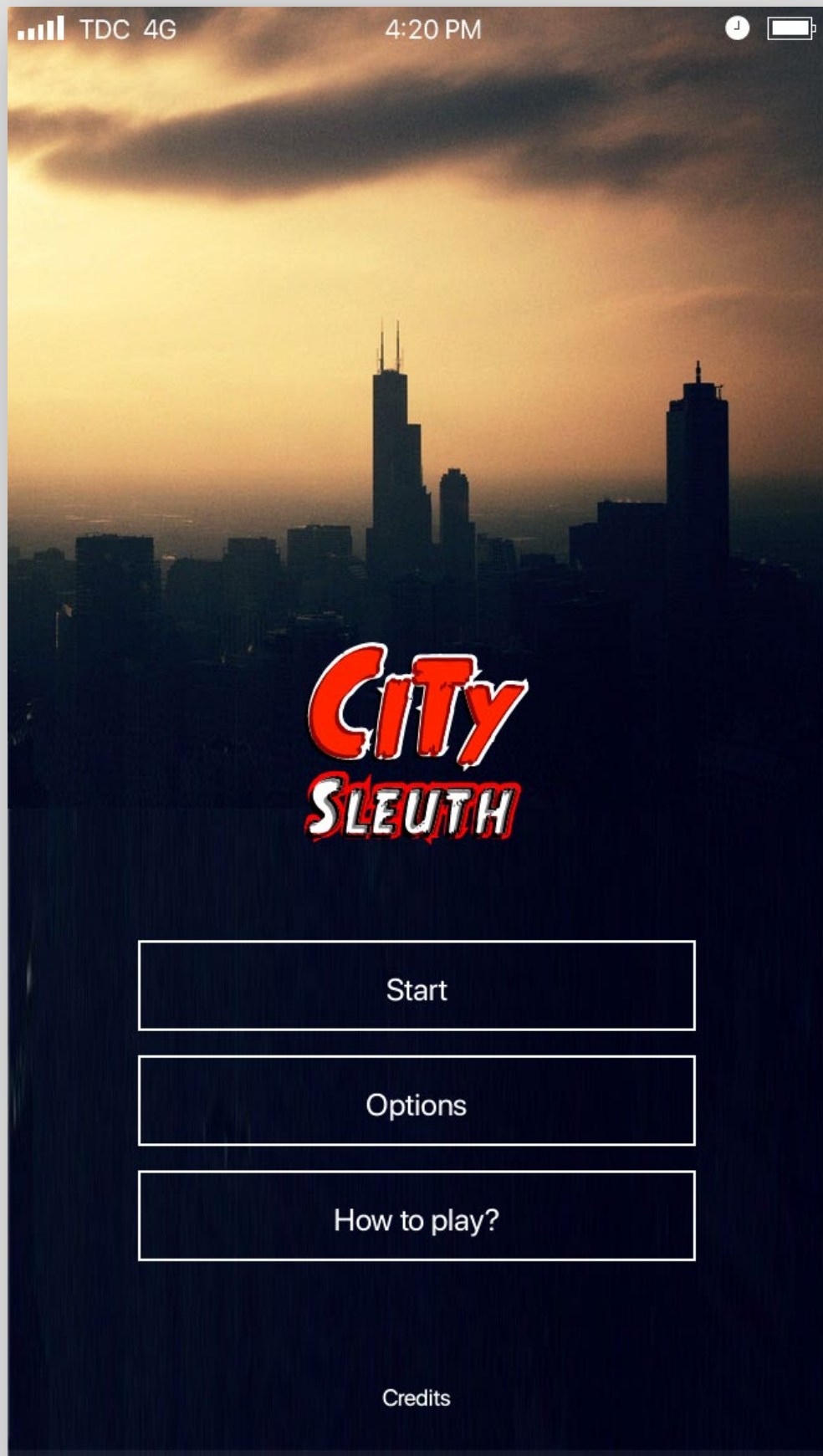
## Locative media game City Sleuth app

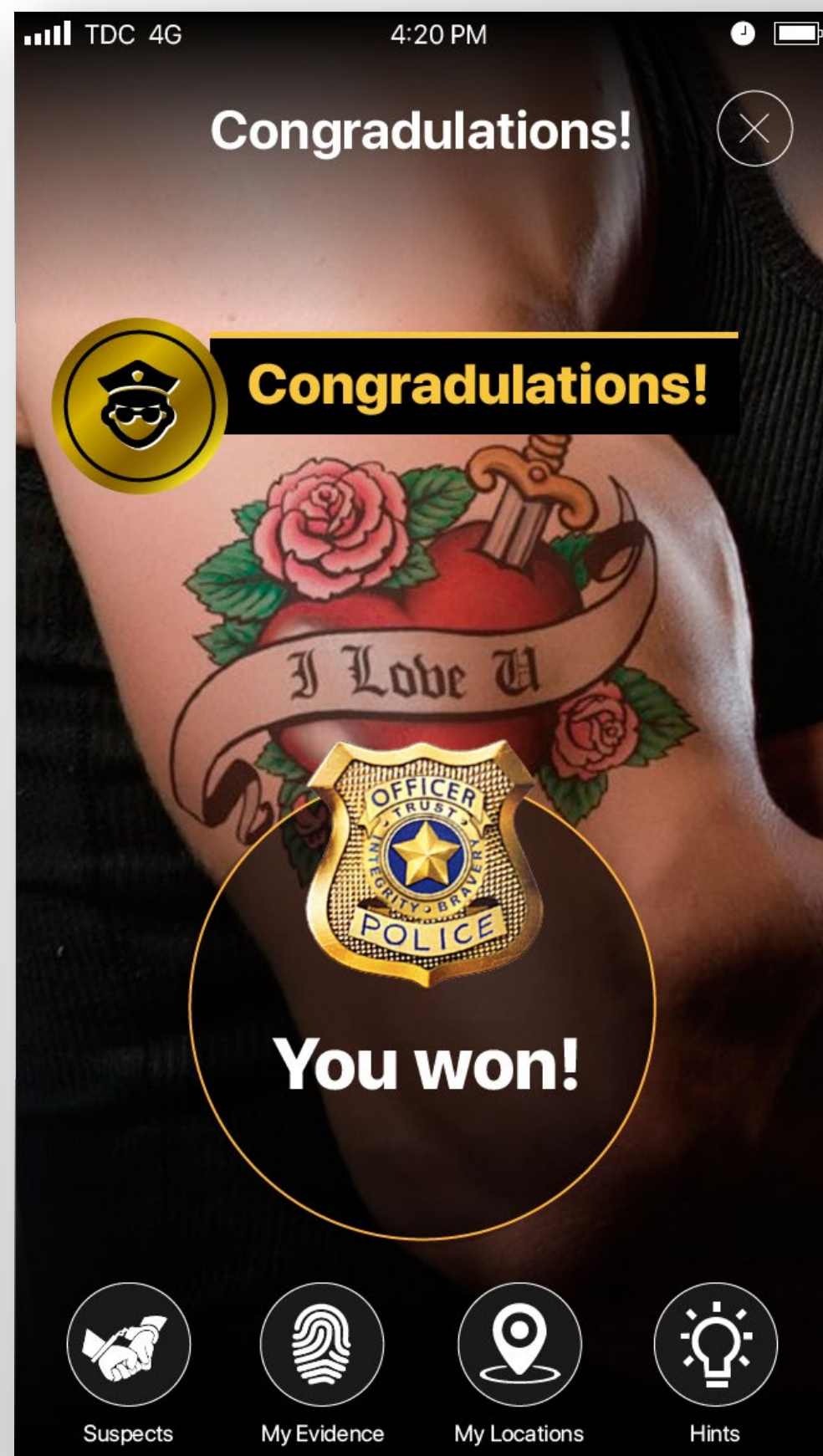
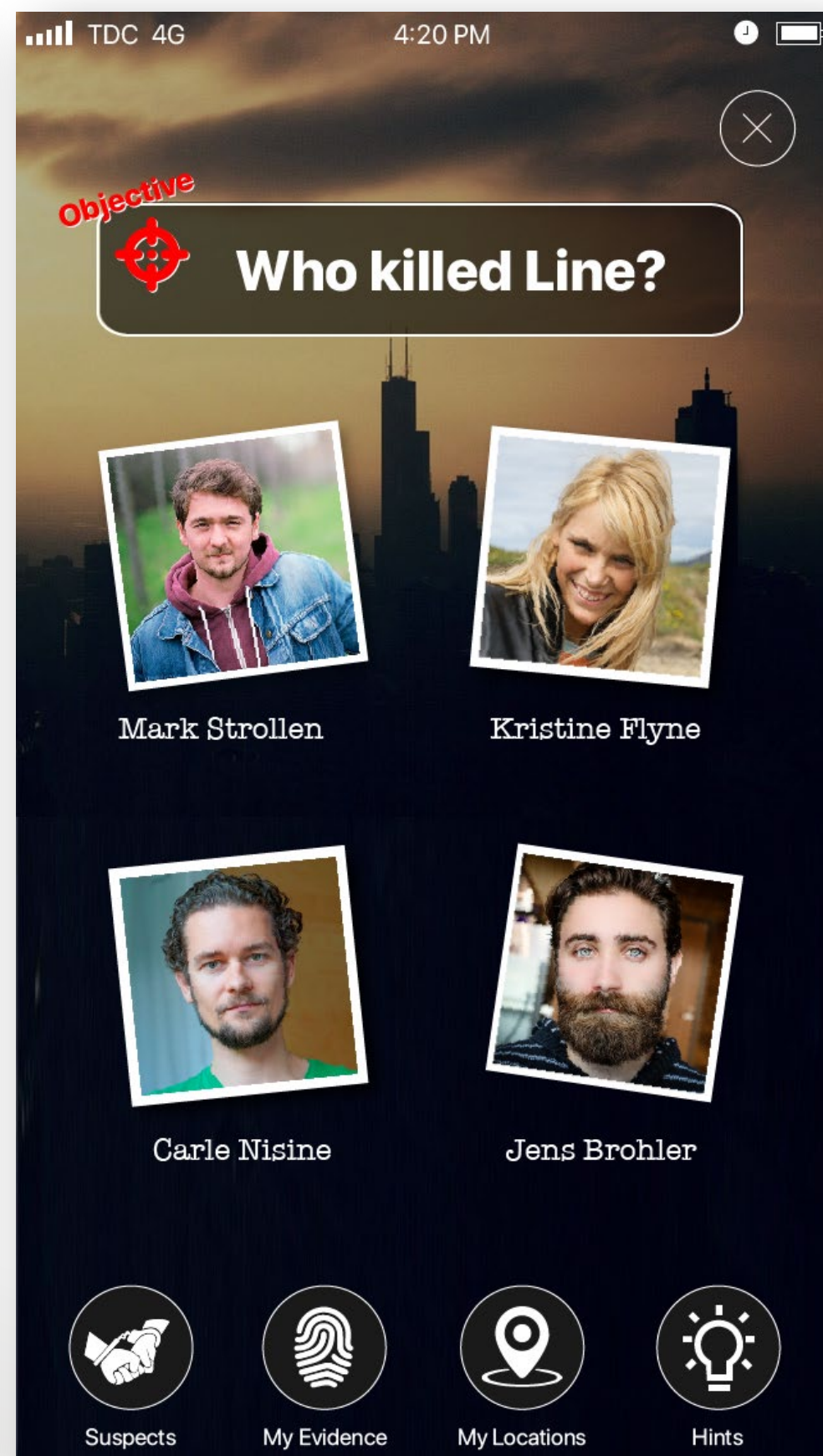
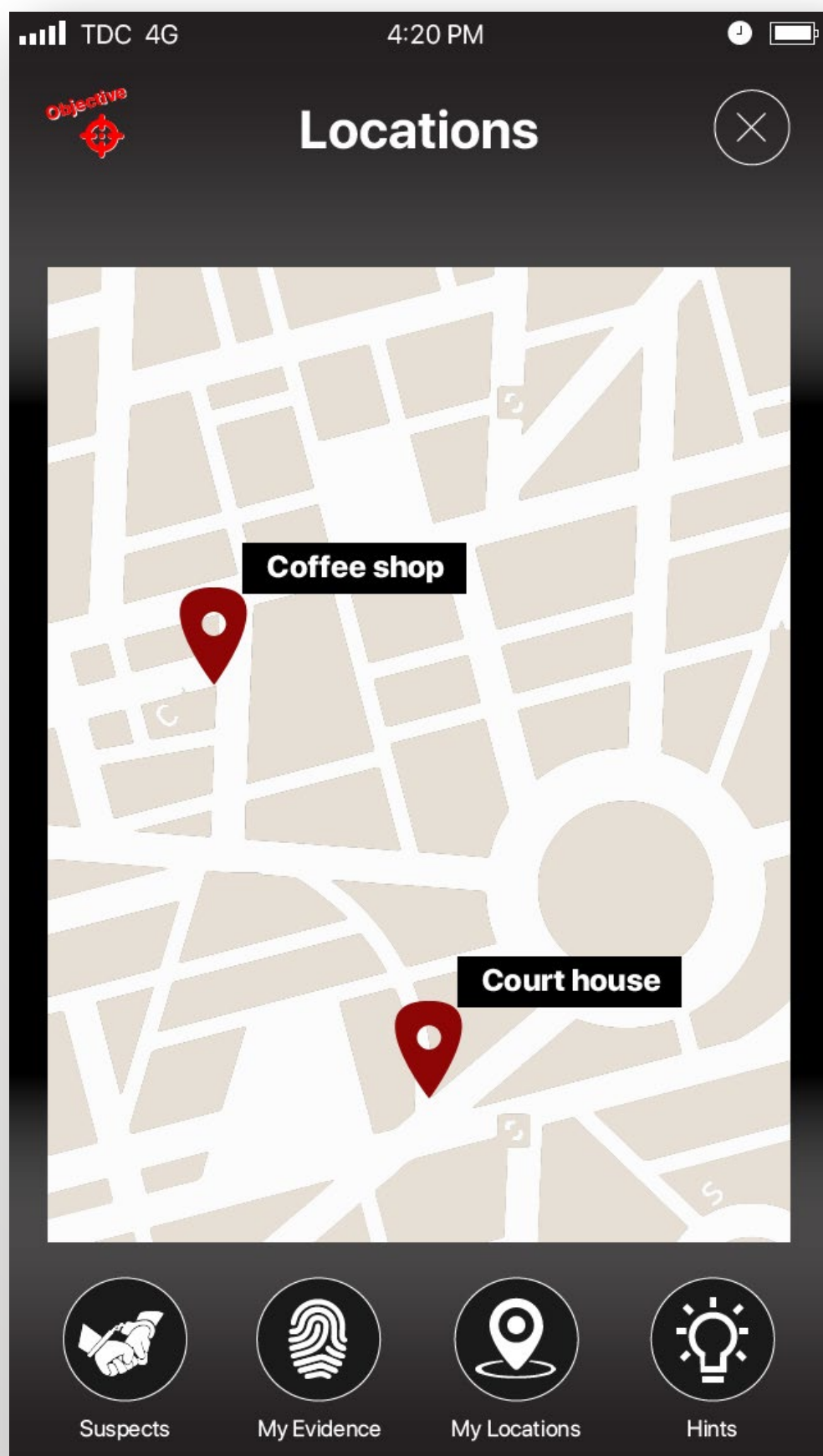
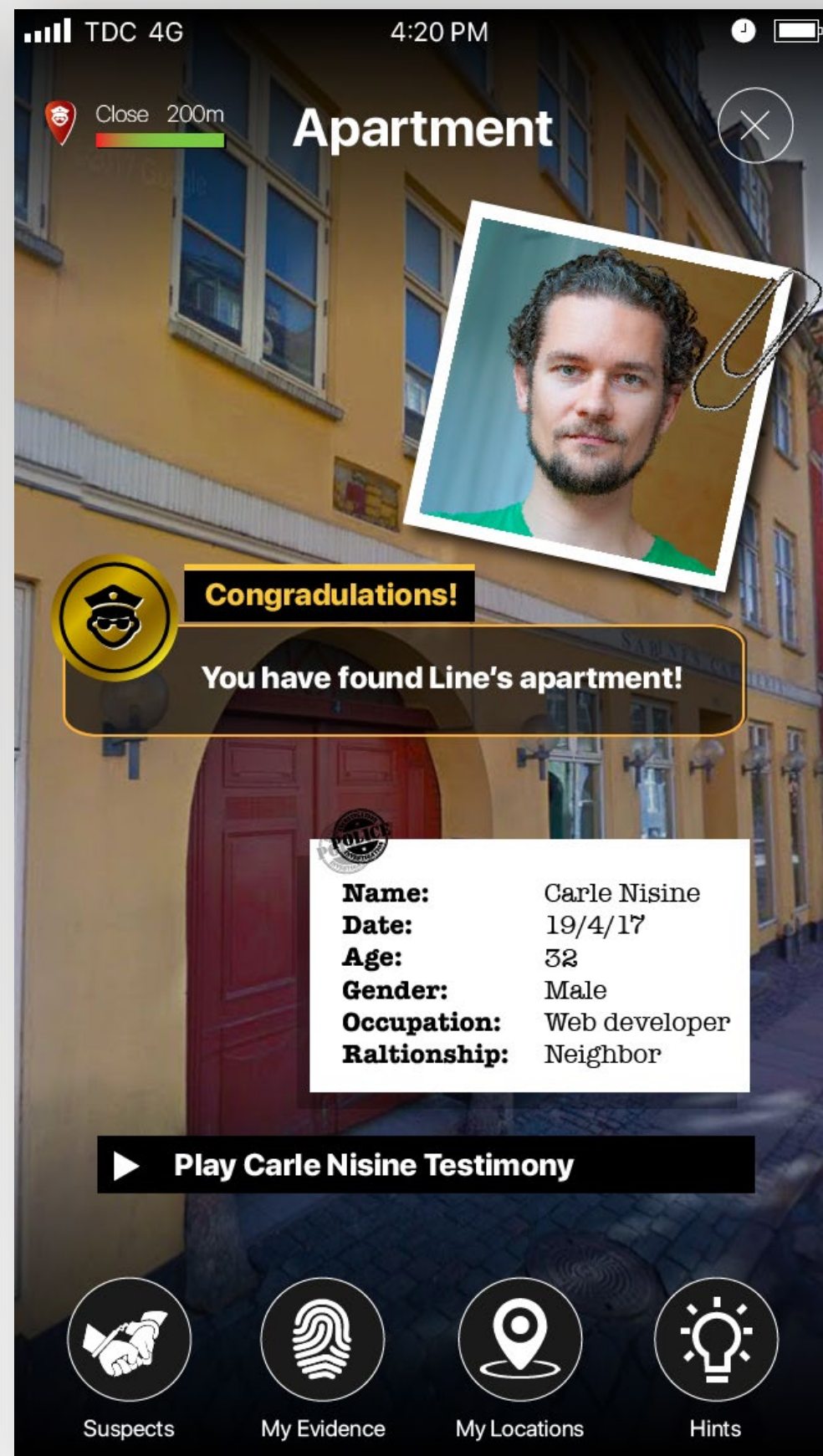
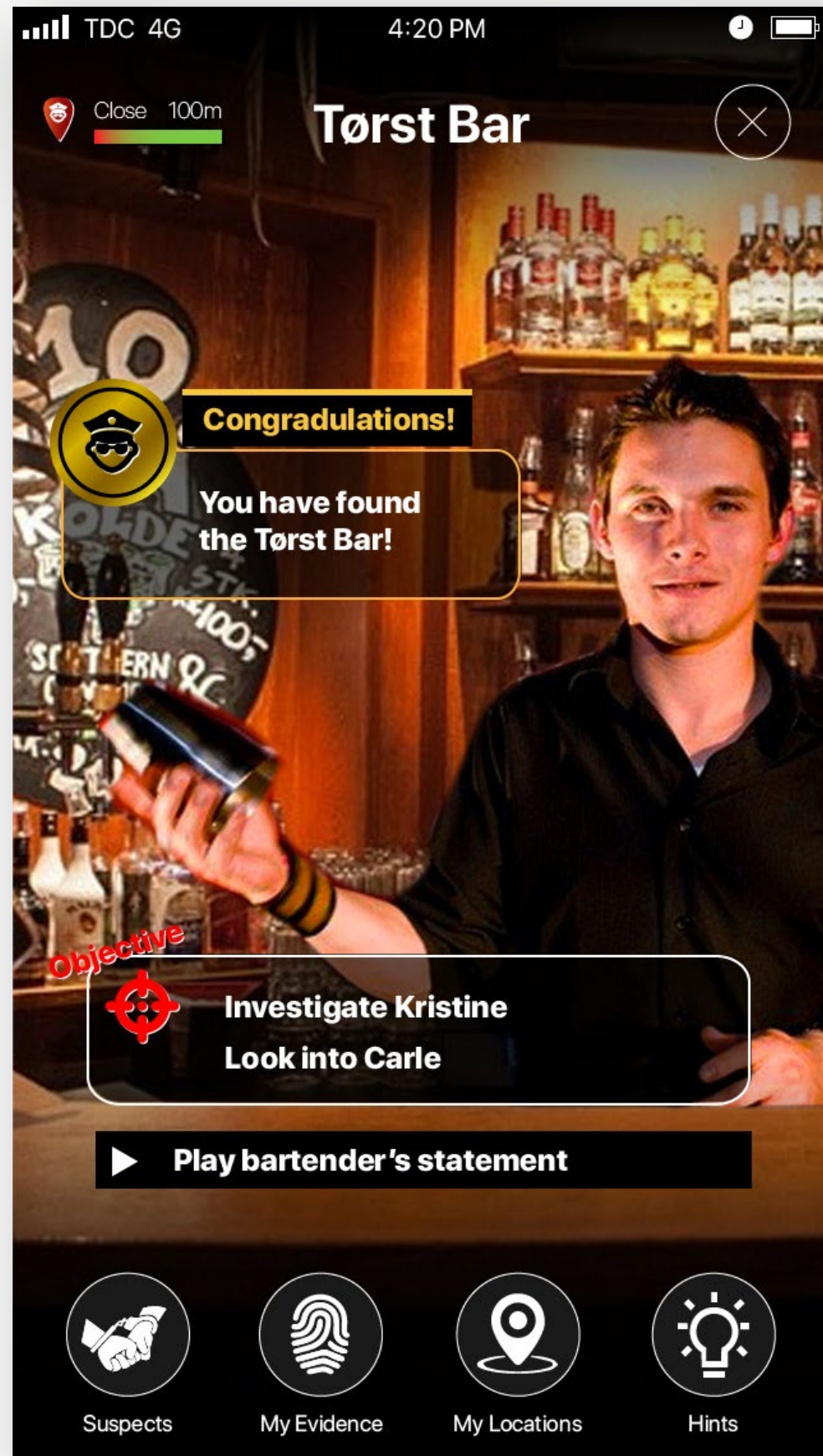
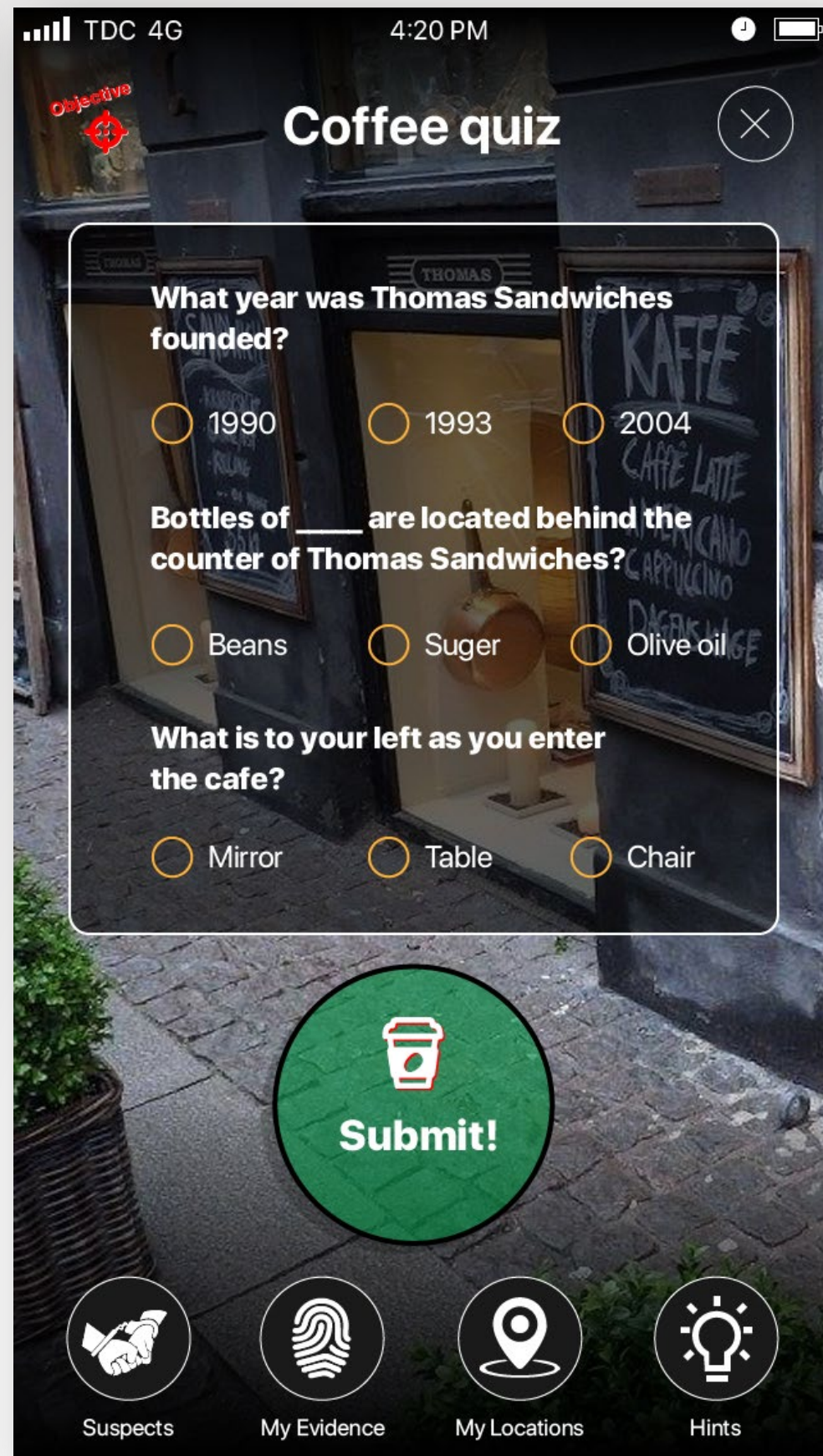
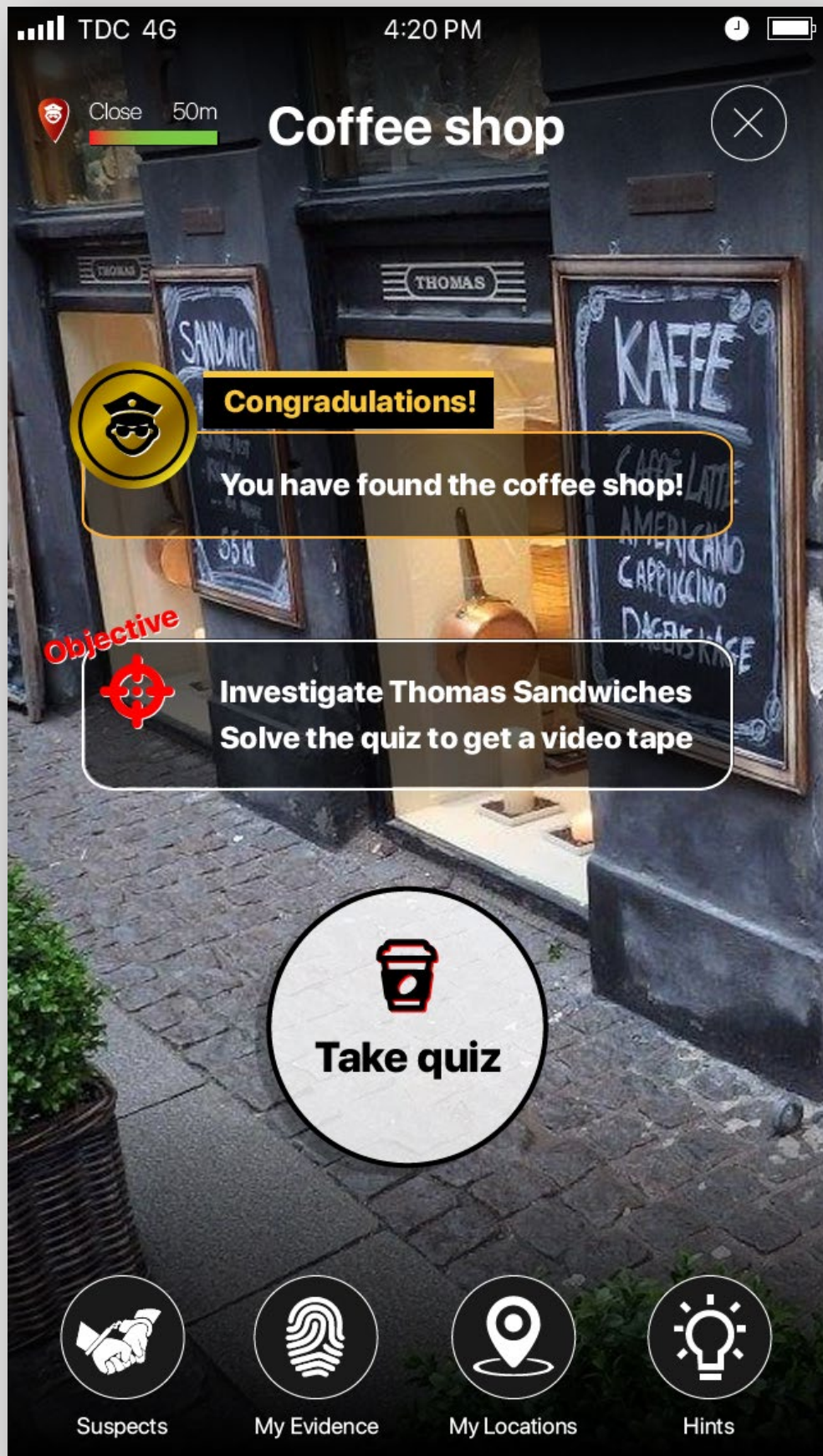
City Sleuth is a fictional mystery game app. The user's goal is to deduce the perpetrator by piecing together evidence gathered along the way. The case begins at the courthouse in Nytorv with a description of the victim and crime scene, as well as the first suspect, the victim's boyfriend. From there, the user is guided to various real-world locations and learns of others related to the victim, such as her employer, her best friend, and her neighbor, learning of their alibis and feelings about the suspect. The user also collects evidence in the form of audio clips, images, and videos including, for our example case, an anonymous Tumblr account for which they must find the password. By making decisions along the way, the user alters the course of the game. By the end, the user is rewarded with correctly determining who the killer is, affirming the user's problem-solving skills and creating an aura of fantasy around an often-frequented location.











