

The Seed Cycle

WHOLESALE GUIDE

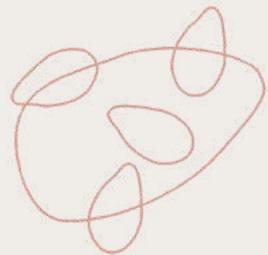


The Seed Cycle

NATURAL HORMONE BALANCE

Natural Hormone Balance

The Seed Cycle is an Australian business with a big mission of helping women feel their best, every day. Seed cycling provides certain nutrients such as phytoestrogens, ligans, zinc and vitamin E, to support the production and elimination of key female hormones, estrogen and progesterone.

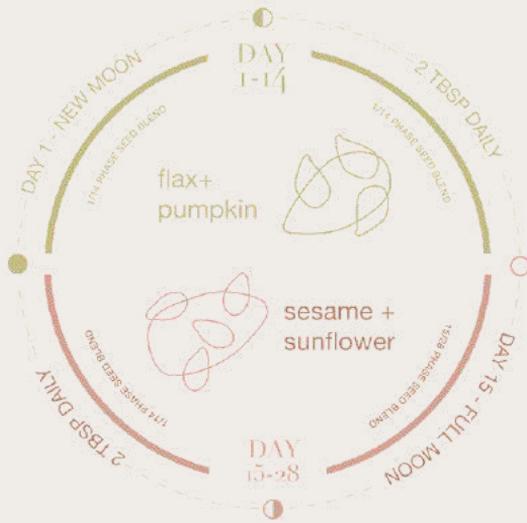


Seed Cycling is a way to balance your hormones, the natural way.



The Seed Cycle

NATURAL HORMONE BALANCE



The Seed Cycle
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What is Seed Cycling?

Seed Cycling is one of the most powerful ways to use food as medicine. It can be described as a form of ‘menstrual biohacking’, as the technique guides your body into a natural rhythm.

The process involves consuming 4 key seeds; flaxseeds, pumpkin, sunflower, and sesame seeds to support your body’s hormones and bring them into balance.

The concept behind seed cycling is that these specific seeds carry important oils, vitamins and minerals which can assist your body to support the production and elimination of key hormones, as well as unlock optimal hormone balance.





What are the benefits of Seed Cycling?

Seed cycling has been used for hundreds of years to alleviate symptoms associated with hormonal imbalances, such as:

- hormonal acne,
- menstrual cramps
- irregular periods
- PMS
- menopause symptoms

The seeds are high in vitamins and minerals such as zinc and selenium which can help support hormone release.

Whether it's coming off the contraceptive pill, trying for a baby or going through menopause, seed cycling can guide women gently through some of the key transitional hormonal periods.



The Seed Cycle

NATURAL HORMONE BALANCE

The Signature Blends

Curated seed blends to support natural hormone balance. Unlock the benefits of seed cycling with ultra-convenient packs designed by our team of experts.

Phase 1 Blend

Crafted using organic pumpkin seeds and linseeds, this blend delivers a powerful dose of Omega 3 fatty acids and essential nutrients including zinc and selenium.

Together, these seeds naturally support healthy hormone levels. Plus this blend provides a great source of fibre and lignans which foster healthy estrogen metabolism while preventing estrogen dominance.

INGREDIENTS: Organic Ground Flaxseeds, Organic Ground Pumpkin Seeds

FREE FROM: GMO, soy, gluten, eggs, dairy, nuts, preservatives, artificial flavours, colours and sweeteners.

STORAGE: Store below 25°C in a cool dry place.



PRODUCT DIRECTIONS: From day 1 to day 14 of your cycle, add one level scoop of this blend to your morning smoothie, yogurt bowl, porridge or even your salads and soups. Alternatively, follow the lunar calendar, start taking this blend on the first day of a new moon.

SIZES: 280g container

PACKAGING: BPA free. Recyclable.

ALLERGEN: Flaxseeds and Pumpkin Seeds
COUNTRY OF ORIGIN: Packed in Australia from imported ingredients.

Phase 1 organic flax + pumpkin seeds

INGREDIENTS
Organic Ground Flaxseeds,
Organic Ground Pumpkin Seeds

DIRECTIONS
Take 1 level scoop (2 tablespoons) each day, starting from the first day to the fourteenth day of your menstrual cycle. Alternatively follow the lunar calendar starting on the first day of a new moon.
Store in cool, dry place, out of direct sunlight. Keep container sealed.

