

## ABOUT US



Founded by biochemist Holly Williamson, STMNA was born from a desire to treat the root causes of poor health - not just mask the symptoms.

After struggling with stress, sleep, and inflammation herself, Holly used her background in molecular biology to create a holistic supplement that supports the body every day - gently, powerfully, and naturally.

We believe longevity isn't about chasing youth - it's about protecting the vitality that lets you feel good, move well, and thrive as you age.

## PLANT BASED, PURPOSE DRIVEN

STMNA Bioactives is an Australian brand blending modern science with ancient wisdom. We're committed to natural longevity, sustainable packaging, and evidence-based wellness.

## WEBSITE & CONTACT

- [www.stmna.com.au](http://www.stmna.com.au)
- [support@stmna.com.au](mailto:support@stmna.com.au)
- Based in Melbourne, proudly Aussie made

## REFILL SYSTEM

Keep your glass jar and refill with our eco-friendly pouches.



## BUY ONLINE

Purchase STMNA online and up to 20% off + free shipping when you buy a bundle



# LONGEVITY STARTS FROM WITHIN

A plant-based daily supplement to support inflammation, stress resilience, skin health & graceful ageing.



HEALTHSPAN SUPPLEMENT

*Backed by science. Rooted in nature.*

## WHAT IS HEALTHSPAN?

Healthspan is the number of years you live in good health without chronic illness. The average Australian lives 10 years in poor health before their lifespan is up. We created Healthspan to help you age better, feel better, and stay well longer.



VS.



75 years old but had chronic health conditions for 10 years, healthspan is 65

85 years old, no chronic health conditions, healthspan is 85

## WHAT CAUSES EARLY AGEING?

1. Chronic inflammation
2. Chronic stress
3. Oxidative stress from toxin exposure
4. Poor quality sleep

## OUR NATURAL SOLUTION

Healthspan capsules combine six scientifically studied bioactives to help your body rebalance, naturally.

- Inflammation control
- Mood & stress resilience
- Immune & gut health
- Energy, sleep & skin
- Brain & heart function

## INGREDIENTS

Each capsule contains the bioactives:



Curcumin



Boswellia serrata



Grape seed



Ashwagandha



Resveratrol



Black pepper

See label for full list and dosage.

## FEEL THE DIFFERENCE

### DAILY BENEFITS

- ✓ More energy
- ✓ Deeper sleep
- ✓ Better gut health
- ✓ Glowing skin
- ✓ Less stress & anxiety

### LONGEVITY SUPPORT

- ✓ Reduced inflammation & joint pain
- ✓ Brain & heart health
- ✓ Blood sugar, cholesterol, circulation

## HOW TO USE

Take **2 capsules** daily, with or without food. Refill with our recyclable pouches to reduce waste.

## WHAT OUR CUSTOMERS SAY



“  
*My focus and mental clarity have greatly improved - Julia*



“  
*Faster recovery and more stamina - Gary*



“  
*Improved sleep quality and energy - Rosie*

## START YOUR JOURNEY

Head over to [www.stmna.com.au](http://www.stmna.com.au) to read more information.

Always read the label and follow directions for use. It is recommended to see a health professional before starting any new supplement.



Vegan



GF



Sugar free



Non-GMO



No fillers



Aus made