



DAY SKIN SPA

DAY SKIN SPA

Food supplement supporting the healthy looking skin with guava extract, amla fruit extract, vitamins, zinc and selenium.

Protect your skin from the inside against the challenges of everyday life. Stress, negative environmental impacts, UV rays and free radicals contribute to the reduction of skin's natural ability to store water, which results in its premature ageing. DAY SKIN SPA is a product created with precious natural essences, vitamins and minerals which will make your skin soft, fresh, smooth and supple.

Day Skin Spa is a source of beauty coming from within. It contains a rich cocktail of valuable ingredients. Vitamin C supports collagen production to ensure proper skin functioning, Vitamin E, zinc and selenium help to protect cells against free radicals (oxidative stress).

- a source of beauty from within
- a rich cocktail of ingredients
- supports collagen production
- protects cells against free radicals
- suitable for vegans

Take 1 tablet daily with a glass of water and a meal. Do not exceed the recommended daily dose.

5,45 g | 801116 |

£24.50

£4,495.41/ 1 kg



**COSMETIC IN
A TABLET BEAUTY
ENCLOSED IN A PILL
ONLY ONCE A DAY**



**SUITABLE
FOR VEGAN
AND VEGETARIAN**



NIGHT SKIN SPA

NIGHT SKIN SPA

Food supplement for a healthy looking skin with pomegranate extract, gluten-free wheat extract, vitamins and zinc.

At night your body regenerates after the hardships of everyday life. Support it with a unique source of night care and restoration. Valuable essences from nature, vitamins and antioxidants support the natural regeneration of your skin while you sleep. They will leave you feeling refreshed, revitalised and glowing. Night Skin Spa is a source of beauty coming from within. A natural and unique composition of antioxidants, Vitamins and minerals provides intensive renewal while you sleep.

Pomegranate and wheat extracts regenerate and revitalise the skin, improving its firmness and reducing wrinkles. Zinc and Vitamin E protect cells against free radicals (oxidative stress). Vitamin C helps in the correct production of collagen, and B12 and folic acid.

- intensive renewal during sleep
- restores skin's radiance
- improves its firmness and reduces wrinkles
- contains regenerating
- revitalising pomegranate
- wheat extracts
- suitable for vegans

Take 1 tablet nightly with a glass of water and a meal. Do not exceed the recommended daily dose.

5,5 g | 801117 |

£25.50

£4,636.36/ 1 kg



HYALURONIC ACID

HYALURONIC ACID

Food supplement supporting the skin moisturising with hyaluronic acid, vitamins and selenium.

Beauty from within. A nutricosmetic that has been created to moisturise your skin from within, give it a beautiful tone and improve its elasticity. A unique product composed of the desired hyaluronic acid and vitamins. Formulated with precious hyaluronic acid to perfectly moisturise the skin and improve its tone. Vitamin A and biotin support the proper functioning of skin cells, vitamin C and E as well as selenium protect the skin from oxidative stress, and vitamin D regulates calcium-phosphate balance.

- based on hyaluronic acid
- perfectly moisturises the skin from within
- contains vitamin C, E and selenium, which protect the skin against oxidative stress

Take 1 capsule daily with a glass of water and a meal. Do not exceed the recommended daily dose.

2,6 g | 801118 |

£24.50

£9,423.08/ 1 kg



**COSMETIC IN A TABLET BEAUTY CLOSED
IN A CAPSULE ONLY ONCE A DAY**



HELLO HONEY

HELLO HONEY

Food supplement supporting the immunity with propolis extract, meadowsweet extract, vitamins and zinc.

Support your immunity. An innovative nutricosmetic consisting of unique ingredients. Created to take care of your immune system. Hello Honey combines the natural properties of propolis and meadowsweet with essential vitamins and zinc. Vitamin C, vitamin D and zinc support the body's natural immunity. Meadowsweet supports skin health and the correct synthesis of connective tissue. Vitamin C and vitamin E, together with zinc, protect cells from oxidative stress (free radicals).

- based on propolis and meadowsweet
- combination of natural ingredients supporting immunity
- vitamin C, vitamin D and zinc contained in the product support the correct functioning of the immune system

Take 1 capsule daily with a glass of water and a meal. Do not exceed the recommended daily dose.

3,2 g | 801119 |

£24.00

£7,500.00/ 1 kg



BODY & MIND SET

For Him

BODY & MIND SET FOR HIM

Food supplement in capsules. A set of vitamins and active micro-ingredients for men. 5 functional combinations for a day full of challenges – a month full of surprises. The packaging contains 30 packages for a daily dose of the product.

Take a package of 5 capsules (one after another) in the morning, during a meal, or divided into portions during the day and swallow with a glass of water. Do not exceed the stated recommended daily dose.

122,0 g | 801121 |

£80.00

£655.74/ 1 kg

5 FUNCTIONAL COMBINATIONS

The SHARP formula:

- S Skin & Hair** – a combination of organic sulphur, carotenes and xanthophylls, enriched with bioelements in an organic form and vitamins. Active support in creating essential elements of correct structure and pigmentation of the hair, skin and nails.
- H Herbbooster** – an active combination which naturally supports hormone balance in maintaining healthy testosterone level in the blood. The formula is directly focused on libido, physical and mental activity, normal functioning of the muscles and the immune system.
- A Adaptation** – a combination of reliable adaptogens, known for their possible effects on both physical and mental functions. Adaptogens support correct functioning of the nervous system and help maintain normal psychological functions.
- R Recovery** – carefully selected doses of the most important and the most effective plant-based antioxidants help gradually restore normal functioning of men's metabolism. The ingredients protect from oxidative stress, play an important role in the cell division process and normal functioning of the immune system.
- P Perception** – a combination of the most effective extracts, amino acids, phosphatidylserine and nutrient micro-ingredients focused on supporting normal functions of the brain, the nervous system, improving cognitive functions and concentration.



**30 PACKETS WITH 5 CAPSULES
FOR YOUR DAILY HEALTH AND BEAUTY.**

Perfect combination of vitamins and active micro-ingredients for men in one place! Choose to change your life in 30 days and allow yourself to be surprised.



NUTRICODE

Regain the life balance

All our actions are motivated primarily by your needs. We live in incredibly intense times – stress, fatigue and pollution are our inevitable everyday companions. What is more, access to full-value, natural products is difficult, and the fast pace of life makes it easy for us to develop bad habits – irregular meals, little sleep and no physical activity. That is why we make every effort to ensure that NUTRICODE products allow you to regain the life balance, facilitating the proper functioning of your body.



