

Mineral Replenish & Detox Pack

cocoBLUE · 30 servings
Fulvic Acid Mineral Drops · 48 servings
Black Seed Oil · 30 servings
Magnesium Oil · (4 oz)

Supporting Every Cell. Every Organ. Every Day.

The body is constantly working to cleanse, repair, and renew itself. Every thought, every movement, every heartbeat begins at the cellular level.

The Mineral Replenish & Detox Pack was created to support the body's natural detoxification and methylation processes by providing the nutritional building blocks cells depend on every day. Designed for ages 4+, this simple daily protocol combines whole-food nutrition, trace minerals, healthy fats, and magnesium support to help nourish the body from the inside out.

Not isolated compounds. Not synthetic shortcuts.

Just foundational support designed to help the body do what it was created to do.

SUGGESTED USAGE

Ages 18+

- 2 scoops cocoBLUE daily in cold water
- 20 drops Fulvic Minerals daily
- Start Black Seed Oil with 10 drops daily and gradually increase as desired
- Apply 3-5 pumps Magnesium Oil daily

Ages 4+

Begin with smaller amounts and increase gradually based on age, size, and individual tolerance.

Dose Low. Build Slowly.

Consistent daily nourishment supports the body's natural detoxification, cellular renewal, and overall wellness.



WHAT'S INSIDE & WHY IT WORKS

Blue Spirulina

Supports healthy cellular energy, detoxification, and overall vitality.

Butterfly Pea Flower

Provides antioxidant support while helping promote mental clarity and focus.

Moringa Leaf

A nutrient-dense superfood that supports daily nourishment and overall wellness.

Plant-Based Magnesium + Trace Minerals

Help support methylation pathways, muscle function, relaxation, and cellular health.

Fulvic Minerals

Support hydration, mineral absorption, nutrient delivery, and cellular function.

Black Seed Oil

Supports immune health, digestive wellness, respiratory comfort, and everyday resilience.

Magnesium Oil

Provides highly absorbable magnesium to support relaxation, recovery, and overall well-being.

cocoBLUE Blend™

5,000mg

Whole-Plant Cellular Vitality · Daily Foundation
Never Synthetic. Never Isolated.

7-Day Pouch · 5g × 7 servings · 35g (1.23 oz)
30-Day Pouch · 5g × 30 servings · 150g (5.29 oz)

The cell is where life happens.

cocoBLUE is the daily blend built to feed the cell the way nature delivers nutrition — whole, intact, recognizable.

Every breath taken.
Every thought formed.
Every step walked.

The cell is doing the work, all day, every day.

cocoBLUE is built around fourteen whole-plant ingredients chosen to support the three things every cell needs: a clear signal to begin, complete nourishment to do the work, and the cofactors required to turn nutrition into usable cellular energy.

Not isolated.
Not synthetic.
Just whole plants, delivered the way the body recognizes.

THE THREE THINGS EVERY CELL NEEDS

Signal. Nourish. Convert.

Signal: Blue Spirulina and Butterfly Pea Flower wake cellular energy pathways. The blue color is the signal made visible.

Nourish: Seven ocean superfoods drawn from all four marine plant kingdoms, green, red, brown, blue-green, deliver trace minerals from where minerals are most concentrated on earth.

Convert: Moringa, amla, and the Orgen family of whole-food cofactors complete the formula with the nutrients the body recognizes and uses.

Three roles, one glass, the color of open sea.



THE BLEND

Blue Spirulina · Butterfly Pea Flower
Moringa Leaf · Coconut Water Powder
Chlorella · Laver · Sea Lettuce
Dulse · Icelandic Triple Kelp Blend

Plus the Orgen Family (whole-food vitamin cofactors):
Orgen-B's® · Orgen-Mg® · Orgen-C® · Orgen-Si®

Black Pepper, whole fruit

Drinking it feels like:

- cool ocean and tropical coconut
- the mineral depth of green sea plants
- the quiet hum of cells fed properly

THE PRACTICE

Mix 2 level scoops (5 g total) into 10–12 oz of cold water. Stir or shake well. Add a squeeze of lemon to reveal cocoBLUE's signature color shift from electric blue to violet. Best taken once daily.

Once daily, anytime - morning, midday, or before movement.

