



Komot Pharm Supplement Catalogue



Company Overview

Komot Pharmaceutical is a pharmaceutical company based in Prizren, Kosovo, specialised in development and selling of new innovative products. During the years, we have reached significant milestones due to our hard work, performance and strict adherence to the highest ethical and operational standards.

Our team consists of qualified young and ambitious staff developing unique, innovative, high quality products to help our customers enlarge their own brand catalogue. All of our products comply with European GMP standards and contain combination of plant extracts, vitamins and minerals that can help with the most common problems and conditions today.

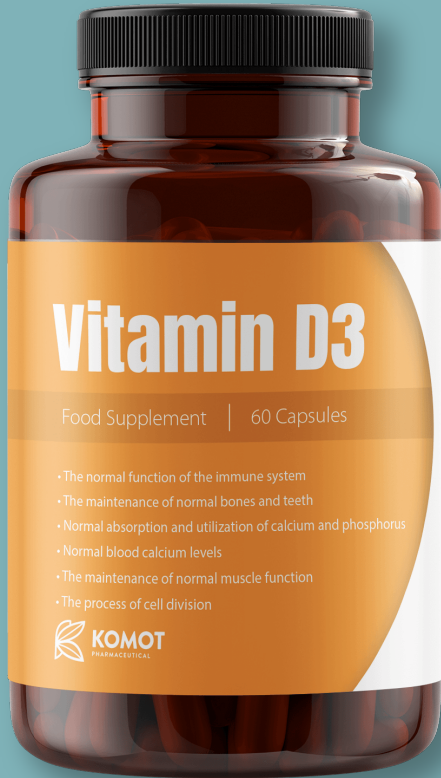
We are a growth-oriented company, committed to constantly seeking new partnerships and innovative products that help promote a healthier life. Responsibility, integrity, continuous improvement and respect for our customers and partners are some of our core values. We try to make them part of everything we do.

Product Line

- Vitamin D3
- Vitamin D3 & K2
- Vitamin C
- Biotin
- Vitamin B12
- Vitamin B6
- Coenzyme Q10
- Alpha-Lipoic Acid
- Zinc
- Selenium
- Magnesium Bisglycinate
- Tumeric Curcumin
- Milk Thistle
- 5-HTP
- Saw Palmetto
- L-Theanine
- *Saccharomyces boulardii*

Vitamin D3

1000 IU, 2000 IU, 4000 IU, 10000 IU, 25000 IU



Optimized Support for Bone, Immune & Muscle Health

Our range of Vitamin D3 supplements provides tailored support for your individual needs, available in five potent dosages: 1000 IU, 2000 IU, 4000 IU, 10,000 IU, and 25,000 IU.

Why Vitamin D3?

Vitamin D3 (cholecalciferol) is the most effective form of vitamin D, helping your body maintain optimal levels through efficient absorption. It plays a vital role in numerous physiological functions.

According to the European Food Safety Authority (EFSA), Vitamin D contributes to:

- The normal function of the immune system
- The maintenance of normal bones and teeth
- Normal absorption and utilization of calcium and phosphorus
- Normal blood calcium levels
- The maintenance of normal muscle function
- The process of cell division

Active ingredients

Vitamin D3(as cholecalciferol) 2000 IU, 4000 IU, 10000 IU, 25000 IU

Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany

Our premium supplement combines Vitamin D3 and Vitamin K2 to help you maintain strong bones and a healthy immune system.

This carefully balanced combination works synergistically: Vitamin D3 enhances calcium absorption, while Vitamin K2 helps direct calcium to the bones where it's needed most. Ideal for daily wellness and bone health support.