# Research Journal

## Design Thinking

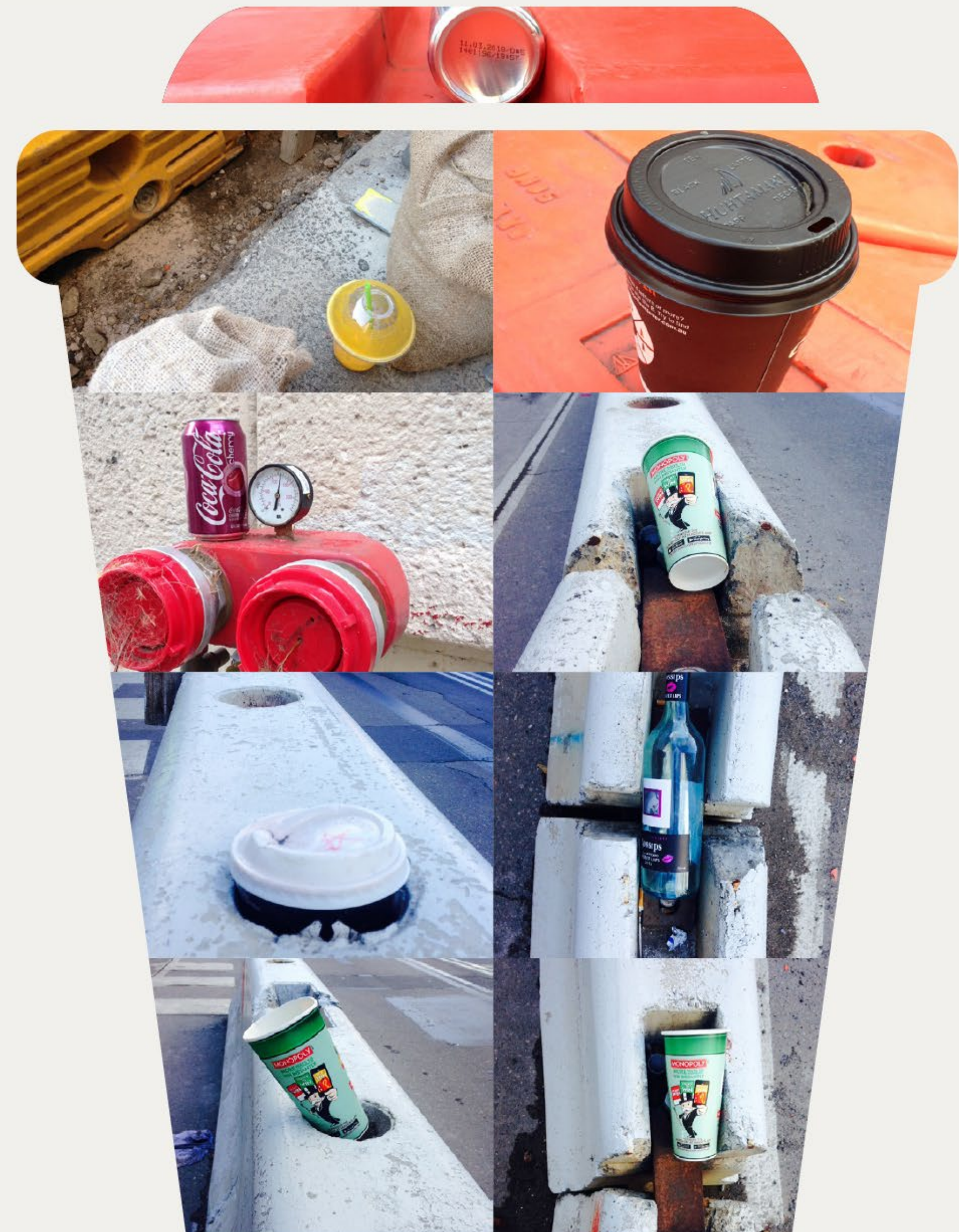
The aim of Design Thinking journal is to develop attitude, behaviour and thinking as designers. This journal is my final assignment in Design Thinking subject at University of Technology Sydney. It aims to show what the field of design looks like from the inside and to challenge preconceptions. Design Thinking developed my knowledge of design processes and design research techniques that are common to all design disciplines.

I learned a range of strategies for working in teams, defining design problems, researching design contexts, generating creative responses, evaluating proposals from different perspectives, and visualising the arguments for proposals.

This is an excerpt from Design Thinking research journal that closely documents my progress through the Design Thinking subject. The journal documents my thinking and findings through text and images, reflects on my progress and identifies important moments of development.

Design  
Practice

### // MUGS OF SYDNEY

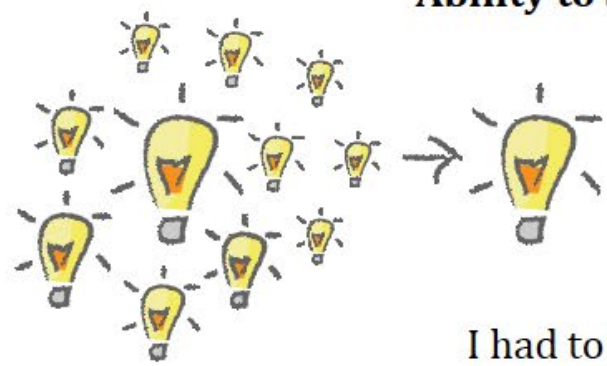


mugs on the streets of Sydney



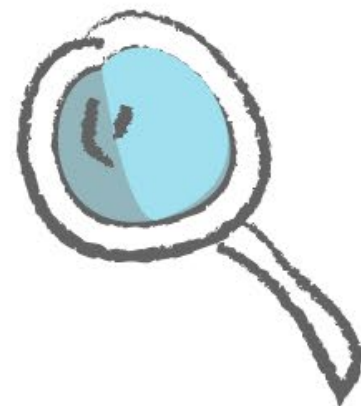
## THE PROCESS

### Ability to select



I had to select what I want to concentrate on from the big variety of things I took pictures of.

### Additional research



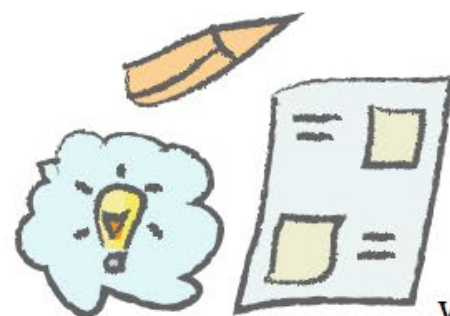
I started taking pictures of things that people throw out on the streets but later explored and discovered the invisible patterns that I later used for the final map.

### Summarize



I have set the goal to map Pyrmont through the mugs. I did the research to support my idea.

### Brainstorming



I wrote ideas down immediately as I got them so I could always go back to them. I used a hand-sketching technique to come up with ideas to help me overcome the limited capacity of my short-term and long-term memories (Busche 2013).

## // MUGS OF SYDNEY

M

ugs and Bottles of Sydney is a map that takes the form of a

drawing. The map is a good example of balance between real-world map, location of mugs found on the street and imagination. All of the map's areas set the scene for an alternative mapping, allowing me to experiment with the imagination, memory and exploring through photography and map creation.



Coffee mugs of Sydney map



## Research JOURNAL



I have been taking pictures of mugs in Sydney because while walking on the streets of Sydney I observed an invisible pattern that was repeating itself everywhere. The pattern I am referring to is placing empty mugs and bottles not in the garbage bin, but rather in places that can afford the mug to be placed there as can be seen on the figure to the right. Those places serve as affordances for the mugs and bottles.



I have been trying to understand if people are too lazy or if they imitate what other people doing or maybe simply they don't question what they do, but rather place the mugs thoughtlessly because at that situation and at that moment in time there was no other options. Maybe the placement of the mugs is a result of the lack of alternative situations. As Rogers (cited in Eiffert 1999) points out that people are not aware of unconscious processes that takes place in their brain. The human brain repeats patterns, so it can automate the activity to an unconscious operational level. Therefore, I think this type of routine behaviour makes people mindless. People most probably don't think of why they place the mugs in these particular places, even though if they were aware of their actions, they might have not placed them there, yet all the mugs I found are fitting to one or another form of affordance for placing.

## Design Practice

## // MUGS OF SYDNEY



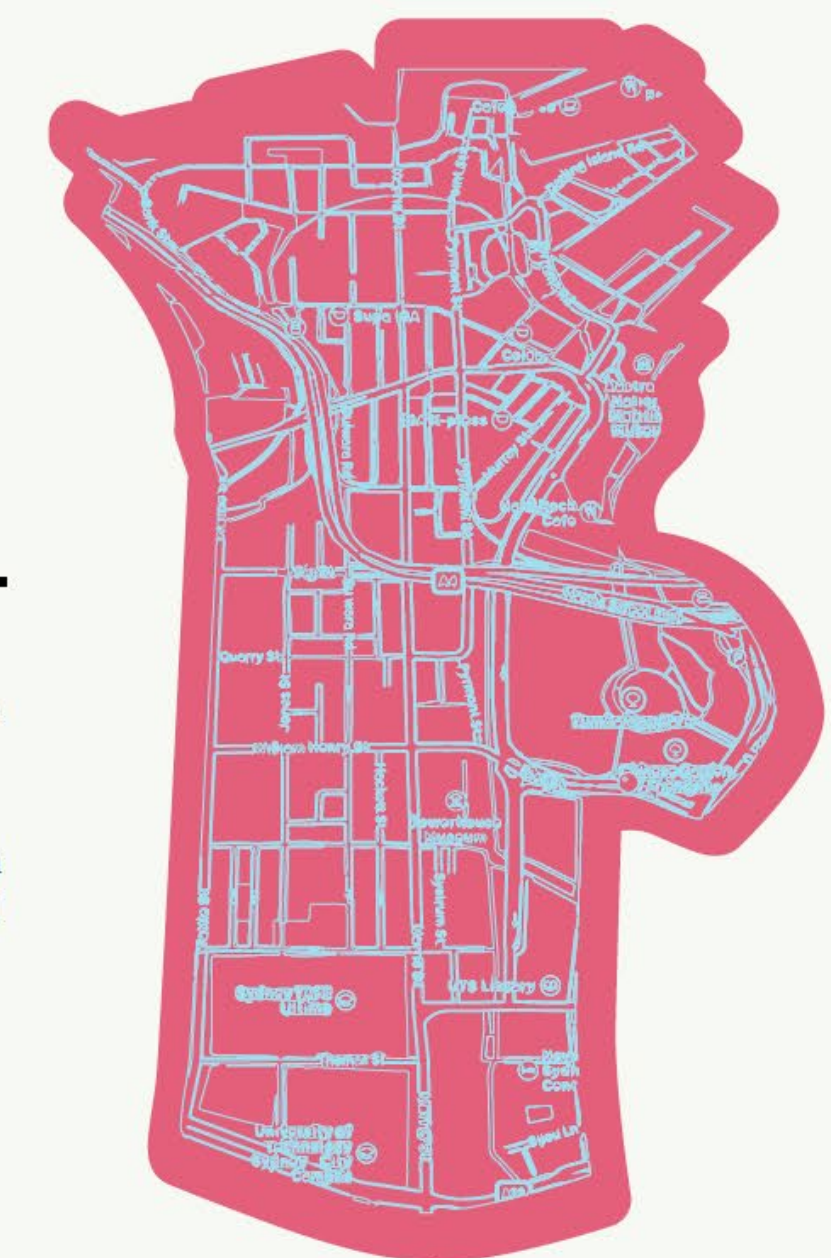
Understanding the city through mugs

Looking at Sweetapple's (2010) Experimental Cartography and many of her other design researches, I came up with the idea to create a map based on mugs in Pyrmont - the area that I walk along every day to university and back home. I asked myself questions such as how can I visualize and understand the city through mugs. I let myself research and explore the streets of Sydney through mug-discovering. When I started taking the pictures of mugs I didn't have any idea where it will take me.