Daily care builds steady cellular vitality.

Supplement Facts

Servings per container: 30
Serving Size: 2 level scoops (5 g total)

		Amount per serving	% DV*
Calories	22	cocoBLUE Blend™	5,000 mg †
Total Fat	0 g	0%	
Total Carbohydrate	3 g	1%	
Dietary Fiber	0.5 g	2%	
Total Sugars	1.5 g		
<i>Includes 0 g added sugars</i>			
Protein	1 g	2%	
Vitamin C	90 mg	100%	
Vitamin B1 / Thiamin	1.2 mg	100%	
Vitamin B2 / Riboflavin	1.3 mg	100%	
Vitamin B3 / Niacin	16 mg NE	100%	
Vitamin B5 / Pantothenic Acid	5 mg	100%	
Vitamin B6 / Pyridoxine	1.7 mg	100%	
Vitamin B7 / Biotin	30 mcg	100%	
Folate / Vitamin B9	414 mcg DFE	104%	
Vitamin B12 / Cobalamin	0.13 mcg	6%	
Sodium	15 mg	1%	
Iron	2 mg	12%	
Magnesium	39 mg	9%	
Potassium	102 mg	2%	
Iodine	150 mcg	100%	
Silica	38 mg	†	

* Percent Daily Values based on a 2,000 calorie diet.

† Daily value not established.

Blue Spirulina (Arthrospira platensis, cold water extracted), Butterfly Pea Flower (Clitoria ternatea, whole flower), Moringa Leaf (Moringa oleifera, whole leaf), Orgen-B's® (Psidium guajava, Ocimum sanctum, Citrus limon), Coconut Water Powder (Cocos nucifera), Orgen-Mg® (Cucurbita pepo, organic pumpkin extract), Chlorella (Chlorella vulgaris, broken cell wall), Laver (Porphyra spp., whole leaf), Orgen-C® (Phyllanthus emblica, organic amla extract), Orgen-Si® (Bambusa arundinacea, organic bamboo extract), Icelandic Triple Kelp Blend (Laminaria hyperborea, Ascophyllum nodosum, Laminaria digitata), Sea Lettuce (Ulva lactuca, whole leaf), Dulse (Palmaria palmata, whole leaf), Black Pepper (Piper nigrum, whole fruit)

Other Ingredients: None

Folate (414 mcg DFE / 104% DV) from whole-plant sources, including organic amla extract (Phyllanthus emblica). Naturally occurring as 5-methyltetrahydrofolate (5-MTHF) and folate cofactors. No folic acid.

Vitamin B12 (0.13 mcg 6%) from naturally occurring cobalamin in Laver (Porphyra spp.), Chlorella (Chlorella vulgaris), Dulse (Palmaria palmata), and Sea Lettuce (Ulva sp.) - four whole-plant ocean sources.

Iodine (150 mcg 100%) from Icelandic Triple Kelp Blend, Laver, Dulse, and Sea Lettuce.

Magnesium (39 mg 9%) from 8 whole-plant sources: Orgen-Mg® (organic pumpkin), Moringa, Coconut Water, Laver, Sea Lettuce, Chlorella, Dulse, and Icelandic Triple Kelp Blend.

THE ZILARA PHILOSOPHY

Five rules. No exceptions.*

- No isolated compounds.
- No stimulants.
- No synthetic vitamins or minerals.
- No fillers or flow agents.
- Whole-plant entourage effect, every formula.

*Read the founder's letter at zilara.com.

Manufactured by Green Organics, LLC
Cincinnati, OH 45245
GMP-compliant manufacturing facility
operating under 21 CFR Part 111

CAUTIONS

Contains naturally occurring iodine from Laver, Dulse, Sea Lettuce, and Icelandic Triple Kelp Blend. Consult your healthcare provider before use if you have a thyroid condition, take thyroid medication, or are pregnant or nursing. Keep out of reach of children. Store in a cool, dry place.

No folic acid. No cyanocobalamin.
No pyridoxine HCl.

Allergen statement: Manufactured in a facility that processes milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame. Individuals with severe allergies should consult their healthcare provider before use.

