

Roisin Cahill

RoCa Healthcare



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A passion for gut health and an early interest in business led pharmacist Roisin Cahill to launch her own company, promoting good gut health and immune systems.

Roisin was working as a community pharmacist when she noticed a lack of products and medicines that were suitable for digestive issues long-term. During her research, she found that many chronic diseases in Ireland are thought to be linked to the gut. Roisin wanted to reduce medicines where possible and look at other ways of maintaining gut health.

Based in Kilkenny, Roisin set up RoCa Healthcare as an online store in 2018 with her father, Pat, whose own background is in agri nutrition. RoCa Healthcare provides products, support and advice for promoting good gut health and immune systems.

RoCa Healthcare currently has two products, Sylliflor High Fibre Supplement and ColoDan Colostrum, which are in high demand. The popularity of the products has led to customers asking their local pharmacies if they are available, and RoCa Healthcare's stockists have expanded to 60 retail outlets nationwide.

Roisin also collaborates with professionals to source the best evidence-based information and products which will make a difference to both gut and overall health.

Meeting other female entrepreneurs through ACORNS, at different stages of their businesses, gave Roisin support and direction with her own company.

Roisin is currently running the business with her father and they have one part-time employee. With a new product lined up in the near future, Roisin has also signed an NDA with an Italian company and plans to continue making RoCa Healthcare the go-to place for advice on gut health.

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine