



Functional Ingredients

EQUINCX HOTELS



Functional
Ingredients



ALGAE-BLUE MAJIK + CHLOROPHYLL + SPIRULINA | Found in our EQX Cha Cha Matcha Superfood Latte + Regenerate + Repair Supercharged Booster

The deeply hued algae is one of the most nutrient-dense foods that helps detoxify the blood, energize the body and stimulate the immune system with radically high levels of protein + vitamins.

AMLA | Found in our Immunity Smoothie

Indian gooseberry, high vitamin-C content, improves heart health, increases metabolic activity, cures sore throat and boosts immunity.

ASWAGANDHA | Found in our Sleep well Warm Milk + Brain Fuel Smoothie

An ayurvedic adaptogen that helps enhance focus and mental stamina while boosting mood and helping the body cope with stress.

BEE POLLEN | Found in our Jet Lag Tea

Nectar of the gods. Rich in antiviral and antibacterial compounds, and high in vitamins and minerals.

BLACK CHERRY | Found in our Sleep Well Melatonin Smoothie

A stone fruit which contain anti-inflammatory compounds and melatonin, which may help improve sleep quality. Also packed with potassium and antioxidants, which have powerful heart-protective properties.

BLACK SESAME | Found in our Energy Meal Kit

Loaded with iron and B vitamins these seeds have anti-aging power. Also abundant in zinc and calcium for stronger bones and healthier skin.

BUTTERFLY BLUE PEAFLOWER | Found in our Regenerate Tea

A plant that helps to reduce inflammation, help with common eye issues like conjunctivitis, fight against certain types of cancers, induce brain health, and increase vitality.

CACAO | Found in our Superfood Cacao Latte + Immunity Meal Kit

It's not just a beautiful flavor enhancer, it's also incredibly rich in benefits for your body and mind. Packed with antioxidants (40 times the amount found in blueberries!), heavy in magnesium and a known mood enhancer.

CALENDULA | Found in our Jet Lag Tea

The flower is widely used as a medicinal plant whose antibacterial, antifungal, and anti-inflammatory properties, which make it a strong ingredient for healing.

CAMU CAMU | Found in our Immunity Smoothie

A berry from the Amazon rainforest, is considered a superfood as it contains a high content of vitamin C, powerful antioxidants, antimicrobial properties and may help fight inflammation.

CHAGA | Found in our Superfood Medicinal Mushroom Latte

Mushrooms are nutritional powerhouses, making them one of the most heavily researched foods around, especially by pharmaceutical companies. Boasting the highest level of antioxidants of any superfood,, beta-D-glucans and compounds that have been linked to help in the fight against cancer, this mushroom has it all.

CHIA SEEDS | Found in our Anti Inflammatory Meal Kit

Considered to be one of the healthiest foods on the planet, expect better digestive health, increased endurance, skin that ages gracefully, stronger bones and reduced inflammation.

CILANTRO | Found in our Fish Taco Bowl

Cilantro is a leaf of the coriander plant and eaten as a food or as a spice. It can help remove heavy metals such as mercury, lead and aluminum from the body and can also eliminate certain bacteria that can cause infections.

CINNAMON | Found in our Power up Tea, Regenerate Tea + Superfood Chai Latte

Once upon a time it was more valuable than gold. A powerful antioxidant with many health benefits. Has anti-inflammatory and antimicrobial properties, to fight bacterial and viral infections to help clear up mucus and encourage circulation.



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CORDYCEPS | Found in our Superfood Medicinal Mushroom Latte

The secret weapon of endurance athletes cordyceps are a medicinal mushroom, supporting the immune and respiratory system.

ECHINACHEA | Found in our Germ Fighter Supercharged Booster

A potent herb known to treat the common cold and flu. In addition, studies have linked echinacea to many health benefits, such as reduced inflammation, improved immunity and lower blood sugar levels.

ELDERBERRY | Found in our Germ Fighter Supercharged Booster

This superfruit is packed with antioxidants and vitamins that may boost your immune system. They can help tame inflammation, lessen stress, prevent cold and flu symptoms and help protect your heart.

