

VITALITY



LIFESTYLE



TREC NUTRITION.COM |  |  |

ABOUT US .....	4-5
ASHWAGANDHA 800 .....	6
ASHWAGANDHA MAX .....	7
GOTU KOLA.....	8
RHODIOLA ROSEA .....	9
KOREAN GINSENG .....	11
ALA 250 .....	12
COENZYME Q10 .....	15
LUTEIN .....	16
MELATONIN .....	17
SLEEP-ER.....	18
PIPERINE MAX .....	21
HEPA HELP.....	22
HEPA COMPLETE .....	23
GREEN COFFEE EXTRACT.....	24
GREEN TEA EGCG.....	25
CHROMIUM .....	26
POTASSIUM .....	27
ZINC .....	28
TYROSINE .....	31
OMEGA 3-6-9 .....	32
OMEGA 3 + D3 .....	33
SUPER OMEGA 3 .....	34
VIT. B12 .....	35
DIBENCOZIDE FORCE .....	36
FOLIC ACID .....	37
VIT. B COMPLEX.....	38
VITAMIN C 1000 .....	39
VITAMIN C 1000 ULTRA BIOFLAV.....	40
VITAMIN C 2000 .....	42
VIT. D3 .....	43
VIT. D3 + K2 [MK-7] .....	44
MULTIPACK .....	46-47
MULTIVITAMIN FOR MEN .....	48-49
MULTIVITAMIN FOR WOMEN .....	50-51
MINERAL COMPLEX .....	52

## PREFERRED PRODUCER

Trec Nutrition is one of the pioneers and leaders of dietary supplements for athletes and other active people. Founded in Poland in 2001, the company today delivers the most innovative products to millions of consumers on an international scale. What makes Trec stand out is the high and certified quality of its products, as well as its recognition and extensive portfolio addressing the various needs of its consumers. Therefore many claim that the company is the synonym of trust, quality, safety and performance.



## STRONG MISSION

The purpose of Trec is to make workouts and an active life more effective, allowing people to outperform the rest. Having a strong belief in a world where the need for self-improvement and overcoming one's internal and external barriers gives people direction in life, the Trec brand offers such demanding consumers professional and healthy hero products that help them achieve outstanding strength, endurance and fitness, as well as an athletic figure.





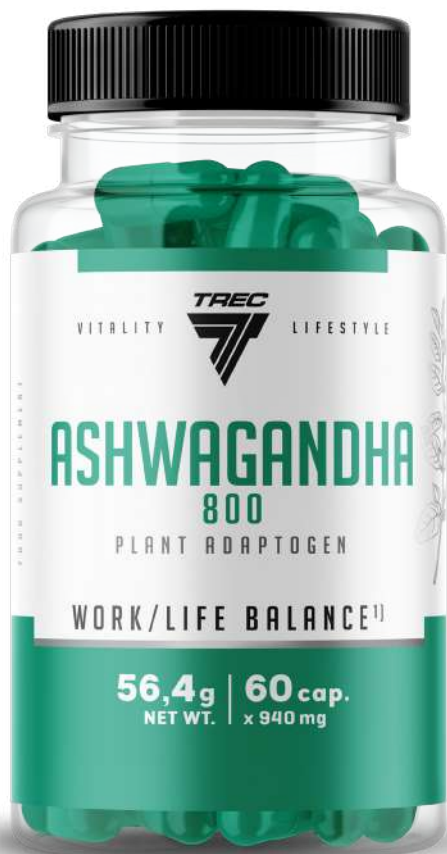
## VITALITY LIFESTYLE

More and more consumers are becoming passionate about enjoying a confident, healthy, peaceful and feel-good lifestyle. A holistic and health-focused approach to life is now a new mindset for millions. In keeping the good of the consumers as the centre of everything it does, Trec has developed a portfolio of high-quality vitamins and minerals – Vitality Lifestyle, which supports them in overcoming mental and health life challenges, and embracing a positive lifestyle.



# ASHWAGANDHA 800

» manage your stress and improve your immunity



SUPPORTS  
IMMUNITY



PREVENTS EXHAUSTION  
AND FATIGUE



IMPROVES BODY  
REGENERATION

Ashwagandha, in traditional medicine referred to as Indian ginseng, is a herb classified as an adaptogen, i.e. a plant that improves your immune function and resistance to stress. Its active compounds, withanolides, demonstrate a beneficial effect on your nervous system, as they reduce the level of cortisol, the stress hormone. This plant has been recommended for a long time, to treat exhaustion, problems with memory or libido and insomnia. Studies on ashwagandha confirm its benefits in periods of convalescence, intensive physical effort or reduced immune function.

#### Who do we especially recommend this product for?

It is especially recommended for people struggling with constant stress, with symptoms of adrenal fatigue [e.g. disturbed cortisol circadian rhythm] or those continuously exposed to a high level of stress.

#### PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Ashwagandha Root Extract ( <i>Withania somnifera</i> ) [1,5% Withanolides]	800,00 mg
of which Withanolides	12,00 mg

\*Daily portion of the product

# ASHWAGANDHA MAX

» a powerful weapon to fight a silent killer – stress



REDUCES THE LEVEL  
OF CATABOLIC  
CORTISOL



ANTI-INFLAMMATORY  
EFFECT



SUPPORTS  
TESTOSTERONE  
METABOLISM

Ashwagandha Max is an extract from ashwagandha, a plant with adaptogenic properties. It offers a high concentration [30 mg in 1 serving] of withanolides, biologically active substances producing cytostatic, anti-inflammatory and antibacterial effects. By lowering the levels of cortisol, the main stress hormone, these compounds improve your resistance to stress. In men, normalisation of the cortisol concentration helps to restore normal testosterone metabolism. Nowadays, stress is omnipresent, so a growing number of people are seeking natural products, such as Ashwagandha Max, to combat stress. Sources of stress are not limited to events, but may include lack of regular meals, insufficient regeneration after increased exertion, deficits of micronutrients and macronutrients in the diet, excessive changes in blood sugar levels, insufficient sleep or intensive workouts. Permanent stress and constant surges of cortisol can not only reduce one's energy or willingness to exercise, but may also contribute to hormonal imbalance in the body [due to the effect on the metabolism of insulin or testosterone].

## Who do we especially recommend this product for?

Athletes whose training results may be restricted by an excessively high level of cortisol and for anyone who suffers from the effects of chronic stress [e.g. problems with immunity, sleep, maintaining proper body mass, etc.].

## PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Ashwagandha Extract [whole plant] [ <i>Withania somnifera</i> ] [9% Withanolides]	335,00 mg
of which Withanolides	30,00 mg

\*Daily portion of the product

# GOTU KOLA

» improving blood circulation and stress reduction



IMPROVES  
CIRCULATION



ACCELERATES  
WOUND HEALING



INCREASES  
STRESS RESISTANCE

Gotu Kola contains extract from the Asian Centella [Gotu Kola] herb, which has been used for centuries to, among other things, improve circulation and enhance the elasticity of capillaries. Hundreds of years ago, Gotu Kola was used to treat venous insufficiency. Gotu Kola possesses antibacterial properties and accelerates wound and bedsore healing. Using Gotu Kola provides relief from painful leg cramps and reduces heaviness, swelling and tingling of legs. Gotu Kola is also an increasingly appreciated adaptogen that relieves stress and improves the functioning of the nervous system, which is particularly important in the modern world.

#### Who do we especially recommend this product for?

People experiencing circulatory system problems such as the swelling, heaviness and tingling of legs.

#### PACKAGING:



90 tab.