LIPOSOMAL VITAMIN C

Daily Care

FOOD SUPPLEMENT

Liposomal Vitamin C Daily Care is a dietary supplement in the form of vegan capsules, providing the body with the most absorbable form of liposomal Vitamin C.

- the most absorbable form of vitamin C - liposomal
- perfectly absorbed and delivered directly to the cells
- one of the most important and effective vitamins for the body
- product suitable for vegans

Take 2 capsules daily.

48 g | 60 CAPSULES

801146 |

£55.90

£1164.58/ 1kg



PROBIOTIC

Daily Care

FOOD SUPPLEMENT

Probiotic Daily Care is a dietary supplement ideal for people who want to take care of themselves when their immune system needs support. Great for people on antibiotics, as well as those who are exposed to stress and suffer from digestive ailments caused by it.

- composed of unique and patented strains of bacteria with probiotic properties
- supports the intestinal microflora, facilitates its stabilization
- helpful in digestive system dysbiosis, in times of weakened immunity or increased stress and during antibiotic treatment

Take 1 capsule in the morning.

11,85 g | 30 CAPSULES

801147 |

£58.00

£4894.62/ 1kg



HEALTH, IMMUNITY AND WELL-BEING ENCLOSED IN CAPSULES

PATENTED TECHNOLOGY, ASSISTANCE IN THE RESTORATION AND PROTECTION OF INTESTINAL MICROFLORA

CALCIUM

Daily Care

FOOD SUPPLEMENT

A daily dose of Calcium is necessary for the proper functioning of the body. Its supplementation is extremely important as a bone building block, but also as an activator of many enzymes. A product for those who want to take care of the health of their bones, teeth, and nervous system.

- a daily dose of calcium to maintain the health of teeth and bones
- supports the proper functioning of the nervous system
- supports blood clotting and muscle function

Take 4 capsules daily.

89 g | 120 CAPSULES
801141 |
£22.90
£257.30/ 1kg



NEW

BONE HEALTH - AN INVESTMENT FOR YEARS TO COME

OMEGA 3

Daily Care

FOOD SUPPLEMENT

Omega 3 Daily Care is a dietary supplement ideal for people who want to keep their heart healthy and support the work of the circulatory system. The ingredients contained in the capsules help regulate blood pressure.

- a daily dose of Omega 3 fatty acids
- a good source of folic acid and B vitamins
- DHA and EPA acids contained in Omega 3 which support the work of the heart

Take 2 capsules daily.

82 g | 60 CAPSULES
801142 |
£36.90
£450.00/ 1kg



NEW

A HEALTHY HEART AND CIRCULATORY SYSTEM
- YOUR STRENGTH LIES HERE

VITAMIN B COMPLEX

Daily Care

FOOD SUPPLEMENT

B vitamins are distinguished by their extraordinary versatility. That is why Vitamin B Complex Daily Care dietary supplement is ideal for people who want to take care of their skin and hair, maintain their eyesight, and support the functioning of the nervous system. It is also a dose of energy in a capsule.

- a daily dose of important B vitamins
- improves the functioning of the nervous system thanks to thiamine, riboflavin, niacin, biotin, and vitamin B6 and B12
- reduces tiredness and fatigue thanks to riboflavin, vitamin B6 and B12, niacin and folic and pantothenic acids

Take 1 capsule in the morning.

18 g | 30 CAPSULES
801144 |

£37.90

£2105.56/ 1kg



B VITAMINS FOR YOUR BODY

REISHI

Daily Care

FOOD SUPPLEMENT

Reishi Daily Care is a comprehensive dietary supplement based on the principles of ancient Chinese medicine, successfully used to this day. The ingredients contained in the capsules strengthen the immune system, improve the cardiovascular system, and help maintain proper blood cholesterol levels.

- a source of polysaccharides from reishi mushrooms and zinc which supports the maintenance of normal cognitive functions
- based on the centuries-old tradition of ancient Chinese medicine
- reishi mushrooms which in Asia are considered a source of longevity

Take 2 capsules daily.

26 g | 60 CAPSULES
801143 |

£38.90

£1496.15/ 1kg



SUPPORT OF THE IMMUNE AND CIRCULATORY SYSTEMS

ASTAXANTHIN

Daily Care

FOOD SUPPLEMENT

Astaxanthin Daily Care, a dietary supplement in capsules, is ideal for people who want to keep their muscles and skin in good condition, as well as take care of their eyesight. Vitamin E is also known as the "vitamin of youth".

- a daily dose of astaxanthin which supports the cardiovascular system
- vitamin E which helps protect cells against oxidative stress
- contraindicated for pregnant and lactating women, as well as children under 14 years of age

Take 1 capsule in the morning.

20 g | 30 CAPSULES
801140 |

£55.90

£2795.00/ 1kg



SUPPORT OF THE CARDIOVASCULAR SYSTEM

ANTI-SMOG

DROPS

MEDICAL DEVICE

Sight is one of the most important senses and therefore requires special protection. The eyes are susceptible to smog and pollution exposure and require proper care. Anti-Smog Drops are for people who struggle with itchy and burning eyes, as well as for those who value eye health protection.

- eye drops with moisturizing and protective properties
- protection of the eye surface against external factors
- specially refined and selected ingredients that protect the eyes from negative environmental factors, such as smog, air pollution, and exhaust fumes

Squeeze one drop into each eye. Use depending on your needs. Once opened must be used within 30 days.

10 ml
801145 |

£19.90

£1990.00/ 1kg



HEALTH AND COMFORT FOR THE EYES, EVEN IN DIFFICULT CONDITIONS

MEMORY Daily Care

FOOD SUPPLEMENT

Memory Daily Care is an ideal supplement for people who want to maintain a high level of concentration throughout the day. It supports key neurotransmitters such as GABA, dopamine, and serotonin which affect our well-being and the functioning of the endocrine system.

- a composition of amino acids, phosphatidylserine and micronutrients
- a special formula of the most effective extracts supporting the workings of the nervous system and the brain
- increases concentration and improves cognitive functions
- active compounds responsible for biosynthesis of the main neurotransmitters: dopamine, adrenaline, noradrenaline, nitric oxide - Improve blood supply and nutrition at the cellular level

Take 1 capsule in the morning.

