

WWW.GOOD4U.CO

OUR STORY

Good4U is a family owned health food business specialising in award winning natural functional foods. Good4U are revolutionising healthy snacking, superfood toppers, living foods & children's healthy snacks, all of which are lovingly made in our Sligo and Cookstown factories. Developed by co-founder and qualified dietician Michelle who has raised the bar with nutrition criteria that is unrivalled. Personalised nutrition is at the top of our agenda. All Good4U products contain no added sugar, no allergens and above all, are highly nutritious and very tasty.



OUR AIM

Good4U have a vision to become the world's most loved and trusted health food brand. Through their holistic approach to health, wellbeing and nutrition, they are on a mission to make healthy eating accessible and affordable. They are passionate about their product range and strive to empower people of all ages to live a healthier and happier life.

(0) 71 91 80031



Good 4U

MAKERS OF NATURAL FUNCTIONAL FOODS

LIVING FOODS



DID YOU KNOW?
 There is published research on the cancer fighting properties of Super Sprouts. Sprouts contain a compound called sulforaphane which has been proven to help reduce the spread of cancer and even fight to prevent it.

Good4U sprout mixes are washed and ready-to-eat. They can be used in salads, stir-fries, sandwiches, burgers, smoothies and soups for some fresh flavour and extra superfood goodness. With zero prep needed, adding these anti-oxidant rich sprouts to your snack or meal is super easy and super nutritious.

SUPERSHOTS



Supershots are tasty low calorie, on-the-go functional snacks that come in both sweet and savoury flavours. The veggie protein savoury range consists of a variety of roasted pulses, fruit, giant corn, peas and beans with a high boost of plant-based protein. The sweeter options consist of orange, cinnamon and coconut flavoured seeds with a mix of fruit, cocoa nibs and berries.



ENERGY BALLS



Good4U Energy Balls are deliciously sweet, all-natural filling snack that are gluten-free, nut-free and contain no added sugar. A healthy alternative to sugar-filled confectionery, this is a guilt-free snack suitable for any time of the day, especially delicious with coffee.



WHATS INSIDE?
 Made from raw seed & fruit, these soft, bite sized balls serve as a filling snack high in magnesium to help reduce tiredness and fatigue.

KIDS MINI ENERGY BALLS



MULTIPACKS



Kids Mini Energy Balls are sweet, soft bites made with 100% natural ingredients. A filling yet portion-controlled snack for children, free from nuts, gluten, and added sugar making them a perfect lunchbox-friendly school snack.