ACTIVE INGREDIENTS	per 1 tablet*
Extract of asian centella herb ( <i>Centella asiatica</i> )	200,00 mg

\*Daily portion of the product



# RHODIOLA ROSEA

» stress relieving and anti-depressive effect



IMPROVES MEMORY AND  
COGNITIVE PROCESSES



HELPS REDUCE THE  
FEELING OF FATIGUE

The Rhodiola rosea root extract has a very high content of rosavins and salidroside, so it is a rich source of biologically active substances which have significant and unique effects on the nervous system and generally strengthen the body. Golden root is one of the best plant adaptogens, which means that when used regularly, it can visibly improve the body adaptive processes related to functioning in conditions of stress. It helps to restore internal balance afterwards, as well as increases the level of stress resistance.

#### Who do we especially recommend this product for?

Golden root extract is especially recommended for people facing high levels of mental or physical stress on a daily basis. It will also be beneficial for all people who are physically active, as it can help them to achieve their desired level of fitness.

#### PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Roseroot Extract [Root] [ <i>Rhodiola rosea</i> ] [3% Rosavins, 1% Salidroside]	100,00 mg
of which Rosavin	3,00 mg
of which Salidroside	1,00 mg

\*Daily portion of the product

# BODY AND MIND ENERGY



# KOREAN GINSENG

» standardised product, high concentration of ginsenosides



  
IMPROVES  
CONCENTRATION  
AND MEMORY

  
HELPS REDUCE THE  
FEELING OF FATIGUE

  
IMPROVES THE  
OXYGEN SUPPLY OF  
THE BODY

Korean ginseng is a special plant, and the exceptionally positive effect of it on the vitality and general enhancement of the condition of the human body is known and valued across the world. The extract used in this product, obtained from carefully selected Korean ginseng (*Panax ginseng*) roots, offers a unique concentration of ginsenosides [standardised to a minimum content of 10%] per serving. It works perfectly in periods of weakness, exhaustion, fatigue and problems with concentration. Moreover, it supports physical and mental fitness, which is particularly beneficial for athletes.

**Who do we especially recommend this product for?**

People who are physically active, who experience fatigue, exhaustion, problems with concentration and anyone who suffers from high levels of stress in their everyday life, leading to lowered immunity and cognitive capacities.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Korean Ginseng Extract [Root] ( <i>Panax ginseng</i> ) [10% Ginsenosides]	500,00 mg
of which Ginsenosides	50,00 mg

\*Daily portion of the product

# ALA 250

» a powerful antioxidant and improved glucose sensitivity



STABILISES  
SUGAR LEVELS



ALLEVIATES THE  
EFFECTS OF STRESS

Alpha-lipoic acid, found naturally in giblets, broccoli, spinach, and yeast demonstrates strong antioxidant activity, i.e. fighting destructive free radicals, which are believed to be involved in the development of many infections. Environmental pollution, and daily stress are just some of the sources of free radicals that we need a solid anti-radical shield to fight. This valuable substance also improves cellular sensitivity to glucose and insulin, which can be particularly important for athletes (improvement of muscle glycogen renewal) and people with unstable blood sugar levels.

#### Who do we especially recommend this product for?

ALA 250 is a powerful anti-free-radical shield support for anyone at risk of free radical attack, including people burdened with heavy physical exertion, stress, or exposure to environmental and food contaminants.

#### PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 2 capsules*	per 1 capsule
Alpha-Lipoic Acid (ALA)	500,00 mg	250,00 mg

\*Daily portion of the product

# POWERFUL ANTIOXIDANT





# HEART AND ANTIOXIDANT PROTECTION



Q10

Q10

Q10

# COENZYME Q10

» support your body in the fight against free oxygen radicals



SUPPORTS  
CARDIAC FUNCTION



IMPROVES THE APPEARANCE  
OF THE SKIN

Coenzyme Q10 is one of the strongest antioxidants and its regular use reduces the activity of free oxygen radicals. They may damage or even destroy your body's cells. An adequate supply of coenzyme Q10 is also very important for the good condition of the body in general. Coenzyme Q10 is found naturally in mitochondria, the cellular energy production centres. It will be beneficial as part of a professional supplementation for athletes, as well as a daily support for your body, regardless of your age.

**Who do we especially recommend this product for?**  
Coenzyme Q10 will be perfect for people who take care of their body and who wish to reduce the accelerated ageing of their body, including that of the skin (anti-ageing effect).

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 2 capsules*
Coenzyme Q10	60,00 mg

\*Daily portion of the product

# LUTEIN

» a natural support for your sight and correct vision



IMPROVES  
THE QUALITY  
OF VISION



ENRICHED WITH ZINC  
TO IMPROVE VISION AND  
SUPPORT IMMUNITY



VERY HIGH  
LUTEIN  
CONTENT

Lutein is a natural choice for people who wish to ensure the proper functioning of their eyes, as it helps to preserve good sight and improves visual acuity. The formula of this supplement is based on an extract carefully obtained from Mexican marigold flowers (*Tagetes erecta* L.), standardised to 20% of the active substance content. The product also contains zinc and vitamin A, known to promote good sight. Lutein is a natural dye, found in large quantities in the macula of the eye.

#### Who do we especially recommend this product for?

The product is especially recommended for people who take care of their sight, in particular if they work at a computer or in artificial light [which often causes ocular fatigue].

#### PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Extract of the flowers of <i>Tagetes erecta</i> [ <i>Tagetes erecta</i> L.] [20% Lutein]	125,00 mg
of which Lutein	25,00 mg
Zinc	1,50 mg
Vitamin A (µg RE)	120,00 µg

\*Daily portion of the product

# MELATONIN

» re-establishes healthy sleep patterns



FALL ASLEEP  
FASTER



REGULATES  
SLEEP CYCLE

Melatonin is one of the best choices for people who wish to improve the quality of their sleep, thus supporting the night-time regeneration of their organisms. Even a dose of just 1 mg helps to reduce the time required to fall asleep. It is also perfect for alleviating jet lag syndrome: a dose of 0.5 mg shortly before going to sleep will be sufficient. It is often used by people who are physically active to reduce the time necessary to return to top physical form, even after a challenging workout session.

**Who do we especially recommend this product for?**

A regular supplement of melatonin is recommended for people travelling between time zones and struggling with jet lag syndrome, as well as for employees doing shift work. It will be beneficial for the improvement of the quality [as it is generally defined] of sleep.

**PACKAGING:**



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Melatonin	1,00 mg

\*Daily portion of the product

# SLEEP-ER

» a formula that allows you to extract 100% of the regenerative and anabolic potential of sleep



PACKAGING:



225 g



FACILITATES  
FALLING ASLEEP  
AND CALMING BEFORE  
BEDTIME



IMPROVES  
THE ANABOLIC POTENTIAL  
OF SLEEP



SUPPORTS HORMONE  
MANAGEMENT  
[TESTOSTERONE, GROWTH  
HORMONE]

Sleep-er is a composition that helps to ensure a high quality of sleep, during which very advanced regenerative and anabolic processes take place. Proper sleep is the basis of health and immunity, which is why Sleep-er contains ingredients that support the production of a healthy sleep environment: melatonin [a hormone that regulates the daily sleep-wake rhythm] and the amino acid from which it is made, tryptophan. Sleep-er could not be complete without the calming, sedative ingredients that help you fall into a long, deep sleep: lemon balm leaf and valerian extract, and GABA [a neurotransmitter with inhibitory effects]. Sleep-er also includes substances that stimulate the production of anabolic testosterone in the body: d-aspartic acid [DAA], zinc, magnesium and vitamin B6. In addition, zinc and vitamin B6, together with the amino acid lysine, are involved in tissue regeneration processes and support immunity.

