

The
Black Range
Nutrients

Pharma
LEAD[®]
PHARMACY
CARE PRODUCTS

OUR PHILOSOPHY



Combining scientific research with advanced technology, we developed innovative compositions of high standards.

We have created unique products, which through the synergy of nature with science can offer the maximum benefit to our health and life.

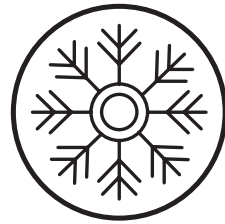
Powerful formulas of vitamins and minerals enriched with Fresh Freeze-dried superfoods and herbs, which provide all their benefits, while maintaining the precious value of micronutrients.

"The Black Range Nutrients" offers products that cover the needs of immune system support, good mental health, energy and endurance, beauty as well as specialized products for bone strengthening, good liver function and mental clarity.

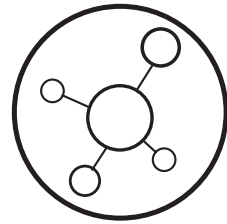
Our vision is to create products for a better life!



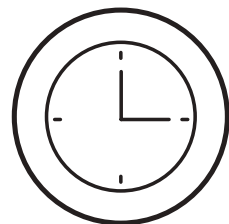
THE BLACK RANGE NUTRIENTS



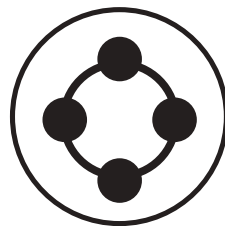
Fresh Freeze-dried Herbs



With Micronutrients



Sustained Release
Pharmaceutical Forms



Synergistic Action



Suitable for Vegans



0% Additives

Suitable for: vegans, vegetarians, diabetics
Homeopathy compatible





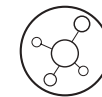
FRESH FREEZE-DRIED HERBS

Fresh Freeze-drying is a process used in herbal extracts in order to stabilize, concentrate and/ or increase the shelf-life of these products without destroying their chemical structure.

With Fresh Freeze-drying method (lyophilization) the product freezes gently and then the water is extracted in the form of vapor using a high-pressure vacuum. The vapor collects on a condenser, returns to ice and is removed. A gradual temperature rise extracts all remaining “bound” moisture from the product. This process retains the chemical structure of the product and preserves it indefinitely. The freeze-dried products can be re-hydrated at any time by adding water or can be consumed in their dried format.

Advantages:

- a. stability of the products and their protection from oxidative damage is achieved
- b. enzymes and micronutrients are supplied
- c. nutritional value of the products is enhanced
- d. the overall effectiveness of the products is achieved



WITH MICRONUTRIENTS

The ingredients that are essential for the human body are divided into two categories:

- Macronutrients (proteins, carbohydrates, fats)
- Micronutrients (vitamins, minerals, enzymes)

Micronutrients are most affected by any food processing.

Using Fresh Freeze-drying technology, we achieve the preservation of enzymes and valuable micronutrients, with a particularly beneficial effect on the human body acting as catalyst for its biochemical reactions.



SUSTAINED RELEASE PHARMACEUTICAL FORMS

Sustained release capsules for better absorption of the active ingredients and their prolonged action.

- Gradual-release capsules
- They are gradually dissolved in the stomach and small intestine (up to 8 hours)
- Increased efficiency and longer duration of action

SYNERGISTIC ACTION

The composition of the products is based on the synergistic action of vitamins, minerals and other nutrients with nature's superfoods and herbs. Their combination is the result of a long-term, careful study in order to obtain the maximum benefit for the health of the human body.

SUITABLE FOR VEGANS

The range has products suitable for vegetarians and vegans, which also cover the needs of people who have not chosen the specific lifestyle and diet.

0% ADDITIVES

All products in the range are without additives, preservatives and GMOs (genetically modified organisms) always based on quality and the best for health. Additionally, they do not contain sugar, salt, gluten and lactose, covering the needs of each unique organism.



Vitamin C 1000mg Plus D3 2000IU

Normal function of the immune system. Reduction of tiredness and fatigue. Antioxidant activity.



Composition with high content of vitamin C and D3, enriched with fresh freeze-dried rose hips and aronia.

Ingredients that contribute to:

- the normal function of the immune system (vitamins C, D*)
- the protection of cells from oxidative stress (vitamin C*)
- normal energy-yielding metabolism and the reduction of tiredness and fatigue (vitamin C*)
- the process of cell division (vitamin D*)
- the maintenance of normal muscle function, teeth and bones (vitamin D*)
- normal absorption/utilisation of calcium and phosphorus and to normal blood calcium levels (vitamin D*)

*Official health claims from the European Food Safety Authority (EFSA).

Rose hips is one of the richest sources of vitamin C with strong antioxidant activity and anti-inflammatory properties. In addition, it helps strengthen the immune system and also has diuretic properties, cleaning the urinary system. Aronia is a well-known superfood with high levels of antioxidants.

Ingredients	Amount per Serving: 1 tablet	%NRV*
Vitamin C	1000mg	1250%
Vitamin D3 (Cholecalciferol)	50mcg (2000 IU)	1000%
Rose Hips (Rosa canina) fresh freeze dried powder	10mg	**
Aronia melanocarpa Organic fresh freeze dried powder	5mg	**

* NRV: Nutrient Reference Value

** NRV: Not established

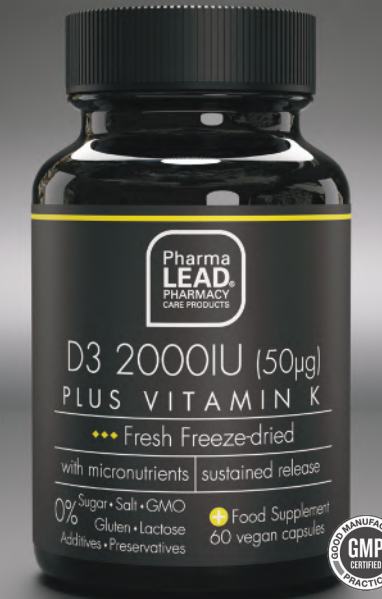
Dosage: 1 tablet daily, preferably after the meal
Packaging: 30 & 120 sustained release vegan tablets

Suitable for: Vegans, vegetarians, diabetics, homeopathy



D3 2000IU Plus Vitamin K

Normal function of the immune system. Healthy bones.



Formula with high content of vitamin D3, enriched with vitamin K for the maintenance of normal bones and fresh freeze-dried superfoods that enhance the effectiveness of the product.

Ingredients that contribute to:

- the normal function of the immune system (vitamin D*)
- the maintenance of normal bones (vitamins D, K*)
- the maintenance of normal teeth (vitamin D*)
- the maintenance of normal muscle function (vitamin D*)
- normal absorption/utilisation of calcium and phosphorus and to normal blood calcium levels (vitamin D*)

*Official health claims from the European Food Safety Authority (EFSA).

With spinach that is rich in fiber, vitamins A, C, K, B-complex vitamins, as well as iron, calcium, manganese, magnesium and folic acid. It is valuable for immune system strengthening, has a cardioprotective effect and contributes to bone health. In addition, the composition contains pumpkin, an excellent source of energy and well-being and alfalfa which is characterized as a medicinal herb, because it helps the normal functioning of the digestive system, the treatment of arthritis and has a rich antioxidant activity.

Ingredients	Amount per Serving: 1 capsule	%NRV*
Vitamin D3 (Cholecalciferol)	50mcg (2000IU)	1000%
Vitamin K (Phylloquinone)	45mcg	60%
Alfalfa (Medicago sativa L.) fresh freeze-dried powder	15mg	**
Pumpkin (Cucurbita pepo L.) fresh freeze-dried powder Vitamin D3	15mg	**
Spinach (Spinacia oleracea L.) fresh freeze-dried powder	15mg	**

* NRV: Nutrient Reference Value

** NRV: Not established

Dosage: 1 capsule daily, preferably after the meal
Packaging: 60 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Zinc Plus Vitamins C+D3

Antioxidant activity. Normal function of the immune system.



Zinc formula enriched with vitamins C, D3, copper, as well as fresh freeze-dried blueberry and orange.

Ingredients that contribute to:

- the protection of cells from oxidative stress (zinc, copper, vitamin C*)
- the maintenance of normal hair, nails and skin (zinc*)
- normal hair and skin pigmentation (copper*)
- the normal function of the immune system (vitamins C, D, copper*)
- normal DNA synthesis (zinc*)

*Official health claims from the European Food Safety Authority (EFSA).

With blueberry which has strong anti-inflammatory and antioxidant activity, thanks to vitamin C, polyphenols and anthocyanins it contains, as well as orange, a rich source of vitamins, minerals and bioflavonoids, for immune system strengthening.

Ingredients	Amount per Serving: 1 capsule	%NRV*
Vitamin C (as Ascorbic acid 180mg and Rosehip extract 4:1, std Ascorbic acid 20mg)	200mg	100%
Zinc (as Zinc picolinate 50% and Zinc gluconate 50%)	15mg	150%
Copper (as Copper sulphate pentahydrate)	0,75mg	75%
Vitamin D3	5mcg (200IU)	100%
Blueberry (Vaccinium myrtillus L.) fresh freeze dried powder	5mg	**
Orange (Citrus sinensis - (L.) Osbeck.) fresh freeze dried powder	5mg	**

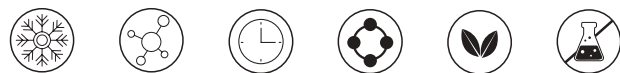
* NRV: Nutrient Reference Value

** NRV: Not established

Dosage: 1 capsule daily, preferably after the meal

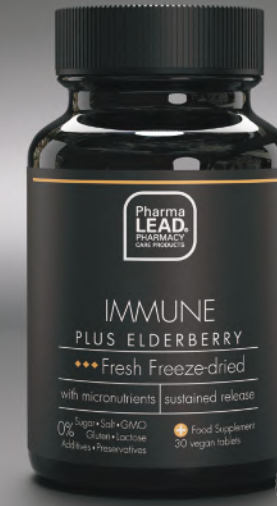
Packaging: 30 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Immune Plus Elderberry

Normal function of the immune system.



Enhanced Antioxidant Respiratory Support which strength and nourish natural immune protection.

Ingredients that contribute to:

- normal function of the immune system
- normal metabolism of vitamin A
- protection of cells from oxidative stress
- normal function of the immune system
- protection of cells from oxidative stress

*Official health claims from the European Food Safety Authority (EFSA).