Vitamin D3 contributes to:

- The normal absorption and utilisation of calcium and phosphorus
- The maintenance of normal bones and teeth
- The normal function of the immune system
- The maintenance of normal muscle function

Vitamin K2 contributes to:

- The maintenance of normal bones
- The normal blood clotting

Active ingredients	Amount	NRV
Vitamin D3 (as Cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin MK7 *	75mcg	100%

Vitamin D3 & K2



Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany

Vitamin C

500mg, 1000mg



Our premium Vitamin C supplement provides 500mg of pure Vitamin C per capsule to help support your immune system, reduce tiredness, and fatigue, and promote overall health and vitality. Vitamin C is an essential nutrient that helps your body function at its best.

This powerful supplement helps protect your cells and supports key processes like collagen formation, iron absorption, and maintaining healthy skin.

Ideal for daily immune support, antioxidant protection, and overall wellness.

Active ingredients	Amount	NRV
Vitamin C (As Ascorbic Acid)	500 mg	625%

Active ingredients	Amount	NRV
Vitamin C (As Ascorbic Acid)	1000 mg	1250%

Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany

Biotin, also known as Vitamin B7, is an essential nutrient that plays a crucial role in maintaining healthy hair, skin, and nails. Our high-quality supplement provides 5000mcg of Biotin per capsule to help promote strength, vitality, and overall appearance. Biotin supports your body's natural processes that contribute to the health of your hair, nails, and skin.

With its powerful effects, this supplement helps you nourish your hair, strengthen brittle nails, and maintain glowing, healthy skin from within.

Ideal for supporting daily beauty, vitality, and overall well-being.

According to the European Food Safety Authority (EFSA), Biotin contributes to:

- The maintenance of normal hair
- The maintenance of normal skin
- The maintenance of normal nails
- The normal metabolism of macronutrients (carbohydrates, fats, and proteins)

Active ingredients	Amount	NRV
Biotin (As D-Biotin)	5000 mcg	10000%

Biotin



Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany

Vitamin B12

(Methylcobalamin)



Support your energy levels, nervous system, and cognitive function with our premium Methylcobalamin 1000mcg supplement - the biologically active form of vitamin B12. Each easy-to-swallow capsule delivers 1000 micrograms of high-absorption methylcobalamin, ideal for those seeking a potent and effective B12 source.

Why Choose Our Methylcobalamin?

Supports energy production and reduces tiredness & fatigue.
Promotes healthy nerve function and psychological wellbeing.
Essential for red blood cell formation and homocysteine metabolism.

Food Supplement | 60 Capsules

- Supports energy production and reduces tiredness & fatigue.
- Promotes healthy nerve function and psychological wellbeing.
- Essential for red blood cell formation and homocysteine metabolism.



Active ingredients	Amount	NRV
Vitamin B12 (as Methylcobalamin)	1mg (1000mcg)	40.000%

Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany

Our premium Vitamin B6 supplement provides 10mg of pure Vitamin B6 per capsule to help support your metabolism, enhance energy production, and contribute to the normal functioning of your nervous system. Vitamin B6 plays an essential role in maintaining a healthy body and overall wellness.

This powerful supplement aids in the synthesis of neurotransmitters, supports healthy red blood cell production, and helps regulate hormonal activity. It's ideal for daily support of your metabolic and nervous systems, as well as promoting mental clarity and vitality.

According to the European Food Safety Authority (EFSA), Vitamin B6 contributes to:

- The normal function of the immune system
- The reduction of tiredness and fatigue
- The regulation of hormonal activity
- The normal function of the nervous system
- Normal psychological function

Active ingredients	Amount	NRV
Vitamin B6 (As Pyridoxine Hydrochloride)	100 mg	5882%

Vitamin B6



Food Supplement | 60 Capsules

- The normal function of the immune system
- The reduction of tiredness and fatigue
- The regulation of hormonal activity
- The normal function of the nervous system
- Normal psychological function



Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany

Coenzyme Q10



Coenzyme Q10 (CoQ10), also known as ubiquinone, is a naturally occurring antioxidant that plays a vital role in energy production and cellular health. Our high-quality supplement provides 100mg of CoQ10 per capsule to help support your heart, boost energy, and improve skin health. CoQ10 contributes to the maintenance of normal heart function and overall vitality, helping you maintain an active and healthy lifestyle.