## Who do we especially recommend this product for?

People experiencing problems falling asleep, effects of sleep deficit. The product is recommended for people experiencing high levels of stress and intensively training athletes.

ACTIVE INGREDIENTS	per 9 g*
L-Arginine	996 mg
L-Glutamine	900 mg
Gamma-Aminobutyric Acid [GABA]	750 mg
D-Aspartic Acid [DAA]	600 mg
L-Lysine	480 mg
L-Ornithine	354 mg
L-Tryptophan	350 mg
Magnesium	192,00 mg
Extract of valerian root ( <i>Valeriana officinalis</i> ) [4:1]	180 mg
Extract from leaves of lemon balm ( <i>Melissa officinalis</i> ) [4:1]	180 mg
Zinc	9,00 mg
Vitamin B6	5,60 mg
Melatonin	1,00 mg

\*Daily portion of the product



# BETTER QUALITY OF SLEEP



# METABOLIC PROCESSES ACCELERATOR



# PIPERINE MAX

» supports the gastrointestinal and immune function



REGULATES  
DIGESTION



SUPPORTS  
WEIGHT LOSS

Piperine in the supplement comes from the extract of black pepper (*Piper nigrum*) fruits and it has a very high (95%) standardisation of the piperine content. Regular use of this substance supports your immune function and increases thermogenesis – body temperature – thus increasing the amount of energy released, which accelerates the metabolic processes. It is effective in supporting the elimination of unwanted fatty tissue, as well as in resolving gastrointestinal issues. Piperine is classified as a strong antioxidant, so it helps the body in the uneven fight with free oxygen radicals.

#### Who do we especially recommend this product for?

The product is recommended for people struggling with digestive problems to help reduce their symptoms. It is also effective for weight-loss and the reduction of unwanted fatty tissue.

#### PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Black Pepper Extract [fruit] ( <i>Piper nigrum</i> ) [95% Piperine]	35,00 mg
of which Piperine	33,25 mg

\*Daily portion of the product

# HEPA HELP

» a natural aid for an overworked liver



HELPS TO REGENERATE  
THE LIVER



INCREASES  
GLUTATHIONE  
PRODUCTION



REDUCES THE DEVELOPMENT  
OF INFLAMMATION

Hepa Help contains an extract from the Chinese citronella plant, used since ancient times to improve liver functioning. The liver is the body's metabolic centre, which regulates the metabolism of all nutrients, sets the metabolic rate, synthesises many important factors (including coagulation and insulin-like growth factors), filters the blood and affects physical efficiency. Chinese citronella plant contains substances which protect the liver, improve its regeneration, and stimulate glutathione (a powerful antioxidant) production. For centuries this plant has been used in states of physical and mental exhaustion, to strengthen the nervous system and to accelerate the wound healing process.

## Who do we especially recommend this product for?

People experiencing the effects of improper liver functioning. Dysfunction of this organ may lead to chronic fatigue, problems with immunity, problems with digestion (especially related to fat digestion), problems with maintaining proper body weight and lack of progress in workouts. This product is especially recommended for people with unbalanced diets consisting of heavily processed food, and for those consuming large amounts of drugs and stimulants.

## PACKAGING:



90 tab.

ACTIVE INGREDIENTS	per 1 tablet*
Schisandra chinensis fruits extract [ <i>Schisandra chinensis</i> ]	200,00 mg

\*Daily portion of the product

# HEPA COMPLETE

» a natural aid for an overworked liver



SUPPORTS LIVER  
REGENERATION



STIMULATES BILE  
PRODUCTION



REGULATES FAT  
METABOLISM

Hepa Complete is a supplement that provides multi-directional support for the liver, which is the metabolic centre of our bodies. Hepa Complete supports: cleansing, regeneration and reduction of fatty liver. The supplement contains soy phospholipids, which are the main component of cell membranes of hepatocytes (liver cells), which has a protective effect on this organ. Hepa Complete also contains the essential amino acid ornithine, which is used in the ornithine [urea] cycle, performing a cleansing function in the body. The liver plays a particularly important role in the metabolism of fat in the body, both at the level of its digestion and accumulation of unnecessary fatty tissue, as well as in the regulation of cholesterol levels. Artichoke extract, containing cynarine, has a cholepoietic effect, analogous to that of the popular thistle. Choline, as one of the lipotropic substances, protects the liver from dangerous fattening and also improves bile composition. The regenerative effect on the liver, which has to work at very high speeds every day, is ensured by the Yerba mate extract contained in Hepa Complete. The rich composition of the product is complemented by turmeric extract containing curcumin with proven anti-inflammatory properties. Hepa Complete is a supplement with a really well-thought-out composition, which makes it a real liver guardian.

## Who do we especially recommend this product for?

People on high-fat diets (including ketogenic diets), especially saturated fat. This product is especially recommended for people with unbalanced diets consisting of heavily processed food.

## PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 2 capsules*	per 1 capsule
Soybean Phospholipids [Glycine max]	200,00 mg	100,00 mg
Choline	165,60 mg	82,80 mg
L-Ornithine	100,00 mg	50,00 mg
Artichoke Extract [ <i>Cynara scolymus</i> ] [5% Cynarine]	100,00 mg	50,00 mg
Turmeric Extract [ <i>Curcuma longa</i> ] [95% Curcumin]	50,00 mg	25,00 mg
Yerba Mate Extract [ <i>Ilex paraguariensis</i> ] [4:1]	50,00 mg	25,00 mg

\*Daily portion of the product



# GREEN COFFEE EXTRACT

» a natural energy and slimming booster



SUPPORTS  
WEIGHT LOSS



SOURCE OF NATURAL  
ANTIOXIDANTS



ADDS  
ENERGY

The product consists of an extract from unroasted green coffee, which is rich in natural polyphenols which support weight loss and have an anti-inflammatory and stimulating effect. Unroasted green coffee, in contrast to roasted, is characterised by a very high concentration of chlorogenic acid, known as ACG. ACG has a thermogenic effect, meaning that it intensifies energy-consuming heat production processes. The slimming effect of ACG results not only from its thermogenic performance but also from the reduction of the absorption of carbohydrates. This quality of ACG helps to maintain the sense of satiety, which is a foundation of successful slimming treatment. This is of great value to people who often cannot resist eating foods rich in carbohydrates. The advantage of Green Coffee Extract is high standardisation, that is, the fixed ACG content in the extract, equal to 45%.

### Who do we especially recommend this product for?

People undergoing slimming treatments, especially those who struggle with a strong appetite for sweets and carbohydrates. It should be noted that physical activity does not constitute a necessary condition for the slimming effect of the product.

### PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 2 capsules*	per 1 capsule
Green Coffee Extract [ <i>Coffea canephora</i> ] [45% ACG]	1000 mg	500 mg
of which ACG	450 mg	225 mg
of which Caffeine	< 20 mg	< 10 mg

\*Daily portion of the product

# GREEN TEA EGCG

» a product designed for weight loss and health maintenance



SUPPORTS  
WEIGHT LOSS



FIGHTS FREE RADICALS  
[ANTIOXIDANT EFFECT]



STANDARDISED  
PRODUCT

Green Tea EGCG is a supplement with green tea extract, abounding in catechins, i.e. natural polyphenolic compounds, which facilitate the slimming process and have an antioxidant effect [provide protection from free radicals]. Green tea is a rich source of a particular type of catechins, namely epigallocatechin gallate [EGCG], known for its thermogenic effect that increases energy expenditure and leads to the reduction of body fat. EGCG also inactivates enzymes that digest carbohydrates and fats, supporting weight loss. For this reason, it is beneficial to drink green tea after a large and fattening meal. In addition to its slimming effect, Green Tea EGCG also positively influences health. Green tea catechins support the maintenance of normal cholesterol and sugar levels and provide protection from antioxidant stress, which is the cause of numerous modern diseases.