Uniquely formulated provides robust immune support with high-potency vitamins and minerals along with Elderberry, Astragalus, Maitake, Ganoderma, Garlic, Quercetin, prebiotic and Vitamins and Zinc, Selenium.

Ingredients	Amount per Serving: 1 capsule	%NRV*
Astragalus Root (fresh freeze-dried)	150mg	**
Elderberry fruit (fresh freeze dried)	100mg	**
Maitake (fresh freeze-dried)	15mg	**
Ganoderma lucidum (fresh freeze dried)	15mg	**
Garlic fresh freeze-dried (Allium sativum)	10mg	**
Quercetin	10mg	**
Fructo-oligosaccharides	50mg	**
Vitamin C (as Calcium ascorbate)	80mg	100%
Vitamin D3	20mcg (800IU)	400%
Zinc (as Zinc bisglycinate)	10mg	100%
Selenium (as 1% Sodium selenite))	55mcg	100%

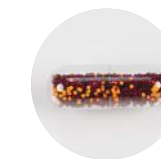
* NRV: Nutrient Reference Value

** NRV: Not established

Dosage: 1 capsule daily, preferably after the meal

Packaging: 30 & 90 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Vegan capsules with time release pellets

Cunha S, Meireles D, Machado J. Sambucus nigra - a promising natural source for human health. *Exp Pathol Health Sci.* 2016;8(2):59-66.
 Kong F. Pilot clinical study on a proprietary elderberry extract: efficacy in addressing influenza symptoms. *Online Journal of Pharmacology and Pharmacokinetics* 2009;5:32-43.
 Eo, S. K., Kim, Y. S., Lee, C. K., and Han, S. S. Possible mode of antiviral activity of acidic protein bound polysaccharide isolated from *Ganoderma lucidum* on herpes simplex viruses. *J Ethnopharmacol.* 2000;72(3):475-481.
 Brush, J., Mendenhall, E., Guggenheim, A., Chan, T., Connelly, E., Soumyanath, A., Buresh, R., Barrett, R., and Zwickey, H. The effect of *Echinacea purpurea*, *Astragalus membranaceus* and *Glycyrrhiza glabra* on CD69 expression and immune cell activation in humans. *Phytother Res* 2006;20(8):987-995.
 Mayell, M. Maitake extracts and their therapeutic potential. *Altern Med Rev* 2001;6(1):48-60.

Kay, C. D. and Holub, B. J. The effect of wild blueberry (*Vaccinium angustifolium*) consumption on postprandial serum antioxidant status in human subjects. *Br.J.Nutr.* 2002;88(4):389-398.
 S.Rafiq et al., Citrus peel as a source of functional ingredient: A review, *Journal of the Saudi Society of Agricultural Sciences*, Volume 17, Issue 4, October 2018, Pages 351-358

Multivitamin Advance Plus Superfoods

Powerful composition for human body enhancement.



Dosage: 1 capsule daily, preferably after the meal

Packaging: 30 & 90 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Unique multivitamin formula with 50 total ingredients. Vitamins, minerals, trace elements and fresh freeze-dried herbs and superfoods.

Ingredients that contribute to:

- the reduction of tiredness and fatigue (vitamins B, C, magnesium, iron, folic acid*)
- the normal function of the immune system (vitamins B, C, D, iron, folic acid, selenium, copper, zinc*)
- the protection of cells from oxidative stress (vitamins B2, C, E, zinc, copper, manganese, selenium*)
- the normal function of the heart (thiamine*)
- the maintenance of normal bones (calcium, magnesium, manganese, zinc, vitamins D, K*)

*Official health claims from the European Food Safety Authority (EFSA).

With coenzyme Q10, important ingredient for cellular energy production, as well as lycopene and lutein, which have antioxidant activity. In addition, the composition contains spirulina, a superfood with high nutritional value for energy yielding and well-being of the body, as well as green barley grass, a rich source of minerals, trace elements, vitamins, proteins and enzymes. Also, acai berry, alfalfa, aronia, turmeric, dandelion, green tea, and several additional herbs contribute to the maximum product effectiveness.

Ingredients	Amount per Serving: 1 capsule	%NRV*
Vitamin D3 (Cholecalciferol)	5mcg (200IU)	100%
Vitamin E (α-TE) (as Vitamin E acetate)	6mg (8,96IU)	50%
Vitamin C	80mg	100%
Thiamine (Vitamin B1 as Thiamine hydrochloride)	6mg	545,5%
Riboflavin (Vitamin B2)	6mg	428,6%
Niacin (Vitamin B3)	6mg	37,5%
Vitamin B6 (as Pyridoxine hydrochloride)	8mg	571,4%
Folic acid	200mcg	100%
Vitamin B12 (Cyanocobalamin)	2,5mcg	100%
Biotin (D-Biotin)	50mcg	100%
Pantothenic acid (as Calcium-D-pantothenate)	8mg	133,3%
Vitamin K	10mcg	13%
Calcium (as Carbonate)	10mg	1,3%

Ingredients	Amount per Serving: 1 capsule	%NRV*
Chromium (as picolinate)	15mcg	37,5%
Copper (as gluconate)	0,4mg	40%
Iron (as bisglycinate)	0,5mg	3,6%
Magnesium (as Mg oxide)	9mg	2,4%
Molybdenum (as Na molybdate)	25mcg	50%
Manganese (as Mn sulfate)	0,5mg	25%
Selenium (as Na selenite)	15mcg	27,3%
Zinc (as Zn citrate)	3mg	30%
Acai Berry (Euterpe oleracea) fresh freeze dried	5mg	**
Alfalfa (Medicago sativa L.) fresh freeze dried powder	5mg	**
Alpha Lipoic Acid	5mg	**
Aronia melanocarpa fresh freeze dried powder	5mg	**
Cholin (as Cholin bitartrate)	5mg	**
Citrus Bioflavonoid Complex	5mg	**
Coenzyme Q10	5mg	**
Curcuma longa-Turmeric Root fresh freeze dried	5mg	**
Dandelion Leaf (Taraxacum officinale) fresh freeze dried	5mg	**
L-Glutathione	2mg	**
Green Barley Grass (Hordeum vulgare) fresh freeze dried	10mg	**
Green Tea Leaf (Camellia sinensis)	5mg	**
Hesperidin	1mg	**
Inositol	5mg	**
Kale (Brassica oleracea var acephala) fresh freeze dried	5mg	**
Larch Tree Arabinogalactan [Larix occidentalis]	1mg	**
Lutein	10mcg	**
Lycopene (as tomato prep.)	20mcg	**
Nettle Leaf (Urtica dioica) fresh freeze dried	5mg	**
Oat Fiber	5mg	**
Pomegranate Arils (Punica granatum) fresh freeze dried	5mg	**
Rice Bran Stabilized (Oryza sativa L)	5mg	**
Rose Hips (fruit)	5mg	**
Rutin	0,5mg	**
Soy Protein Isolate	50mg	**
Spirulina (Spirulina platensis) fresh freeze dried	2 mg	**
Watercress (Nasturtium officinale) fresh freeze dried	5mg	**
Beta-carotene	1 mg	**
Silicon (as Si dioxide)	2mg	**

* NRV: Nutrient Reference Value

** NRV: Not established



Lichtenhaler R, Rodrigues RB, Maia JG, Papagiannopoulos M, Fabricis H, Marx F: Total oxidant scavenging capacities of Euterpe oleracea Mart. (Acai) fruits. Int J Food Sci Nutr. 2005, 56: 53-64. 10.1080/09637480500082082.
M.Guadalupe et al., Nutraceutical Potential of New Allfalfa (Medicago sativa) Ingredients for Beverage Preparations, J Med Food. 2017, Oct;20(10):1039-1046. doi: 10.1089/jmf.2017.0046
SE Kulling, et al., Chokeberry (Aronia melanocarpa) - A review on the characteristic components and potential health effects, Planta Med, 2008 Oct;74(13):1625-34. doi: 10.1055/s0028-1088306.
Evans JL and Goldfine, ID. Alpha-lipoic acid: a multifunctional antioxidant that improves insulin sensitivity in patients with type 2 diabetes. Diabetes Technology and Therapeutics 2000;2(3):401-413.
Shay KP1, et al. Alpha-lipoic acid as a dietary supplement: molecular mechanisms and therapeutic potential. Biochim Biophys Acta. (2009)
H.J.Jeon, et al., Anti-inflammatory activity of Taraxacum officinale, Journal of Ethnopharmacology 115 (2008) 82-88
Wada H, et al. Redox status of coenzyme Q10 is associated with chronological age. J Am Geriatr Soc. (2007)
Assini JM, Mulvihill EE, Huff MW. "Citrus flavonoids and lipid metabolism" Curr Opin Lipidol. 2013 Feb;24(1):34-40
Anshul Sinha, et al., Phytochemical, Pharmacological and Therapeutic Potential of Hordeum vulgare Linn. - A Review, Asian J. Research Chem. 5(10): October, 2012; Page 1303-1308
Amdal Ali Haj Said, et al., Highlights On Nutritional And Therapeutic Value Of Singing Nettle (Urtica Dioica). International Journal of Pharmacy and Pharmaceutical Sciences, Vol 7, Issue 10, 2015
Hewlings SJ, Kalman DS. Curcumin: A review of its effects on human health. Foods. 2017;6(10). doi:10.3390/foods6100092
Wu G1, et al. Glutathione metabolism and its implications for health. J Nutr. (2004)
Zambrana LE, et al. Rice bran supplementation modulates growth, microbiota and metabolome in weaning infants: a clinical trial in Nicaragua and Mali. Sci Rep. 2019 Sep 26;9(1):13919.
Chrubasik C., et al., S. The evidence for clinical efficacy of rose hip and seed: a systematic review. Phytother Res 2006;20(1):1-3
CIR Gill, et al. Watercress supplementation in diet reduces lymphocyte DNA damage and alters blood antioxidant status in healthy adults. Am J Clin Nutr. 2007;85:504-10
Williams SN., Shih H., Guenette D.K., Brackney W., Denton M.S., Pickwell G.V., Quattrochi L.C. Comparative studies on the effects of green tea extracts and individual tea catechins on human CYP1A gene expression. Chem. Biol. Int. 2000;128:211-229
Morand C, et al. Hesperidin contributes to the vascular protective effects of orange juice: a randomized crossover study in healthy volunteers. Am J Clin Nutr. (2011)
Craze ML, Soulagre CO. Potential role and therapeutic interests of myo-inositol in metabolic diseases. Biochimie. (2013)

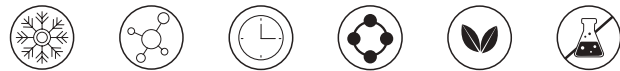
Multivitamin One A Day plus Reishi Mushroom

Ideal 24/7 wellness booster.



