

VITALITY



LIFESTYLE



TRECNUTRITION.COM |  |  |

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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.

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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

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

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:



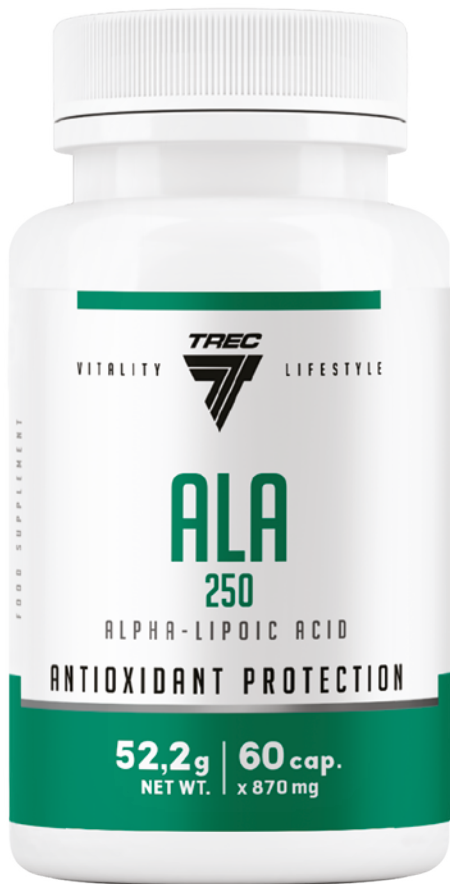
90 cap.

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



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 ($\mu\text{g RE}$)	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

TRIPLE MAGNESIUM COMPLEX

» regulates muscle energy metabolism



PROMOTES
BONE HEALTH



EFFECTIVE
IN POST-WORKOUT
RECOVERY



LESSENS
FATIGUE

Triple Magnesium Complex is a food supplement rich in magnesium, an essential mineral for human nutrition (daily recommended allowance over 100 mg per day). Magnesium contained in the supplement comes in 3 different forms: chloride, lactate and citrate. While lactate and citrate are organic magnesium salts with bioavailability of up to 90%, magnesium chloride is the most soluble form. This unique blend of 3 highly digestible forms of magnesium enhance muscle performance capacity, especially during exercise or training, effectively delay fatigue and tiredness.

Magnesium is a mineral paramount to all athletes and active individuals, as it increases muscle protein synthesis, which is important in post-workout recovery. Also, please be mindful of the fact that more than half of the magnesium level is concentrated in the bones. Different forms of magnesium do not all contain the same amount of magnesium - Triple Magnesium Complex ensures proper intake of magnesium!

Who do we especially recommend this product for?

The supplement is recommended for those on diets low in magnesium, exposed to ultra-processed food, people suffering from stress and those having intensive training regimen.

PACKAGING:



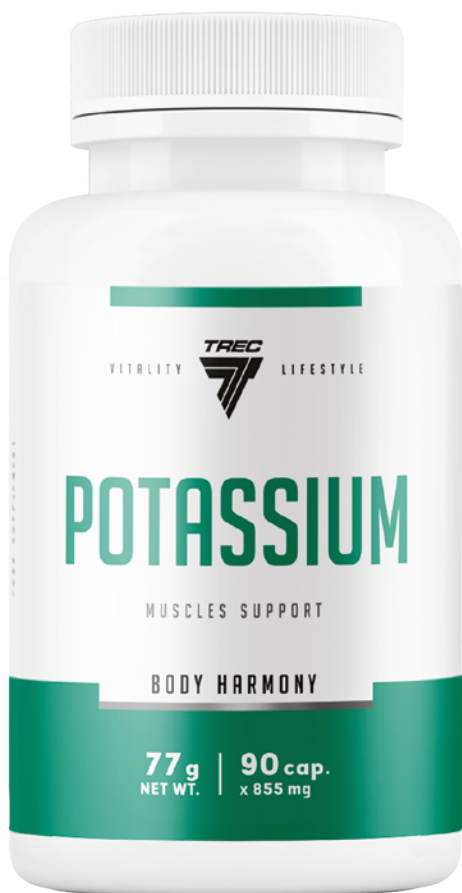
120 cap.