## Who do we especially recommend this product for?

People undergoing weight loss treatments, especially those who find it difficult to abstain from fattening foods. It is also recommended for people affected by stress and thus exposed to the effect of free radicals.

## PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Green Tea Extract [ <i>Camellia sinensis</i> ] [55% EGCG]	500 mg
of which EGCG	275 mg
of which Caffeine	< 2,5 mg

\*Daily portion of the product

# CHROMIUM

» provides a stable blood sugar level and promotes weight-loss



SUPPORTS  
WEIGHT LOSS



STABILISES  
SUGAR LEVELS

Although it is a trace element, chromium plays important functions in the human body. As a component of the glucose tolerance factor [GTF] it supports insulin in reducing the blood sugar level. Due to its role in stabilising the glucose level, chromium helps to reduce appetite and control hunger pangs that are frequently behind the failure of weight-loss diets. Experts often suggest that insufficient chromium supply in the diet may be a diet-related factor contributing to the development of diabetes and ischemic heart disease.

**Who do we especially recommend this product for?**  
Chromium is especially recommended for people with unstable glycaemia, who are following weight-loss diets, diets rich in carbohydrates and fats, based on highly processed foods, with a particularly high phosphate [food additive] content.

PACKAGING:



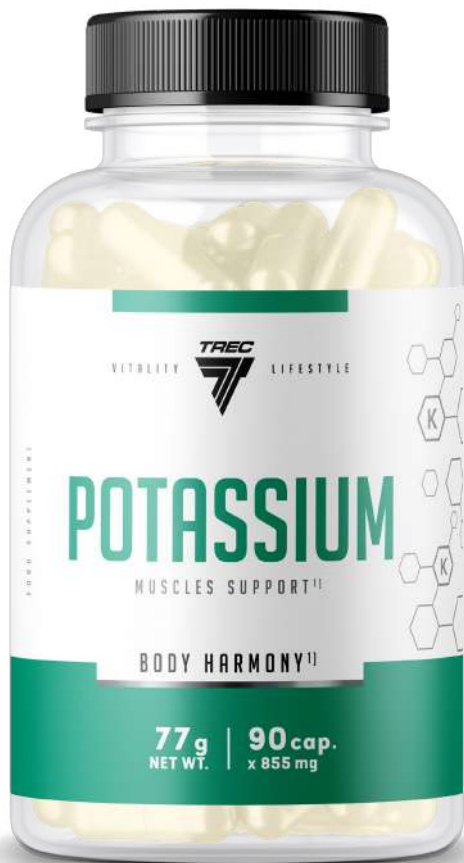
90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Chromium	200,00 µg

\*Daily portion of the product

# POTASSIUM

» supports the maintenance of normal blood pressure



ESSENTIAL  
FOR PROPER  
HEART FUNCTION



PREVENTS MUSCLE  
CRAMPS



REGULATES THE  
WATER BALANCE  
OF THE BODY

Potassium is one of the most important microelements, essential in everyone’s diet. Proper daily supply of potassium is necessary for the full efficiency of muscle functioning [also when working under a load], and also for the normal functioning of the nervous system. It also helps to regulate and maintain normal blood pressure. Each portion of this product contains a robust dose of this microelement, which demonstrates excellent absorption.

**Who do we especially recommend this product for?**

People who are physically active, especially those who practice high intensity training, due to the important role of potassium in regulating the water-electrolyte balance in the body. Moreover, it is worth recommending the product to anyone experiencing the results of potassium deficiency in their diet, e.g. involuntary muscle cramps, cardiac disorders or high blood pressure.

PACKAGING:



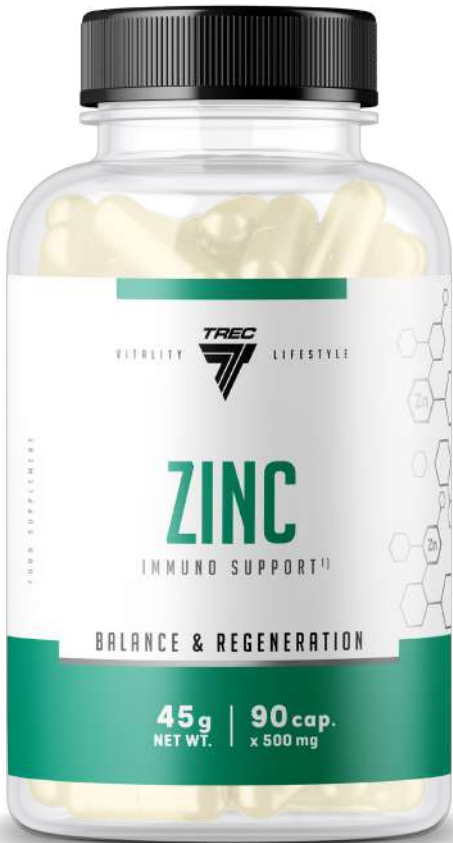
90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Potassium	400,00 mg

\*Daily portion of the product

# ZINC

» provides a comprehensive support for the body in everyday life



HIGH ABSORBABLE  
FORM



SUPPORTS  
TESTOSTERONE  
METABOLISM



SUPPORTS  
IMMUNITY

High-quality zinc in the form of a gluconate, offering very good absorption and bioavailability. The broad range of effects of this mineral on various functions of the body is astonishing. Zinc supports the immune system, as well as the hormonal system and its presence is essential to ensure the naturally high level of blood testosterone. This is worth emphasising, as testosterone is one of the most important and most anabolic hormones in the human body. Moreover, zinc has strong antioxidative properties, thus protecting cells against the harmful and damaging activity of free oxygen radicals.

**Who do we especially recommend this product for?**

People who experience decreased immunity, who care for the condition of their skin, hair and nails. The product is also recommended for men, especially those over the age of 30, due to the role of zinc on testosterone levels.

**PACKAGING:**



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Zinc	15 mg

\*Daily portion of the product



# BALANCE AND REGENERATION





# MOTIVATION ENERGY



# TYROSINE

» provides a stimulating effect and motivation energy



IMPROVES THE  
COGNITIVE CAPACITY



IMPROVES MOOD,  
ANTI-DEPRESSANT  
EFFECT



HELPS REDUCE THE  
FEELING OF FATIGUE

Tyrosine contains a proteinogenic (protein-building) amino acid, tyrosine, which is used by the body, e.g. to produce adrenaline (improved energy supply during exercise) and dopamine that improves cognitive potential. Deficits of this amino acid may cause fatigue, memory loss and increased irritability. Supplementation with Tyrosine is recommended in periods of increased physical and mental effort, and also periods of persistently lowered mood.

**Who do we especially recommend this product for?**

Apart from people dealing with significant physical and mental effort, Tyrosine may also be recommended to people with reduced levels of thyroid hormones (tyrosine is a precursor of thyroid hormones) that regulate general metabolism (deficiency may impair weight loss), as well as to vegans (tyrosine is found naturally in high concentration in meat, cheese, eggs and milk).

PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 3 capsules*	per 1 capsule
L-Tyrosine	1800,00 mg	600,00 mg

\*Daily portion of the product

# OMEGA 3-6-9

» essential fatty acids in perfect proportion for maximum absorption



PROVIDES EFAS FROM THE  
OMEGA 3 AND OMEGA 6  
GROUPS



ENRICHED WITH  
VITAMIN E

Omega 3-6-9 contains unsaturated fatty acids of the omega 3 and 6 group, which represent the group of EFAs [essential fatty acids]. The supplement contains as many as 3 types of fatty acids from the omega-3 group, which is the most deficient in the diet of a modern man: ALA [from flaxseed oil], EPA and DHA [from fish oil] acids. These acids lower triglyceride levels, prevent ischaemic heart disease and atherosclerosis, and improve joint function, cellular sensitivity to insulin and glucose. The omega-6 group, which helps lower the level of bad cholesterol, is represented in the supplement by GLA acid from borage, which also has a positive effect on the condition of the skin, improving its hydration and elasticity. Reaping the health benefits of these acids requires maintaining the proper ratio between them, which is maintained in the Omega 3-6-9 supplement. Unsaturated fatty acids may undergo unfavourable oxidation processes in the course of which free radicals are formed, hence the product is enriched with vitamin E and CLA which perform an antioxidant function. Omega 3-6-9 is a balanced dietary supplement of valuable, healthy, stable fatty acids, which are often found in food in marginal amounts or are destroyed under the influence of harmful factors [e.g. high temperature].

#### Who do we especially recommend this product for?

People on diets low in EFAs [unrefined vegetable oils, nuts, fish fat, flaxseed oil], which are necessary for the proper functioning of the body and at the same time characterised by a high supply of saturated and trans fatty acids.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 3 capsules*
Borage Oil ( <i>Borago officinalis</i> )	750,00 mg
of which GLA	150,00 mg
Linseed Oil ( <i>Linum usitatissimum</i> )	247,50 mg
of which ALA	123,75 mg
Fish oil	225,00 mg
of which EPA	40,50 mg
of which DHA	27,00 mg
CLA	54,00 mg
Vitamin E (mg $\alpha$ -TE)	10,00 mg

\*Daily portion of the product

# OMEGA 3 + D3

» an extremely valuable duo for bones and the immune system



BETTER ABSORPTION  
OF VITAMIN D3



STRONG SUPPORT  
FOR IMMUNITY, BONES  
AND THE HEART



ANTI-INFLAMMATORY  
EFFECT

Omega-3 + D3 is a combination of fatty acids from the omega-3 group with vitamin D3. Vitamin D is soluble in fats, which is why combining it with omega-3 fatty acids ensures its rapid assimilation. Omega-3 fatty acids represent the essential fatty acids (EFA) group, and thus should be a part of our daily diet. Since omega-3 constitutes one of the most deficit groups of fats in nutrition, it is important to supplement it with high quality omega-3 fatty acids, which are unfortunately often lost during the thermal processing of foods. Omega-3 acids act as an anti-inflammatory, and have a positive effect on the cardiovascular system. Vitamin D is the foundation of healthy bones and immunity.

#### Who do we especially recommend this product for?

Everyone with a deficiency in vitamin D, especially during the autumn-winter period. It is an excellent choice for anyone on a low-fat diet or any other diet not rich in omega-3 fatty acids or those with a high content of trans and saturated fats. Omega-3 + D3 is a necessary dietary supplement for people who care for their heart and the entire circulatory system, in particular that it maintains a good lipid profile.

#### PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Fish oil	1000,00 mg
of which EPA	180,00 mg
of which DHA	120,00 mg
Vitamin D	50,00 µg / 2000 IU

\*Daily portion of the product



# SUPER OMEGA 3

» contains the EFA group fats which are the most deficient in the diet



OMEGA-3 HELPS MAINTAIN  
NORMAL CHOLESTEROL  
AND TRIGLYCERIDE LEVELS



PROVIDES  
ANTI-INFLAMMATORY  
OMEGA-3 FATTY ACIDS

Modern diets rarely include oily fish, which results in frequent deficiency of omega-3 acids. To cover the deficit, it is advisable to use a professional product, such as Super Omega-3, containing highly concentrated doses of eicosapentaenoic acid [EPA] and docosahexaenoic acid [DHA] which have a very positive effect on the body. These omega acids support the function of the cardiovascular system (including the heart) and the brain. Proper supply of these substances promotes normal blood pressure and lipid profile.

#### Who do we especially recommend this product for?

People on low-fat diets or with a low content of unsaturated fatty acids, as well as people who suffer from cardiovascular problems and have disorders with the lipid profile.

#### PACKAGING:



60 cap.



120 cap.

ACTIVE INGREDIENTS	per 4 capsules*	per 2 capsules
Fish oil	4000,00 mg	2000,00 mg
of which EPA	720,00 mg	360,00 mg
of which DHA	480,00 mg	240,00 mg
Vitamin E (mg $\alpha$ -TE)	14,70 mg	7,35 mg

\*Daily portion of the product

# VIT. B12

» contains a well-absorbed form of vitamin B12 [methylcobalamin]



REGULATES  
METABOLISM  
PROCESSES



ESSENTIAL FOR THE  
PRODUCTION OF RED BLOOD  
CELLS (PREVENTS ANAEMIA)



REDUCES THE  
FEELING OF FATIGUE  
AND TIREDNESS

Vitamin B12 has a broad spectrum of activity. It plays many regulatory functions, including the transformation of nutrients [proteins, carbohydrates, fats], which translates to their improved absorption from meals. Moreover, it positively affects the nervous and immune systems, improving the body's resistance to potential infections. Vitamin B12 is also involved in the synthesis of red blood cells and participates in the regulation of the rate of energy metabolism. It is necessary for the proper functioning of the nervous system and for full mental and physical fitness. Vitamin B12 also eliminates constant fatigue and weariness.

**Who do we especially recommend this product for?**  
It is especially recommended for people dealing with vitamin B12 deficits.

PACKAGING:



60 tab.

ACTIVE INGREDIENTS	per 1/4 tablet*
Vitamin B12	250,00 µg

\*Daily portion of the product

# DIBENCOZIDE FORCE

» vitamin B12 important for growth, anabolism and blood production



REGULATES  
METABOLISM  
PROCESSES



MENTAL AND  
PHYSICAL SUPPORT



REDUCES THE  
FEELING OF FATIGUE  
AND TIREDNESS

Dibencozide Force is a coenzyme of vitamin B12, which is necessary for the normal functioning of the body and post-exercise regeneration [including the anabolic processes]. Vitamin B12 is required for production of red [oxygen supply] and white [immune system] blood cells, it participates in the transformation of amino acids, reduces the level of harmful homocysteine, regulates energy metabolism and prevents fatigue. As it is involved in the formation of genetic material, it is required in large quantities during intensive cellular division, e.g. in post-exercise regeneration, for the intensive growth of young bodies and for convalescence.

**Who do we especially recommend this product for?**

Over a long period a poorly balanced vegan diet or a diet based on highly processed foods, rich in sucrose, may contribute to a low level of vitamin B12. Vitamin B12 is also crucial for people with impaired gastrointestinal function, especially if the issues involve the stomach or pancreas.

**PACKAGING:**



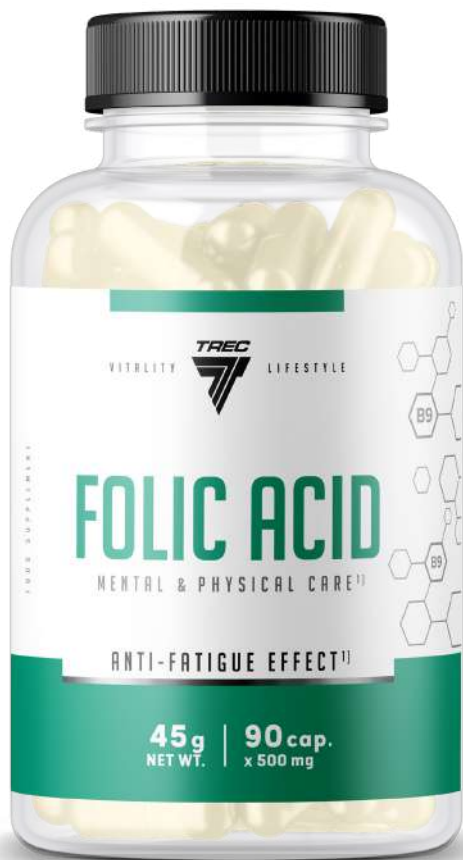
100 cap.