Dosage: 1-2 capsule daily, preferably after the meal
Packaging: 30 & 90 sustained release capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Unique multivitamin formula with 13 vitamins, 9 minerals, trace elements and fresh freeze-dried herbs and superfoods.

Ingredients that contribute to:

- to reduce fatigue and tiredness (vitamins B, C, magnesium, iron, folic acid *)
- normal functioning of the immune system (vitamins A, B, C, D, iron, folic acid, selenium, copper, zinc *)
- protect cells from oxidative stress (vitamins B2, C, E, zinc, copper, manganese, selenium *)
- normal functioning of the heart (thiamine *)
- normal condition of the bones (calcium, magnesium, manganese, zinc, vitamin D, K *)

*Official health claims from the European Food Safety Authority (EFSA).

With Reishi Ganoderma, Lycopene and Lutein, with antioxidant activity, in addition to the composition Alfalfa, Aronia, Orange, Pomegranate which are superfoods with high nutritional value for the stimulation and well-being of the organism contribute to the maximum yield of the product.

Ingredients	Amount per Serving: 1 capsules	%NRV*
Rice Bran Stabilized (Oryza sativa L)	20mg	**
Alfalfa (Medicago sativa L.) Organic freeze-dried powder	5mg	**
Aronia melanocarpa Organic freeze-dried powder	5mg	**
Orange powder freeze-dried	5mg	**
Spinach Organic freeze-dried powder	5mg	**
Reishi Mushroom Mycelia (Ganoderma lucidum Karst.)	5mg	**
Pomegranate fruit extract DER 4: 1 (Punica granatum L.)	5mg	**
Alfalfa (Medicago sativa L.) freeze dried powder	5mg	**
Aronia melanocarpa freeze dried powder	5mg	**
Lycopene (as tomato prep.)	100mcg	**
Lutein	100mcg	**
Vitamin A (RE) (25% as beta carotene)	800mcg (2666,4IU)	100%
Thiamine (Vitamin B1 as Thiamine hydrochloride)	1,1mg	100%
Riboflavin (Vitamin B2)	1,4mg	100%
Niacin (Vitamin B3)	16mg	100%
Pantothenic acid (as Calcium-D-pantothenate)	6mg	100%

Ingredients	Amount per Serving: 1 capsules	%NRV*
Vitamin B6 (as Pyridoxine hydrochloride)	1,4mg	100%
Vitamin B12 (Cyanocobalamin)	2,5mcg	100%
Folate (as Folic acid)	200mcg	100%
Biotin (D-Biotin)	50mcg	100%
Selenium (as Sodium selenite)	55mcg	100%
Vitamin C (as Calcium ascorbate)	80mg	100%
Vitamin D3 (Cholecalciferol)	10mcg (400IU)	200%
Vitamin E (α-TE) (as Vitamin E acetate)	12mg	100%
Vitamin K	75mcg	100%
Calcium (as Carbonate)	10mg	1,3%
Magnesium (as Oxide)	10mg	2,7%
Iron (as Fumarate)	14mg	100%
Chromium (as Chloride)	50mcg	125%
Manganese (as Sulfate)	2mg	100%
Molybdenum (as Sodium molybdate)	50mcg	100%
Zinc (as Gluconate)	5mg	50%
Copper (as Sulfate)	1mg	100%

* NRV: Nutrient Reference Value
 ** NRV: Not established

Zambrana LE, et al. Rice bran supplementation modulates growth, microbiota and metabolome in weaning infants: a clinical trial in Nicaragua and Mali. Sci Rep. 2019 Sep 26;9(1):13919.
 Eo, S. K., Kim, Y. S., Lee, C. K., and Han, S. S. Possible mode of antiviral activity of acidic protein bound polysaccharide isolated from Ganoderma lucidum on herpes simplex viruses. J Ethnopharmacol. 2000;72(3):475-481.
 SE Kulling, et al., Chokeberry (Aronia melanocarpa) - A review on the characteristic components and potential health effects, Planta Med. 2008 Oct;74(13):1625-34. doi: 10.1055/s-0028-1088306.
 M.Guadalupe et al., Nutraceutical Potential of New Alfalfa (Medicago sativa) Ingredients for Beverage Preparations, J Med Food. 2017, Oct;20(10):1039-1046. doi: 10.1089/jmf.2017.0046.
 Hajimahmoodi, M., Oveisi M. R., Sadeghi N., Jannat B. and Nateghi M. Antioxidant capacity of plasma after pomegranate intake in human volunteers. 2009;47(2):125-132. Acta Medica Iranica 2009;47(2):125-132.

Multivitamin 50+ plus Green Barley

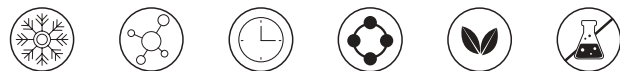
Unique multivitamin combination for strong organism.



Dosage: 1-2 capsule daily, preferably after the meal

Packaging: 30 sustained release capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Unique multivitamin formula with 50 total ingredients. Vitamins, minerals, trace elements and fresh freeze-dried herbs and superfoods.

Ingredients that contribute to:

- the reduction of tiredness and fatigue (vitamins B, C, magnesium, iron, folic acid*)
- the normal function of the immune system (vitamins B, C, D, iron, folic acid, selenium, copper, zinc*)
- the protection of cells from oxidative stress (vitamins B2, C, E, zinc, copper, manganese, selenium*)
- the normal function of the heart (thiamine*)
- the maintenance of normal bones (calcium, magnesium, manganese, zinc, vitamins D, K*)

*Official health claims from the European Food Safety Authority (EFSA).

With coenzyme Q10, important ingredient for cellular energy production, as well as lycopene and lutein, which have antioxidant activity. In addition, the composition contains spirulina, a superfood with high nutritional value for energy yielding and well-being of the body, as well as green barley grass, a rich source of minerals, trace elements, vitamins, proteins and enzymes. Also, acai berry, alfalfa, aronia, turmeric, dandelion, green tea, and several additional herbs contribute to the maximum product effectiveness.

Ingredients	Amount per Serving: 1 capsules	%NRV*
L-Glutamine	25mg	**
L-Taurine	25mg	**
L-Lysine	25mg	**
Spirulina [Spirulina platensis]-fresh freeze dried	25mg	**
Urtica dioica extract	20mg	**
MSM (méthyl sulfonyle méthane)	20mg	**
Green Barley Grass (Hordeum vulgare)-fresh freeze dried	10mg	**
Curcuma longa-Turmeric Root-fresh freeze dried	10mg	**
Coenzyme Q10	10mg	**
Acai Berry (Euterpe oleracea)-fresh freeze dried	5mg	**
Alfalfa (Medicago sativa L.) freeze dried powder	5mg	**
Alpha Lipoic Acid	5mg	**
Aronia melanocarpa freeze dried powder	5mg	**
Cholin (as Cholin bitartrate)	5mg	**
Green Tea Leaf (Camellia sinensis) fresh freeze dried	5mg	**

Ingredients	Amount per Serving: 1 capsules	%NRV*
Citrus Bioflavonoid Complex	5mg	**
Dandelion Leaf (Taraxacum officinale)-fresh freeze dried	5mg	**
Nettle Leaf (Urtica dioica)-fresh freeze dried	5mg	**
Pomegranate Arils (Punica granatum)-fresh freeze dried	5mg	**
Oat Fiber	5mg	**
Inositol	5mg	**
Kale (Brassica oleracea var acephala)-fresh freeze dried	5mg	**
Watercress (Nasturtium officinale)-fresh freeze dried	5mg	**
Rice Bran Stabilized (Oryza sativa L)	5mg	**
Rose Hips (fruit) fresh freeze dried	5mg	**
L-Glutathione	2mg	**
Hesperidin	1mg	**
Larch Tree Arabinogalactan (Larix occidentalis) fresh freeze dried	1mg	**
Piper nigrum fresh freeze dried	1mg	**
Rutin	500mcg	**
Lycopene (as tomato prep.)	20mcg	**
Lutein	10mcg	**
Vitamin A (RE) (50% as beta carotene)	800mcg(2666,4IU)	100%
Thiamine (Vitamin B1 as Thiamine hydrochloride)	1,65mg	150%
Riboflavin (Vitamin B2)	2,1mg	150%
Niacin (Vitamin B3)	24mg	150%
Pantothenic acid (as Calcium-D-pantothenate)	9mg	150%
Vitamin B6 (as Pyridoxine hydrochloride)	2,1mg	150%
Vitamin B12 (Cyanocobalamin)	2,5mcg	100%
Folate (as Folic acid)	300mcg	150%
Biotin (D-Biotin)	75mcg	150%
Selenium (as Sodium selenite)	30mcg	54,5%
Vitamin C	80mg	100%
Vitamin D3 (Cholecalciferol)	5mcg (200IU)	100%
Vitamin E (α-TE) (as Vitamin E acetate)	18mg	150%
Vitamin K	30mcg	40%
Calcium (as Carbonate)	10mg	1,3%
Magnesium (as Mg oxide)	10mg	2,7%
Iron (as bisglycinate)	2,1mg	15%
Chromium (as picolinate)	40mcg	100%
Manganese (as Mn sulfate)	2mg	100%
Molybdenum (as Na molybdate)	50mcg	100%
Zinc (as Zn citrate)	5mg	50%
Copper (as gluconate)	0,5mg	50%

* NRV: Nutrient Reference Value

** NRV: Not established

Anshul Sinha, et al., Phytochemical, Pharmacological and Therapeutic Potential of Hordeum vulgare Linn. - A Review, Asian J. Research Chem. 5(10): October, 2012; Page 1303-1308

Svend Høstme Hansen, et al. A role for taurine in mitochondrial function. J Biomed Sci. (2010)

Flodin NV. The metabolic roles, pharmacology, and toxicology of lysine. J Am Coll Nutr. (1997)

Amal Ait Haj Said, et al., Highlights on Nutritional and Therapeutic Value of Stinging Nettle (Urtica dioica), International Journal of Pharmacy and Pharmaceutical Sciences, Vol 7, Issue 10, 2015

Nones J, et al. The flavonoids hesperidin and rutin promote neural crest cell survival. Cell Tissue Res. (2012)

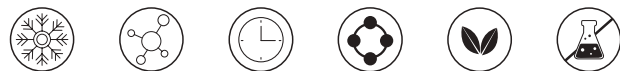
Calcium Plus Magnesium

Healthy bones, teeth and muscles.