18 g | 30 CAPSULES
801123 |

£34.90

£1938.70/ 1kg



DIGESTIVE Daily Care

FOOD SUPPLEMENT

Digestive Daily Care is a supplement for those who want to harmonize their digestive system and feel better after meals. The product is also helpful with digestive ailments and food intolerances.

- a carefully selected composition of digestive enzymes: amylase, protease, cellulase, lactase and lipase
- has a positive effect on digestion
- supports the digestion of sugars, proteins and fats, breaking them down into a form that is easily absorbed by the body

Take 3 capsules daily.

36,5 g | 90 CAPSULES
801122 |

£48.90

£1339.72/ 1kg



FULL CONCENTRATION AND EFFICIENCY ALL DAY

THE FEELING OF LIGHTNESS AND CARE FOR THE DIGESTIVE SYSTEM

IMMUNITY Daily Care

FOOD SUPPLEMENT

Supports the proper functioning of the immune system.

It's a food supplement in capsules, based on a synergistic composition of adaptogenic plant micronutrients, combined with the functional addition of organic forms of zinc and selenium as well as active extract ingredients in the form of a biocomplex, being a natural combination of vitamin C, accompanied by natural quercetin and flavones of Baikal skullcap.

- **zinc, selenium and vitamin C help in the proper functioning of the immune system**
- **boosts the immune system to protect against viruses**
- **protect cells against oxidative stress.**

Take 1 capsule with a meal in the morning and again in the evening. Each time, follow the capsule with a glass of water. Do not exceed the recommended daily dose.

43,9 g | A 30-DAY SYSTEM
60 CAPSULES | 801110 |

£40.00

£911.16/ 1kg



A 30-DAY SYSTEM

Take care of your body on a daily basis. Protect it with Daily Care-Immunity to provide proper functioning and stronger immune system.

CHOLESTEROL Daily Care

FOOD SUPPLEMENT

Supports the maintenance of optimum cholesterol levels.

Is a food supplement in capsules, based on a synergistic composition of active substances, intended for adults who care about their heart and circulatory system, seeking to maintain the proper level of cholesterol and blood sugar. K* monacolin from fermented red rice helps in maintaining normal blood cholesterol levels. Beneficial effects occur after consuming 10 mg of monacolin K from fermented red rice. Vitamin B1 supports the proper functioning of the heart, while vitamins B12 and folic acid participate in maintaining the proper metabolism of homocysteine, which is a component of blood plasma.

- **concentrated dose of amino acids**
- **plant extracts and vitamins that physiologically support energy metabolism**
- **proper heart function and help maintain the proper metabolism of homocysteine**

Take 1 capsule with a meal in the morning and again in the evening. Each time, follow the capsule with a glass of water. Do not exceed the recommended daily dose.

45,7 g | A 30-DAY SYSTEM
60 CAPSULES | 801111 |

£40.00

£875.27/ 1kg



DIETARY SUPPLEMENT IN CAPSULES

It is never too late to take care of yourself. Support your heart with dietary supplement and allow yourself to do more things everyday.

HEMOGLOBIN Daily Care

FOOD SUPPLEMENT

Supports the proper production of red blood cells and hemoglobin.

Is a food supplement in capsules, based on an active composition of micronutrients in the best bioavailable forms, naturally and comprehensively promoting the appropriate level of haemoglobin. It contains organic iron and key ingredients necessary for the regeneration of red blood cells, supplemented with functional additives of herbal extracts to support the digestive system in the process of absorbing iron from food. The composition of the preparation has been designed to use the potential of natural micronutrients on many levels and in a synergistic manner in conditions of increased demand for iron, especially during periods of intense body growth, as well as a diet containing little amount of this element (e.g. vegetarian diet). Riboflavin contributes to the maintenance of normal iron metabolism.

- helps maintain the proper condition of red blood cells
- Iron helps in the proper production of red blood cells and hemoglobin.

Take 1 capsule with a meal in the morning and again in the evening. Each time, follow the capsule with a glass of water. Do not exceed the recommended daily dose.

43,5 g | A 30-DAY SYSTEM
60 CAPSULES | 801112 |

£40.00

£919.54/ 1kg

ACTIVE COMPOSITION OF MICRONUTRIENTS

Use a full potential of Mother of Nature and choose Hemoglobin dietary supplement to boost your body at many levels. Help your body and enrich it with many essential micronutrients and key ingredients.



VISION Daily Care

FOOD SUPPLEMENT

Supports the proper functioning of vision.

Is a specialised food supplement in capsules, based on a synergistic composition of extracts that contains an abundance of micronutrients, vitamins, provitamins and bioelements that support healthy eyes and protect them against the harmful effects of UV radiation and free radicals. Thanks to the use of natural lutein and zeaxanthin from marigold (*Tagetes erecta* L.) as well as appropriate vitamins and minerals (Zinc, Vit. B2), it contributes to the maintenance of normal vision and helps protect cells against oxidative stress.

- natural lutein and zeaxanthin from marigold
- vitamins and minerals (Zinc, Vit. B2)

Take 1 capsule with a meal in the morning and again in the evening. Each time, follow the capsule with a glass of water. Do not exceed the recommended daily dose.

41,5 g | A 30-DAY SYSTEM
60 CAPSULES | 801113 |

£40.00

£963.85/ 1kg

SUPPORT FOR HEALTHY EYES

Help your eyes see better. Choose Vision dietary supplement to protect cells against oxidative stress and contribute to the maintenance of good vision.



GOOD MORNING Daily Care

FOOD SUPPLEMENT

Supports the proper functioning of the nervous system during the day.

Is a food supplement in capsules, which is a composition of carefully selected micro elements which support the proper functioning of the nervous system and promote your well-being. Based on a combination of adaptogenic plant extracts, organic magnesium and B vitamins, its formula helps support the normal functioning of the nervous system, maintain normal psychological functions, reduce feelings of tiredness and fatigue, and regulate hormonal activity. For this reason, it is intended to support those experiencing elevated stress levels maintain their physical condition feel energetic and be full of vitality.

- combination of adaptogenic plant extracts, organic magnesium and B vitamins
- support the nervous system

Take 1 capsule in the morning with a glass of water and a meal. Do not exceed the recommended daily dose.

