



# Life Health Foods

“We are dedicated to creating wholesome, nutritious food that inspires healthier choices for our communities.”

Lizi's



NUTRI-BREX™



# Who are Life Health Foods?

Life Health Foods are the UK's leading cereal maker, crafting tasty, nutritious food to fuel healthier lives and stronger communities. Backed by our parent company, Sanitarium, since 2023, we combine passion with purpose to deliver exceptional breakfast and snack options.

From on-the-go UP&GO to nutrient-packed Lizi's granolas, our brands cater to all ages and lifestyles. With state-of-the-art factories in Wellingborough and Peterborough, we create and pack tasty wheat biscuits, granolas, porridge, not forgetting our tasty fruit snacks that are perfect for little lunch boxes!

We always use whole grain for optimum goodness in many of our cereals, to deliver the perfect texture and maximum taste, and whenever possible, sourced directly from Britain.

As well as our four fantastic brands, we also provide own-label and branded manufacture and packaging services for many of the leading retailers and brands in the UK. Please ask our account managers for further information on this.

# Why Life Health Foods?

At Life Health Foods, we go beyond making delicious cereals – we deliver exceptional packaging solutions too, from bags to sachets. Based in the UK, our reach spans Europe, Scandinavia, and as far as the UAE.

We care deeply about our supply chain, sourcing only sustainable, ethical ingredients. With HACCP-based systems and a BRGS Grade AA\* rating, we guarantee top-tier quality and compliance with EU and UK food standards. Relentless in our pursuit of excellence, we ensure every customer experience is as perfect as the first.

[LHF.CO.UK](https://lhf.co.uk)

DISCOVER OUR BRANDS



# Lizi's

Lizi's journey began in 2003 with a passion for wholesome, feel-good food. Created by Dr. Mick and Lizi Shaw, our cereals are crafted with natural, high-fibre, low-sugar ingredients and gluten tested to provide steady energy and balanced blood sugar levels.

Beginning with our Original Granola, we've expanded our range to include Gluten-Free options, High Protein blends, Low Sugar choices, and delightful flavours to suit every dietary need and lifestyle.

[LIZIS.CO.UK](http://LIZIS.CO.UK)



MAPLE & PECAN



CARAMELISED NUTS



NUTS & SEEDS



NUTS & SEEDS



PISTACHIO & PASSIONFRUIT



TREACLE & PECAN



NUTS & SEEDS



NUTS & SEEDS



CHOCOLATE & PEANUT

ALSO AVAILABLE IN INTERNATIONAL PACKS

ALSO AVAILABLE IN INTERNATIONAL PACKS





Created by nutritionists in Australia during the 1990s, UP&GO was designed to fuel busy mornings with a convenient and nutritious breakfast. Since launching in the UK in 2015, it has become the ultimate solution for breakfast skippers and a tasty alternative to fast-food options.

Made with wholesome oats, skimmed milk, natural flavours, and packed with essential vitamins and minerals, UP&GO is a smooth, satisfying breakfast shake the whole family can enjoy. Whether you're tackling the school run, commuting, or just need a quick, healthy start, UP&GO has you covered.

[UPANDGO.CO.UK](http://UPANDGO.CO.UK)



### Breakfast Shake



BANANA & HONEY

STRAWBERRY

CHOCOLATE

VANILLA

### Protein Shake



CHOCOLATE

VANILLA

### Export Only



HONEYCOMB

CHOCOLATE



We know it isn't always easy to get fruit into your kids' diet, especially when you're out and about or they just fancy something sweet.

That's where our irresistible snacks come in. To help make eating fruit easier (and with less mess and waste) we've put together a tasty range of goodies bursting with flavourful fruitiness.

Our individually wrapped portions are perfect between meals and you can take them anywhere - all of our snacks are so fruity, that nearly all of them count as one of your five a day, helping kids understand that healthy eating now tastes better than ever.

[FRUIT-BOWL.COM](http://FRUIT-BOWL.COM)



## Yogurt Flakes



YOGURT RASPBERRY



YOGURT BLACKCURRANT



YOGURT RAISINS

## Fruit Twists



STRAWBERRY & VANILLA



BLACKCURRANT & BUBBLEGUM

## Peelers



BLACKCURRANT



STRAWBERRY



RASPBERRY

\*AVAILABLE IN DIFFERENT SIZE PACKS.



# NUTRI-BREX™

Say good morning to Nutri-Brex Gluten Free. Each biscuit is made with sorghum, an ancient grain that is naturally gluten free!

We are also low in sugar, high in fibre and contain no artificial colours, flavours or preservatives.

[NUTRIBREX.CO.UK](http://NUTRIBREX.CO.UK)



- ✓ HIGH IN FIBRE
- ✓ HIGH IN B1, B2 & B3 VITAMINS
- ✓ LOW IN SUGAR
- ✓ NO ARTIFICIAL COLOURS OR FLAVOURS



# Grain

Quality UK produced brand by a company that makes one billion Tasty Bowls of cereal a year.



WHEAT BISCUITS



GRANOLA



PORRIDGE SACHETS



**Changing lives  
through whole  
person health.**



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