Dosage: 2 capsules daily, preferably after the meals
Packaging: 60 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



A balanced combination of calcium and magnesium, with vitamins B6, C, D3, K and fresh freeze-dried superfoods. Unique composition that aims to increase calcium absorption in the body.

Ingredients that contribute to:

- the maintenance of normal bones (calcium, magnesium, vitamins D, K*)
- the maintenance of normal teeth (calcium, magnesium, vitamin D*)
- normal muscle function (calcium, magnesium*)
- normal functioning of the nervous system (vitamins B6, C, magnesium*)
- normal protein synthesis (magnesium*)
- electrolyte balance (magnesium*)
- normal neurotransmission (calcium*)

*Official health claims from the European Food Safety Authority (EFSA).

With rice bran which protects the immune system and has anti-inflammatory activity as well as green tea, a rich source of antioxidants and nutrients that help improve well-being.

Ingredients	Amount per Serving: 2 capsules	%NRV*
Calcium (100mg as Calcium carbonate and 15mg Calcium gluconate)	250mg	30,2%
Magnesium (as Magnesium hydroxide)	125mg	33,3%
Vitamin C	40mg	50%
Vitamin B6 (as Pyridoxine hydrochloride)	5mg	357,1%
Vitamin D3 (as Cholecalciferol)	10mcg (400IU)	200%
Vitamin K (Phylloquinone)	37,5mcg	50%
Rice Bran Stabilized	125mg	**
Green tea leaf extract (Camellia sinensis (L.) Kuntze) (std.50% polyphenols)	5mg	**
Pumpkin (Cucurbita pepo L.) fresh freeze dried powder	2,5mg	**
Alfalfa (Medicago sativa L.) fresh freeze dried powder	2,5mg	**
Aronia melanocarpa fresh freeze dried powder	2,5mg	**

* NRV: Nutrient Reference Value
** NRV: Not established

Magnesium Plus Vitamin B6

Normal function of the muscle and nervous system.



Dosage: 2 capsules daily, preferably after the meals
Packaging: 60 & 120 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Magnesium formula with vitamin B6, and 9 superfoods and herbs.

Ingredients that contribute to:

- normal muscle function (magnesium*)
- normal functioning of the nervous system (vitamin B6, magnesium*)
- the reduction of tiredness and fatigue (vitamin B6, magnesium*)
- electrolyte balance (magnesium*)
- normal protein synthesis (magnesium*)
- normal psychological function (vitamin B6, magnesium*)

*Official health claims from the European Food Safety Authority (EFSA).

With rice bran, rich source of fiber, vitamins B and E, minerals, lipids and proteins, with ginger which has antibacterial and anti-inflammatory properties, alfalfa which is characterized as a medicinal herb, as well as green barley grass, green oat seed, aronia, horsetail spring shoot, nettle leaf and pumpkin.

Ingredients	Amount per Serving: 2 capsules	%NRV*
Magnesium (as Magnesium citrate and Magnesium oxide)	250mg	66,6%
Vitamin B6 (as Pyridoxine hydrochloride)	1mg	71,4%
Rice Bran Stabilized	50mg	**
FOS (fructo oligosaccharides)	20mg	**
Alfalfa (Medicago sativa L.) fresh freeze dried powder	5mg	**
Ginger Rhizome (Zingiber officinale) fresh freeze dried	10mg	**
Green Barley Grass (Hordeum vulgare) fresh freeze dried	5mg	**
Green Oat Seed (Avena Sativa) fresh freeze dried	5mg	**
Aronia melanocarpa fresh freeze dried powder	5mg	**
Horsetail Spring Shoot (Equisetum arvense) fresh freeze dried	5mg	**
Nettle Leaf (Urtica dioica) fresh freeze dried	5mg	**
Pumpkin (Cucurbita pepo L.) fresh freeze dried powder	5mg	**

* NRV: Nutrient Reference Value
** NRV: Not established

M.Guadalupe et al., Nutraceutical Potential of New Alfalfa (Medicago sativa) Ingredients for Beverage Preparations, J Med Food. 2017, Oct;20(10):1039-1046. doi: 10.1089/jmf.2017.0046
SE Kulling, et al., Chokeberry (Aronia melanocarpa) - A review on the characteristic components and potential health effects, Planta Med, 2008 Oct;74(11):1625-34. doi: 10.1055/s-0028-1088306.
S.E.A. Badr, et al., Chemical composition and biological activity of ripe pumpkin fruits (Cucurbita pepo L.) cultivated in Egyptian habitats, Nat Prod Res, 2011 Sep;25(16):1524-39. doi: 10.1080/14786410903312991
Zambrana LE, et al., Rice bran supplementation modulates growth, microbiota and metabolome in weaning infants: a clinical trial in Nicaragua and Mali. Sci Rep. 2019 Sep 26;9(1):13919.
Williams S.N., Shih H., Guenette D.K., Brackney W., Denison M.S., Pickwell G.V., Quattrucci L.C. Comparative studies on the effects of green tea extracts and individual tea catechins on human CYP1A gene expression. Chem. Biol. Int. 2000;128:211-229

M.Guadalupe et al., Nutraceutical Potential of New Alfalfa (Medicago sativa) Ingredients for Beverage Preparations, J Med Food. 2017, Oct;20(10):1039-1046. doi: 10.1089/jmf.2017.0046
Fishbein L et al., Fructooligosaccharides: a review, Veterinary and Human Toxicology, 01 Apr 1988, 30(2):104-107
M.H.Pittler,B.D.Roufogalis, Zingiberis rhizoma: A comprehensive review on the ginger effect and efficacy profiles, Phytomedicine, Volume 12, Issue 9, 15 September 2005, Pages 684-701
Zambrana LE, et al., Rice bran supplementation modulates growth, microbiota and metabolome in weaning infants: a clinical trial in Nicaragua and Mali. Sci Rep. 2019 Sep 26;9(1):13919.
Anshul Sinha, et al., Phytochemical, Pharmacological and Therapeutic Potential of Hordeum vulgare Linn. - A Review, Asian J. Research Chem. 5(10): October, 2012; Page 1303-1308
O.David et al., Acute and Chronic Effects of Green Oat (Avena sativa) Extract on Cognitive Function and Mood during a Laboratory Stressor in Healthy Adults: A Randomised, Double-Blind, Placebo-Controlled Study in Healthy Humans, Nutrients. 2020 Jun; 12(6): 1598., doi: 10.3390/nu12061598
SE Kulling, et al., Chokeberry (Aronia melanocarpa) - A review on the characteristic components and potential health effects, Planta Med, 2008 Oct;74(11):1625-34. doi: 10.1055/s-0028-1088306.
Novdeep Singh Sandhu, Et Al, Equisetum Arvense: Pharmacology And Phytochemistry - A Review, Asian Journal of Pharmaceutical and Clinical Research, Vol. 3, Issue 3, 2010 ISSN - 0974-2441
Amal Ait Haj Said, et al., Highlights On Nutritional And Therapeutic Value Of Stinging Nettle (Urtica Dioica), International Journal of Pharmacy and Pharmaceutical Sciences, Vol 7, Issue 10, 2015
S.E.A. Badr, et al., Chemical composition and biological activity of ripe pumpkin fruits (Cucurbita pepo L.) cultivated in Egyptian habitats, Nat Prod Res, 2011 Sep;25(16):1524-39. doi: 10.1080/14786410903312991

B-Complex Plus Vitamin C

Normal function of the nervous and immune system.



Combination of the vitamin B-complex with vitamin C, calcium, magnesium and unique fresh freeze-dried herbs and superfoods.

Ingredients that contribute to:

- normal functioning of the nervous system (vitamins B, C, magnesium*)
- the normal function of the immune system (vitamins B, C, folic acid*)
- normal psychological function (vitamins B, C, magnesium*)
- the reduction of tiredness and fatigue (vitamins B, C, magnesium, folic acid*)
- normal energy-yielding metabolism (vitamins B, C, calcium, magnesium*)

*Official health claims from the European Food Safety Authority (EFSA).

With rice bran and beetroot for the immune system strengthening, as well as rhodiola that relieves stress as it is considered an adaptogen herb.

Ingredients	Amount per Serving: 1 capsule	%NRV*
Vitamin C	125mg	156%
Vitamin B1 Thiamine (as Thiamine hydrochloride)	10mg	909,1%
Vitamin B2 Riboflavin	10mg	714,3%
Vitamin B3 Niacin	10mg	62,5%
Vitamin B5 Pantothenic acid (as Calcium-D-pantothenate)	10mg	166,7%
Vitamin B6 (as Pyridoxine hydrochloride)	10mg	714,3%
Vitamin B12 (methylcobalamin)	50mcg	2000%
Biotin	20mcg	40%
Folate (Folic acid)	100mcg	50%
Calcium (as carbonate)	10mg	1,3%
Magnesium (as Magnesium oxide)	15mg	4%
Beetroot & Greens Juice (Beta vulgaris) fresh freeze dried	10mg	**
Alfalfa (Medicago sativa L.) fresh freeze dried powder	5mg	**
Aronia melanocarpa fresh freeze dried powder	5mg	**
Dandelion Leaf fresh freeze dried	5mg	**
Green Oat Seed (Avena sativa) fresh freeze dried	5mg	**
Orange powder fresh freeze dried	5mg	**
Pumpkin (Cucurbita pepo L.) fresh freeze dried powder	5mg	**
Rhodiola Root Extract (Rhodiola rosea) fresh freeze dried	10mg	**
Rice Bran Stabilized (Oryza sativa L.)	10mg	**
Cholin (as Cholin bitartrate)	5mg	**
Inositol	5mg	**
PABA (p-Aminobenzoic acid)	5mg	**

* NRV: Nutrient Reference Value
** NRV: Not established

Dosage: 1 capsule daily, preferably after the meal

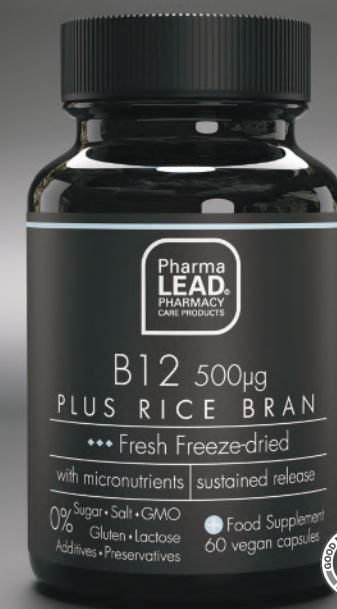
Packaging: 60 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



B12 500µg Plus Rice Bran

Normal psychological function and reduction of tiredness and fatigue.