## Pyrmont Mugs & Coffee Map

Only through the process of analysing the data, using various techniques of exploring such as exploring in new ways (Eiffert 1999), expanding myself (Gatsi, lecture, 2016) and becoming aware of unconscious processes and noticing things around me (Eiffert 1999), concept development, exploratory approach

and photomedia (Wei, lecture, 2016) and engaging in what I saw (Sutton, lecture, 2016), that I started getting ideas for what I can do with that data. In result I wanted to present my findings in an aesthetic way. The map should present the map of Pyrmont that render the area through mugs and bottles left on streets.



Pyrmont map



Scarlet-chested male parrot



The colour drawing shows the scarlet-chested parrot that I came across while on my way to university on the Harris Street. I

was attracted especially to the parrots with a scarlet chest, that defines the male parrots. The male parrot has a dazzling cobalt blue face, scarlet chest and yellow underparts, surrounded by overall bright green feathers. Everyday when walking by that place with parrots I was always wondering how beautiful and incredible those birds are. One of the reasons why I think I am so attracted to those birds and its colours is because of my cultural background.

## COLOURS

### *in everyday life*

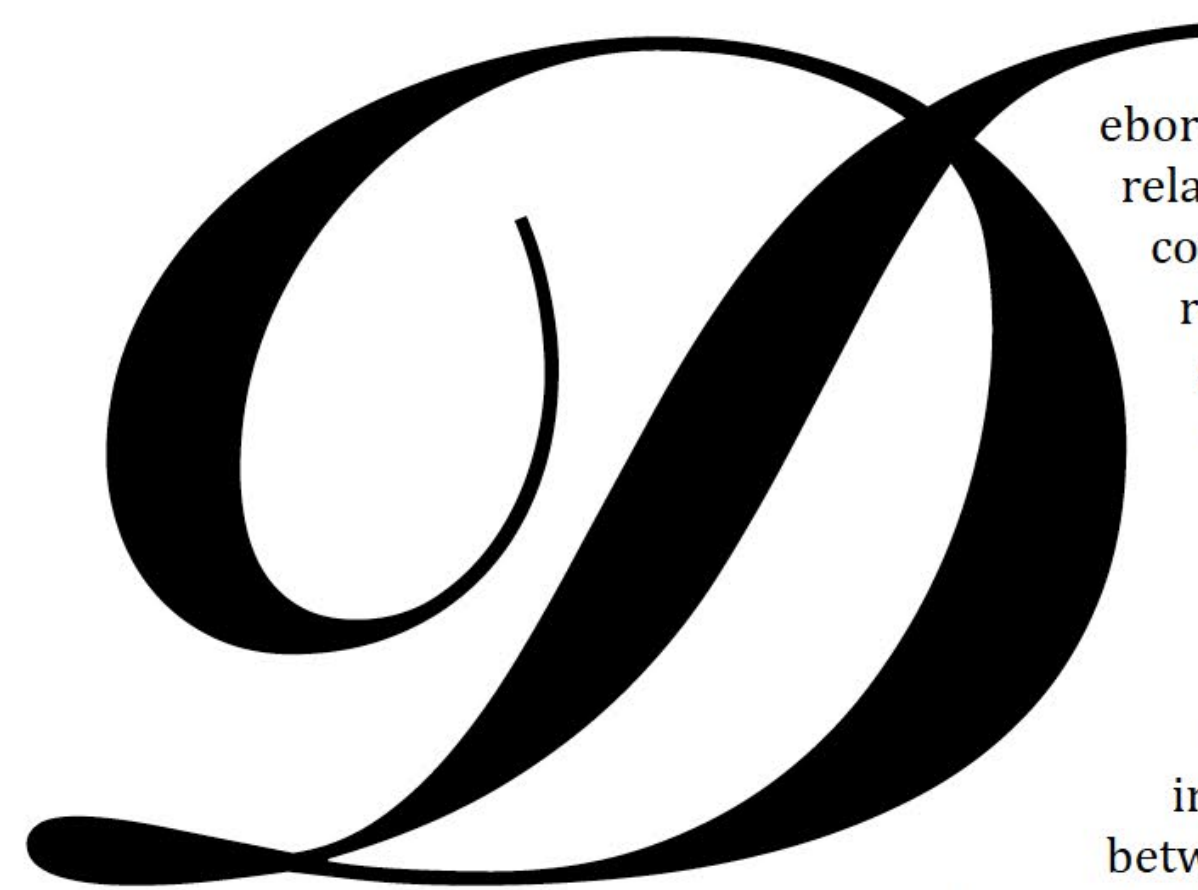
#### scarlet-chested parrot

The past ten years I have been living in a cold Scandinavian country and for me seeing such colourful birds on the streets in the middle of the city is a magnificent experience. Fraser and Banks (2004) suggests that after our eyes have experienced the colour it is us who determines the meaning based on our experiences, and associations. In this case my cultural experience of living in a Northern country combined with my individual interest in wild life made me curious of these colourful birds. Also Calvino (1978) points out that same story may say different things to different people and may tell more about myself than other people (G. Catsi 2016, lecture, 29 August, Debord 1956, Eiffert 1999).

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Drawing tools: pens, digital pencils,  
digital paint  
Time: 9:30am  
Location: Harris Street  
Duration: 10 minutes  
Purpose: the feathers of the parrot

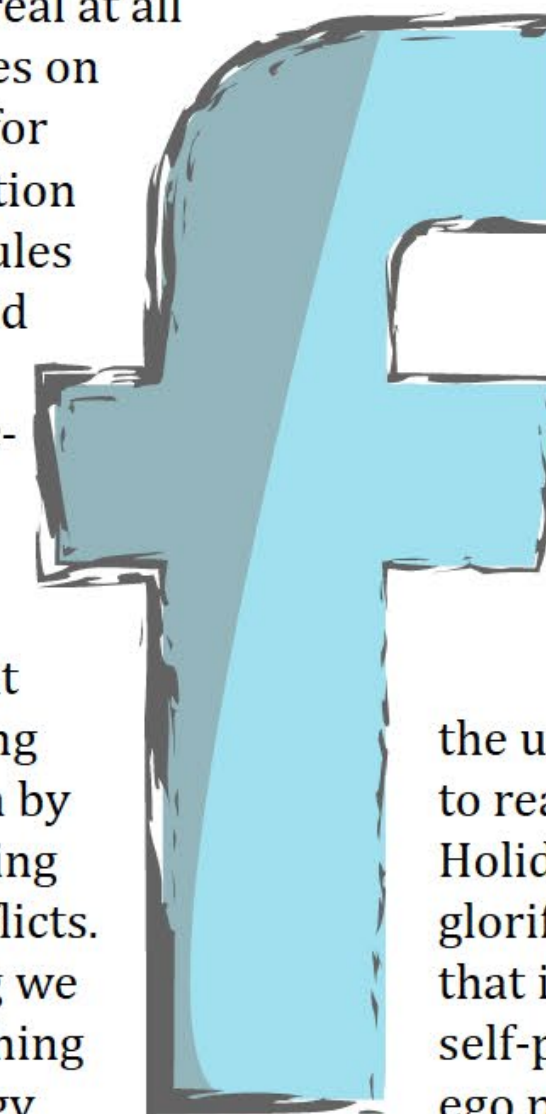
*Social Media*  
& EGO



Debord (1977) explores the relation between social connections and mediated representation within advanced capitalism. The author criticizes these developments that bring individualization and separation of people. In The society of spectacle, the spectacle is not just image, but a social relation between people, mediated by images. Instagram reduces the real life to a mediated representation of the real life. Users are in control of how they look, appear and what they say, because they have all the needed tools and time to present their life in the most attractive way possible. It is easy to be perfect on images, than in real life, because the technology affords users to have a false representation of their life. The false representation has a value for the modern capitalism, because it has a value in form of money and promotes the narcissistic tendencies in people. One has to look smart, successful, intelligent, in control of everything, because everyone around does. It puts a tremendous pressure on the young generation to live up to all these 'perfect' standards, which sadly enough sometimes results in young people distancing themselves and living their entire life behind the walls of social media, because if they would appear from the behind of wall, they might look completely different.

The false representation has power, because it demands compliance with an order to see things the way they represented (Debord 1977). Many youths are influenced by the mediated picture of famous teenager pop-starts such as Justin Bieber and Selena Gomez presented on Instagram in a glorious and egocentric way and gesturing power, confidence, control and perfect life. What young girls and boys don't realize is that besides the false representation of their life they also get payed for portraying on Instagram.