23,9 g | A 30-DAY SYSTEM

30 CAPSULES | 801114 |

£51.00

E2133.89 /1 kg



REDUCE FEELINGS OF TIREDNESS

Good Morning dietary supplement regulate hormonal activity, maintain your physical condition and make you full of vitality. Choose happy, careless life.



GOOD MOOD TEA

Day and Night

All day comfort. Herbal tea in sachets for morning and evening with ingredients tailored to help your body meet the challenges of everyday life and get a good night's sleep.

GOOD MOOD TEA DAY Drink once a day
- in the morning, after breakfast, no later than 9 am. Do not exceed the recommended intake (1 bag 2.5 g) per day.
GOOD MOOD TEA NIGHT Drink once daily
- in the evening, before going to bed. Do not exceed the recommended daily intake (1 bag of 2.5 g)

2 x 62,5 g | TEA Eco Bags:
25 x DAY WELL-BEING
25 x NIGHT CALM
801109 |

£51.00
£1,133.90 / 1 kg

BOOST OF ENERGY DURING THE DAY AND RELAXED NIGHT.

DAY WELL-BEING

- The caffeine contained in the guarana naturally stimulates you to take action. Ginseng, ginkgo biloba and bacopa support the circulation, brain function and cognitive abilities, including memory and concentration. Peppermint supports digestive processes and reduces discomfort after eating. Ginger, green tea, rowan and liquorice soothe inflammatory reactions, strengthening the immune system. **The product contains caffeine from guarana seeds** (not more than 32 mg per serving). For human consumption, with the exception of people intolerant to any of the herbal ingredients, pregnant women, breastfeeding mothers and children under 18 years of age, as well as people with heart and / or kidney failure, diabetes and biliary tract obstruction. Do not consume with other products that are a source of caffeine or other ingredients with a similar effect.

NIGHT CALM

- Lemon balm and lavender help you relax and fall asleep gently. Verbena, nettles, and fennel help remove unnecessary waste products from the body. Hawthorn supports the cardiovascular system, while hibiscus, chamomile and cistus boost the body's natural immunity. For human consumption, with the exception of people intolerant to any of the herbal ingredients, pregnant women, breastfeeding mothers and children under 18 years of age, as well as people with heart and/or kidney failure, diabetes and biliary tract obstruction.



MAGNESIUM FORTE

400 mg

FOOD SUPPLEMENT

The highest dose in one capsule

Magnesium capsules is a food supplement, that provides the body with the highest dose of magnesium in one capsule. Magnesium supports normal functioning of the nervous system, supports proper muscle function, it also helps to maintain healthy teeth and bones and contributes to correct energy-yielding metabolism.

- highest dose of magnesium
- supports normal functioning of the nervous system

Take 1 capsule daily with a glass of water and a meal. Do not exceed the recommended daily dose.

22 g | 30 CAPSULES
801106 |

£24.00
£1,090.91/ 1kg

THE HIGHEST RECOMMENDED DOSE OF MAGNESIUM

Magnesium Forte is a unique combination of a support for your body. All in one capsule. What more do you need?



VIT-D3 CAPSULES

3000 mg

FOOD SUPPLEMENT

Vitamin D supports the immune, skeletal and muscular systems

Vitamin D3 in capsules is a food supplement that provides an extremely high dose of this essential nutrient for the body. Vitamin D3 supports proper muscle and immune system function, as well as the absorption of calcium and phosphorus. It supports the maintenance of healthy teeth and bones and proper blood calcium levels.

- support for proper muscle and immune system function
- healthy teeth and bones

Take 1 capsule daily with a glass of water and a meal. Do not exceed the recommended daily dose.

11 g | 30 CAPSULES
801107 |

£25.00

£2,272.73/ 1kg



SUPPORTS PROPER
MUSCLE AND IMMUNE
SYSTEM FUNCTION

Dietary supplement with Vitamin D3 to support your body and provide a substantial dose of this essential nutrient. Choose the best for your body. Choose Nutricode Vitamin D3.

ASHWAGANDHA

500 mg

FOOD SUPPLEMENT

Well-being Formula

Food supplement. Contains extract of *Withania somnifera*, which is excellent for well-being, supporting the body in the fight against stress and feelings of anxiety and fear. It supports cognitive function, including perception and memory. It also contributes to improving male sexual performance. The duration of intake should not exceed 2 months. The product should not be consumed in the case of sedative, hypnotic or anti-epileptic drugs being taken. The product is not intended for children, pregnant or lactating women.

- Contains extract of *Withania somnifera*
- Protects against stress and feelings of anxiety and fear

Take 1 capsule daily with a glass of water and a meal. Do not exceed the recommended daily dose.

17 g | 30 CAPSULES
801108 |

£37.00

£2,176.47/ 1kg



IT SUPPORTS
COGNITIVE
FUNCTION,
INCLUDING
PERCEPTION
AND MEMORY

Support your body in the fight against stress and feelings of anxiety and fear. Choose ASHWAGANDHA food supplement to boost the energy and open mind for a new feelings.

SILVER PRO
ADVANCED
FORMULA

FOOD SUPPLEMENT

- contains precious colloidal silver
- contains natural eucalyptus oil
- no alcohol or fluorine

250 ml | 501023 |
£34.00
£136.00/ 1 l



SILVER MORE
PRECIOUS THAN
GOLD

The use of colloidal silver for medical purposes dates back to the turn of the 19th and 20th centuries. Because of its bactericidal, antiviral, and antifungal properties, it was used primarily to cure diseases caused by microorganisms. Drawing on the knowledge of past generations, we used its power to create a modern NUTRICODE preparation.

IMMUNE-UP
ELIXIR

FOOD SUPPLEMENT

- the best natural ingredients with a beneficial impact on the body's immunity
- enriched with vitamin C and zinc, which help to strengthen the immune system
- easy and pleasant application due to the liquid syrup form

Pour 15 ml into the measuring cup and consume before meals. Shake well before use.

480 ml | A 30-DAY SYSTEM
801205 |
£37.00
£77.00/ 1 l



A PRACTICAL MEASURING CUP IS INCLUDED

SUPPORT DURING
A PERIOD OF
INCREASED
INFECTION RISK



- thyme and *Echinacea purpurea* support proper functioning of the immune system
- ginger, valued for its beneficial effect on the improvement of vitality, supports respiratory tract functions
- vitamin C and zinc help strengthen your immunity
- oneseed hawthorn supports circulatory system functions

VIT-C POWDER

FOOD SUPPLEMENT

- vitamin C of the highest quality
- one dose satisfies the body's daily need for this ingredient
- perfectly absorbed
- ideal for vegans and vegetarians

Measure 1 gram of the product and dissolve in 200 ml of water. Drink it once per day with a meal.