Unique synergy of vitamin B12 with rice bran, ginger and other fresh freeze-dried superfoods of high nutritional value.

Vitamin B12 contributes to*:

- normal psychological function
- the reduction of tiredness and fatigue and normal energy-yielding metabolism
- normal red blood cell formation
- normal functioning of the nervous system

*Official health claims from the European Food Safety Authority (EFSA).

With rice bran, a rich source of fiber, vitamins B and E, minerals, lipids and proteins. In addition, the composition contains dandelion, a plant with significant nutritional value, as well as ginger, a herb known for its antibacterial and anti-inflammatory properties.

Ingredients	Amount per Serving: 1 capsule	%NRV*
Vitamin B12 (Methylcobalamin)	500mcg	20 000%
Rice Bran Stabilised	180mg	**
Aronia melanocarpa fresh freeze dried powder	10mg	**
Beet Root Juice (Beta vulgaris) fresh freeze dried powder	10mg	**
Dandelion Leaf fresh freeze dried powder	10mg	**
Ginger Rhizome/Root (Zingiber officinale) fresh freeze dried powder	10mg	**
Parsley Organic powder fresh freeze dried	10mg	**

* NRV: Nutrient Reference Value
** NRV: Not established

Dosage: 1 capsule daily, preferably after the meal

Packaging: 60 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



P. Peeling, et al., Beetroot Juice Improves On-Water 500 M Time-Trial Performance, and Laboratory-Based Paddling Economy in National and International-Level Kayak Athletes, International Journal of Sport Nutrition and Exercise Metabolism, 2015, 25, 278-284, <http://dx.doi.org/10.1123/ijsem.2014-0110>
M. Guadalupe et al., Nutritional Potential of New Alfalfa (Medicago sativa) Ingredients for Beverage Preparations, J Med Food, 2017, Oct;20(10):1039-1046. doi: 10.1089/jmf.2017.0046
SE Kulling, et al., Chokeberry (Aronia melanocarpa) - A review on the characteristic components and potential health effects, Planta Med, 2008 Oct;74(13):1625-34. doi: 10.1055/s-0028-1088306
H.J. Jeon, et al., Anti-inflammatory activity of Taraxacum officinale, Journal of Ethnopharmacology 115 (2008) 82-88
O. David et al., Acute and Chronic Effects of Green Oat (Avena sativa) Extract on Cognitive Function and Mood during a Laboratory Stressor in Healthy Adults: A Randomised, Double-Blind, Placebo-Controlled Study in Healthy Humans, Nutrients, 2020 Jun; 12(6): 1598. doi: 10.3390/nu12061598
S. Rafiq et al., Citrus peel as a source of functional ingredients: A review, Journal of the Saudi Society of Agricultural Sciences, Volume 17, Issue 4, October 2018, Pages 351-358
S.E.A. Badr, et al., Chemical composition and biological activity of ripe pumpkin fruits (Cucurbita pepo L.) cultivated in Egyptian habitats, Nat Prod Res, 2011 Sep;23(16):1524-39. doi: 10.1080/14786410903312991
Ballmann CG, et al. Effects of short-term Rhodiola Rosea (Golden Root Extract) supplementation on anaerobic exercise performance. J Sports Sci. (2019)
Zambrana LE, et al. Rice bran supplementation modulates growth, microbiota and metabolome in weaning infants: a clinical trial in Nicaragua and Mali. Sci Rep. 2019 Sep 26;9(1):13919.
Zaisel SH, et al., Choline and human nutrition. Annual Rev Nutr 1994;14:269-296.
Croze ML, Soulaye GO. Potential role and therapeutic interests of myoinositol in metabolic diseases. Biochimie. [2013]
N. Drozd, et al., Antithrombotic activity of para-aminobenzoic acid, Eksp.Klin.Farmakol. 2000;63(3):40-44.

Zambrana LE, et al. Rice bran supplementation modulates growth, microbiota and metabolome in weaning infants: a clinical trial in Nicaragua and Mali. Sci Rep. 2019 Sep 26;9(1):13919.
SE Kulling, et al., Chokeberry (Aronia melanocarpa) - A review on the characteristic components and potential health effects, Planta Med, 2008 Oct;74(13):1625-34. doi: 10.1055/s-0028-1088306
P. Peeling, et al., Beetroot Juice Improves On-Water 500 M Time-Trial Performance, and Laboratory-Based Paddling Economy in National and International-Level Kayak Athletes, International Journal of Sport Nutrition and Exercise Metabolism, 2015, 25, 278-284, <http://dx.doi.org/10.1123/ijsem.2014-0110>
H.J. Jeon, et al., Anti-inflammatory activity of Taraxacum officinale, Journal of Ethnopharmacology 115 (2008) 82-88
M.H. Pittler, B.D. Raufogalis, Zingiberis rhizoma: A comprehensive review on the ginger effect and efficacy profiles, Phytomedicine, Volume 12, Issue 9, 15 September 2005, Pages 684-701
H. Mohammad, et al., Parsley: a review of ethnopharmacology, phytochemistry and biological activities, Journal of Traditional Chinese Medicine, Volume 33, Issue 6, December 2013, Pages 815-826

B-50 Complex Plus Acerola

Enhanced composition for mental and physical performance.



Dosage: 1 capsule daily, preferably after the meal

Packaging: 30 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Vitamin B-complex enriched with acerola and other fresh freeze-dried superfoods for maximum effectiveness.

Ingredients that contribute to:

- the reduction of tiredness and fatigue (vitamins B, folic acid*)
- the protection of cells from oxidative stress (vitamin B2*)
- normal functioning of the nervous system (vitamins B, biotin*)
- normal psychological function (vitamins B, folic acid, biotin*)
- normal mental performance (vitamin B5*)

*Official health claims from the European Food Safety Authority (EFSA).

With acerola, rich source of vitamin C, carotenoids, and other nutrients that fight free radicals. In addition, the composition contains alfalfa and aronia, superfoods with high levels of antioxidants.

Ingredients	Amount per Serving: 1 capsule	%NRV*
Vitamin B1 - Thiamine (as Thiamine hydrochloride)	50mg	4545,5%
Vitamin B2 Riboflavin	50mg	3571,4%
Vitamin B3 Niacin	50mg	312,5%
Vitamin B5 Pantothenic acid (as Calcium-D-pantothenate)	50mg	833,3%
Vitamin B6 (as Pyridoxine hydrochloride)	50mg	3571,4%
Vitamin B12 (Cyanocobalamin)	50mcg	2000%
Folate (Folic acid)	400mcg	200%
Biotin	50mcg	100%
Cholin (as Cholin bitartrate)	20mg	**
Inositol	50mg	**
Acerola fruit extract	30mg	**
Alfalfa leaf and stem (Medicago sativa L.) fresh freeze dried powder	3mg	**
Aronia melanocarpa fresh freeze dried powder	3mg	**
Dandelion Leaf fresh freeze dried	3mg	**
Rose hips fruit fresh freeze dried	3mg	**
Spinach Organic fresh freeze dried powder	3mg	**
Watercress fruit (Nasturtium officinale W.T. Aiton) fresh freeze dried	3mg	**

* NRV: Nutrient Reference Value

** NRV: Not established

Memory Plus L-Glutathione

Improving memory and mental clarity.



Dosage: 1 capsule daily, preferably after the meal

Packaging: 30 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Complete formula with ginkgo biloba, panax ginseng and rosemary, enhanced with L-Glutathione to improve memory.

Ingredients that contribute to:

- normal cognitive function (zinc*)
- normal mental performance (vitamin B5*)
- normal blood formation (folic acid*)
- normal homocysteine metabolism (vitamins B, folic acid)
- the protection of cells from oxidative stress (vitamin C, selenium, zinc*)
- normal functioning of the nervous system (biotin, vitamins B, C, magnesium*)

*Official health claims from the European Food Safety Authority (EFSA).

With ginkgo biloba, panax ginseng, and rosemary, herbs known for their antioxidant activity as well as their beneficial properties in improving memory and mental clarity. In addition, the composition is enhanced with L-Glutathione, a tripeptide produced by the body and comprised of three amino acids (L-glutamine, L-cysteine, and glycine). L-Glutathione acts against oxidative stress and consequently contributes to normal brain function.

Ingredients	Amount per Serving: 1 capsule	%NRV*
Thiamine (as Thiamine hydrochloride, Vitamin B1)	1,4mg	127,3%
Pantothenic acid (as Calcium-D-pantothenate, Vitamin B5)	10mg	166,7%
Vitamin B6 (as Pyridoxine hydrochloride)	2mg	142,9%
Vitamin B12 (Cyanocobalamin)	2,5mcg	100%
Vitamin C	20mg	25%
Vitamin D3 (Cholecalciferol)	5mcg	100%
Vitamin E (α-TE) (as Vitamin E acetate)	12mg	100%
Biotin	50mcg	100%
Folate (as Folic acid)	200mcg	100%
Magnesium (as Magnesium hydroxide)	56mg	15%
Selenium (as Sodium selenate)	27,5mcg	50%
Zinc (as Zinc citrate)	5mg	50%
Ginkgo biloba L., folium, fresh freeze dried powder	50mg	**
Panax ginseng C.A.Meyer radix, extract, DER 5:1	50mg	**
Grape (Vitis vinifera L.) extract, (std. 95% Proanthocyanidins)	20mg	**
Rosemary (Rosmarinus officinalis) extract (std. 5% Rosmarinic acid)	20mg	**
L-Glutamine	15mg	**
Alfalfa (Medicago sativa L.) fresh freeze dried powder	10mg	**
Cholin (as Cholin bitartrate)	10mg	**
L-Glutathion	5mg	**

* NRV: Nutrient Reference Value

** NRV: Not established

Zeisel SH, et al., Choline and human nutrition. Annual Rev Nutr 1994;14:269-296.
 Croze ML, Soulage CO. Potential role and therapeutic interests of myo-inositol in metabolic diseases. Biochimie. (2013)
 Dersé, P. H. et al., Nutrient content of acerola, a rich source of vitamin C. J. Am. Med. Assoc. 12-18-1954;156(16):1501
 M. Guadalupe et al., Nutraceuical Potential of New Alfalfa (Medicago sativa) Ingredients for Beverage Preparations, J Med Food. 2017, Oct;20(10):1039-1046. doi: 10.1089/jmf.2017.0046
 SE Kulling, et al., Chokeberry (Aronia melanocarpa) - A review on the characteristic components and potential health effects, Planta Med, 2008 Oct;74(13):1625-34. doi: 10.1055/s-0028-1088306.
 H.J.Jeon, et al., Anti-inflammatory activity of Taraxacum officinale, Journal of Ethnopharmacology 115 (2008) 82-88
 Chrubasik, C., et al., S. The evidence for clinical efficacy of rose hip and seed: a systematic review. Phytother Res 2006;20(11):1-3
 Roberts JL, et al., Functional properties of spinach (Spinacia oleracea L.) phytochemicals and bioactives. Food Funct. 2016;7(8):3337-53.
 CIR Gill, et al. Watercress supplementation in diet reduces lymphocyte DNA damage and alters blood antioxidant status in healthy adults. Am J Clin Nutr. 2007;85:504-10

Wu G1, et al. Glutathione metabolism and its implications for health. J Nutr. (2004)
 M.G.Rahbardar, H.Hosseinzadeh, Therapeutic effects of rosemary (Rosmarinus officinalis L.) and its active constituents on nervous system disorders, Iran J Basic Med Sci. 2020 Sep; 23(9): 1100-1112.
 M. Guadalupe et al., Nutraceuical Potential of New Alfalfa (Medicago sativa) Ingredients for Beverage Preparations, J Med Food. 2017, Oct;20(10):1039-1046. doi: 10.1089/jmf.2017.0046

Antioxidant Complex Plus Aronia

Enhanced antioxidant activity.