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BLACK SEED OIL

NIGELLA SATIVA

Cold Pressed from Egyptian seeds
1 fl oz / 30 mL (30 servings)

Black Seed Oil is the daily oil we reach for when the body asks for steady, ongoing nourishment.

Pressed from the seeds of *Nigella sativa*. Used for centuries. Called the Blessed Seed in traditional households. This is whole oil, the way it has always been kept.

Cold-pressed from Egyptian seeds, unrefined and undeodorized, stored in dark glass to keep it fresh. Nothing standardized. Nothing stripped away. The peppery, slightly bitter aroma is the seed itself, telling you the oil is alive.

Not a capsule. Not an isolate. Just the whole oil, kept whole.

HOW WE SOURCE

Black Seed Oil is only as good as how it is grown, pressed, and kept.

Sourced from Egypt – where *Nigella sativa* has been cultivated for generations as a daily oil, not a supplement trend. Grown in traditional climates where the soil, sun, and growing conditions suit the plant.

Our oil is:

- Cold-pressed only – never solvent extracted
- Unrefined and undeodorized
- Pressed in small batches to preserve freshness
- Stored in dark glass to protect the oil
- Treated as a food-grade oil, not a pharmaceutical isolate

Naturally aromatic and peppery, signs that the seed was fresh and the pressing gentle. Flat or neutral oil is often a sign of age or over-processing... and we avoid it.



FUNCTIONAL CONSTITUENT

Thymoquinone The primary active compound in Black Seed Oil. Studied for antioxidant, anti-inflammatory, and immune-supporting properties. Researched for respiratory health, blood sugar balance, and cellular protection.

Clinical Studies: [pmc.ncbi.nlm.nih.gov/articles/PMC5633670/](https://pubmed.ncbi.nlm.nih.gov/articles/PMC5633670/)
pubmed.ncbi.nlm.nih.gov/29962349/
pubmed.ncbi.nlm.nih.gov/27364039/
pubmed.ncbi.nlm.nih.gov/37605475/

Whole oil contains the full constituent profile.

Nothing is isolated.

Nothing is concentrated beyond what nature made.

WHAT IT SUPPORTS

Whole oils support the body the way the body recognizes.

Steady, daily nourishment.

Resilience through seasonal shifts.

The body's own rhythms of repair.

Black Seed Oil supports:

- Immune steadiness and resilience*
- Digestive comfort*
- Inflammatory balance
- Respiratory ease
- Skin and overall vitality

This is whole-oil nourishment the natural way.

Why We Don't Use Black Seed Oil Capsules

Black seed oil has traditionally been used as an oil, not a pill. Capsules change how the oil is produced, stored, and experienced.

1. Capsules Often Require Extra Processing

To make black seed oil suitable for encapsulation, it is often:

- Filtered more aggressively
- Deodorized to reduce taste
- Stabilized to extend shelf life

Each step moves the oil further from its whole, natural state.

2. Freshness Is Harder to Preserve

Black seed oil is sensitive to light, heat, and time. Capsules can:

- Sit in inventory for long periods
- Mask signs of oxidation
- Prevent you from tasting or smelling the oil

A flat or degraded oil is harder to detect when it's sealed in a capsule.

3. The Body Recognizes Oils Differently Than Pills

Oils are traditionally taken with food, allowing the body to engage digestion naturally. Capsules:

- Delay contact with taste and digestion
- Remove sensory feedback
- Turn a food-grade oil into a supplement experience

The stillroom favors nourishment over isolation.

4. Taste Is a Quality Signal

Peppery, slightly bitter flavor is a sign of fresh black seed oil.

- Capsules remove that signal entirely
- Capsules are convenient, but convenience often comes at the cost of freshness, integrity, and connection

USAGE SUGGESTIONS

ADULTS	<ul style="list-style-type: none"> • Start with up to 10 drops once daily for 2 to 7 days.* • Increase to 5 to 10 drops twice daily for 2 to 7 days.* • Gradually build up to 10 to 20 drops twice daily.*
CHILDREN 12 & UP	<ul style="list-style-type: none"> • Start with 1 to 5 drops once daily for 2 to 7 days.* • Increase to 2 to 5 drops twice daily for 2 to 7 days.* • Gradually build up to 5 to 10 drops twice daily.*
CHILDREN 6 & UP	<ul style="list-style-type: none"> • Start with ½ to 2 drops once daily for 2 to 7 days.* • Increase to 1 to 3 drops twice daily for 2 to 7 days.* • Gradually build up to 1 to 3 drops twice daily.*