With its powerful antioxidant properties, this supplement supports healthy blood circulation, helps combat fatigue, and promotes glowing, youthful skin from within.

Ideal for supporting heart health, energy levels, and skin health.

Active ingredients	Amount	NRV
Coenzyme Q10 (Ubiquinone)	100 mg	-

Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany

Alpha-lipoic acid (ALA) is a naturally occurring compound that plays a key role in energy metabolism. It functions as a powerful antioxidant, helping to neutralize free radicals and regenerate other antioxidants like vitamins C and E.

Each capsule contains 200 mg of high-quality alpha-lipoic acid, a potent antioxidant that supports metabolic health and protects against oxidative damage.

The European Food Safety Authority (EFSA) has substantiated the following health claims for alpha-lipoic acid:

- Protection of body lipids from oxidative damage
- Maintenance of normal blood glucose concentrations
- Maintenance of normal blood cholesterol concentrations
- Increased beta-oxidation of fatty acids

Active ingredients	Amount	NRV
Alpha lipoic acid	200mg	**

Alpha-Lipoic Acid



Recommended daily dose: Take 1 to 2 capsule per day

1 box contains 60 capsules

Made in Germany

Tumeric Curcumin



Natural Support for Joints, Digestion, and Immunity

Curcumin, the principal active compound in turmeric (*Curcuma longa*), has been traditionally used in herbal medicine and is supported by modern scientific evidence.

According to scientific research *Curcuma longa* contributes to:

- Normal liver function
- Digestive comfort and normal digestion
- Anti-inflammatory response
- Joint and musculoskeletal health support
- Antioxidant properties

Active ingredients	Amount per 2 capsules	NRV
Turmeric (<i>Curcumin longa</i>) (rhizome) Standardized to minimum 95% curcuminoids	1400mg	*

Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany

Milk Thistle

Milk Thistle, known for its active compound silymarin, has been used for centuries to support liver health and detoxification.

According to scientific research, Milk Thistle helps:

- Support healthy liver function
- Aid in detoxification
- Provide antioxidant protection to liver cells

According to the European Food Safety Authority (EFSA), Milk Thistle contributes to:

- The protection of liver cells from oxidative stress
- The maintenance of normal liver function
- Detoxification support
- The protection of cells from oxidative stress

Active ingredients	Amount	NRV
Milk Thistle Extract (<i>Silybum marianum</i>) (seeds)	1000 mg	-



Recommended daily dose: Take two capsules per day

1 box contains 60 or 120 capsules

Made in Germany

5-HTP



Our high-quality 5-HTP supplement offers 100mg of pure 5-Hydroxytryptophan per capsule, which aids in promoting emotional balance, enhancing relaxation, and supporting a positive mood. 5-HTP is a natural precursor to serotonin, a neurotransmitter essential for regulating mood, sleep, and emotional well-being.

This effective supplement can help ease feelings of anxiety, improve your mood, and encourage restful sleep, helping you feel more relaxed and at ease.

Ideal for daily support of mental clarity, relaxation, and emotional well-being.

Active ingredients	Amount	NRV
5-HTP (5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i> Extract)(seed)	500 mg	556%

Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany

Our premium Saw Palmetto supplement delivers 320 mg of high-quality Saw Palmetto extract per capsule, carefully formulated to support prostate function and promote urinary health. Derived from the berries of the *Serenoa repens* plant, Saw Palmetto has been traditionally used to help maintain prostate health, balance hormones, and enhance overall male vitality.

This powerful supplement works to support healthy urinary flow, promote normal prostate function, and help maintain optimal well-being as you age.