Dosage: 1 capsule daily, preferably after the meal
Packaging: 30 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Strong antioxidant formula with goji berry, cranberry and pomegranate, enhanced with aronia.

Ingredients that contribute to:

- the protection of cells from oxidative stress (zinc, selenium, vitamins B2, C*)
- normal cysteine synthesis (vitamin B6)
- the maintenance of normal hair and skin (zinc, biotin*)
- the maintenance of normal nails (zinc, selenium*)
- normal protein synthesis and normal metabolism of fatty acids and carbohydrate (zinc*)
- the normal function of the immune system (vitamins B, C, zinc*)

*Official health claims from the European Food Safety Authority (EFSA).

With aronia, a superfood of great interest to researchers because it has one of the highest levels of antioxidants. In addition, the composition contains goji berry with antioxidant and anti-aging activity, cranberry which blocks the damaging effects of free radicals and preserves the normal function of the urinary system, as well as pomegranate which is rich in macronutrients and micronutrients as well as antioxidants.

Ingredients	Amount per Serving: 1 capsule	%NRV*
Vitamin C	40mg	50%
Thiamine (as Thiamine hydrochloride, Vitamin B1)	1,1mg	100%
Riboflavin (Vitamin B2)	1,4mg	100%
Niacin	16mg	100%
Pantothenic acid (as Calcium-D-pantothenate, Vitamin B5)	6mg	100%
Vitamin B6 (as Pyridoxine hydrochloride)	1,4mg	100%
Vitamin B12 (as Cyanocobalamin)	1,25mcg	50%
Vitamin D3	5 mcg (200 IU)	100%
Folate (as Folic acid)	200mcg	100%
Biotin	25mcg	50%
Magnesium (as Magnesium oxide)	10mg	2,7%
Zinc (as Zinc citrate)	5mg	50%
Selenium (as Sodium selenate)	55mcg	100%
Aronia ext. (Aronia melanocarpa) std 5% Anthocyanins	250mg	**
Goji berry (Lycium barbarum L.) fresh freeze dried powder	10mg	**
Cranberry (Vaccinium macrocarpon Ait.) fresh freeze dried powder	10mg	**
Elderberry ext. (Sambucus nigra L.) std. 6,5% Anthocyanidins	10mg	**
Pomegranate ext. (Punica granatum L.) std 40% ellagic acid	10mg	**
Blueberry (Vaccinium myrtillus L.) fresh freeze dried powder	10mg	**
Acai (Euterpe oleraceae) fresh freeze dried powder	10mg	**
Citrus biflavonoids (Citrus aurantium L, std 60% biflavonoids)	10mg	**
Choline (as Choline bitartrate)	21mg	**

* NRV: Nutrient Reference Value

** NRV: Not established

Turmeric Complex Plus Olive

Enhanced antioxidant activity.



Dosage: 1 capsule daily, preferably after the meal
Packaging: 60 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Food supplement with turmeric, olive leaf extract, vitamins, minerals and other ingredients known for their antioxidant activity.

Ingredients that contribute to:

- the protection of cells from oxidative stress (manganese*)
- the normal function of the immune system (vitamins B, D, selenium*)
- the process of cell division (vitamins B12, D*)
- the maintenance of normal bones (vitamin D, manganese*)
- the reduction of tiredness and fatigue (vitamins B*)

*Official health claims from the European Food Safety Authority (EFSA).

Turmeric contributes to the good function of joints, helps improve digestion and it has anti-inflammatory and antioxidant activity. In addition, olive leaf extract is rich in ingredients with strong antioxidant activity.

Ingredients	Amount per Serving: 1 capsule	%NRV*
Manganese (as Manganese sulfate)	1mg	50%
Selenium (as sodium selenate)	55mcg	100%
Vitamin B6 (as Pyridoxine hydrochloride)	0,7mg	50%
Vitamin B12 (as Cyanocobalamin)	2,5mcg	100%
Vitamin D3 (Cholecalciferol)	2,5mcg	50%
Curcuma longa Turmeric root granule	350mg	**
Piperin (as Black pepper extract, Piper nigrum L, 95%)	2mg	**
Alfalfa (Medicago sativa L.) fresh freeze dried powder	5mg	**
Aronia melanocarpa fresh freeze dried powder	15mg	**
Olive leaf (Olea europaea L., folium) extract	5mg	**
Spinach Organic fresh freeze dried powder	5mg	**

* NRV: Nutrient Reference Value

** NRV: Not established

SE Kulling, et al., Chokeberry (Aronia melanocarpa) - A review on the characteristic components and potential health effects, Planta Med, 2008 Oct;74(13):1625-34. doi: 10.1055/s-0028-1088306.
Lichtenthaler R, Rodrigues RB, Maia JG, Papagiannopoulos M, Fabricius H, Marx F: Total oxidant scavenging capacities of Euterpe oleracea Mart. (Acai) fruits. Int J Food Sci Nutr. 2005, 56: 53-64. doi: 10.1080/09637480500082082.
Assini JM, Mulvihill EE, Huff MW. "Citrus flavonoids and lipid metabolism" Curr Opin Lipidol. 2013 Feb;24(1):34-40

Hewlings SJ, Kalman DS. Curcumin: A review of its effects on human health. Foods. 2017;6(10). doi:10.3390/foods6100092.
M.Guadalupe et al., Nutraceutical Potential of New Alfalfa (Medicago sativa) Ingredients for Beverage Preparations, J Med Food. 2017, Oct;20(10):1039-1046. doi: 10.1089/jmf.2017.0046
SE Kulling, et al., Chokeberry (Aronia melanocarpa) - A review on the characteristic components and potential health effects, Planta Med, 2008 Oct;74(13):1625-34. doi: 10.1055/s-0028-1088306.
J.S.Bang, D.H.Ch et.al., Anti-inflammatory and antiarthritic effects of piperine in human interleukin 1β-stimulated fibroblast-like synoviocytes and in rat arthritis models, Arthritis Res Ther. 2009; 11(2): R49

Easy Day Plus Ashwagandha

Normal psychological function.



Dosage: 1 capsule daily, preferably after the breakfast
Packaging: 30 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Vegan capsules with time release pellets

Combination of ashwagandha and additional 5 herbs, with L-Theanine, vitamins B, D3 and magnesium.

Ingredients that contribute to:

- normal psychological function (vitamins B, magnesium, folic acid *)
- normal functioning of the nervous system (vitamins B, magnesium *)
- the reduction of tiredness and fatigue (vitamins B, magnesium, folic acid*)
- normal energy-yielding metabolism (vitamins B, magnesium *)

*Official health claims from the European Food Safety Authority (EFSA).

Composition with L-Theanine, an amino acid that promotes calmness and relaxation. In addition, the formula contains ashwagandha, a medicinal herb with tonic properties and adaptogenic activity, as well as schisandra, rhodiola rosea, saffron, melissa officinalis and passiflora, herbs that help reduce stress.

Ingredients	Amount per Serving: 1 capsule	%NRV*
Thiamine (Vitamin B1 as Thiamine hydrochloride)	1,4mg	127,3%
Vitamin B6 (as Pyridoxine hydrochloride)	1,4mg	100%
Vitamin D3 (Cholecalciferol)	2,5mcg (100IU)	50%
Folate (as Folic acid)	100mcg	50%
Magnesium (as Magnesium oxide)	40mg	10,7%
Ashwagandha dry extract (Withania somnifera extract, 1.5% Withanolides)	50mg	**
Schisandra dry extract, fruit (Schisandra chinensis, 2% schisandrins)	40mg	**
Rhodiola dry extract, root (Rhodiola rosea L., 3% Rosavin & 1% Salidroside)	30mg	**
Saffron (Crocus sativus L.) fresh freeze dried	0,5mg	**
Melissa officinalis L fresh freeze dried	10mg	**
Passiflora incarnata fresh freeze dried	10mg	**
L-Theanine	10mg	**

* NRV: Nutrient Reference Value
 ** NRV: Not established

Easy Night Plus Melatonin

Contributes to the reduction of time taken to fall asleep. Maintenance of normal sleep. Rapid action and alleviation of subjective feelings of jet lag.



Dosage: 1 capsule daily, 1 hour before bedtime
Packaging: 30 sustained release vegan capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



Vegan capsules with time release pellets

Complete composition with 1.5mg short action melatonin plus 1.5mg melatonin in time release pellets, enriched with herbs ideal for enhancing the effectiveness of the product.

Ingredients that contribute to:

- the reduction of time taken to fall asleep (melatonin*)
- the alleviation of subjective feelings of jet lag (melatonin*)
- normal functioning of the nervous system (biotin*)
- normal psychological function (biotin*)

*Official health claims from the European Food Safety Authority (EFSA).

The composition contains the amino acid L-Tryptophane, which is converted to serotonin in the brain, contributing to normal sleep. In addition, it contains passiflora, magnolia, valerian and saffron, herbs known for their calming effects.

