



CATALOGUE



YOUR HEALTH TEAM

Overview

Gerardo Pty (Ltd) was Established in 1989 in Johannesburg, South Africa. Our Company has grown to become a trusted partner for clients throughout South Africa and across borders like Lesotho, Swaziland and Botswana. We are a customer-focused trading company committed to delivering high-quality products and reliable services across both the Pharmaceutical and the Healthcare Industry.



Key Focus and Vision:

We are a proudly South African Company working to improve people's health and wellbeing. Our Focus is on Quality & Consumer Trust. We believe in building a credible brand and maintain quality accreditation. Our Vision is to be a leading and trusted trading partner in both the Pharmaceutical and Healthcare Sectors, recognized for excellence, quality, and ethical business practices.

Strategy:

Our Strategy is to succeed in the Marketplace and drive profitable growth to improve people's health and wellness whilst making it fun. Our Long-term growth is only achievable with the right investments. Curating one-on-one client relationships with a solution orientated approach to achieving strong brand relationships. With our fleet of vehicles, we can efficiently distribute all our products locally and nationally.



Mission: Your health is our Mission.

Better Lifestyle Wholefoods: Promoting Health and Wellness through Wholesome Natural Dietary Choices. We provide simple yet healthy lifestyle products. We also share informative lifestyle advice to demonstrate just how simple and exciting a healthy lifestyle can be. We Passionately believe we can assist in making this ideal an affordable practice.

Products & Services:

Our key focus is meeting the needs of people's diverse cultures. We Provide lower & higher income consumers with high quality products. Our Product Categories range from Basic to Premium.



Innovation:

We are constantly innovating and launching new ideas. Delivering tasty, nutritious, and affordable health and wellness products.



Facilities

We Deliver end to end facility optimization solutions designed to meet the highest standards. Backed by our Quality Assurance and Quality Assurance testing, we guarantee consistent product integrity, regulatory compliance and unmatched traceability across all operations. Our Facilities are equipped with state-of-the-art instrumentation.



Achievements & Accreditation:

We strive to attain the highest food safety and quality standards. We pride ourselves on scientific formulations, quality ingredients and consumer education.

Gerardo Trading (Pty) Ltd holds various certifications and licenses to ensure regulatory compliance and Quality Assurance.



Some Key Certifications:

FSSC22000 V.5.1

SAHPRA SECTION 22C LICENSE

DEPARTMENT OF HEALTH - COA

Digitization:

We care about the consumer experience and E – Commerce is a priority across all markets and categories. We have had significant growth across all digital platforms and are always looking to keep up with the latest technology.



Staff Compliment:

The growth of The Gerardo Pty (Ltd) Operation is answering to job creation, with an extensive work force. Our highly skilled and experienced Development Team ensure all products undergo thorough research and testing. We have a dynamic team of individuals across the company from our Admin department through to our distribution.

Liquids

Product Code:
CV02

Bodicare Unfiltered Apple Cider Vinegar

500 ml



- Unfiltered and unprocessed for natural integrity.
- Contains the traditional Mother culture - a natural blend of enzymes & microorganisms.
- Naturally fermented for rich flavour & character.
- Ideal for culinary & household uses.

Unit Barcode:

Shrink Barcode (6 units): 6007520801272
Case Barcode (24 units): 6007520001375



Product Code:
CV04

Bodicare Unfiltered Apple Cider Vinegar

250 ml



- Unfiltered and unprocessed for natural integrity.
- Contains the traditional Mother culture - a natural blend of enzymes & microorganisms.
- Naturally fermented for rich flavour & character.
- Ideal for culinary & household uses.

Unit Barcode:

Shrink Barcode (6 units): 6007520808127
Case Barcode (24 units): 6007520808134



Product Code:
CV01

Bodicare Filtered Apple Cider Vinegar

500 ml



- Clear and naturally crafted with a smooth finish.
- Naturally fermented.
- Retains the essence of traditional fermentation.
- Ideal for culinary use and versatile kitchen applications.

Unit Barcode:

Shrink Barcode (6 units): 6007520801241
Case Barcode (24 units): 6007520001382



Product Code:
CV03

Bodicare Filtered Apple Cider Vinegar

250 ml



- Clear and naturally crafted with a smooth finish.
- Naturally fermented.
- Retains the essence of traditional fermentation.
- Ideal for culinary use and versatile kitchen applications.