According to the European Food Safety Authority (EFSA), Saw Palmetto contributes to:

- Normal prostate function
- Healthy urinary tract function
- Supporting healthy testosterone levels
- Promoting overall male well-being

Active ingredients	Amount	NRV
Saw Palmetto Extract (<i>Serenoa repens</i> berry extract)	320 mg	-

Saw Palmetto



Recommended daily dose: Take 1 to 2 capsule per day

1 box contains 60 capsules

Made in Germany

L-Theanine



Our L-Theanine 100 mg supplement is carefully derived from the leaves of *Camellia sinensis* (green tea), offering a natural and pure source of this unique amino acid. L-Theanine is renowned for its calming effects without causing drowsiness, making it an ideal supplement to support relaxation and mental clarity throughout the day.

Each capsule delivers 100 mg of L-Theanine, standardized and extracted using high-quality processes to ensure maximum purity and effectiveness.

Active ingredients	Amount	NRV
L-theanine (from <i>Camellia sinensis</i> (leaf))	100mg	*

Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany



Zinc



Our high-quality zinc supplement provides 30 mg of elemental zinc in the well-absorbed form of zinc gluconate.

Zinc is a vital mineral that contributes to the normal function of the immune system, supports healthy skin, hair, and nails, and helps protect cells from oxidative stress.

Each box contains 60 easy-to-swallow capsules – a convenient 2-month supply based on the recommended daily intake.

Active ingredients	Amount	NRV
Zinc (from Zinc gluconate)	30mg	300%

Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany

L-Selenomethionine is an organic form of selenium, an essential trace mineral naturally present in the diet. It is a highly bioavailable source of selenium, meaning it is efficiently absorbed and utilised by the body.

Key Benefits (EFSA Approved Claims):

- Selenium contributes to the protection of cells from oxidative stress.
- Selenium contributes to the maintenance of normal hair.
- Selenium contributes to the maintenance of normal nails.
- Selenium is necessary for normal cardiovascular function.
- Selenium is beneficial for prostate health.
- Supports normal immune function.
- Aids healthy thyroid and cognitive function.
- Protects cells from oxidative stress.
- Contributes to normal spermatogenesis.

Active ingredients	Amount	NRV
Selenium (as L-Selenomethionine)	100 mcg	182%

Selenium



Recommended daily dose: Take 1 to 2 capsule per day

1 box contains 60 capsules

Made in Germany

Magnesium Bisglycinate



Our high-absorption Magnesium Bisglycinate supplement provides 200 mg of elemental magnesium per capsule in its chelated, highly bioavailable form. Magnesium bisglycinate is gentle on the stomach and is one of the most efficient forms of magnesium for optimal absorption and effectiveness.

Magnesium plays a vital role in over 300 enzymatic reactions in the body. This essential mineral supports muscle function, nerve transmission, energy production, electrolyte balance, and contributes to the maintenance of normal bones and teeth.

Thanks to its chelated structure, Magnesium Bisglycinate offers superior gastrointestinal tolerance and is ideal for individuals with sensitive digestion.

Active ingredients	Amount	NRV
Magnesium (elemental) (*From 2.500 mg Magnesium Bisglycinate)	250 mg	60%

Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany



Saccharomyces boulardii



Support your gut health naturally with Komot- Lyside® Probiotic Capsules – a premium food supplement formulated to help maintain a balanced digestive system and support overall well-being. With 60 capsules per box, you get a full two-month supply of daily gut support.

Key Benefits:

- 5 Billion CFU per capsule for optimal gut health
- Supports digestive balance and a healthy intestinal flora
- Helps strengthen the immune system
- Convenient daily dose – just one capsule per day
- Suitable for daily use and travel-friendly

Active ingredients	Amount	
<i>Saccharomyces cerevisiae</i> var. <i>boulardii</i> CNCM: I-3799	250mg	5 Billion CFU

Recommended daily dose: Take one capsule per day

1 box contains 60 capsules

Made in Germany





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