

TM

BODicare

TM

BODicafé

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



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

Bodicare Unfiltered Apple Cider Vinegar

500 ml

Product Code:

CV02



- 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

250 ml

Product Code:

CV04



- 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

500 ml

Product Code:

CV01



- 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

250 ml

Product Code:

CV03



- 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

Product Code:

BWFDF150



- 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"

Unit Barcode:

Shrink Barcode (6 units): 6007520030726

Case Barcode (24 units): 6007520023582



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"

Unit Barcode:

Shrink Barcode (6 units): 6007520803276

Case Barcode (24 units): 6007520803269



Product Code:
BU2S500

Bodicare Uzifozonke Liquid

500 ml



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

Unit Barcode:

Shrink Barcode (6 units): 6007520006721

Case Barcode (24 units): 6007520023605



Product Code:
BU2S250

Bodicare Uzifozonke Liquid

250 ml



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

Unit Barcode:

Shrink Barcode (6 units): 6007520803313

Case Barcode (24 units): 6007520803337



Product Code:
BIP500

Bodicare Izifozonke Liquid

500 ml



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

Unit Barcode:



Shrink Barcode (6 units): 6007520006615

Case Barcode (24 units): 6007520012425

500 ml

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.

Unit Barcode:



Shrink Barcode (6 units): 6007520006707

Case Barcode (24 units): 6007520023599

500 ml

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.

Unit Barcode:



Shrink Barcode (6 units): 6007520030719

Case Barcode (24 units): 6007520027344

250 ml

Product Code:
SBC250

Bodicare Nutrition Liquid (B & C)

250 ml



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

Unit Barcode:



Shrink Barcode (6 units): 6007520000194

Case Barcode (24 units): 6007520000064

Bodicare Mist Alba Original Flavour

100 g

Product Code:
BMA100



- Digestive support formulation.
- Category D herbal liquid.

Unit Barcode:



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

Bodicare Mist Alba Mint Flavour

100 g

Product Code:
BMAM100



- Digestive support formulation.
- Category D herbal liquid.

Unit Barcode:



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

Bodicare Mist Alba Banana Flavour

100 g

Product Code:
BMAB100



- Digestive support formulation.
- Category D herbal liquid.

Unit Barcode:



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

Bodicare Stametta MG

100 g

Product Code:
SMG



- Digestive support formulation.
- Category D herbal liquid.

Unit Barcode:



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

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.

Unit Barcode:

Shrink Barcode (6 units): 6007520007001

Case Barcode (24 units): 6007520007018



100 g

Bodicafé Moringa Powder

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.

Unit Barcode:

Shrink Barcode (6 units): 6007520806246

Case Barcode (24 units): 6007520806451



100 g



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

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.



Product Code:
S5

Bodicafé Flax Seeds

120 g

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



Product Code:
S15

Bodicafé Flax Seeds

250 g

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



Product Code:
S14

Bodicafé Flax Seeds

500 g

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



Unit Barcode:



6 007520 801616 >

Shrink Barcode (6 units): 6007520800985

Case Barcode (24 units): 6007520805829

Unit Barcode:



6 007520 025869 >

Shrink Barcode (6 units): 6007520025890

Case Barcode (24 units): 6007520006554

Unit Barcode:



6 007520 006387 >

Shrink Barcode (6 units): 6007520000415

Case Barcode (24 units): 6007520006554

Unit Barcode:



6 007520 010025 >

Shrink Barcode (6 units): 6007520807618

Case Barcode (24 units): 6007520805850

Product Code:
SF7

Bodicafé Fenugreek

150 g

- 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

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

Product Code:
SF10

Bodicafé Garlic Salt

200 g



- Blend to season and enhance flavour.

Product Code:
SF9

Bodicafé Garlic Powder

75 g



- Adding Authentic flavour

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

Unit Barcode:



Product Code:
SF12

Bodicafé Onion Powder

75 g



- Intense aromatic flavour

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

Unit Barcode:



Product Code:
SF15

Bodicafé Paprika

100 g



- 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

Product Code:
SF38

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.

Unit Barcode:



6 007520 006110 >

Product Code:
SF45

Bodicafé Turmeric

250 g



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

Unit Barcode:



6 007520 031242 >

Product Code:
SF4

Bodicafé Cinnamon

75 g



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

Unit Barcode:



6 007520 801722 >

Product Code:
SF47

Bodicafé Cinnamon

250 g



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

Unit Barcode:



6 007520 031389 >

Product Code:
ST40

Bodicare Stametta Tea Health - Boost

40 g



- Traditional African Herbs with gentle digestive support properties.

Product Code:
VC20

Bodicare VitaRoot Coffee - 20 bags

125 g



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

Unit Barcode:



Shrink Barcode (6 units): 6007520030757

Case Barcode (24 units): 6007520027368

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. Anytime 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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favourites.