Unit Barcode:

Shrink Barcode (6 units): 6007520808080
Case Barcode (24 units): 6007520808097



Product Code:
SS2

Bodicare Sweet Molasses Squeeze

350 g



- Naturally contains trace minerals from pure cane syrup.
- Deep, rich flavour with smooth, syrupy texture.

Unit Barcode:

Shrink Barcode (6 units): 6007520010643
Case Barcode (24 units): 6007520010193



Product Code:
CBM500A

Bodicare Crude Black Molasses Aliment

500 g



- Naturally rich in flavour and colour.
- Retains trace minerals & natural components from cane syrup.
- Versatile for baking, sauces & traditional recipes.
- Smooth, sticky texture.

Unit Barcode:

Shrink Barcode (6 units): 6007520030528
Case Barcode (24 units): 6007520012326



Product Code:
CBM350AS

Bodicare Crude Black Molasses Aliment Squeeze

350 g



- Known for its naturally occurring minerals such as Calcium, Magnesium and Potassium.
- Versatile for baking, sauces & traditional recipes.

Unit Barcode:

Shrink Barcode (6 units): 6007520802835
Case Barcode (24 units): 6007520801128



Product Code:
CBM475AS

Bodicare Crude Black Molasses Aliment Squeeze

475 g



- Known for its naturally occurring minerals such as Calcium, Magnesium and Potassium.
- Versatile for baking, sauces & traditional recipes.

Unit Barcode:

Shrink Barcode (6 units): 6007520802828
Case Barcode (24 units): 6007520802750



Product Code:
BC0100

Bodicare Castor Oil

200 ml



- CATEGORY: NATURAL OIL/ COSMETIC CARRIER OIL
- 100% pure, cold-pressed, hexane-free oil known for its rich, nourishing texture.
- Used traditionally in personal care routines, helps condition the hair, skin and nails, and serves as an effective natural carrier oil for essential oils.
- DISCLAIMER: "For external use only. Use as directed. This product is intended for cosmetic and personal care purposes"

Unit Barcode:

Shrink Barcode (6 units): 6007520808844

Case Barcode (24 units): 6007520808851



Product Code:
COL150

Bodicare Castor Oil

150 ml



- CATEGORY: NATURAL OIL/ COSMETIC CARRIER OIL
- 100% pure, cold-pressed, hexane-free oil known for its rich, nourishing texture.
- Used traditionally in personal care routines, helps condition the hair, skin and nails, and serves as an effective natural carrier oil for essential oils.
- DISCLAIMER: "For external use only. Use as directed. This product is intended for cosmetic and personal care purposes"

Unit Barcode:

Shrink Barcode (6 units): 6007520808813

Case Barcode (24 units): 6007520808820



Product Code:
COL250

Bodicare Castor Oil

100 ml



- CATEGORY: NATURAL OIL/ COSMETIC CARRIER OIL
- 100% pure, cold-pressed, hexane-free oil known for its rich, nourishing texture.
- Used traditionally in personal care routines, helps condition the hair, skin and nails, and serves as an effective natural carrier oil for essential oils.
- DISCLAIMER: "For external use only. Use as directed. This product is intended for cosmetic and personal care purposes"

Unit Barcode:

Shrink Barcode (6 units): 6007520808783

Case Barcode (24 units): 6007520808790





Bodicare Activated Fibre Charcoal

125 g

Product Code:
AC120



- **COMPLEMENTARY MEDICINE: DIGESTIVE SUPPORT**
- A plant-based supplement traditionally used to support general digestive well-being.
- Known for its natural adsorbing properties and is used in traditional health practices as part of cleansing and wellness routines.
- "This product is a traditional preparation. Use only as directed. If symptoms persist, consult a healthcare practitioner"

Unit Barcode:

tShrink Barcode (6 units): 6007520006509

Case Barcode (24 units): 6007520005748



Bodicare Fibre Blend

150 g

Product Code:
BWDF150



- **COMPLEMENTARY MEDICINE: DIGESTIVE SUPPORT/SOURCE OF DIETARY FIBRE**
- An all-natural source of dietary fibre, formulated to help maintain normal digestive regularity.
- "This product is a traditional preparation. Use only as directed."