There is nothing real at all about these images on social media, yet for the young generation they dictate the rules of how they should live their life. The technology replaces real feelings with false walls. Indeed, Sennet (1994) talks about the fear of touching and confrontation by denying, minimizing and avoiding conflicts. Through touching we risk to feel something and our technology permits us to avoid that risk (Sennet 1994). According to Franzen it is easier to like the

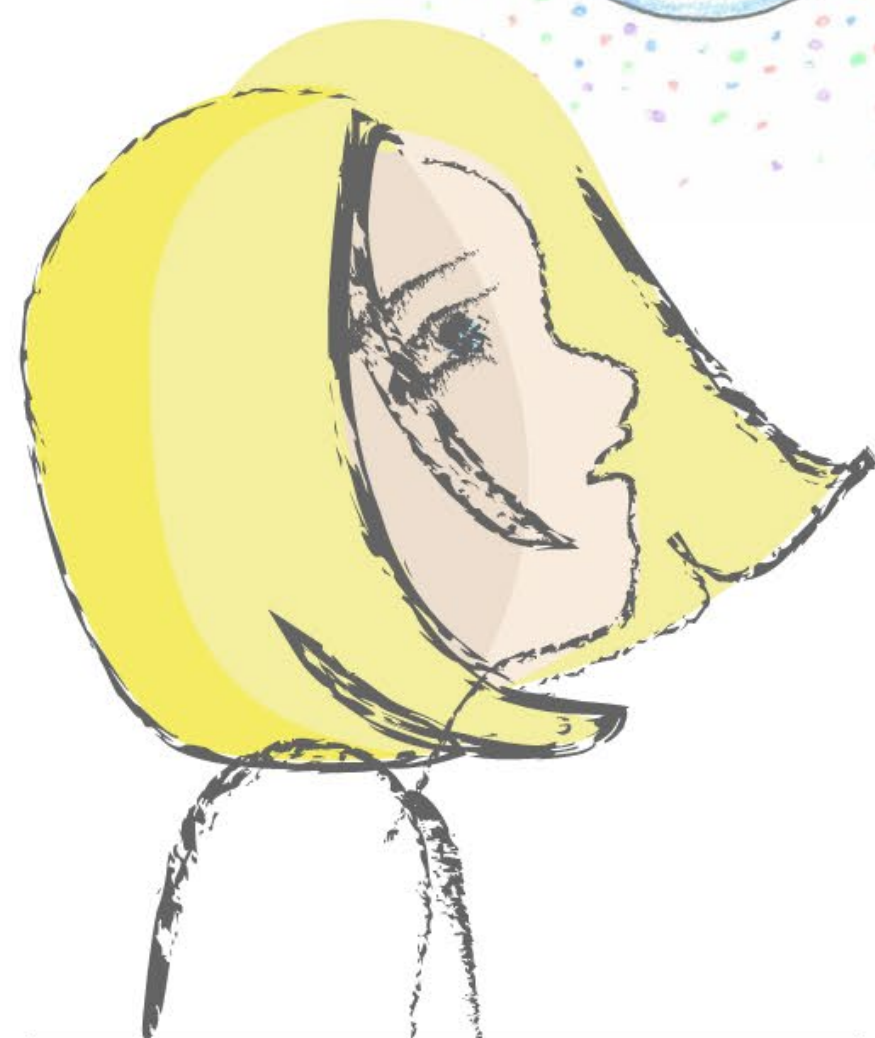


technology because technology permits us to build facades. These facades in form of screens let us hide behind them because we are scared of real problems and feelings. Technology never asks for anything in return, but only gives and makes the user happy, in contrast to real relationship. Also Holiday (2016) discusses the glorification of social media that invites outrageous self-promotion and constant ego promotion that manifests in narcissistic generation of young people and problems of actual love.

**D**ebord (1977) also states that the spectacle separates and creates a "lonely crowd". In some cases, it is true, but I do not completely agree with him. Back when he wrote the work, the author was afraid that the mediated representation might replace the authentic social life. In many cases people lost belonging to the world with the emergence of social media and its individualization development, but in other cases it has created support for people in need and might even have saved lives.

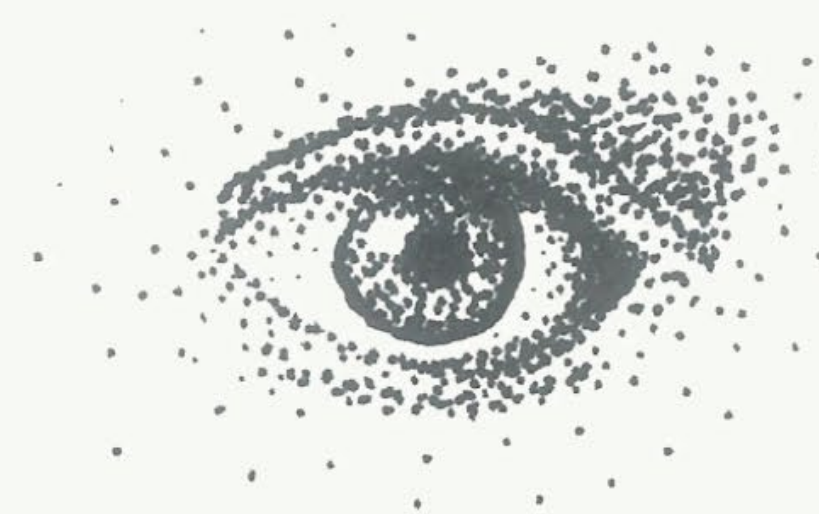


separation and individualization



connecting with grieving community

**I** am referring to the rise of online communities described by McMillan and Chavis (1996) as groups that are based on feelings to be connected to other people. Online communities let people emotionally connect and be understood by having the sense of community. For example, in contrast to Debord's "lonely crowd", a sorrow or grief online community might provide a mutual support to a person who lost someone or feels lonely and have no one to talk to. This type of online community can connect the grieving person with others to discuss the taboo topics that might not be that easy to come across in his or her social circles. Also Baym (1998) emphasizes that communities have their norms, behaviors and joint practices that encompasses the support for each other.



"i look ugly" is the result of spectacle

## Identity on Social Media



### Inner self-picture

The problem with the mediated representation of the reality is that we are always in the process of identifying ourselves with other people. According to Jenkins (1996) we as human have an inner image of who we are, but we can't develop our identity without others, because it is how others react on us that develops us. Therefore, the false representation of the young people on social media, such as Instagram or Facebook, is a problem for the young generation because that what the young people compare themselves to and think should live up to.

### Privacy

On the top of all of that is the issues of privacy. People have gotten comfortable with sharing more information openly thinking that they have control over the data, but the reality this is not true. As the founder of Facebook Marc Zuckerberg (cited in Johnson 2010) points out 'privacy is no longer a social norm'. With other words to gain control of one's privacy the user has to know where to change it, but as the default feature the privacy is absent.

memory

# DRAWING of space from memory

**T**he drawing of the most beautiful and meaningful city where all my dreams come true is inspired by Calvino's (1978) 'Invisible Cities', where I use my imagination to draw a space from my memory. I started the drawing by imagining a specific place, but later my brain started making connections between the memory and place and other places I have seen.

When doing my drawing I was exploring the potential and scope of my imagination and the relationship to memory and place. Calvino shows that cities in person's mind are distinct from their physical manifestation. Hence, in my drawing I am presenting the viewer with my personal experience and perception of the space, which tells more about myself than about the space. Indeed, as Marx (cited in Debord 1956) puts it 'Man can see nothing around them that is not their own image; everything speaks to them of themselves. Their very landscape is alive'. The viewer might see this picture in a complete different way than I see it which makes it beautiful. How did I recall

the location that I drew and what is my relationship with space, things and people? Catsi (2016, lecture, 22 August) and Eiffert (1999) all suggest to be yourself and don't be afraid to express yourself, because being different and unique is what defines one. Using this approach, I tried to free myself from any boundaries of the society and what people might think and draw the space that expresses my personal imagination and vision of the place/city.



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# MIGRATE



Khuli Chana - One Source (ft KayGizm, Victoria Kimani and Sarkodie)

## SUNU GONERA

on getting branded media right

The Cannes Lions award-winning filmmaker believes in authentic African storytelling.

**W**hen Sunu Gonera was growing up in Zimbabwe, during the civil war, he used film as his escape. The Saturday screenings of Clint Eastwood westerns and Bruce Lee movies were his way to “disappear to somewhere else”. He even remembers his first school play at his first multiracial school. “The lights are low, the hall is full, and it was a Mark Twain play, Huckleberry Finn,” he says. “One character had a chain tied to his ankle and he was walking across the stage dragging this chain. He was this villain. It was so surreal for me.”

Now a film director with Egg Films in South Africa, he juxtaposes the polished appeal of box-office hits with what he describes as the “realness and rawness of Africa”. He channelled this passion into a music video for musician Khuli Chana sponsored by Absolut, challenging the way branded content is made in Africa.





hey are the subject of Pol Kurucz's last photo series, "genuineeccentrics, weirdos and lunatics who in the eyes of the photographer are the new Normals". Shooting for this last series took entirely place in the Kolor

[www.polkurucz.com](http://www.polkurucz.com)

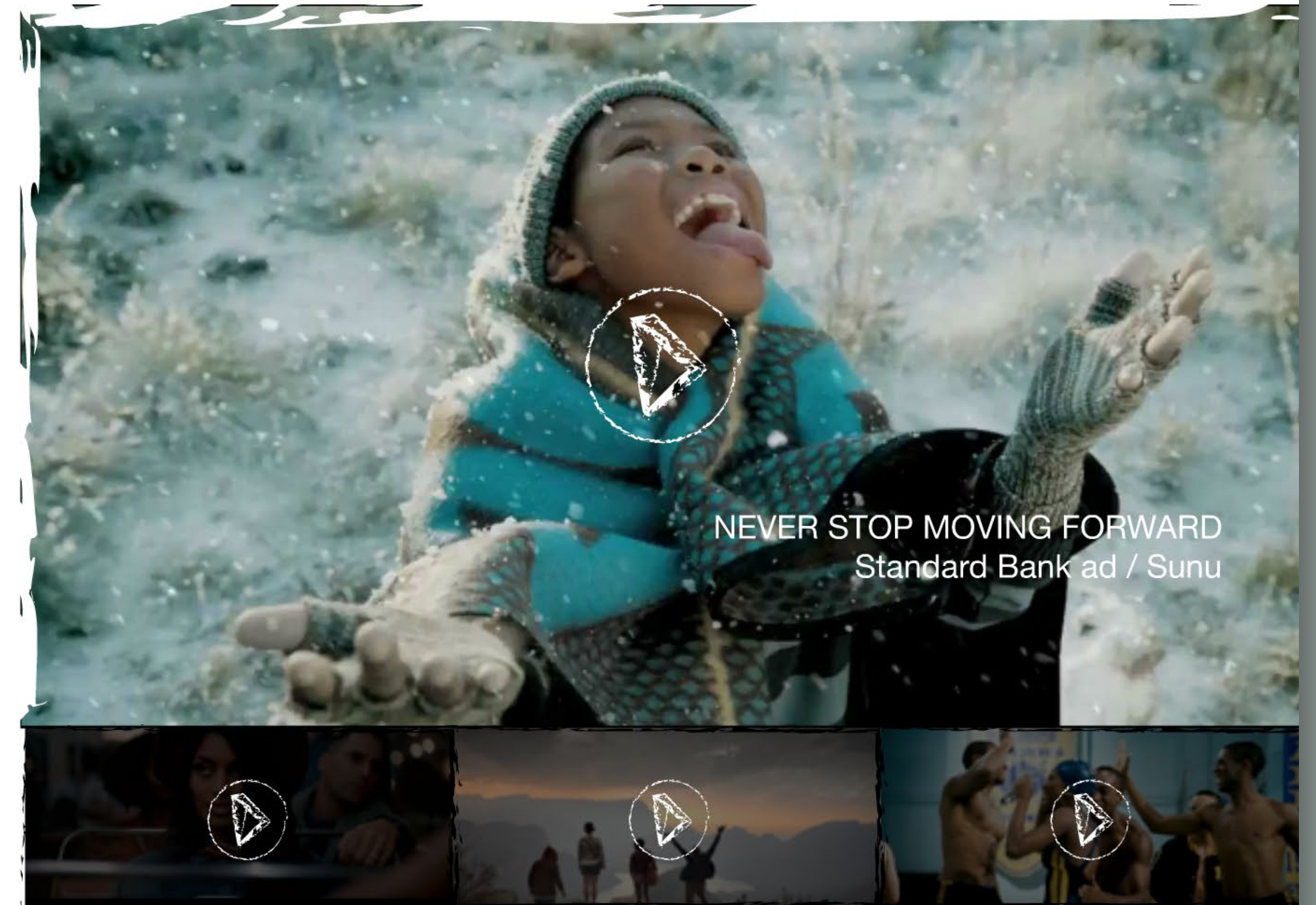
Studio, in the heart of Rio de Janeiro, where all the sets and accessories were built by the Kolor Art Collective. Most models, performers, and actors featured in the photos come from the city's humanist microcosm and themselves belong to redefined group of the Normals.