SUGGESTED USE
Add to smoothies, yoghurt bowls, porridge, salads, or soups.

The Seed Cycle,
12 Nagel Place,
Nicholls ACT 2913.
theseedcycle.com.au

	Average quantity per 100g	Average quantity per 100g
Energy	419 kJ	2250 kJ
Protein	8 g	21.3 g
Fat, total	62.5 g	51 g
- saturated	1.1 g	6 g
Carbohydrate	5.8 g	7.5 g
- sugars	55.2 g	1.9 g
Sodium	4 mg	38 mg

NUTRITION INFORMATION
Servings per package: 15
Serving size: 18.67g

Organic Certified
AUSTRALIAN
FOOD & FIBRE
COMMISSION

Plant Based Protein
100% Natural
No Added Sugar

ORGANIC SEEDS **GLUTEN FREE** **DAIRY FREE** **VEGAN** **PLASTIC RECYCLE**

Allergen advice: Contains Flaxseeds and Pumpkin Seeds. Manufactured in a facility that also processes products containing Sesame and Tree Nuts



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The Signature Blends

Curated seed blends to support natural hormone balance. Unlock the benefits of seed cycling with ultra-convenient packs designed by our team of experts.

Phase 2 Blend

A curated mix of both sesame seeds and sunflower seeds, this blend naturally supports healthy hormone balance. Each seed is brimming with lignans and Omega 6 fatty acids that work together to keep our estrogen levels in check.

Plus, the sunflower seeds in this blend deliver a great source of selenium and Vitamin E which may assist with liver detoxification.

INGREDIENTS: Organic Ground Sunflower Seeds, Organic Ground Sesame Seeds

FREE FROM: GMO, soy, gluten, eggs, dairy, nuts, preservatives, artificial flavours, colours and sweeteners.

STORAGE: Store below 25°C in a cool dry place.



PRODUCT DIRECTIONS: From day 15 to day 28 of your cycle, add one level scoop of this blend to your morning smoothie, yogurt bowl, porridge or even your salads and soups.

Alternatively, if you follow the lunar calendar, start taking this blend of the first day of a full moon.

SIZES: 240g container

PACKAGING: BPA free. Recyclable.

ALLERGEN: Sesame and Sunflower seeds

COUNTRY OF ORIGIN: Packed in Australia from imported ingredients.

Phase 2 organic sesame + sunflower seeds

INGREDIENTS
Organic Ground Sunflower Seeds,
Organic Ground Sesame Seeds

DIRECTIONS
Take 1 level scoop (2 tablespoons) each day, starting from the fifteenth day to the twenty-eighth day of your menstrual cycle. Alternatively follow the lunar calendar starting on the first day of a full moon.

Store in cool, dry place, out of direct sunlight. Keep container sealed.

SUGGESTED USE
Add to smoothies, yogurt bowls, porridge, salads, or soups.

NUTRITION INFORMATION
Servings per package: 15
Serving size: 15g

	Average quantity per serving	Average quantity per 100 g
Energy	388 kJ	2580 kJ
Protein	5.5 g	32.5 g
Fat, total	8.5 g	53.3 g
- saturated	0.5 g	3.0 g
Carbohydrate	0.5 g	3.0 g
- sugars	0.3 g	1.9 g
Sodium	2 mg	13 mg

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Australian Certified Organic
100% GENUINE



SEEDS
SUNFLOWER SEEDS
SESAME SEEDS
VEGAN
PLANT-BASED

Allergen advice: Contains Sesame and Sunflower Seeds.
Manufactured in a facility that also processes products containing Sesame and Tree Nuts.

Seed Cycling Bake Mixes

The Seed Cycle Baking Mixes are a tasty and nutritious way to incorporate seed cycling to your everyday lifestyle.

Phase 1 Brownie Mix

Our Seed Cycle Brownie Mix is a simple and delicious way to enjoy The Seed Cycle Phase 1 blend. The Brownies are made with non-refined ingredients including raw cocoa powder, almond meal, rapadura sugar, flaxseeds and pumpkin seeds, making it the perfect snack for people with sensitivities or allergies to things foods containing gluten and dairy products.



Phase 2 Biscuit Mix

The biscuits, which include natural ingredients such as buckwheat flour, rapadura sugar and desiccated coconut, are sure to be a favourite with you, and your hormones. These mouth-watering treats have been designed with convenience and taste in mind and will give you the perfect amount of nutrients while taking care of your cravings for something sweet!