Nutrition Facts		Serving Size: 30 drops/1ml (1 full dropper)	Servings per container: 30
Amount per serving		12	
Calories		Ingredients: Concentrated Unrefined Organic Cold-Pressed Nigella Sativa (Black Seed) Oil	
	Amount Per Serving	% Daily Value*	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Total Fat	1g	1%	**Daily Value not established.
Calories From Fat	12		Caution: If pregnant or nursing, consult your physician before using this or any other supplement. Keep out of reach of children.
Linoleic Acid (Omega 6)	505mg	**	
Alpha Linoleic Acid (Omega 3)	235mg	**	
Oleic Acid (Omega 9)	190mg	**	
Total Carbohydrate	0g	0%	This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes.
Protein	0g	0%	

BLACK SEED IN THE STILLROOM

Black seed oil has long been kept in the stillroom as a steady, everyday oil. Pressed from the seeds of *Nigella sativa*, it is used not as a quick fix, but as part of an ongoing rhythm that supports the body over time.

In the stillroom, black seed oil is valued for its ability to help the body stay resilient - especially during seasonal shifts, periods of stress, or times when extra nourishment is needed. This is a whole oil, not an isolate. Cold pressed from the seed, nothing is removed.

CAUTIONS

Safety Group 2: Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester. May increase the effect of anticoagulant drugs. Keep out of reach of children. A doctor's advice should be sought before using this and any supplemental dietary product.

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MORE WAYS TO USE BLACK SEED

Take with or after food. Can be followed with a sip of water or tea.

With Food. 1/8 teaspoon drizzled lightly over warm vegetables, soups, or grains after cooking. Never heated.

With honey. Blended into raw honey and taken by the spoonful. A traditional stillroom pairing, especially during colder months.

- 1 cup raw honey
- 1–2 tablespoons black seed oil

Stir thoroughly until fully blended. Store in a glass jar at room temperature. Use 1 teaspoon daily, taken by the spoon. Use 1 tablespoon Black Seed oil for a milder blend, 2 tablespoons for a stronger preparation.

Topically. Applied to the skin as a simple body oils. Can be blended with olive or castor oil for gentler use.

- ½ teaspoon Black Seed Oil
- 4 tablespoons of any combination of carrier oils (olive oil, castor oil, grape seed oil, rosehip)

Blend and store in a small dark glass bottle. Apply to the abdomen, chest, or joints. Often used in the evening or after bathing.

Fulvic Acid Mineral Drops

essential biominerals

HBNaturals
PRODUCT INFORMATION PAGE

Fulvic Acid Mineral Drops are a powerful natural electrolyte that supports cell health, energy, and overall wellness. Formed from prehistoric plant decomposition, fulvic acid converts minerals into bioavailable nutrients for better absorption. Rich in minerals, antioxidants, and enzymes, it helps neutralize free radicals, boost metabolism, and promote cell repair. With detoxifying properties, fulvic acid enhances nutrient uptake, strengthens immunity, and restores vitality.*



DIRECTIONS

- Shake well before use. Add 325 mg (1/8 teaspoon - approximately 20 drops) to non-chlorinated water or your favorite beverage once daily.*

MEDICINAL CONSTITUENTS

- **Humic Substances:** Fulvic acid is a component of humic substances, which are rich in bioavailable trace minerals and electrolytes that help restore nutrient balance, enhance cellular function, and support overall vitality. These compounds play a key role in energy production, immune function, and detoxification, making fulvic acid a vital addition to a wellness routine.*
- **Carboxyl & Phenolic Groups:** These naturally occurring functional groups in fulvic acid give it the ability to bind to toxins, heavy metals, and harmful invaders, aiding in deep detoxification. By helping the body flush out waste and improve nutrient absorption, these compounds support gut health, liver function, and overall cleansing, making fulvic acid essential for detox and revitalization.*
- **Quinones & Flavonoids:** The quinones and flavonoids in fulvic acid contribute to its antimicrobial, antioxidant, and immune-boosting properties. These compounds help balance the gut microbiome, reduce oxidative stress, and support immune defense, while also playing a role in neutralizing harmful invaders and promoting overall health and well-being.*
- **Phospholipids:** These essential fats support cell structure, brain function, and overall vitality. As key components of cell membranes, they help protect cells, enhance nutrient absorption, and improve communication between tissues. Known for their role in brain health, phospholipids support memory, focus, and cognitive function, while also promoting liver health, digestion, and cellular repair. Their ability to aid in fat metabolism makes them vital for energy production and overall wellness.*