His focus is not only on the work that can be done within Africa's borders. No stranger to the Hollywood scene, Goner's first feature film *Pride* starring Terrence Howard was released in 2007. And now, he'll be spending a short time in the States working on an episode for hit American political drama television series, *Madam Secretary*.

Back home, he says the industry is at an apex. "We're having to, as filmmakers, change and adapt the way we think, especially with technology."

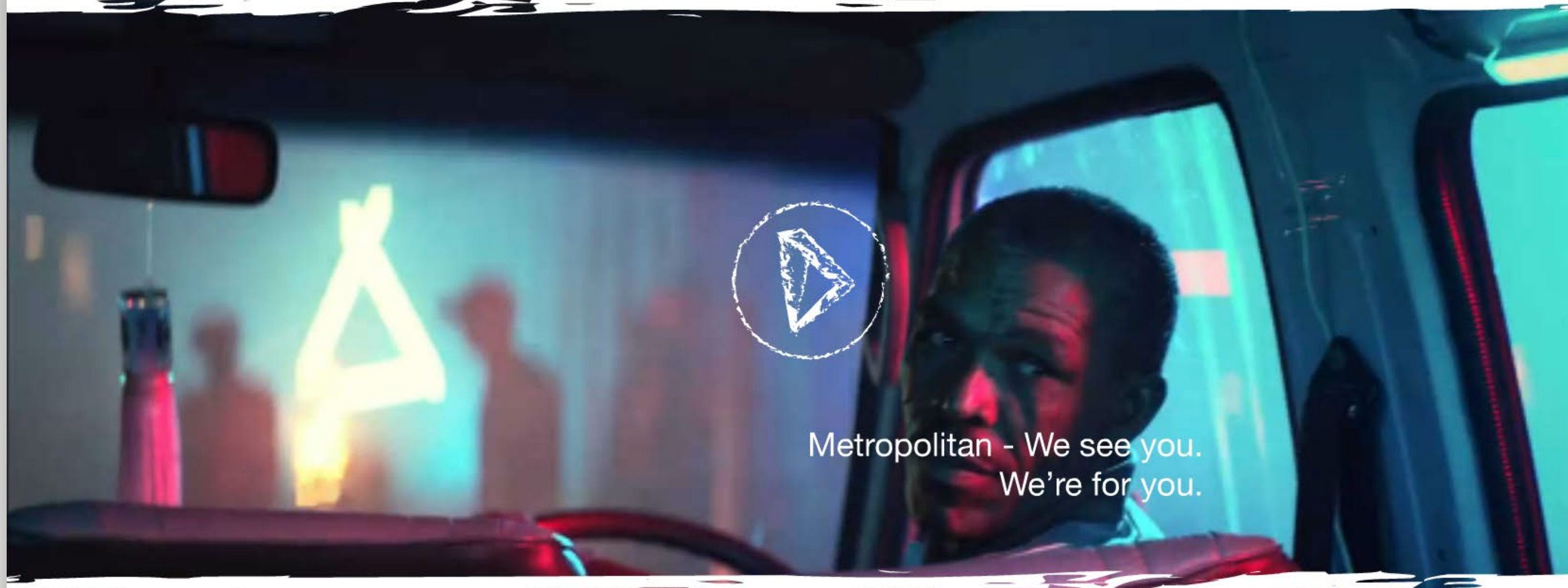
Budgets are shrinking and expectations are rising. "You can't keep coming in as a big brand wanting a R10 million job and then saying here's R800 000. The other challenge is that there's a massive saturation of filmmakers so the competition for every job has never been steeper."



But these are all challenges he overcomes by staying fresh especially when it comes to telling an authentic African story. "It's usually outsiders telling our stories. Let us tell our stories. I want an inside-out perspective – raw, real, this is who we are." 📺







Metropolitan - We see you.  
We're for you.

Released at the end of last year, Khuli Chana's One Source opens with the words "Africa is on fire" as blue flames blaze across a grey garbage dump before a pulsating beat and aggressive lyrics assert that "Africa is no longer riding shotgun". In partnership with Native VML and directed by Gonera, the One Source campaign, which includes a music video and a series of web-based behind the scenes films, was created to make the one source of Absolut – an aquifer in Sweden – relevant in Africa. To do it, they tapped into the idea that Africa is the source of life.

## “AFRICA IS NO LONGER RIDING SHOTGUN”

Shot in Ghana, they brought together African artists and Design Indaba favourites like Osborne Macharia and the Venus Bushfires. They steered away from the tired orange and red palette used to represent Africa, as well as images of poverty usually used to represent strife in the region.

Gonera, as a filmmaker who works across music and advertising, is always striving for authenticity. It's this authenticity that Gonera believes led to Cannes Lions 2017 stamp of approval.



# CONTENTS

Weirdos and lunatics are



# THE NORMALS

FANTASTICALLY  
ABSURD  
PHOTOGRAPHY SERIES  
CELEBRATES  
ECCENTRICITY

**B**y definition, most people are "normal". Some want to be different and follow the norms of a specific social or cultural tribe. They are normal too. And there are those who would laugh at such nonsensical categorisations, who don't believe in or live by conventions, who create their own reality and live it naturally.



which was a popular way to configure farmhouses in the area traditionally. Construction of the Bosjes Chapel started in 2011 and it was completed in 2016. The chapel is flanked by a restaurant named Bosjes Kombuis, also designed by Steyn Studio, and the two in combination is used as a scenic wedding venue, function hall and wine tasting location. While the Bosjes Kombuis and its dining area are clearly a homage to the shape of traditional chapels with pointed ceilings and linear wooden slats that draw the eye

“

How precious, O God, is your constant love! We find protection under the shadow of your wings.”

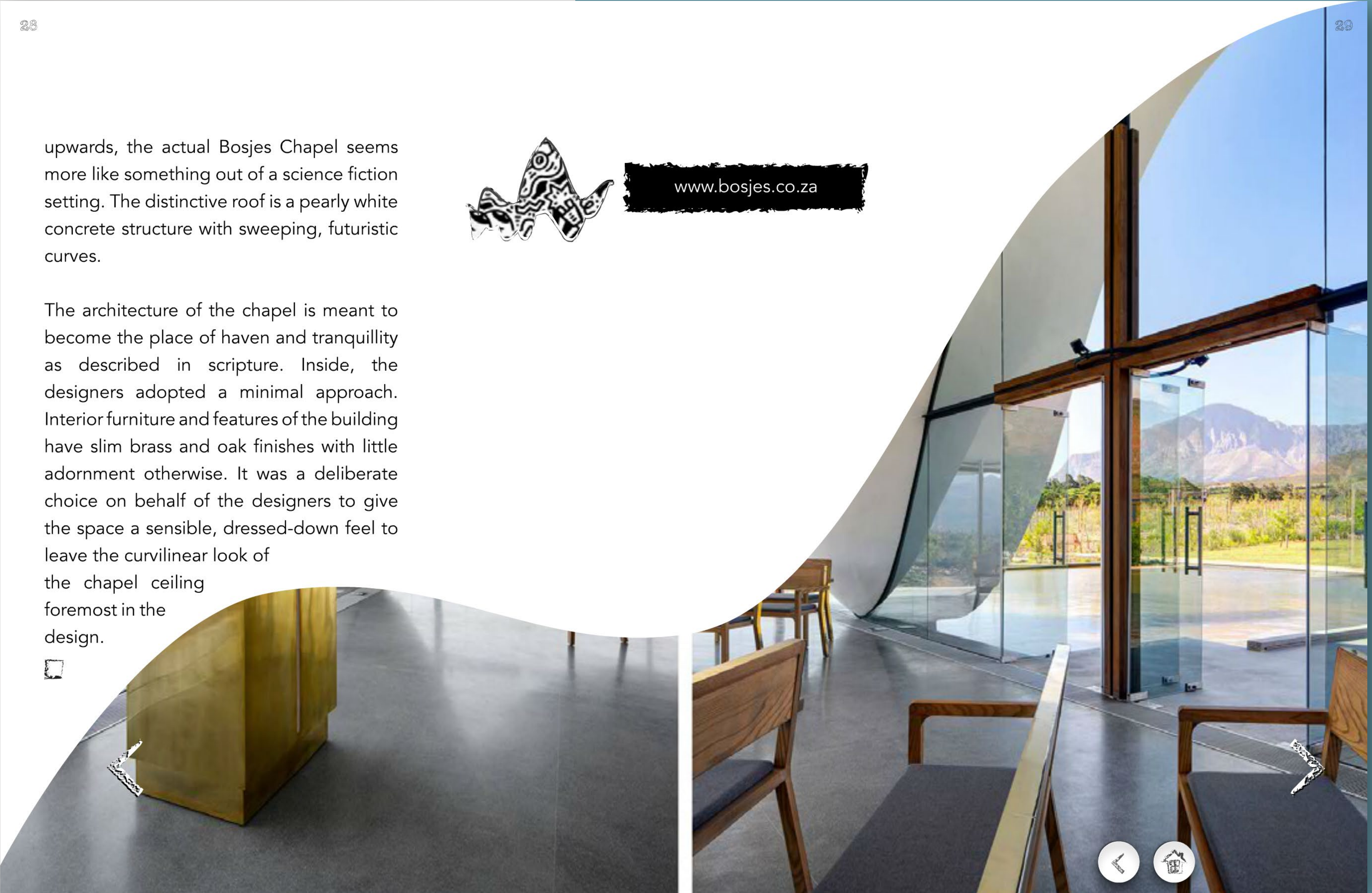


upwards, the actual Bosjes Chapel seems more like something out of a science fiction setting. The distinctive roof is a pearly white concrete structure with sweeping, futuristic curves.