The Seed Cycle

NATURAL. HORMONIC. BALANCE.

Client Testimonials

"I've been doing the Seed Cycle for around 3 months and I've seen some major improvements in my body!

My skin has cleared so much!! I used to get quite bad pimples during both ovulation and the week of my period, but my pimples are now almost non existent and my skin is so much clearer!!" - Tiara, Canberra



Hormonal acne customer testimonial



before



after



Product Catalogue



1 MONTH PACK IS SUPPLIED IN BOX-SET PACKAGING (REFER IMAGE) AND INCLUDES BIODEGRADABLE MEASURING SPOON WITHIN THE PACK

THE SEED CYCLE 1 MONTH PACK

RRP \$60.00

Units	Wholesale Price/Unit
6	\$43.00ea (\$258 total)
12	\$42.25ea (\$507 total)
18	\$41.50ea (\$747 total)
24	\$40.75ea (\$978 total)
30	\$40.00ea (\$1200 total)
36+	Contact us

THE SEED CYCLE BROWNIE MIX

RRP \$34.00

Units	Wholesale Price/Unit
6	\$23.20ea (\$139.20 total)
12	\$22.70ea (\$272.40 total)
18	\$22.20ea (\$399.60 total)
24	\$21.70ea (\$520.80 total)
30	\$21.20ea (\$636.00 total)
36+	Contact us



THE SEED CYCLE BISCUIT MIX

RRP \$34.00

Units	Wholesale Price/Unit
6	\$23.20ea (\$139.20 total)
12	\$22.70ea (\$272.40 total)
18	\$22.20ea (\$399.60 total)
24	\$21.70ea (\$520.80 total)
30	\$21.20ea (\$636.00 total)
36+	Contact us



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MINIMUM ORDER IS 6 UNITS
POSTAGE WILL BE CALCULATED AT CHECKOUT

Frequently Asked Questions

What kind of seeds do you use.

There are 4 key seeds; flaxseeds, pumpkin, sunflower, and sesame seeds. All the seeds are Australian Certified Organic.

Can I use The Seed Cycle if I am on the Pill?

Yes, seed cycling can be used while on the Pill and can help support its effects.

There are many women taking The Seed Cycle blends while on the Pill and benefiting from the nutritional value of the seeds.

Seed cycling can also help you adjust to a regular menstrual cycle when getting off the Pill.

Can I seed cycle if I am pregnant?

It is not advised to seed cycle after your first trimester of pregnancy.

It is best to consult with a health practitioner for professional advice and support during pregnancy.

How long before I see results?

You may start to see differences after 1 month of seed cycling, usually though it does take 3-6 months to see changes. All results are very individual.

Can I start Seed Cycling anytime?

You can start on day 1 of your period with Phase 1 blend or start with Phase 2 from ovulation. If using the lunar cycle start with Phase 1 starting on a New Moon and Phase 2 starting on a Full Moon.

How do I seed cycle if my cycle is not 28 days?

If you are seed cycling with your natural cycle, you may find that your cycle is longer or shorter than 28 days. It is completely normal. If your cycle is shorter you can start on the next phase on the first day of your period. If your cycle is longer you will await your next cycle, then on the first day of your period you start Phase 1.

How long can I use The Seed Cycle?

Seed Cycling is all natural and can be part of your daily routine long term to support your body as you move through all the stages of life. There is no need to stop or take a break as it is all natural.

How can I Seed Cycle if I don't have a period?

For menopausal and postmenopausal women or women without a regular menstrual cycle, it's recommended to use the phases of the moon as a guide to cycle dates. The new moon will be day 1 of your cycle. You will consume the Phase 1 Blend from this day and the 14 days following. Then at day 15, which would be the full moon, you will switch to the Phase 2 Blend and continue consuming until the next new moon.



OUR CUSTOMERS ARE LOVING THE RESULTS AND CONVENIENCE!



What a difference seed cycling has made to my life! My skin has cleared, period pain has eased dramatically, my pms has become more bare able and less erratic! Forever going to be customer best decision I've made.

Steph Pascali, Sydney



Having it pre prepared has been great as measuring it out is just one more thing to have to think about! I can just buy the product and sprinkle the recommended amount onto my yoghurt each day. I'm grateful for a non-medicated option to deal with my hormones.

Virginia Wells, Canberra





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NATURAL HORMONE BALANCE

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