500 g | A 500-DAY SYSTEM
801105 |

£34.00

£68.00/ 1 kg



SLIM BODY SYSTEM

FOOD SUPPLEMENT

- excellent help during weight loss diet
- excellent support in weight control
- modern formula based on glucomannan and chromium

Add contents of the sachet to 200 ml of warm or lukewarm water, stir briskly. Consume immediately after preparation and drink a lot of water afterwards to ensure that the substance reaches the stomach.

360 g | A 30-DAY SYSTEM
90 SACHETS | 801104 |

£75.00

£208.33/ 1 kg



VITAMIN C - A FOUNDATION OF HEALTH



- helps to maintain the proper psychological functions as well as nervous and immune system operations
- contributes to maintaining the right energy metabolism and decreases the feeling of fatigue and weariness
- supports the production of collagen to ensure the right functioning of blood vessels, bones, cartilages, skin, gums and teeth
- supports the protection of cells against oxidative stress as well as increases iron absorption
- impacts regeneration of reduced form of vitamin E

INVALUABLE DUET WHILE LOOSING WEIGHT

- **glucomannan** creates a sense of fullness by absorbing water and expanding to form a bulky fibre in your stomach, which, when following a balanced diet, helps you lose extra pounds
- **chromium** contributes to keeping a normal blood glucose level and has a positive effect on the metabolism of macronutrients

COLLABEAUTY Q10 EXPERT

SUPPLEMENT DIETY

- an ally in combating the signs of ageing
- a high content of collagen obtained from Atlantic cod
- with coenzyme Q10 called the elixir of youth
- enriched with vitamins and minerals valuable for the skin

Measure out 5 g of the product using the measuring cup and dissolve in 150 ml of water. Drink in the evening.

150 g | 30-DAY SYSTEM
801103 |

£60.00

£400.00 / 1 kg



A PRACTICAL MEASURING CUP IS INCLUDED

COMPREHENSIVE SKIN CARE FROM THE INSIDE

- **collagen** derived from Atlantic cod benefits your skin, improving its firmness and elasticity
- **vitamin C** supports proper collagen production
- **coenzyme Q10** – a component naturally produced by the body, the production of which decreases with age – slows down the appearance of wrinkles and sagging skin
- **witamina A** and **zinc** help to maintain a healthy look and **copper** maintains its proper pigmentation

COLOSTRUM EXTRA IMMUNITY

FOOD SUPPLEMENT

- includes first cow's milk (colostrum) and spirulina extracted from sea algae, which support the proper functioning of the immune system
- recommended primarily to people exposed to mental and physical stress, overworked, overtired wanting to get quick immunity support

Take 1 capsule in the morning and evening with water.

19.4 g, 22.2 g | A 30-DAY SYSTEM
2 × 30 CAPSULES | 801034 |

£65.00

£XXX / 1 kg



SOPHISTICATED COMPOSITION PERFECTLY SUPPORTING IMMUNITY

- **lactoferrin** provides infants with nutrients and antibacterial protection
- **proline-rich polypeptides (PRP)** support the development of the immune system
- **protein** includes essential amino acids that are an important building material for the immune system
- **immunoglobulins** alleviate the course of systemic diseases and support active immunity in terms of protection against infections
- **vitamin B6, C and D** and **zinc** contribute to the proper functioning of the immune system
- **spirulina** is characterised by a high content of complete proteins, micro-nutrients in organic form, including valuable γ -linolenic fatty acid (GLA) and bioavailable iron

NUTRICODE

INNER BALANCE

FOOD SUPPLEMENT

- maintains the acid-base balance
- source of crucial microelements
- ideal for all who lead a stressful and unhealthy lifestyle, experience fatigue and eat products that acidify the body, such as sugar, coffee, alcohol and heavily processed foods

Take 2 capsules a night. Dissolve the sachet content in 200 ml of water. Take 1 sachet 2 times a day.

240 g, 30 g | A 30-DAY SYSTEM

60 SACHETS + 60 CAPSULES

801301 |

£65.00

E240.74 / 1 kg



SELECTED INGREDIENTS FOR MAINTAINING ACID-BASE BALANCE OF THE BODY



- **Rosa centifolia flower extract** supports physiological processes of metabolic waste product elimination and helps to maintain the acid-base balance
- **zinc** has a beneficial effect on the functioning of the immune system and protects cells against oxidative stress
- **calcium** is responsible for energy metabolism and helps in the proper functioning of the digestive enzymes
- **magnesium** and **iron** help to reduce tiredness and fatigue
- **potassium** and **copper** support the proper functioning of the nervous system
- **nettle extract** supports the elimination of water from the body
- **lemon balm extract** and **hops** facilitate falling asleep, and by providing the proper sleep, they contribute to further de-acidification of the body



DETOX HERBAL INFUSION

FOOD SUPPLEMENT

- perfectly supports your body's natural cleansing processes of metabolic waste products
- creates an aromatic infusion that combines delicious taste with beneficial properties

Put 1 scoop (2 g) into a cup, pour hot water (approx. 150 ml), brew for 2 to 3 minutes. Drink 2 times a day – after breakfast and after lunch, no later than 6 p.m.

75 g | 801101 |

£15.00

£200.00/ 1 kg



A PRACTICAL MEASURING CUP IS INCLUDED

SKINNY HERBAL INFUSION

FOOD SUPPLEMENT

- a unique herbal blend that combines great taste and properties that support maintaining the correct body mass
- due to natural ingredients, it positively affects the functioning of the whole body

Put 1 scoop (2 g) into a cup, pour hot water (approx. 150 ml), brew for 2 to 3 minutes. Drink 2 times a day – after breakfast and after lunch, no later than 6 p.m.