Ingredients	Amount per Serving: 1 capsule	%NRV*
L-Tryptophane	5mg	50%
Pantothenic acid (Calcium D Pantothenate)	3mg	20%
Melatonin	1,5mg	**
Melatonin time-released granules	1,5mg	**
Biotin	10mcg	**
Magnolia Officinalis Rehder et Wilson., bark, fresh freeze dried	25mg	**
Saffron (Crocus sativus L.) fresh freeze dried	1mg	**
Passiflora incarnata fresh freeze dried	100mg	**
Valerian Officinalis fresh freeze dried	100mg	**

* NRV: Nutrient Reference Value
 ** NRV: Not established

Bhattacharya, S. K. and Muruganandam, A. V. Adaptogenic activity of Withania somnifera: an experimental study using a rat model of chronic stress. Pharmacol Biochem Behav 2003;75(3):547-555.
 Chen WW, et al. Pharmacological studies on the anxiolytic effect of standardized Schisandra lignans extract on restraint-stressed mice. Phytomedicine. (2011)
 Huang F, et al. Sedative and hypnotic activities of the ethanol fraction from Fructus Schisandrae in mice and rats. J Ethnopharmacol. (2007)
 Ballmann CG, et al. Effects of short-term Rhodiola Rosea (Golden Root Extract) supplementation on anaerobic exercise performance. J Sports Sci. (2019)
 Lopresti AL, Smith SJ, Metzke AP, Drummond PD. Effects of saffron on sleep quality in healthy adults with self-reported poor sleep: a randomized, double-blind, placebo-controlled trial. J Clin Sleep Med. 2020;16(6):937-947.
 Kennedy DO, et al. Modulation of mood and cognitive performance following acute administration of Melissa officinalis (lemon balm). Pharmacol Biochem Behav. (2002)
 Lee J, Jung HY, Lee SI, Choi JH, Kim SG. Effects of Passiflora incarnata Linnaeus on polysomnographic sleep parameters in subjects with insomnia disorder: a double-blind randomized placebo-controlled study. Int Clin Psychopharmacol 2020;35(1):29-35.
 Kakuda, T. Neuroprotective effects of the green tea components theanine and catechins. Biol Pharm Bull 2002;25(12):1513-1518.

Hartmann E, Spinweber CL. Sleep induced by L-tryptophan. Effect of dosages within the normal dietary intake. J Nerv Ment Dis 1979;167:497-9.
 Arendt J, Borbely, A. A., Franey, C., and Wright J. The effects of chronic, small doses of melatonin given in the late afternoon on fatigue in man: a preliminary study. Neurosci Lett 4-6-1984;45(3):317-321.
 Buscemi N., Vandemeer B., Pandya R., Hooton N., Tjosvold L., Hartling L., Baker G., Vohra S., and Klassen T. Melatonin for treatment of sleep disorders. Evid Rep Technol Assess (Summ.) 2004;(108):1-7.
 Ma H, et al. Magnolol enhances pentobarbital-induced sleeping behaviors: possible involvement of GABAergic systems. Phytol Res. (2009)
 Lopresti AL, Smith SJ, Metzke AP, Drummond PD. Effects of saffron on sleep quality in healthy adults with self-reported poor sleep: a randomized, double-blind, placebo-controlled trial. J Clin Sleep Med. 2020;16(6):937-947.
 Lee J, Jung HY, Lee SI, Choi JH, Kim SG. Effects of Passiflora incarnata Linnaeus on polysomnographic sleep parameters in subjects with insomnia disorder: a double-blind randomized placebo-controlled study. Int Clin Psychopharmacol 2020;35(1):29-35.
 Stevinson C, Ernst E. Valerian for insomnia: a systematic review of randomized clinical trials. Sleep Med. (2000)

Cholesterol Plus Red Yeast Rice

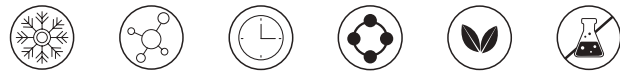
Balance cholesterol and lipids level within the normal range.



Dosage: 1-2 capsule daily, preferably after the meal

Packaging: 30 sustained release capsules

Suitable for: Vegans, vegetarians, diabetics, homeopathy



The composition for regulating cholesterol level based on herbal antioxidants, Red Yeast Rice, Bergamot, Ginger and Choline, Coenzyme Q10, vitamins, trace elements and superfoods.

Ingredients that contribute to:

- the regulation of hormonal activity
- normal homocysteine metabolism
- normal energy-yielding metabolism
- normal homocysteine metabolism
- normal red blood cell formation
- normal function of the immune system

*Official health claims from the European Food Safety Authority (EFSA).

Cholesterol with Red Rice Bran is a combination of unique ingredients that have clinically demonstrated their ability to help support serum lipid levels already within the healthy range. Bergamonte® is a standardized polyphenolic extract that can help to support cardiovascular health, as well as proper blood sugar management. Research shows that red yeast rice containing considerable amounts of monacolin K can lower total blood cholesterol level, low-density lipoprotein (LDL) cholesterol level and triglyceride level.

Ingredients	Amount per Serving: 1 capsules	%NRV*
Red Yeast Rice powder, 3% Monacolin K	300mg	**
Cholin (as Cholin bitartrate)	20mg	**
Citrus Bergamot extract (40% polyphenols)	20mg	**
Ginger Rhizome/Root (Zingiber officinale) – fresh freeze dried	20mg	**
Coenzyme Q10	15mg	**
Garlic (Allium sativum) extract, 1% Allicin	10mg	**
Camellia sinensis (L) Kuntze, Matcha, freeze dried	5mg	**
Artichoke Leaf (Cynara scolymus) fresh freeze dried	5mg	**
Aronia Berry (Aronia melanocarpa) freeze dried	5mg	**
Vitamin B6 (as Pyridoxine hydrochloride)	4,2mg	300%
Folate (as Folic acid)	200mcg	100%
Vitamin D3	2,5mcg (1000 IU)	500%
Vitamin B12 (Cyanocobalamin)	2,5mcg	100%

* NRV: Nutrient Reference Value

** NRV: Not established

Liver Complex Plus Milk Thistle

Maintenance of normal liver function.



Dosage: 1 capsule daily, preferably after the meal

Packaging: 30 sustained release capsules

Suitable for: Diabetics, homeopathy



Unique composition with amino acid complex, milk thistle extract, artichoke and other fresh freeze-dried superfoods that act synergistically for liver health.

Ingredients that contribute to:

- the maintenance of normal liver function and to normal homocysteine and lipid metabolism (choline*)
- the normal function of the immune system (vitamin D, selenium*)
- the protection of cells from oxidative stress (selenium*)

*Official health claims from the European Food Safety Authority (EFSA).

With amino acid complex (L-Cysteine, L-Arginine, L-Methionine, L-Ornithine Hydrochloride, Beta-Alanine, L-Leucine) that contribute to good liver health. In addition, milk thistle and artichoke extracts contain active ingredients that help protect liver.

Ingredients	Amount per Serving: 1 capsule	%NRV*
Vitamin D3 (Cholecalciferol)	5 mcg (200IU)	100%
Selenium (as Sodium selenite)	5mcg	9,1%
L-Cysteine	40mg	**
L-Arginine	30mg	**
Cholin (as Cholin bitartrate)	30mg	**
L-Methionine	30mg	**
L-Ornithine Hydrochloride	30mg	**
Chitosan	12mg	**
Beta-Alanine	10mg	**
L-Leucine	10mg	**
Rice Bran Stabilized	10mg	**
Milk Thistle (Silybum marianum (L.) Gaertn) extract (std. 80% Silymarin)	30mg	**
Artichoke (Cynara scolymus L) extract (std. 2,5% Cynarin)	15mg	**
Alfalfa (Medicago sativa L.) Organic fresh freeze dried powder	3mg	**
Aronia melanocarpa fresh freeze dried powder	3mg	**
Pumpkin (Cucurbita pepo L.) Organic fresh freeze dried powder	3mg	**
Astaxanthin (as microencapsulated granules, std 2% from H. pluvialis)	0,2mg	**

* NRV: Nutrient Reference Value

** NRV: Not established

Klimek M1, Wang S, Ogunkani A. Safety and efficacy of red yeast rice (Monascus purpureus) as an alternative therapy for hyperlipidemia. P.T. (2009)

Zeisel SH, et al., Choline and human nutrition. Annual Rev Nutr 1994;14:269-296

Assini JM, Mulvihill EE, Huff MW. "Citrus flavonoids and lipid metabolism" Curr Opin Lipidol. 2013 Feb;24(1):34-40

M.H.Pittler, B.D.Raufogalis, Zingiberis rhizoma: A comprehensive review on the ginger effect and efficacy profiles. Phytomedicine, Volume 12, Issue 9, 15 September 2005, Pages 684-701

Mathew J Budoff, Junichiro Takasu, Ferdinand R Flores, Yutaka Niihara, Bin Lu, Benjamin H Lau, Robert T Rosen, Harunobu Amagase, Inhibiting progression of coronary calcification using Aged Garlic Extract in patients receiving statin therapy: a preliminary study. Prev Med. 2004 Nov;39(5):985-91. doi: 10.1016/j.ypmed.2004.04.012.

SE Kulling, et al., Chokeberry (Aronia melanocarpa) - A review on the characteristic components and potential health effects, Planta Med, 2008 Oct;74(13):1625-34. doi: 10.1055/s-0028-1088306.

Zeisel SH, et al., Choline and human nutrition. Annual Rev Nutr 1994;14:269-296.

Abenavoli L, et al., Milk thistle in liver diseases: past, present, future. Phytother Res. (2010)

M.Guadalupe et al., Nutraceutical Potential of New Alfalfa (Medicago sativa) Ingredients for Beverage Preparations, J Med Food. 2017, Oct;20(10):1039-1046. doi: 10.1089/jmf.2017.0046

S.E.A. Badr, et al., Chemical composition and biological activity of ripe pumpkin fruits (Cucurbita pepo L.) cultivated in Egyptian habitats, Nat Prod Res, 2011 Sep;25(16):1524-39. doi: 10.1080/14786410903312991

Osteo Joints Complex Plus Hyaluronic Acid

Joints strengthening.



Dosage: 1-2 capsules daily, preferably after the meal

Packaging: 30 sustained release capsules

Suitable for: Diabetics, homeopathy



Complete formula with green lipped mussel, glucosamine, chondroitin, MSM, collagen, enriched with hyaluronic acid and fresh freeze-dried herbs and superfoods.