ACTIVE INGREDIENTS	per 2 capsules*	per 1 capsule
Vitamin B12 [Dibencozide]	1000,00 µg	500,00 µg

\*Daily portion of the product

# FOLIC ACID

» supports the heart and circulatory system [reduces levels of the harmful homocysteine]



ESSENTIAL FOR THE  
DEVELOPMENT AND FUNCTIONING  
OF THE NERVOUS SYSTEM



ESSENTIAL FOR THE  
PRODUCTION OF RED BLOOD  
CELLS [PREVENTS ANAEMIA]

A regular supplementation of your diet with this product will truly support your body on many levels. It is necessary to ensure normal synthesis of blood cells and amino acids, as well as proper immune function, so it improves the body's natural resistance to infections. It is also important to remember the increased demand for folic acid in women who are pregnant or planning to get pregnant, as this element plays a role in the development of the foetal nervous system. Folic acid also helps to reduce constant fatigue and weariness, as well as maintain proper mental function.

**Who do we especially recommend this product for?**

Due to extensive losses in folic acid during the thermal processing of foods, its supplementation is recommended for everyone, especially: women who are pregnant, planning to become pregnant, and anyone suffering from a problem with elevated homocysteine levels [increased atherosclerotic and thrombotic lesions], with disorders in the functioning of intestinal microflora.

**PACKAGING:**



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Folic acid	400,00 µg

\*Daily portion of the product

# VIT. B COMPLEX

» very high content of the B group vitamins [more than 100% of the GDA in a daily serving]



  
SUPPORTS  
NERVOUS SYSTEM

  
REGULATES THE METABOLISM  
OF ALL NUTRIENTS

It is very difficult to include all the micro and macroelements in your diet. Vit. B Complex will be particularly beneficial for people whose diet does not include sufficient amounts of vitamin B. Each dose is a carefully balanced blend of B vitamins that will allow you to replace even a significant deficit quickly and easily, improving your energy metabolism and nervous system functioning.

**Who do we especially recommend this product for?**  
Anyone on a diet scarce in vitamin B12, including: vegetarian or based on highly processed food. Supplementation with this vitamin is also recommended for people who suffer from disorders of the digestive system, especially the stomach and pancreas. Vitamin B12 is a product recommended for physically active people, especially anyone who practices sport aimed at building muscle mass.

PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 1 capsule*
<b>B-COMPLEX BLEND</b>	
Thiamine [Vitamin B1]	20,00 mg
Riboflavin [Vitamin B2]	20,00 mg
Niacin [mg NE]	20,00 mg
Pantothenic Acid	20,00 mg
Vitamin B6	10,00 mg
Folic Acid	160,00 µg
Vitamin B12	20,00 µg
Biotin	20,00 µg
<b>POWER SUPPLY BOOSTER</b>	
Inositol	20,00 mg
p-Amino-Benzoic Acid	20,00 mg
Choline	8,20 mg

\*Daily portion of the product



# VIT. C 1000

» high vitamin C content [1 cap = more than 100% of GDA]



SUPPORTS  
IMMUNITY



CONTROLS FREE RADICALS  
[I.E. DELAYS AGEING]



STRONG  
ANTIOXIDANT

Vit. C 1000 is a high-quality product containing only pure, highly-absorbable L-ascorbic acid. It has a broad range of activity, supporting the body in many functions. Vitamin C effectively increases the resistance to various infections, helps to protect cells against oxidative stress and participates in the natural synthesis of collagen proteins, necessary for the regeneration of joints. Exceeding by 200 g the typically recommended dose allows you to maintain the immune system both during a workout, and also afterwards.

**Who do we especially recommend this product for?**

The product is recommended for all active people who wish to strengthen their body and enhance its immune system.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Vitamin C	1000,00 mg

\*Daily portion of the product

# VIT. C 1000 ULTRA BIOFLAV

» the power of vitamin C supported by natural bioflavonoids



SUPPORTS  
IMMUNITY



MAX PORTION  
OF VITAMIN C



STRONG  
ANTIOXIDANT

Vit. C 1000 Ultra Bioflav contains an increased dose of vitamin C (1000 mg in 1 capsule), as well as natural plant bioflavonoids that enhance its effects. Vitamin C is known primarily as an immunity-boosting agent, involved in detoxification of the body. Moreover, it fights free radicals (it is an antioxidant), stimulates collagen synthesis, supports absorption of iron, participates in the transformations of amino acids and plays a role in cholesterol metabolism. Each portion of vitamin C in Vit. C 1000 Ultra Bioflav also contains bioflavonoids, i.e. compounds found in plants (responsible e.g. for their colour and fragrance) which protect them against the harmful effects of environmental factors, such as UV radiation, insects or air pollution. In humans, bioflavonoids have a broad range of pro-health functions, e.g. an anti-inflammatory and an antineoplastic effect as well as supporting the cardiovascular or urinary system. The supplement contains citrus bioflavonoid extract, rich in hesperidin, the activity of which is very similar to that of vitamin C.

## Who do we especially recommend this product for?

This product is recommended for demanding customers who wish to strengthen their immune system and protect their cells against oxidative stress.

## PACKAGING:



100 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Vitamin C	1000,00 mg
Citrus Bioflavonoids Extract from Bitter Orange [Fruit] ( <i>Citrus aurantium</i> ) [50% Hesperidin]	100,00 mg
of which Hesperidin	50,00 mg

\*Daily portion of the product

# IMMUNE SUPPORT



# VITAMIN C 2000

» powerful dose of vitamin C [2000 mg]



SUPPORTS  
IMMUNITY



RAPID ABSORPTION  
OF VITAMIN C (LIQUID FORM)



IN THE FORM OF AN  
EASY-TO-USE SHOT

Vitamin C 2000 is a concentrated source of vitamin C in the form of a convenient to use shot. The liquid form allows the rapid absorption of vitamin C, which forms a base for immunity and a powerful antioxidant to fight free radicals. This key vitamin cannot be forgotten during periods of increased incidence of colds and flu, but also when we lead a severely stressful lifestyle [intense effort, unbalanced diet, demanding work, regenerative deficits]. The expressly absorbed, powerful dose of vitamin C (each scoop gives 2 servings of 1000 mg of vitamin C) in Vitamin C 2000 is a convenient solution for the post-workout season, and also during a busy day, filled to the brim with professional and family responsibilities.

#### Who do we especially recommend this product for?

Anyone who cares about their immunity during periods with an increased incidence of influenza and colds, people suffering from stress and people who practice sports, post workout.

#### PACKAGING:



100 ml

ACTIVE INGREDIENTS	per 50 ml*
Vitamin C	1000,00 mg

\*Daily portion of the product

# VIT. D3

» a real support for the immune system and bones



SUPPORTS  
IMMUNITY



ESSENTIAL  
FOR BONES



ALL  
SEASONS

Vitamin D3 is used in this product because it is considered the most active form of vitamin D. Its adequate supply contributes to the proper mineralisation of the entire skeletal structure (including teeth) and strengthens the immune system. It also enhances the absorption of calcium and phosphorus from food, which is of great consequence for the body. Vitamin D3 helps to maintain healthy bones and teeth, as well as a healthy blood calcium level. The formula of this supplement is transparent and clear, and it offers a robust dose of highly-absorbable cholecalciferol.