75 g | 801102 |

£15.00

£200.00/ 1 kg



A PRACTICAL MEASURING CUP IS INCLUDED

PRECIOUS HERBS SUPPORTING BODY CLEANSING



- **hibiscus blossom** supports proper metabolic processes and facilitates the elimination of excess water from the body
- **green tea leaves** are excellent antioxidants, also support the activity of digestive enzymes, favourably affect metabolism
- **Centella asiatica** and **sea buckthorn berries** support the circulatory system, positively impacting the functioning of the body
- **cranberry fruits** support proper cleansing of the body of unnecessary metabolic products

HERBAL MIX FILLED WITH GIFTS OF NATURE



- **dandelion root** facilitates the functioning of the liver and positively affects the digestive processes
- **corn silk**, **spiny retharrow root** and **hibiscus flower** facilitate the elimination of excess water along with the waste products of metabolism supporting the process of getting a slim figure
- **rosehip** is a rich source of vitamin C

DRENA PLUS

FOOD SUPPLEMENT

- designed for all who struggle with the problem of water retention in the body
- contains carefully selected plant extracts of diuretic properties
- perfectly supports water balance and detoxification of the body

Measure out 15 ml of the product using the measuring cup and dissolve it in 1.5 litres of water. Drink in portions throughout the day but no later than 6 p.m.

480 ml | A 30-DAY SYSTEM
801201 |

£47.00

E97/92/11



A PRACTICAL MEASURING CUP IS INCLUDED

NATURAL SUPPORT OF PHYSIOLOGICAL DIURESIS

- **extract of the pericarp of white bean** supports the elimination of excess water from the body and the proper functioning of the urinary tract
- **birch leaf extract** helps to cleanse the body of waste products of metabolism.
- **horsetail herb extract** regulates and supports the body's water management
- **orthosiphon leaf** is one of the most popular herbs in folk medicine, regulates the elimination of excess water from the body
- **dandelion root extract** greatly supports the liver and gall bladder, it has a positive effect on digestive processes and the removal of unnecessary waste products of metabolism



CELLUFIGHT

FOOD SUPPLEMENT

- an innovative response to the contemporary problem affecting not only women but also men – so-called orange-peel skin
- works on two levels, both interfering at the source of the problem and eliminating its negative effects
- carefully selected plant extracts to facilitate the detoxification of the body and maintain correct fat metabolism, contributing to the reduction of cellulite

Take 1 tablet in the morning before breakfast with plenty of water. Do not exceed the recommended daily dose

46,9 g | A 120-DAY SYSTEM
120 COATED TABLETS
801036 |

£47.00

£1,002.13/ 1kg



IDEAL SHAPE

FOOD SUPPLEMENT

- an ideal food supplement for people who want to keep a slender figure and take good care of their health
- thanks to the perfect combination of carefully selected ingredients, it has a positive impact on the body's condition and, in conjunction with a balanced diet, helps you lose excess kilograms or maintain the correct body mass

Take 1 capsule in the morning and 1 in the afternoon during meals. Take with water.

26.2 g | A 30-DAY SYSTEM
60 CAPSULES | 801024 |

£29.00

£1,106.87/ 1kg



THE POWER OF HERBAL INGREDIENTS FOR FIRM AND SMOOTH SKIN

- Asiatic pennywort helps skin maintain firmness and elasticity.
- Forskolin in Indian coleus boosts metabolism, supporting proper body weight and satisfaction with your appearance.
- Active substances in yellow sweet clover and horse chestnut fruit support proper circulation in all skin layers, reducing appearance of cellulite.

A NATURAL ELIXIR FOR YOUTH AND A RICH SOURCE OF HEALTH

- each capsule is a healthy vitamin, amino acid and mineral bomb
- **young barley grass**, thanks to the high content of fibre, reduces the absorption of fat and facilitates the digestive processes, is an irreplaceable aid to the body in the process of slimming and maintaining proper body weight
- **green tea** contributes to the improvement of health in general but also helps you lose weight, the high concentrations of theine and polyphenolic catechins accelerate the resting metabolism, which, in turn, allows you to burn more calories
- **marine collagen** – highly refined and obtained in pharmaceutical standards – visually reduces the wrinkles, slows down the skin aging processes and improves hydration, making your skin soft and elastic
- **zinc** helps maintain the proper metabolism of carbohydrates along with the acid-alkaline balance and keeps your hair, skin and nails in good condition

BEAUTY
DETOX

FOOD SUPPLEMENT

- beauty and health both put inside a single capsule
- an innovative combination of spirulina and collagen will allow you to take care of the perfect condition of the body as well as its appearance
- with acerola fruit extract rich in vitamin C

Take 2 capsules a day with water.

44.7 g | A 30-DAY SYSTEM
60 CAPSULES | 801014 |

£26.50

£592.84/ 1 kg



HAIR SKIN
NAILS

FOOD SUPPLEMENT

- for all who dream of a flawless complexion, thick and healthy hair as well as strong nails
- with Pro-Beauty formula
- perfect for both men and women

Take 1 tablet a day with water.

44.8 g | A 56-DAY SYSTEM
56 COATED TABLETS
801005 |

£21.50

£479.91/ 1 kg



SPIRULINA
GREEN SUPERFOOD

Unique algae, classed among the 10 best super products containing three times more protein than meat (ca. 70%) and more calcium than milk. It has one of the richest sources of chlorophyll, beta-carotene and nucleic acids from among all animal and plant foods. It purifies the liver and kidneys from toxins, reduces the level of bad cholesterol while also deacidifying the body. Thanks to phenylalanine, it improves digestion and reduces appetite. It is pure 'green gold' for our body.

ACTIVE COLLAGEN
OCEAN TREASURE

Natural sea collagen obtained from wild salmon – a component of exceptional purity and concentration – it guarantees the delaying of skin aging, it improves hydration and reduces fine lines. Additionally, it inhibits inflammatory conditions that could lead to injury, pain and loss of functionality of the joints. Beautiful, hydrated and young-looking skin plus joints in perfect condition – from now on this unusual combination is within reach.

COMPOSITION FOR
SHINY HAIR, VELVETY
SKIN AND HEALTHY
NAILS

- **copper** affects the proper hair pigmentation
- **zinc** provides the building blocks for growing strong nails
- **iron** supports hair growth
- **pomegranate extract** has powerful antioxidant properties
- **biotin** helps to maintain healthy hair and skin
- **brewer's yeast** contains precious sulfur amino acids – methionine and cysteine
- **vitamins A, B2, B6, B12, C and E** favourably affect the condition of the hair, skin and nails

COLLAGEN PRO FLEX STRENGTH SYSTEM

FOOD SUPPLEMENT

- a breakthrough mix of active ingredients created for people who want to take care of their physical fitness
- facilitating the movement of your joints in many ways – it has a positive impact on the articular cartilage, the muscles and the tendons that take part in the process
- contains natural, highly refined marine collagen distinguished by excellent bioavailability

Take 2 capsules a day with water.