Ingredients that contribute to:

- normal collagen formation for the normal function of bones and cartilage (vitamin C*)
- the normal formation and maintenance of normal connective tissue (manganese, copper*)
- the maintenance of normal bones (manganese, vitamins D, K, zinc*)

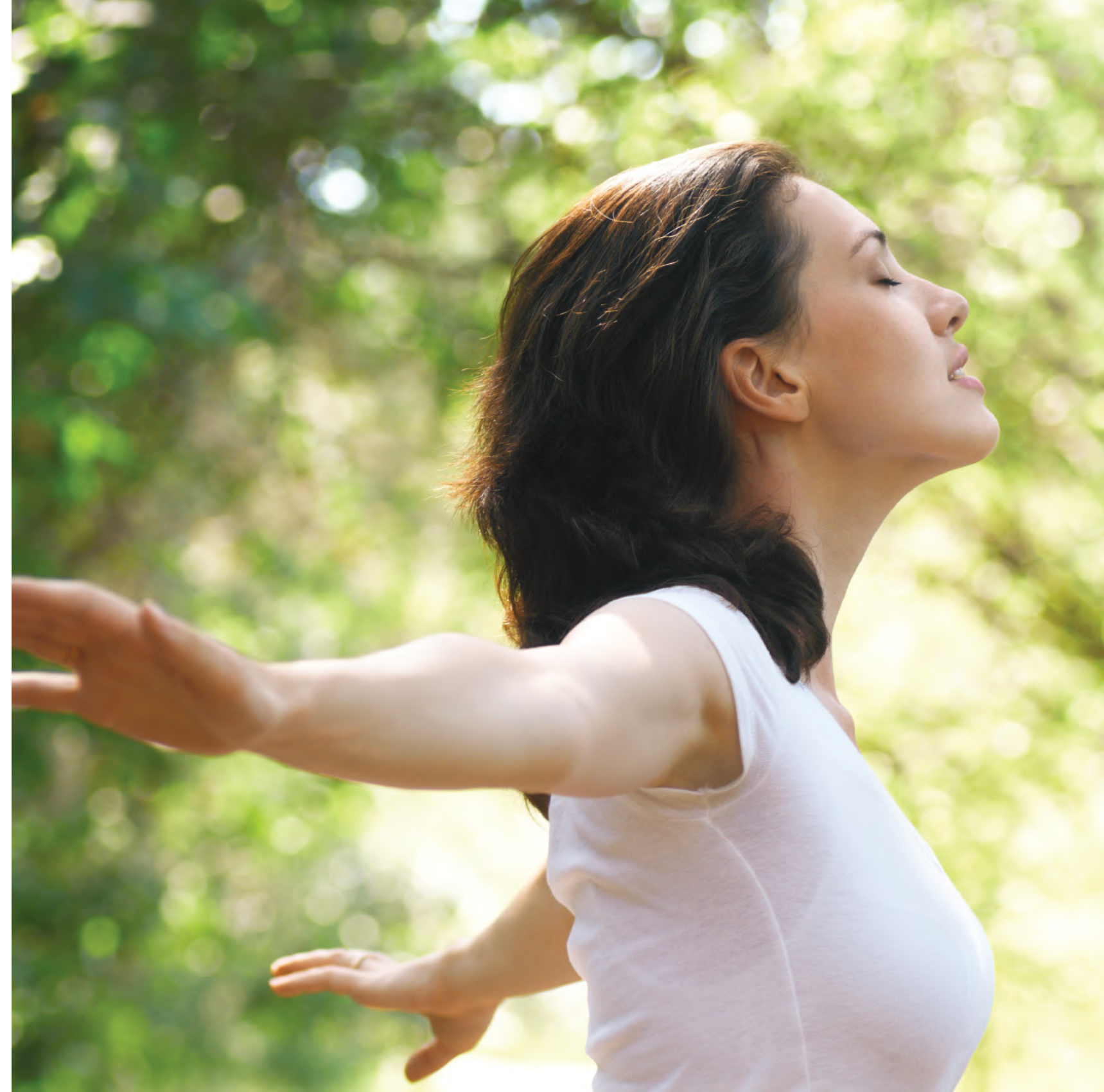
*Official health claims from the European Food Safety Authority (EFSA).

With green lipped mussel, well known superfood for joints support, glucosamine and chondroitin, essential substances for joints health, MSM which helps reduce pain and inflammation, as well as collagen type II which helps prevent osteoarthritis. In addition, the formula is enhanced with hyaluronic acid, which is a hydrophilic polysaccharide, necessary component of connective tissues as it lubricates joints and reduces friction.

Ingredients	Amount per Serving: 2 capsules	%NRV*
Green Lipped Mussel Powder (Perna Canaliculus)	350mg	**
Vitamin C	40mg	50%
Vitamin D3 (Cholecalciferol)	5mcg (200IU)	100%
Vitamin K (Phylloquinone)	35mcg	46%
Copper (as Copper citrate)	0,65mg	65%
Manganese (as Manganese sulfate)	1,5mg	75%
Selenium (as sodium selenate)	50mcg	91%
Zinc (as zinc acetate)	3mg	30%
Silicon (as silicon dioxide)	2,5mg	**
Chondroitin Sulphate	200mg	**
Collagen type II	20mg	**
Glucosamine Sulphate (2KCl)	250mg	**
Methyl Sulphonyl Methane (MSM)	100mg	**
Devil's backbone (Cissus quadrangularis) extract Der 4:1, std. 2.5% ketosterone	100mg	**
Turmeric root (Curcuma longa L., rhizome) powder equivalent (as turmeric root extract der 10:1)	100mg	**
Ginger Root (Zingiber Officinale Roscoe, Rhizoma) Powder Equivalent (As Ginger Root Extract Der 10:1)	20mg	**
Nettle Leaf fresh freeze dried	20mg	**
Rice Bran Stabilized	10mg	**
Sodium Hyaluronate	8mg	**

* NRV: Nutrient Reference Value

** NRV: Not established



S. Brien, P. Prescott, B. Coghlan, N. Bashir, G. Lewith, Systematic review of the nutritional supplement Perna Canaliculus (green-lipped mussel) in the treatment of osteoarthritis, An International Journal of Medicine, Volume 101, Issue 3, March 2008, Pages 167-179
 Bhujade AM, et al. Evaluation of Cissus quadrangularis extracts as an inhibitor of COX, 5-LOX, and proinflammatory mediators. J Ethnopharmacol. (2012)
 James W, Daily, Mini Yang, Sunmin Park, Efficacy of Turmeric Extracts and Curcumin for Alleviating the Symptoms of Joint Arthritis: A Systematic Review and Meta-Analysis of Randomized Clinical Trials, J Med Food. 2016 Aug 1; 19(8): 717-729
 E.M.Bartels, et al., Efficacy and safety of ginger in osteoarthritis patients: a meta-analysis of randomized placebo-controlled trials, Osteoarthritis and Cartilage, Volume 23, Issue 1, January 2015, Pages 13-21
 Debbi EM, et al., Efficacy of methylsulfonylmethane supplementation on osteoarthritis of the knee: a randomized controlled study. BMC Complementary and Alternative Medicine. (June 2011), 11: 50.

Hair Skin Nails Plus Keratin

Nourishment of hair, nails, skin.



Unique composition with keratin, L-Cysteine, vitamins and minerals ideal for hair, nails and skin health.

Ingredients that contribute to:

- the maintenance of normal hair and skin (zinc, biotin*)
- the maintenance of normal nails (zinc*)
- normal hair and skin pigmentation (copper*)
- normal iron transport in the body (copper*)
- normal oxygen transport in the body (iron*)
- the process of cell division (iron, zinc*)

*Official health claims from the European Food Safety Authority (EFSA).

With keratin, which is a key structural component of hair, nails and skin, L-Cysteine, an amino acid with antioxidant properties and a key component of keratin, as well as nettle leaf and ginkgo biloba, herbs with rich anti-inflammatory and antioxidant activity.

Ingredients	Amount per Serving: 2 capsules	%NRV*
Pantothenic acid (as Calcium-D-pantothenate, Vitamin B5)	4mg	66,6%
Vitamin B6 (as Pyridoxine hydrochloride)	1mg	71,4%
D-Biotin	200mcg	400%
Copper (as Copper gluconate)	2mg	200%
Iron (as Ferrous bisglycinate)	6mg	42,8%
Zinc (as Zinc picolinate)	6mg	60%
L-Cysteine	300mg	**
Keratin solubilized	200mg	**
Methyl Sulphonyl Methane (MSM)	100mg	**
Nettle (Urtica Dioica L.) fresh freeze dried powder	30mg	**
Ginkgo biloba L., folium, fresh freeze dried powder	20mg	**
PABA (Para-aminobenzoic Acid)	20mg	**

* NRV: Nutrient Reference Value
** NRV: Not established

Dosage: 1-2 capsule daily, preferably after the meal

Packaging: 30 sustained release capsules

Suitable for: Diabetics, homeopathy



Beetroot Drink Plus Ganoderma

Improving endurance.



Unique formula that combines the benefits of beetroot with other superfoods such as ganoderma and rice bran. The composition is enriched with 5 species of bifidobacterium and lactobacillus.

Beetroot helps:

- increase endurance during exercise
- reduce muscle soreness caused by exercise
- strengthen the immune system

With ganoderma, also known as the "mushroom of immortality", rich in triterpenoids, polysaccharides, nucleotides, sterols, steroids, fatty acids, proteins and trace elements, offering strong antioxidant activity. In addition, the composition contains rice bran, which can increase endurance and athletic performance, as well as inulin which is found in various plant sources, mainly chicory and can improve gut health and lower blood glucose. Also, the formula contains 5 species of bifidobacterium and lactobacillus which contribute to the creation of an inhospitable environment for the development of other microbes.

Ingredients	Amount per Serving: 10g	%NRV*
Beet Root Juice & Greens fresh freeze dried powder	4000mg	**
Inulin	200mg	**
Rice Bran Stabilized extract	125mg	**
Wheat Grass Juice-freeze dried powder	125mg	**
Ganoderma lucidum Karst. extract (std 30% Polysaccharides)	120mg	**
Ginger (Zingiber officinale Roscoe) rhizome fresh freeze dried powder	50mg	**
Bifidobacterium lactis 0,5 bill CFU	0,5 bill CFU	**
Lactobacillus acidophilus 0,5 bill CFU	0,5 bill CFU	**
Lactobacillus casei 0,5 bill CFU	0,5 bill CFU	**
Lactobacillus plantarum 0,5 bill CFU	0,5 bill CFU	**
Lactobacillus rhamnosus 0,5 bill CFU	0,5 bill CFU	**

* NRV: Nutrient Reference Value
** NRV: Not established

Dosage: 2 teaspoons (10g) daily, in water or juice.

Packaging: Vegan μίγμα σε σκόνη 140g

Suitable for: Vegans, vegetarians, diabetics, homeopathy





VITORGAN®

283, Formionos str.,

16233, Athens-Greece

T: +30 210 7600010

E: info@vitorgan.gr

www.pharmalead.gr