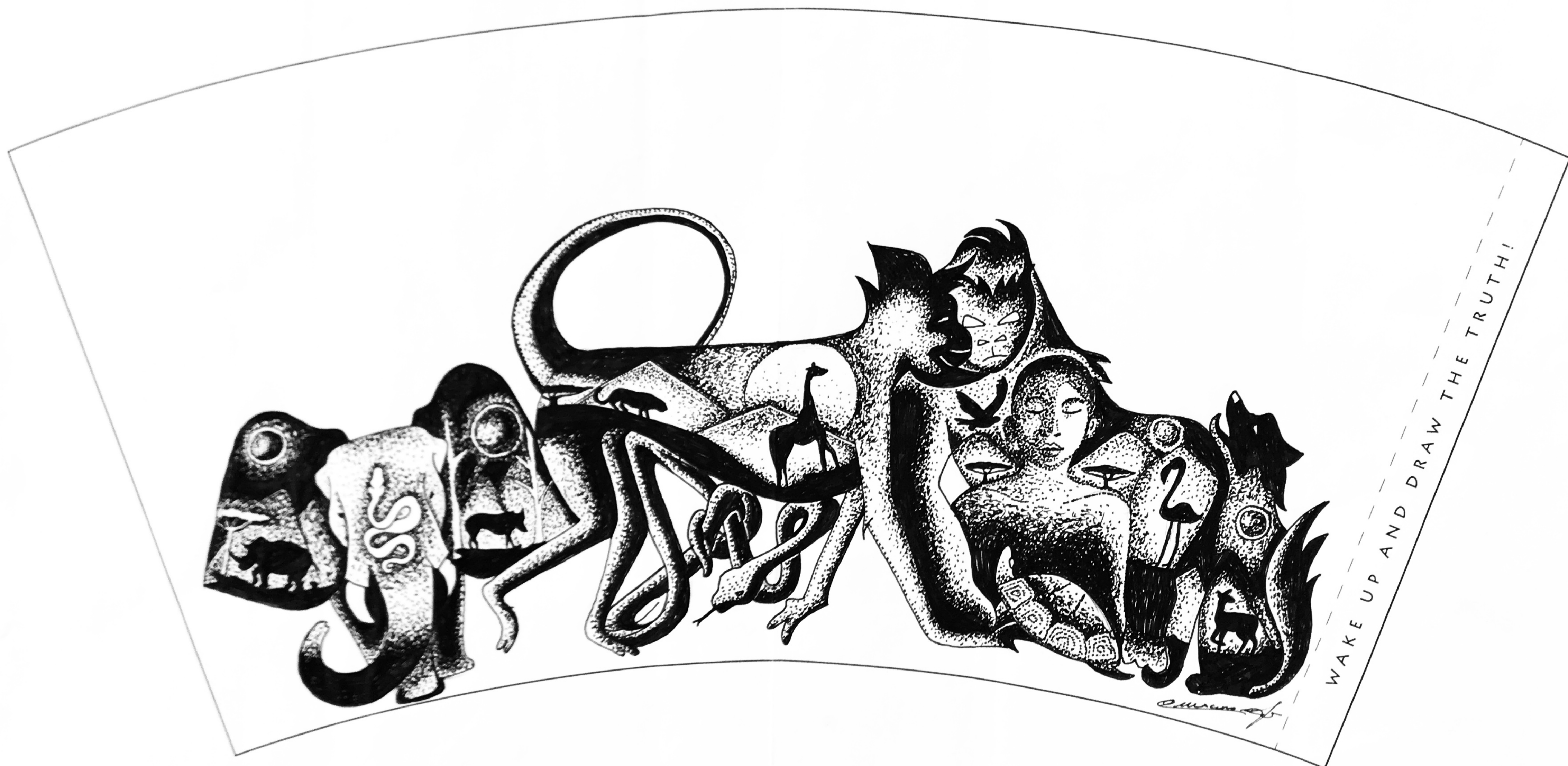
The architecture of the chapel is meant to become the place of haven and tranquillity as described in scripture. Inside, the designers adopted a minimal approach. Interior furniture and features of the building have slim brass and oak finishes with little adornment otherwise. It was a deliberate choice on behalf of the designers to give the space a sensible, dressed-down feel to leave the curvilinear look of the chapel ceiling foremost in the design.



[www.bosjes.co.za](http://www.bosjes.co.za)







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now with Raw Sugar



## ACTIVE

original cinnamon

## CRUNCH

NO maize

NO wheat

NO transfat

NO preservatives

NO colourants

NO lactose

Non GMO



NEW TASTE

JUST ADD MILK OR WATER

Whole-grain rolled oats

500 g



6 009704 810513

### Nutritional Information:

Serving Size: 50g	Per 100g	Per 50g
Energy	1075kJ	537kJ
Protein	12g	6g
Digestible Carbohydrate	15g	7.5g
Of which Total Sugar	2.5g	1.25g
Total Fat	0.5g	0.25g
Of which Saturated	0.1g	0.05g
Total Fibre	1.5g	0.75g
Fibre from Oats	1.2g	0.6g
Total Polyunsaturated	0.2g	0.1g
Total Fatty Acids	0.5g	0.25g
Omega 3 Fatty Acid	0.05g	0.025g
Omega 6 Fatty Acid	0.15g	0.075g
Cholesterol	0.1g	0.05g
Sodium	100mg	50mg
Total Solids	1400mg	700mg

#### VITAMINS & MINERALS

Vitamin A (Retinol)	800mcg	1600mcg
Vitamin B (Thiamin)	1.2mg	0.6mg
Vitamin B (Riboflavin)	1.2mg	0.6mg
Vitamin B (Nicotinic Acid)	8mg	4mg
Vitamin B (Panthenic Acid)	5mg	2.5mg
Vitamin B (Pyridoxine)	1.7mg	0.85mg
Vitamin B (Biotin)	100mcg	200mcg
Vitamin B (Folic Acid)	20mcg	10mcg
Vitamin C (Ascorbic Acid)	60mg	30mg
Vitamin D (Cholecalciferol)	5mcg	2.5mcg
Vitamin E (Tocopherol)	5mg	2.5mg
Vitamin K (Phylloquinone)	20mcg	10mcg
Calcium	20mg	10mg
Copper	0.5mg	0.25mg
Iron	2.0mg	1.0mg
Zinc	1.0mg	0.5mg
Phosphorus	150mg	75mg
Magnesium	100mg	50mg
Selenium	10mcg	5mcg
Antioxidants	1mg	0.5mg

**INGREDIENTS:**  
 Rolled oats (GMO free), raw sugar, stevia, cocoa, palm oil, vanilla, essential flavour, natural sweetener, natural vitamins A, B1, B2, B3, B5, B6, B7, B9, B12, C, E, K, Magnesium, Calcium, Iron, Zinc, Selenium, Potassium, Phosphorus, Sodium, Chloride, Manganese, Copper, Zinc, Magnesium, Calcium, Iron, Zinc, Selenium, Potassium, Phosphorus, Sodium, Chloride, Manganese, Copper, Zinc.

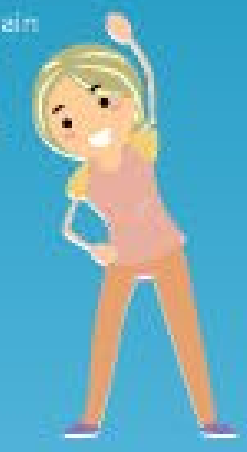
### Nutrition

It is healthy to eat whole grains. NutriStart Oats is made from GMO free whole grain rolled oats. Oats maintain their bran and germ during the manufacturing process and are considered high in fibre.



### Exercise

In order for the brain to have clearness and strength of thought, retentive memory, and mental power, the muscles of the body should have exercise a portion of each day in order to preserve and improve health.



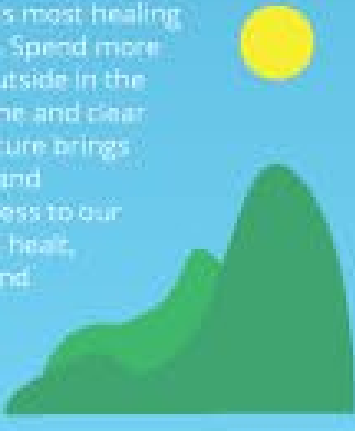
### Water

Drink at least 8 glasses of water a day. Pure water to drink and fresh air to breathe invigorate the vital organs, purifies the blood, and helps nature in her task of overcoming the bad conditions of the system.



### Sunshine

Sunshine is one of nature's most healing agents. Spend more time outside in the sunshine and clear air. Nature brings peace and happiness to our mental health, body and mind.



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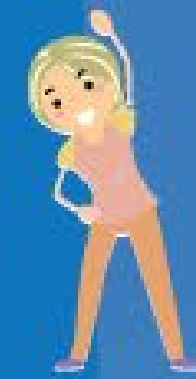


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Of which Saturated	0.5g	0.2g
Cholesterol	0.5g	0.2g
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Vitamin B (Folate)	5mg	2.5mg
Vitamin B (Vitamin C)	1.5mg	0.75mg
Vitamin B (Vitamin D)	100mcg	50mcg
Vitamin B (Vitamin E)	2.5mg	1.25mg
Vitamin C (Ascorbic Acid)	60mg	30mg
Vitamin D (Cholecalciferol)	600mcg	300mcg
Vitamin E (Tocopherol)	15mg	7.5mg
Vitamin K (K1)	30mcg	15mcg
Calcium	2.0mg	1.0mg
Copper	0.5mg	0.25mg
Iron	2.0mg	1.0mg
Zinc	0.5mg	0.25mg
Phosphorus	100mg	50mg
Selenium	0.5mg	0.25mg
Other	1mg	0.5mg

### INGREDIENTS

Sweetened (GMO free) raw sugar, dextrose, sucrose, palm oil, vanilla, dextrose, fibre, rose, dried extract, natural flavour, Vitamin A, Vitamin E, Vitamin C, Vitamin D, Vitamin K, Vitamin B (Thiamin), Vitamin B (Riboflavin), Vitamin B (Niacin), Vitamin B (Folate), Vitamin B (Vitamin C), Vitamin B (Vitamin D), Vitamin B (Vitamin E), Vitamin C (Ascorbic Acid), Vitamin D (Cholecalciferol), Vitamin E (Tocopherol), Vitamin K (K1), Calcium, Copper, Iron, Zinc, Phosphorus, Selenium, etc.

Allergenic: Contains Oats (Gluten)

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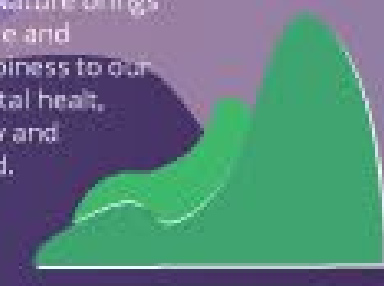
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