ACTIVE INGREDIENTS	per 4 capsules*	per 2 capsules
Magnesium	261,20 mg	130,60 mg

*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

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

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

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).

PACKAGING:



90 cap.

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.

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 α-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

OMEGA 3 + Q10

» pillar of cardiac health and endurance performance



CONTAINS OMEGA-3
FATTY ACIDS



POSITIVE EFFECT
ON THE BLOOD
LIPID PROFILE



HEART FUNCTION
SUPPORT

Omega-3 plus Q10 supplement formula contains omega-3 fatty acids powered by Q10 coenzyme. Omega-3 fatty acids are key family polyunsaturated fatty acids (PUFAs). As they cannot be synthesised in the human body they tend to be deficient. It is PUFAs that greatly benefit cardiovascular system by lowering bad cholesterol and triglyceride levels and increasing high-density lipoprotein (i.e. good cholesterol) levels. Heart health and healthy cardiovascular system are key for performance and endurance. The effect of omega-3 fatty acids is fortified by coenzyme Q10, found at high concentrations in mitochondria, the powerhouse of cells and cell energy, which plays an important role in both post-workout recovery and metabolic energy system. Coenzyme Q10, the potent nutrient of cell membranes, will primarily benefit heart and skeletal muscles which need loads of energy produced by aerobic respiration.

Who do we especially recommend this product for?

Recommended for people active in sports, especially engaged in endurance-entailed activities and the elderly to enhance heart health and increase Q10 levels which tend to lower with aging. Perfect supplementation in diets low in natural sources of omega-3 (e.g. fatty fish) and Q10 (e.g. green vegetables, fatty fish, wholegrain products).

PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 2 capsules*
Fish oil	1000,00 mg
of which EPA	360,00 mg
of which DHA	240,00 mg
Coenzyme Q10	200,00 mg

*Daily portion of the product

BRAIN WORK SUPPORT



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 α-TE)	14,70 mg	7,35 mg

*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-COMPLEX BLEND	
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
POWER SUPPLY BOOSTER	
Inositol	20,00 mg
p-Amino-Benzoic Acid	20,00 mg
Choline	8,20 mg


*Daily portion of the product

VIT. C STRONG 500

» reliable content and real support for the immune system




STRONG SUPPORT
FOR RESILIENCE


INNOVATIVE COMBINATION OF
VITAMIN C, BIOFLAVONOIDS
AND ZINC


EFFICIENT PROTECTION
FROM FREE RADICALS

Choose Vit. C Strong 500 if you value quality and reliability in composition. Each portion combines the benefits of pure L-ascorbic acid, citrus bioflavonoids [obtained from bitter orange] and highly-absorbable zinc. Regular supplementation significantly enhances the immune system and supports the regeneration of the entire musculoskeletal system, often overloaded during physical exercise. One should not forget about the strong antioxidative properties of vitamin C, which helps to remove free oxygen radicals.

Who do we especially recommend this product for?

People who seek comprehensive and yet natural support for resilience. The product is recommended in winter due to lower consumption of bioflavonoids, and for people who consume a lot of highly-processed food.

PACKAGING:



100 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Vitamin C	500,00 mg
Citrus Bioflavonoids Extract from Bitter Orange [Fruit] (<i>Citrus aurantium</i>) [50%Hesperidin]	50,00 mg
Zinc	5,00 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

ANTIOXIDANT PROTECTION



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

VIT. D3 4000 IU

» 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

VIT. D3 + MAGNESIUM

» immune system support



Vitamin D3 is the most biologically active form of vitamin D. It enhances the absorption of calcium and phosphorus, necessary for an adequate mineralisation of the entire skeletal structure. It also strengthens the immune system, while magnesium supports the function of the nervous system, energy metabolism and helps to maintain bones and teeth in good condition.