#### Who do we especially recommend this product for?

Anyone with a frequent deficiency in vitamin D3, especially: in periods of reduced resistance to infection, the autumn-winter period, for elderly people (due to a reduced production of vitamin D3), and for people who do intensive workouts (immunity is the basis of capacity).

#### PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Vitamin D	100,00 µg / 4000 IU

\*Daily portion of the product

# VIT. D3 + K2 (MK-7)

» helps to strengthen the entire skeletal structure



ESSENTIAL FOR  
BONES



HIGH CONCENTRATION  
OF VITAMIN D3 (2000 IU)



SUPPORTS  
IMMUNITY

Each portion of Vit. D3+K2 is a carefully prepared composition of two elements essential for physical performance and proper degree of mineralisation in bones and teeth. Vitamin D improves the absorption and furthers the use of calcium and phosphorus, as well as supports the proper functioning of muscles and the immune system. Vitamin K2 contributes to normal blood clotting and the healthy condition of bones. Interestingly, vitamin K2 is obtained through fermentation of soy beans [as found in the food natto].

#### Who do we especially recommend this product for?

The supplement is especially recommended for people who wish to strengthen their bones and their entire skeletal structure [including teeth].

#### PACKAGING:



60 cap.

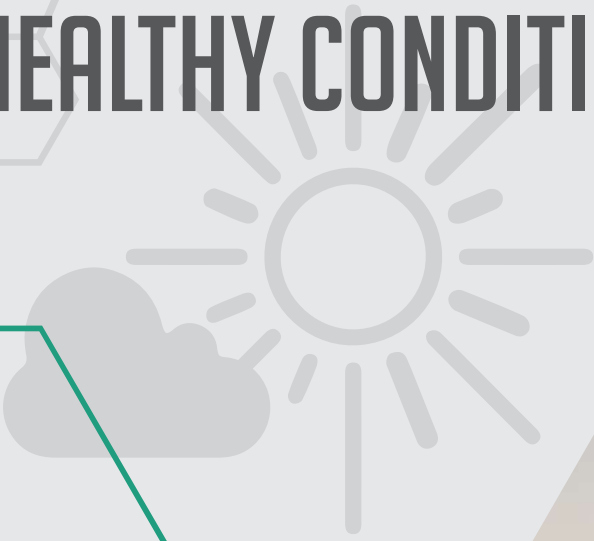
ACTIVE INGREDIENTS	per 1 capsule*
Vitamin K	75,00 µg
Vitamin D	50,00 µg / 2000 IU

\*Daily portion of the product



D3

# HEALTHY CONDITION OF BONES



D3

# MULTIPACK

» a complete set of vitamins and minerals with a portion of adaptogens



ESSENTIAL  
12 VITAMINS



9 MINERALS  
COMPOSITION

Multipack contains a selection of vitamins and minerals with the addition of plant extracts that improve the metabolism and play the role of adaptogens. Multipack provides the most important vitamins: a dose of vitamin B to regulate the metabolism, especially with regard to carbohydrates and proteins, vitamins C and E to ensure a protective shield against free radicals, and vitamin D, responsible for the condition of bones and the immune function. The Multipack mineral complex comprises magnesium, necessary for any muscle contraction; iodine and selenium, which contribute to the proper functioning of the thyroid, which regulates the general rate of metabolic transformations; chromium, which regulates the cellular sensitivity to carbohydrates; iron, responsible for the distribution of oxygen and zinc, essential for the production of many hormones. Finally, Multipack also contains plant extracts that prevent fatigue, improve resistance to stress [ginseng], protect against oxidative stress [bioflavonoids from citrus plants], enhance memory and control the hepatic function [choline].

#### **Who do we especially recommend this product for?**

This product is recommended for everyone, as even if we do attempt to ensure a balanced diet, we can never be certain if all the necessary vitamins and minerals are supplied in sufficient amounts. Most valuable vitamins and minerals are lost due to food processing, incorrect storage and environmental pollution. By using Multipack, we do not need to worry, as it offers a balanced formula.

#### PACKAGING:



60 cap.



120 cap.



240 cap.

ACTIVE INGREDIENTS	per 2 capsules*	per 1 capsule
<b>ESSENTIAL MINERAL COMPLEX</b>		
<b>Magnesium</b>	187,50 mg	93,75 mg
<b>Iron</b>	14,00 mg	7,00 mg
<b>Zinc</b>	10,00 mg	5,00 mg
<b>Manganese</b>	1,80 mg	0,90 mg
<b>Copper</b>	1,00 mg	0,50 mg
<b>Iodine</b>	150,00 µg	75,00 µg
<b>Selenium</b>	55,00 µg	27,50 µg
<b>Molybdenum</b>	50,00 µg	25,00 µg
<b>Chromium</b>	40,00 µg	20,00 µg
<b>VITAMIN FORMULA</b>		
<b>Vitamin C</b>	160,00 mg	80,00 mg
<b>Niacin [mg NE]</b>	16,00 mg	8,00 mg
<b>Vitamin E [mg α-TE]</b>	12,00 mg	6,00 mg
<b>Pantothenic Acid</b>	6,00 mg	3,00 mg
<b>Vitamin B6</b>	1,40 mg	0,70 mg
<b>Riboflavin [Vitamin B2]</b>	1,40 mg	0,70 mg
<b>Thiamine [Vitamin B1]</b>	1,10 mg	0,55 mg
<b>Vitamin A [µg RE]</b>	800,00 µg	400,00 µg
<b>Folic Acid</b>	200,00 µg	100,00 µg
<b>Biotin</b>	50,00 µg	25,00 µg
<b>Vitamin D</b>	5,00 µg	2,50 µg
<b>Vitamin B12</b>	2,50 µg	1,25 µg
<b>METABOLIC ENHANCERS</b>		
<b>Korean Ginseng Extract (<i>Panax ginseng</i>) [10% Ginsenosides]</b>	200,00 mg	100,00 mg
<b>Citrus Bioflavonoids Extract from Bitter Orange (<i>Citrus aurantium</i>) [50% Hesperidin]</b>	50,00 mg	25,00 mg
<b>Choline</b>	30,00 mg	15,00 mg
<b>Inositol</b>	30,00 mg	15,00 mg
<b>p-Amino-Benzoic Acid (PABA)</b>	10,00 mg	5,00 mg

\*Daily portion of the product

# MULTIVITAMIN FOR MEN

» comprehensive support for real men



PACKAGING:



90 cap.



CONTAINS  
ZMA



ADDITIONAL TESTOSTERONE  
STIMULATION



IMPROVED  
METABOLISM

Multivitamin for Men is a complex of vitamins, minerals and ingredients designed with men in mind. The product contains a complex of vitamins that control cell metabolism, including exercise metabolism: vitamin B1, B2 and B6. Multivitamin for Men could not go without vitamins D and C, i.e. micronutrients that build up immunity, which is the basis for health as well as physical performance and vitality. A man, especially one who lives a busy life, needs protection against oxidative stress, which is ensured by the vitamins C and E present in the product. Multivitamin for Men was also enriched with magnesium, which is essential for muscle contraction and therefore especially important for active men.