E3 LIVE | Found in our Regenerate + Repair Supercharged Booster

E3Live, or blue-green algae, is a superfood with a wide variety of nutrition benefits, but the underlying reason for its amazing impact on the body's overall function is its astoundingly high levels of chlorophyll.

FLAXSEED | Found in our Immunity Meal Kit, Brain Fuel Smoothie + other menu items

A plant-based food that provides healthful fat, antioxidants, and fiber. Its benefits are many, from aiding digestion to weight loss and may also lower cancer and diabetes risk.

GINGER | Found in our Supercharged Boosters and our Power Up, Jet Lag + Regenerate Tea

A popular spice which is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.

HEMPSEEDS | Found in our Anti Inflammatory Meal Kit, Energy Meal Kit + Sleep Well Magnesium Smoothie

An abundant source of phytonutrients, rich in vitamins and minerals, high in GLA (gamma linoleic acid), which has been shown to be beneficial to hormone health, rich in soluble and insoluble fiber and are a perfect protein.

KEFIR | Found in our Immunity Smoothie

A cultured, fermented dairy beverage that is nutrient rich with many vitamins and minerals. It's also packed with protein and high levels of probiotics. It is used to help improve digestion and treat irritable bowel syndrome.

LABNEH | Found in our Sleep Well Magnesium Smoothie

A strained yogurt which is high in protein as well as important micronutrients like calcium and vitamin A. It's also low in lactose and can help improve gut health.

MANUKA HONEY | Found in our Anti Inflammatory Supercharged Booster, Superfood Golden Chai Latte, Turmeric Latte + Sleep Well Warm Milk

From New Zealand this honey has the highest concentrated antibacterial and antibiotic power more potent than regular honey.

MCT OIL | Found in our Electric Kale Smoothie

Medium-chain triglyceride (MCT) oil contains medium- length chains of fats commonly extracted from coconut oil. Helps promote weight loss, instant source of energy, increase muscle mass and strength.

MORINGA | Found in our Regenerate + Repair Supercharged Booster

A large tree native to North India. Rich in nutrients, protein, vitamin B6, Vitamin C, riboflavin, iron and antioxidants. Reduces inflammation and protects against toxicity.

OIL OF OREGANO | Found in our Germ Fighter Supercharged Booster

As an herbal supplement, oil of oregano is known for its antiviral, anti-inflammatory, and antioxidant properties. Used for respiratory health to treat cold and flu symptoms.

ROOIBOS | Found in our Jet Lag Tea

A leaf that contains vital minerals including calcium, iron, magnesium, zinc and high levels of vitamin C along with powerful antioxidants such as aspalathin that offer extensive health benefits.



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ROSE HIP | Found in our Jet Lag Tea

Rose hip is the fruit that develops from the blossoms of the wild rose plant. Known to help strengthen the immune system, promote circulation, reduce inflammation and heart disease.

ROSEMARY | Found in our Power Up + Regenerate Tea

A shrub shown to have antioxidant, anti-inflammatory, and antimicrobial effects. Consuming and inhaling compounds in rosemary have been shown to reduce anxiety, boost mood, and improve concentration and memory.

SKULLCAP | Found in our Power Down Tea

From the mint family, Skullcap relieves insomnia, anxiety, nervous tension and inflammation and is used to treat respiratory infections.

SPELT | Found in our Breads + Baked Goods

With its mild, nutty flavor, is a popular alternative to wheat. It also provides several essential nutrients, such as iron, magnesium, and zinc.

TOCOS | Found in our Superfood Chai + Cacao Latte

Rice bran soluble superfood with a high source of vitamin E, promoting healthy skin and connective tissue and detoxification.

TULSI | Found in our Power Down Tea

A medicinal herb used in Ayurveda from India. It is known to help combat respiratory infections, mercury poisoning, assist in keeping cholesterol in check and relieve anxiety.

TURMERIC | Found in our Jet Lag Tea + Superfood Lattes

Native to India, curcumin is the main active ingredient in turmeric. It is a powerful, anti-inflammatory antioxidant. Linked to improved brain function and can prevent cancer.

VALERIAN ROOT | Found in our Power Down Tea

A herb native to Europe and parts of Asia. Aids with stress, insomnia and improving sleep quality without any side effects.