13.93 g, 15.22 g | A 30-DAY SYSTEM
2 X 30 CAPSULES | 801018 |

£65.00

£2229.85 / 1 kg



VITALITY BOOST

FOOD SUPPLEMENT

- a composition of perfectly selected ingredients, which affect the flow of physical and mental energy throughout the day and aid sleep at night
- rich source of vitamins and minerals
- suitable for vegetarians and vegans

Take 2 tablets at night with water.
Consume the contents of 1 sachet per day.

300 g, 48 g | A 30-DAY SYSTEM
30 SACHETS + 60 COATED
TABLETS | 801302 |

£65.00

£186.78 / 1 kg



A REVOLUTIONARY FOOD SUPPLEMENT FOR HEALTHY JOINTS AND BONES

- **collagen** is the key building material for tendons and cartilage which form our joints. Highly refined marine collagen, obtained in pharmaceutical standards, was used to create the supplement
- **vitamin C** plays a supporting role in the correct production of collagen to ensure the proper functioning of the cartilage and bones
- **baikal skullcap** is a strong antioxidant effectively supporting the protection of joints, tendons and muscles
- **vitamin D** supports the correct functioning of muscles, which significantly affects the functioning of the joints
- **calcium** is essential for healthy bones
- **glucosamine sulphate** is an important precursor of many biomolecules, including chondroitin, which is one of the main components of the articular cartilage

INGREDIENTS NECESSARY TO GIVE GOOD RHYTHM TO YOUR LIFE

- **chromium** contributes to the maintenance of normal blood glucose levels
- **selenium** helps protect the cells from oxidative stress
- **iron** participates in the normal oxygen transport in the body
- **piperine from black pepper** supports digestion and absorption of nutrients
- **niacin, pantothenic acid and riboflavin**, additionally reinforced with guarana **caffeine** and green tea **theine**, contribute to the reduction of tiredness and fatigue
- **pantothenic acid** affects brain efficiency
- **B group vitamins** take care of the nervous system
- **thiamine** is responsible for the normal function of the heart
- **vitamin E** contributes to the protection of cells from oxidative stress



IMMUNO

FOOD SUPPLEMENT

- 100% natural vitamin C
- formula with added zinc which supports the proper functioning of the immune system
- ideal for all who suffer from colds frequently and who work physically and workout
- acerola and cherry flavour
- suitable for vegetarians and vegans

Take 2 lozenges a day. Allow to dissolve slowly.

72 g | A 30-DAY SYSTEM | 60 LOZENGES
801004 |

£21.00

E291.66/ 1 kg



VITALITY BOOST & MAGNESIUM POWER

FOOD SUPPLEMENT

- the liquid form enables the best absorption and almost immediate action
- designed to ensure that the ingredients supplement and reinforce their properties
- delicious, refreshing taste

Drink one dose of Vitality Boost immediately after opening, and drink one Magnesium Power around two hours later, to replenish the magnesium level.

6 x 25 ml | 3 x VITALITY BOOST + 3 x MAGNESIUM POWER

801203 |

£22.00

E146.66/ 1 l



SUPER CHERRY FROM BARBADOS

Vitamin C derived solely from natural extracts and acerola fruits. Acerola, called the Barbados cherry, is a super fruit, which has 30 times more vitamin C than a lemon. Wild rose, in turn, is also rich in bioflavonoids, which are natural antioxidants. Regular intake of vitamin C helps to take care of the immune system, has a favourable effect on teeth, skin, bones and the nervous system, as well as protects the cells from oxidative stress. The product is suitable for vegetarians and vegans.

COMPREHENSIVE DOSE OF ENERGY IN TWO STEPS

1 NUTRICODE VITALITY BOOST – a nutritive injection

- **guarana extract** contains a substantial amount of caffeine, which has a beneficial effect in the case of physical and mental exhaustion, boosts energy, eliminates drowsiness and tiredness, improves concentration and memory
- **niacin, pantothenic acid, and riboflavin** are responsible for the proper functioning of the nervous system – they manage human energy management, alleviating nervous stress, have a positive effect on mood and mental performance
- **green tea extract** is a natural antioxidant supporting the body's fight against free radicals

2 NUTRICODE MAGNESIUM POWER – ideal balance

- **magnesium** is responsible for maintaining the electrolyte balance of the body, supports it during the physical and mental effort, is responsible for the proper functioning of the nervous and cardiovascular systems as well as monitors proper muscular work
- **vitamin B6** is an ally of magnesium – it boosts its absorption and also supports psychological functions and is responsible for proper energy metabolism in our body

VIT-COMPLETE GUMMIES

FOOD SUPPLEMENT

- power of the nutrients for the whole family
- support for the proper functioning of the body
- excellent source of vitamins for vegetarians

Children over four years of age: Take 1 gummy per day. Adults: Take 2 gummies per day.

77 g | 801401 |
30 PINEAPPLE, STRAWBERRY AND ORANGE-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS

£22.00

£366.67/ 1kg



FOR WHOM?

For children and adults who want to supplement their daily diet, among others with a complex of B vitamins, necessary for the proper functioning of the body.

PROPOLIS PRO GUMMIES

FOOD SUPPLEMENT

- supports the immunity of children and adults and helps to alleviate the symptoms of colds and flu
- delicious formula with propolis, vitamin C and a special combination of herbal extracts of elderberry and echinacea purple
- suitable for vegetarians

Children over twelve years of age: Take 1 gummy per day. Adults: Take 2 gummies per day.

60 g | 801402 |
30 RASPBERRY-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS

£22.00

£366.67/ 1kg



FOR WHOM?

For children and adults who want to strengthen their immune system, especially in the autumn-winter season when the risk of infection increases significantly.

VITAMIN BOMB IN THE FORM OF DELICIOUS GUMMIES

- **vitamin C** supports the immune system
- **vitamin B3** helps maintain healthy skin
- **vitamin B5** has a positive impact on intellectual performance
- **vitamin B6** contributes to the regulation of hormonal activity
- **vitamin B12** supports the production of the red blood cells
- **folic acid** is extremely important for pregnant women

All vitamins contribute to the reduction of tiredness and fatigue, raising the quality of everyday life of children, adolescents and adults.