Who is the product recommended for?

It is perfect for people with vitamin D3 and magnesium deficits. Adequate supply of these elements is necessary to maintain proper immune function and good performance of the skeletal structure.

PACKAGING:



60 cap.

ACTIVE INGREDIENTS	per 1 capsule*
Magnesium	90,00 mg
Vitamin D	50,00 µg / 2000 IU

*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

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

*Daily portion of the product

MULTIVITAMIN FOR MEN

» comprehensive support for real men



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.

PACKAGING:



90 cap.

ACTIVE INGREDIENTS	per 2 capsules*	per 1 capsule
MULTIVITAMIN COMPLEX		
Vitamin C	80,00 mg	40,00 mg
Niacin (mg NE)	8,00 mg	4,00 mg
Vitamin E (mg α -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 (μ g RE)	400,00 μ g	200,00 μ g
Folic Acid	100,00 μ g	50,00 μ g
Biotin	25,00 μ g	12,50 μ g
Vitamin D	2,50 μ g	1,25 μ g
Vitamin B12	1,25 μ g	0,63 μ g
COMPLEX FOR MEN		
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
MULTIVITAMIN COMPLEX		
Vitamin C	80,00 mg	40,00 mg
Niacin (mg NE)	8,00 mg	4,00 mg
Vitamin E (mg α-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 (µg RE)	400,00 µg	200,00 µg
Folic Acid	100,00 µg	50,00 µg
Biotin	25,00 µg	12,50 µg
Vitamin D	2,50 µg	1,25 µg
Vitamin B12	1,25 µg	0,63 µg
COMPLEX FOR WOMEN		
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

VITAVIX

» a healthy way with a twist to strengthen your immune system



IMMUNITY
BOOST



CONTAINS RUTOSIDE FOR
HEALTHY BLOOD VESSELS



RICH IN
ZINC

Vitavix is a multi-component supplement to reinforce immune functions of the body. Formulated with Vitamin D which is essential for healthy bones and strong immune system for in periods of reduced exposure to sunlight our bodies are known to produce less Vitamin D. Beside Vitamin D immunity is also down to Vitamin C. Vitavix has them both, yet the twist is the prolonged effect of Vitamin C due to its combination with rutoside, a powerful antioxidant. Rutoside does not only protect and reinforce the effect of Vitamin C, but, as a popular bioflavonoid, strengthens blood vessels, which is particularly important for people with poor blood circulation, and relieves the most dreadful symptom of common cold, i.e. runny nose. The mighty formulation of Vitavix is nailed with zinc to help get rid of inflammations responsible for triggering various health conditions. We often suffer from deficits or insufficiencies of this mineral, which, to make things worse, are poorly absorbed from a diet [30% at a maximum]. Especially people engaged in regular workout, those on low-calorie, vegan, lactose-free diets or people suffering from metabolic disorders may find it hard to maintain proper levels of zinc in the body.

Vitavix is a powerful and innovative formulation for immunity boost which all ingredients of which are at very high concentrations. Vitavix contains over 100% of the Reference Intake Value for Vitamin D, C, zinc and selenium.

Who do we especially recommend this product for?

Everyone in the period of increased vulnerability to infections and influenza. Vitavix is recommended especially to people who might have impaired immune functions, like athletes in high intensity training, people with heavy workloads, people suffering from sleep deficits and all those exposed to excess stress loads.

PACKAGING:



60 tab.

ACTIVE INGREDIENTS	per 1 tablet*
Vitamin C	1000,00 mg
Rutoside	50,00 mg
Zinc	15,00 mg
Selenium	55,00 µg
Vitamin D	50,00 µg / 2000 IU

*Daily portion of the product

IMMUNE SUPPORT





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