Unit Barcode:

tShrink Barcode (6 units): 6007520006899

Case Barcode (24 units): 6007520027412



Product Code:
SBHL500

Bodicare Stametta Body Liquid

500 ml



- CATEGORY D: PHARMA LAXATIVE
- Stametta Body Liquid is a herbal-based tonic traditionally used to help maintain normal digestive regularity.
- Its carefully balanced formulation is designed to support the natural functions of the stomach and bowel, promoting internal balance and wellbeing.
- "This product falls under Category D (pharma laxative). Always use as directed"

Shrink Barcode (6 units): 6007520030726
Case Barcode (24 units): 6007520023582

Unit Barcode:



Product Code:
SBHL250

Bodicare Stametta Body Liquid

250 ml



- CATEGORY D: PHARMA LAXATIVE
- Stametta Body Liquid is a herbal-based tonic traditionally used to help maintain normal digestive regularity.
- Its carefully balanced formulation is designed to support the natural functions of the stomach and bowel, promoting internal balance and wellbeing.
- "This product falls under Category D (pharma laxative). Always use as directed"

Shrink Barcode (6 units): 6007520803276
Case Barcode (24 units): 6007520803269

Unit Barcode:



Product Code:
BU2S500

Bodicare Uzifozonke Liquid

500 ml



- A traditional African herbal tonic with Aloe.
- Formulated to support natural digestive balance and wellbeing.

Shrink Barcode (6 units): 6007520006721
Case Barcode (24 units): 6007520023605

Unit Barcode:



Product Code:
BU2S250

Bodicare Uzifozonke Liquid

250 ml



- A traditional African herbal tonic with Aloe.
- Formulated to support natural digestive balance and wellbeing.

Shrink Barcode (6 units): 6007520803313
Case Barcode (24 units): 6007520803337

Unit Barcode:



Product Code:
BIP500

Bodicare Izifozonke Liquid

500 ml



- Made from a blend a carefully selected African herbs.
- Contains naturally occuring plant based vitamins & nutrients.
- Suitable for beverages or culinary use.
- Traditionally associated with digestive balance and comfort.
- Free from artificial additives and preservatives.

Shrink Barcode (6 units): 6007520006615
Case Barcode (24 units): 6007520012425

Unit Barcode:



Product Code:
BSOH500

Bodicare Supreme One Hundred

500 ml



- Contains a variety of herbs and plant based ingredients.
- Naturally provides vitamins and minerals from wholefoods.
- Traditionally valued for its botanical and nutrient rich composition.

Shrink Barcode (6 units): 6007520006707
Case Barcode (24 units): 6007520023599

Unit Barcode:



Product Code:
SBC500

Bodicare Nutrition Liquid (B & C)

500 ml



- Naturally provides vitamins, nutrients and plant compounds associated with antioxidants.
- Contains a variety of herbs and plant-based ingredients.
- Traditionally valued for its botanical richness and natural composition.

Shrink Barcode (6 units): 6007520030719
Case Barcode (24 units): 6007520027344

Unit Barcode:



Product Code:
SBC250

Bodicare Nutrition Liquid (B & C)

250 ml



- Essential Nutrients, vitamins & herbs to support antioxidant properties and overall well-being.

Shrink Barcode (6 units): 6007520000194
Case Barcode (24 units): 6007520000064

Unit Barcode:



Product Code:
BMA100

Bodicare Mist Alba Original Flavour

100 g



- Digestive support formulation.
- Category D herbal liquid.

Shrink Barcode (6 units): 6007520808264
Case Barcode (24 units): 6007520808271

Unit Barcode:



Product Code:
BMAM100

Bodicare Mist Alba Mint Flavour

100 g



- Digestive support formulation.
- Category D herbal liquid.

Shrink Barcode (6 units): 6007520808301
Case Barcode (24 units): 6007520808318

Unit Barcode:



Product Code:
BMAB100

Bodicare Mist Alba Banana Flavour

100 g



- Digestive support formulation.
- Category D herbal liquid.

Shrink Barcode (6 units): 6007520808349
Case Barcode (24 units): 6007520808356

Unit Barcode:



Product Code:
SMG

Bodicare Stametta MG

100 g



- Digestive support formulation.
- Category D herbal liquid.

Shrink Barcode (6 units): 6007520808752
Case Barcode (24 units): 6007520808769

Unit Barcode:



Powders

Bodicafé 5 in 1 Miracle Mix

100 g

Product Code:
SF52



- Contains a balanced mix of Ginger, Cinnamon, Turmeric, Cayenne and Garlic.
- Versatile for tea, sauces, soups, marinades and other culinary applications.
- Made from carefully selected high-quality ingredients.
- Free from colours, flavours and preservatives.