Clinical studies for Fulvic Acid:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC2650748/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6151376/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9875298/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5296205/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7554000/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7794407/>

INGREDIENTS

Humic & Fulvic Acids including natural plant-based macro and trace ionic minerals, Electrolytes (Potassium Carbonate, Potassium Bicarbonate, Magnesium Sulfate), Reverse Osmosis Purified Water

CAUTIONS

- **Safety Group 1:** Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.*
- Do not exceed recommended dosages.
- A doctor's advice should be sought before using this and any supplemental dietary product.*
- Keep out of reach of children and pets.*

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Green Organics, LLC • Heart & Body Naturals • Cincinnati, OH 45245 • HBNaturals.com • V032025

Magnesium Oil

75,000mg magnesium

4 ounce

HBNaturals
PRODUCT INFORMATION PAGE



ingredients

Purified water, 100% pure magnesium chloride brine from the Ancient Zechstein seabed in the Netherlands

suggested use

Apply 3-5 pumps of the magnesium oil directly onto clean skin on areas like your chest, thighs, torso, calves, and feet. Massage until fully absorbed (each pump delivers about 100mg of magnesium). It's normal to notice some salt residue on your skin afterward; you can either leave it on or rinse it off as desired. Any tingling or itching should fade as the oil soaks in.

responsible cautions

- Use only as directed.
- For external use only.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Do not apply on open wounds, irritated skin, recently shaven skin, or broken skin.
- Avoid contact with eyes and mucous membranes.
- Keep out of reach of children and pets.
- Discontinue use if irritation occurs.

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topical magnesium advantage

ABSORPTION

When absorbed directly into the bloodstream through the skin, topical magnesium can provide faster relief of magnesium deficiency symptoms such as muscle cramps, fatigue, headaches, and stress.*

EASE OF USE

Topical magnesium is an excellent alternative for individuals who have difficulty swallowing pills.*

TARGETED APPLICATION

Topical magnesium can be applied directly to specific areas of the body that require relief or support.*

product summary

Magnesium plays a vital role in over 300 bodily functions, yet 2 out of 3 people are unknowingly deficient in it. Zechstein magnesium chloride is one of the most bioavailable and easily absorbed forms for topical use.*

Our ultra-concentrated solution of Zechstein magnesium chloride is a simple and powerful way to harness the benefits of this vital mineral. Our magnesium chloride is naturally sourced from 1,500 meters below the surface of the ancient Zechstein Sea Bed, formed over 250 million years ago. This pristine underground source has remained untouched by modern pollution, making it one of the purest forms of magnesium chloride available.*

Studies show that magnesium can help reduce stress, anxiety, muscle soreness, joint pain, headaches, PMS, and skin conditions like eczema and psoriasis, while also promoting restful sleep. Additionally, it aids in calcium absorption, supporting bone health and growth.*

A magnesium deficiency can dramatically increase your risk of serious health issues, doubling your mortality risk according to a study in *The Journal of Intensive Care Medicine*. Early signs of deficiency include fatigue, nausea, and weakness, escalating to more serious issues like muscle cramps, seizures, and abnormal heart rhythms if left unchecked. Maintaining adequate magnesium levels is vital for sustaining the intricate balance of biochemical reactions that keep us healthy.*

Simply put, magnesium is indispensable for life and vibrant health.*

The skin, our body's largest and most absorbent organ, provides an ideal pathway for absorbing magnesium, making topical application an effortless way to support your health and well-being.*

By integrating topical magnesium into your daily routine, you can naturally replenish your levels of this vital mineral and promote better muscle function, improved skin health, and overall vitality. Experience the difference that this ancient, pure source of magnesium can make for your wellness journey today!*