When designing Multivitamin for Men, we knew that a vitamin complex may not be enough to ensure the proper functioning of the male body in various areas of life. That is why we added selected ingredients to the product which regulate the hormonal balance. Magnesium, zinc and DAA acid will help maintain the correct level of testosterone, which provides men with vitality, strength and muscle mass. Ginseng extract is an adaptogen which has been valued for hundreds of years. By improving resistance to stress, it helps reduce the level of catabolic cortisol, which in excessive quantities is an enemy of testosterone. Multivitamin for Men also contains zinc, magnesium and vitamin B6, which are known popularly as ZMA. This unique trinity supports night-time regeneration and testosterone production. Many typically male functions in the body depend on the amino acid arginine [e.g. production of growth hormone, NO, and sexual functions], so this ingredient had to be included in Multivitamin for Men. The rich composition of the additional complex for men is completed with taurine, which not only ensures maintenance of cognitive functions at a high level, but also improves fat digestion.

## Who do we especially recommend this product for?

Men who expect more from a multi-vitamin product than just supplementing vitamins, who also care about improving night-time regeneration and correct testosterone production. The product is especially recommended for men over 40 or men experiencing high levels of fatigue and reduced vitality.

ACTIVE INGREDIENTS	per 2 capsules*	per 1 capsule
<b>MULTIVITAMIN COMPLEX</b>		
Vitamin C	80,00 mg	40,00 mg
Niacin [mg NE]	8,00 mg	4,00 mg
Vitamin E (mg $\alpha$ -TE)	6,00 mg	3,00 mg
Pantothenic Acid	3,00 mg	1,50 mg
Vitamin B6	0,70 mg	0,35 mg
Riboflavin [Vitamin B2]	0,70 mg	0,35 mg
Thiamine [Vitamin B1]	0,55 mg	0,28 mg
Vitamin A ( $\mu$ g RE)	400,00 $\mu$ g	200,00 $\mu$ g
Folic Acid	100,00 $\mu$ g	50,00 $\mu$ g
Biotin	25,00 $\mu$ g	12,50 $\mu$ g
Vitamin D	2,50 $\mu$ g	1,25 $\mu$ g
Vitamin B12	1,25 $\mu$ g	0,63 $\mu$ g
<b>COMPLEX FOR MEN</b>		
L-Arginine	250,00 mg	125,00 mg
Korean Ginseng Extract ( <i>Panax ginseng</i> ) [10% Ginsenosides]	100,00 mg	50,00 mg
D-Aspartic Acid [DAA]	100,00 mg	50,00 mg
Taurine	100,00 mg	50,00 mg
Magnesium	100,00 mg	50,00 mg
Zinc	5,00 mg	2,50 mg

\*Daily portion of the product

# MULTIVITAMIN FOR WOMEN

» support for women with more than just vitamins



PACKAGING:



90 cap.



HEALTHY SKIN  
AND HAIR



CONTAINS CLA, COLLAGEN,  
L-CARNITINE



CORRECT  
METABOLISM

Multivitamin for Women is a complex of vitamins and ingredients designed with women in mind. Multivitamin for Women includes vitamins C and E, which fight free radicals, believed to be involved in the aetiology of many diseases and the aging process. Vitamin A, niacin, pantothenic acid contained in the product have a positive effect on the condition of the skin and hair, which are the showcase of a woman's health and beauty. Vitamins B1, B2, B6 support the correct metabolism of nutrients, which determines metabolism. Multivitamin for Women could not go without folic acid, which should be important for every woman. It is folic acid together with vitamin B12 that take care of a woman's cardiovascular system and heart, which are overburdened with duties and everyday stress. Multivitamin for Women also include ingredients that support the immune system, including vitamin D.

Multivitamin for Women is not only a complex of carefully selected vitamins for women, but also additional ingredients for health and metabolism: collagen, green tea extract, CLA, l-carnitine, hyaluronic acid and coenzyme Q10. Green tea extract, being a rich source of polyphenols, together with l-carnitine will intensify the energy metabolism involving fat, which will help in maintaining a slim figure. CLA will help in the fight against the hated yo-yo effect and will also take care of the skin's appearance. Collagen in the form of highly-absorbable hydrolysate Solugel®, and hyaluronic acid will support women's joints, but also help in skin regeneration. Coenzyme Q10 will also strengthen the protective shield of the female body against destructive free radicals.

## Who do we especially recommend this product for?

When designing Multivitamin for Women, we knew that today's busy women need support that is not limited to basic vitamins, which are often missing from their daily diets. Today's women deserve comprehensive support that also helps them take care of their appearance and figure – and that's exactly what Multivitamin for Women provides.



ACTIVE INGREDIENTS	per 2 capsules*	per 1 capsule
<b>MULTIVITAMIN COMPLEX</b>		
Vitamin C	80,00 mg	40,00 mg
Niacin [mg NE]	8,00 mg	4,00 mg
Vitamin E (mg $\alpha$ -TE)	6,00 mg	3,00 mg
Pantothenic Acid	3,00 mg	1,50 mg
Vitamin B6	0,70 mg	0,35 mg
Riboflavin [Vitamin B2]	0,70 mg	0,35 mg
Thiamine [Vitamin B1]	0,55 mg	0,28 mg
Vitamin A ( $\mu$ g RE)	400,00 $\mu$ g	200,00 $\mu$ g
Folic Acid	100,00 $\mu$ g	50,00 $\mu$ g
Biotin	25,00 $\mu$ g	12,50 $\mu$ g
Vitamin D	2,50 $\mu$ g	1,25 $\mu$ g
Vitamin B12	1,25 $\mu$ g	0,63 $\mu$ g
<b>COMPLEX FOR WOMEN</b>		
Hydrolyzed Collagen Type I SOLUGEL®	200,00 mg	100,00 mg
Green Tea Extract [ <i>Camellia sinensis</i> ] [55% EGCG]	100,00 mg	50,00 mg
CLA [Conjugated Linoleic Acid]	100,00 mg	50,00 mg
L-Carnitine	100,00 mg	50,00 mg
Hyaluronic acid	10,00 mg	5,00 mg
Coenzyme Q10	10,00 mg	5,00 mg

\*Daily portion of the product

# MINERAL COMPLEX

» a comprehensive combination of the most important dietary minerals



SUPPORTS THYROID  
FUNCTIONING



REDUCES  
FATIGUE



SUPPORTS MUSCLE  
FUNCTIONING

Mineral Complex is a supplement containing a comprehensive set of minerals regulating the proper functioning of the body, including metabolism, muscles, the heart, the thyroid and bones. First of all, Mineral Complex contains magnesium, which supports muscles, the heart and energy processes. Secondly, Mineral Complex supports the functioning of the thyroid gland, which regulates general metabolism. Thirdly, Mineral Complex provides micronutrients that improve proper mineralisation of bones and teeth – calcium, manganese and molybdenum. Fourthly, Mineral Complex also contains iron, which is very important, especially for people on vegetarian diets. Fifthly, Mineral Complex also supports our immunity. We often forget that it depends not only on an adequate supply of vitamin C, but also on zinc and molybdenum. This very brief list of the credits of the minerals contained in Mineral Complex proves that they should be an essential part of every diet.

## Who do we especially recommend this product for?

Anyone experiencing chronic fatigue due to unknown causes, people who eat a lot of highly processed foods and people on elimination diets.

## PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 2 capsules*	per 1 capsule
Calcium	200,00 mg	100,00 mg
Magnesium	80,00 mg	40,00 mg
Iron	7,00 mg	3,50 mg
Zinc	5,00 mg	2,50 mg
Manganese	0,90 mg	0,45 mg
Copper	0,50 mg	0,25 mg
Iodine	75,00 µg	37,50 µg
Selenium	27,50 µg	13,75 µg
Molybdenum	25,00 µg	12,50 µg
Chromium	20,00 µg	10,00 µg

\*Daily portion of the product

# ESSENTIAL MINERAL SUPPORT FOR THE BODY





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