Shrink Barcode (6 units): 6007520007001
Case Barcode (24 units): 6007520007018

Unit Barcode:



Bodicafé Moringa Powder

100 g

Product Code:
SF30



- Rich in protein and naturally occurring vitamins and minerals.
- Traditionally valued for containing naturally occurring plant compounds commonly included in traditional wellness practices.

Shrink Barcode (6 units): 6007520806246
Case Barcode (24 units): 6007520806451

Unit Barcode:



Nuts & Seeds

Bodicafé Chia Seeds

100 g

Product Code:

S4



- Naturally rich in Omegas, Protein, Vitamins, Minerals and Fibre.
- Naturally contains plant compounds traditionally associated with anti-oxidants.

Unit Barcode:

Shrink Barcode (6 units): 6007520029980

Case Barcode (24 units): 6007520805973



Bodicafé Chia Seeds

200 g

Product Code:

S19



- Naturally rich in Omegas, Protein, Vitamins, Minerals and Fibre.
- Naturally contains plant compounds traditionally associated with anti-oxidants.

Unit Barcode:

Shrink Barcode (6 units): 6007520806482

Case Barcode (24 units): 6007520805898



Bodicafé Pumpkin Seeds

100 g

Product Code:

S17



- Naturally rich in Fibre & Protein.

Unit Barcode:

Shrink Barcode (6 units): 6007520807601

Case Barcode (24 units): 6007520805881



Bodicafé Pumpkin Seeds

150 g

Product Code:

S9



- Naturally rich in Fibre & Protein.

Unit Barcode:

Shrink Barcode (6 units): 6007520031686

Case Barcode (24 units): 6007520806024



Product Code:
S10

Bodicafé Sunflower Seeds

160 g

- Naturally high in energy, fibre protein.



Shrink Barcode (6 units): 6007520800985
Case Barcode (24 units): 6007520805829

Unit Barcode:



Product Code:
S5

Bodicafé Flax Seeds

120 g

- A good source of energy.
- Packed with protein.
- With a natural supply of fibre.



Shrink Barcode (6 units): 6007520025890
Case Barcode (24 units): 6007520006554

Unit Barcode:



Product Code:
S15

Bodicafé Flax Seeds

250 g

- A good source of energy.
- Packed with protein.
- With a natural supply of fibre.



Shrink Barcode (6 units): 6007520000415
Case Barcode (24 units): 6007520006554

Unit Barcode:



Product Code:
S14

Bodicafé Flax Seeds

500 g

- A good source of energy.
- Packed with protein.
- With a natural supply of fibre.



Shrink Barcode (6 units): 6007520807618
Case Barcode (24 units): 6007520805850

Unit Barcode:



Bodicafé Fenugreek

150 g

Product Code:

SF7



- Commonly used in recipes and teas historically for digestive comfort.

Shrink Barcode (6 units): 6007520030986
Case Barcode (24 units): 6007520030993

Unit Barcode:



Seasonings

Bodicafé Cayenne Pepper

130 g

Product Code:

SF29



- Dried Hot Chilli that adds heat to a dish.
- Good source of vitamins A & C and is a common natural ingredient in traditional seasonal and warming recipes.

Unit Barcode:

Shrink Barcode (6 units): 6007520006608
Case Barcode (24 units): 6007520806222



Bodicafé Cayenne Pepper

250 g

Product Code:

SF46



- Dried Hot Chilli that adds heat to a dish.
- Good source of vitamins A & C and is a common natural ingredient in traditional seasonal and warming recipes.

Unit Barcode:

Shrink Barcode (6 units): 6007520031327
Case Barcode (24 units): 6007520031334



Bodicafé Ginger Powder

100 g

Product Code:

SF11



- Creates a earthy fresh aroma.
- Ginger is warm & nourishing and is traditionally recognised for its natural anti-inflammatory properties.

Unit Barcode:

Shrink Barcode (6 units): 6007520031082
Case Barcode (24 units): 6007520031099



Bodicafé Ginger Powder

250 g

Product Code:

SF51



- Creates a earthy fresh aroma.
- Ginger is warm & nourishing and is traditionally recognised for its natural anti-inflammatory properties.

