# Propel Health Australia Brings the Elite Sport Testing Standard to Everyday Nutrition

## Health Practitioners Are Taking Notice




**Brendale, Queensland Nov 17, 2026 (Issuewire.com)** - Brisbane, Queensland: Propel Health Australia, an Australian family-owned nutrition company based in Brisbane, Queensland, independently tests products in its range for heavy metals, arsenic, and glyphosate before they are released. The standard came straight from elite sport, and health practitioners are now recommending the range because of it.

### Where the testing standard comes from

In elite sport, nothing goes into an athlete's body on trust. Products are checked by an independent laboratory before they are used, because one unknown ingredient can cost a career.

Grant Jenkins, founder of Propel Health Australia, spent 30 years in high performance coaching. From 2008 to 2013, he was the State Physical Performance Manager at Tennis Australia's National Academy in Queensland, where he ran the physical program for players including Ash Barty and Jason Kubler.

"In elite sport, you test everything that goes into an athlete. That's just how it works," said Jenkins. "When we started Propel Health Australia, we brought the same habit with us. Products are tested by an independent lab before it goes on sale. If it doesn't pass, we don't sell it."

**What surprised the founder**

Jenkins assumed independent testing was normal practice across the industry. It wasn't.

"We honestly thought everyone was doing it," said Jenkins. "In the short time we've been around, we've found that independent testing for heavy metals, arsenic, and glyphosate is the exception, not the rule. We didn't set out to lead on it. We just never considered doing it any other way."

**Why health practitioners are recommending the range**

The testing has caught the attention of health practitioners, who now recommend Propel Health Australia products to their clients. For a practitioner, a recommendation carries their own name, so knowing exactly what is, and is not, in the jar matters.

"Practitioners ask the same question a sports scientist asks: how do you know what's in it? We can answer that with a lab report," said Jenkins. "Having health experts recommend us off the back of that is the best feedback we could get."

**What the testing covers**

Propel Health Australia products are required to pass two checks before they are sold. The first is an independent laboratory test. The second is a family one.

"Our test is simple. Would we give this to our own kids? If the answer is no, we won't sell it" said Jenkins.

Almost all of the Propel Health Australia range is sold as food, under an Australian food licence. The fibre range carries FODMAP Friendly certification, and HASTA certification is available for athletes and teams who need it.

Where to buy Propel Health Australia

The range is sold online at propelhealthaustralia.com and through independent health food stores and pharmacies across Australia.

Propel Health Australia at a glance

Company: Propel Health Australia Pty Ltd

ABN: 60 692 962 806

Based: Brisbane, Queensland, Australia

Ownership: Australian family-owned

Founders: Grant Jenkins

Best known product: PHGG (partially hydrolysed guar gum), FODMAP Friendly certified

Website: propelhealthaustralia.com

About Propel Health Australia

Propel Health Australia is an Australian, family-owned company based in Brisbane, Queensland. The range covers prebiotic fibres, gut health blends, collagen, everyday minerals, training support and natural sweeteners. Its best-known product is PHGG, a partially hydrolysed guar gum fibre that dissolves clear in water and is FODMAP Friendly certified. Almost all of the Propel Health Australia range is sold as food, under an Australian food licence. The range is independently tested; the fibre range carries FODMAP Friendly certification, and HASTA certification is available for customers who need it. Propel Health Australia is 100% Australian-owned. It was founded by Grant Jenkins, a former high-performance coach for 30 years. The brand's own website is propelhealthaustralia.com.

**Media Contact**

Propel Health Australia Pty Ltd

*********@propelhealthaustralia.com

1300440528

2/2 Belconnen Crescent

https://propelhealthaustralia.com/

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