Unit Barcode:

Shrink Barcode (6 units): 6007520031648
Case Barcode (24 units): 6007520031655



Bodicafé Garlic Salt

200 g

Product Code:

SF10



- Blend to season and enhance flavour.

Shrink Barcode (6 units): 6007520001634
Case Barcode (24 units): 6007520806048

Unit Barcode:



Bodicafé Garlic Powder

75 g

Product Code:

SF9



- Adding Authentic flavour

Shrink Barcode (6 units): 6007520001115
Case Barcode (24 units): 6007520001641

Unit Barcode:



Bodicafé Onion Powder

75 g

Product Code:

SF12



- Intense aromatic flavour

Shrink Barcode (6 units): 6007520031679
Case Barcode (24 units): 6007520806062

Unit Barcode:



Bodicafé Paprika

100 g

Product Code:

SF15



- Vibrant mild flavour adding sweet & spicy

Shrink Barcode (6 units): 6007520001627
Case Barcode (24 units): 6007520001658

Unit Barcode:





Product Code:
SF35

Bodicafé Himalayan Salt (Fine)

250 g



- Deep, Golden orange colour
- Contains active curcumin which has powerful anti-inflammatory and anti-oxidant effects.

Unit Barcode:

Shrink Barcode (6 units): 6007520001016
Case Barcode (24 units): 6007520001061



Product Code:
SF36

Bodicafé Himalayan Salt (Fine)

500 g



- Deep, Golden orange colour
- Contains active curcumin which has powerful anti-inflammatory and anti-oxidant effects.

Unit Barcode:

Shrink Barcode (6 units): 6007520001047
Case Barcode (24 units): 6007520806291



Product Code:
SF37

Bodicafé Himalayan Salt (Coarse)

250 g



- Sweet & Savoury Spice.
- Cinnamon is also a natural anti-oxidant

Unit Barcode:

Shrink Barcode (6 units): 6007520001009
Case Barcode (24 units): 6007520806307



Bodicafé Himalayan Salt (Coarse)

500 g



- Sweet & Savoury Spice.
- Cinnamon is also a natural anti-oxidant

Unit Barcode:

Shrink Barcode (6 units): 6007520001030
Case Barcode (24 units): 6007520001085



Product Code:
SF16

Bodicafé Turmeric

100 g



- Deep, Golden orange colour
- Contains active curcumin which has powerful anti-inflammatory and anti-oxidant effects.

Shrink Barcode (6 units): 6007520001092
Case Barcode (24 units): 6007520001177

Unit Barcode:



Product Code:
SF45

Bodicafé Turmeric

250 g



- Deep, Golden orange colour
- Contains active curcumin which has powerful anti-inflammatory and anti-oxidant effects.

Shrink Barcode (6 units): 6007520031259
Case Barcode (24 units): 6007520031266

Unit Barcode:



Product Code:
SF4

Bodicafé Cinnamon

75 g



- Sweet & Savoury Spice.
- Cinnamon is also a natural anti-oxidant

Shrink Barcode (6 units): 6007520001580
Case Barcode (24 units): 6007520001184

Unit Barcode:



Product Code:
SF47

Bodicafé Cinnamon

250 g



- Sweet & Savoury Spice.
- Cinnamon is also a natural anti-oxidant

Shrink Barcode (6 units): 6007520031396
Case Barcode (24 units): 6007520031402

Unit Barcode:



Bodicare Stametta Tea Health - Boost

40 g

Product Code:

ST40



- Traditional African Herbs with gentle digestive support properties.

Unit Barcode:

Shrink Barcode (6 units): 6007520030757

Case Barcode (24 units): 6007520027368



Bodicare VitaRoot Coffee - 20 bags

125 g

Product Code:

VC20



- Chicory extract contains vitamins & minerals such as zinc, iron, vitamin A,C,K.

Unit Barcode:

Shrink Barcode (6 units): 6007520807441

Case Barcode (24 units): 6007520807465



Bodicafe Anytime Crunch Cereal

500 g

Product Code:
C3



- Anytime Crunch Cereal can be enjoyed with your choice of milk or with added fruit and yogurt. nytime Crunch Cereal can also be added to baking mixes such as muffins and waffles.

Shrink Barcode (6 units): 6007520001252
Case Barcode (24 units): 6007520001276

Unit Barcode:





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