Food supplement does not contain:

- milk, sugar, pork gelatin (developed on the basis of pectin), preservatives



A NATURAL PROTECTIVE WALL

- **propolis** is rich in vitamins (B1, B2, B5, B6, C, D, E), elements (including magnesium, zinc, potassium, calcium, manganese, iron), flavonoids, terpenes and aromatic esters; it has antiviral, antifungal and bactericidal action, which helps strengthen immunity and supports the regeneration of the body
- **elderberry** is an excellent antioxidant, containing, among others flavonoids, phenolic acids, sterols, tannins and mineral salts, supports the body's cleansing processes
- **Echinacea purpurea** supports the proper functioning of the immune system and upper respiratory tract helps alleviate the symptoms of colds and flu
- **vitamin C** helps in the proper functioning of the immune system and protects cells from oxidative stress, contributes to the reduction of tiredness and fatigue

Food supplement does not contain:

- milk, pork gelatin (developed on the basis of pectin), preservatives

VIT-D3 GUMMIES

FOOD SUPPLEMENT

- perfectly supplements the deficiencies of the so-called vitamin of the sun, which is crucial for the proper functioning of the body
- suitable for vegetarians

Children over four years of age: Take 1 gummy per day. Adults: Take 2 gummies per day.

78 g | 801403 | 30 STRAWBERRY-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS

£22.00

£293.33/ 1kg



FOR WHOM?

For children and adults who want to supplement the deficiency of vitamin D3, strengthen their immunity and take care of the bone and muscle system.

O! MEGA-3 GUMMIES

FOOD SUPPLEMENT

- support proper functioning of the body
- contain Omega-3 fatty acids from linseed oil
- suitable for vegetarians

Children over four years of age: Take 1 gummy per day. Adults: Take 2 gummies per day.

120 g | 801404 | 30 ORANGE-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS

£27.00

£225.00/ 1kg



FOR WHOM?

For all who want to supplement their diet with the essential unsaturated Omega-3 fatty acids, strengthen immunity and facilitate the functioning of the nervous and circulatory systems.

PRECIOUS VITAMIN OF THE SUN

Vitamin D3 not only helps in maintaining healthy bones and teeth but also supports the proper functioning of the muscles and the immune system. Its prolonged deficiency can disrupt the physiological balance of the body and lead to many serious, chronic medical conditions. The most important way of delivering vitamin D3 is skin synthesis under the influence of sunlight, therefore, in autumn and winter, and even throughout the year, in locations with low sun exposure, its supplementation is crucial.

Food supplement does not contain:

- milk, pork gelatin (developed on the basis of pectin), preservatives



OMEGA-3 FATTY ACIDS ARE ESSENTIAL FOR THE PROPER FUNCTIONING OF YOUR BODY, AS THEY

- support your nervous system and help maintain mental acuity
- contribute to maintaining good eyesight
- help take care of your circulatory system, including your heart
- regulate the cholesterol level in the blood
- play a positive role in enhancing your immune system

Alpha-linolenic acid (ALA) is one of the essential unsaturated fatty acids (EFA) from the Omega-3 group. It is transformed into our body into EPA and DHA fatty acids, which are also extremely precious to our health.

Food supplement does not contain:

- pork gelatin (developed on the basis of pectin), peanuts, soy, milk, artificial colourants, aromas, preservatives, added sugar



PROBIOTIC GUMMIES

FOOD SUPPLEMENT

- comprehensive restoration of the natural intestinal microflora in the body
- multiple positive effects on the body, especially on the digestive system
- suitable for vegetarians

Children over four years of age: Take 1 gummy per day. Adults: Take 1-2 gummies per day.

60 g | 801405 | 30 STRAWBERRY AND ORANGE-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS

£24.00

£400.00/ 1kg



FOR WHOM?

For children and adults who suffer from problems relating to the digestive system caused by, among others, stress, change of environment and diet or antibiotic treatment.

PERFECT SUPPORT FOR YOUR BODY WHILE TRAVELING



A change of environment and diet has a negative impact on intestinal bacterial flora. An upset balance in that area, called the dysbiosis, results in digestive problems, discomfort in the digestive tract and intolerance of the consumed food products. The application of Probiotic Gummies while travelling will reduce the risk of the occurrence of those symptoms and, additionally, will facilitate the digestion of local food, letting you enjoy your travels to the fullest.

Each gummy contains as many as 2.5 billion units of an identified strain of probiotic bacteria *Bacillus coagulans*. Thanks to its exceptional strength, it is resistant to stomach acid and is not digested, alleviating digestive system-related problems such as constipation or diarrhoea.

Food supplement does not contain:

- peanuts, soy, milk, pork gelatin (developed on the basis of pectin), artificial colourants, aromas, preservatives, added sugar

HEALTHY BONES GUMMIES

FOOD SUPPLEMENT

- an excellent source of vitamin D
- for healthy teeth and strong bones
- with added calcium

Take 1 gummy per day.

85 g | 801406 | 30 LEMON-FLAVOURED GUMMIES FOR ADULTS

£22.00

£333.33/ 1kg



FOR WHOM?

For all who wish to strengthen their teeth and bones, as well as those wishing to supplement shortages of vitamin D in their body.

WHAT DO WE OWE TO VITAMIN D

- the correct level of calcium in our blood
- strong bones and healthy teeth
- the effective functioning of our muscles
- correct functioning of the immune system
- more efficient cell division process
- appropriate absorption of calcium and phosphorus

Food supplement does not contain:

- peanuts, soy, milk, pork gelatin (developed on the basis of pectin), artificial colourants, aromas, preservatives

EYE PROTECT GUMMIES

FOOD SUPPLEMENT

- a perfect composition of active ingredients for good eyesight
- with lutein and zeaxanthin
- suitable for vegetarians

Take 1 gummy per day.

90 g | 801411 |
30 ORANGE-FLAVOURED
GUMMIES FOR ADULTS

£27.00
£300.00/ 1kg



FOR WHOM?

For all who want to take special care of their eyesight. Perfect for those who spend a lot of time in front of a computer screen, stay in artificial light and frequently experience discomfort connected with eye fatigue.

SUPPORT FOR GOOD EYESIGHT

- **lutein** and **zeaxanthin** are the main pigments in the macula, which, among others, improve visual acuity and protect the retina against damage caused by blue light
- **zinc** helps maintain good eyesight and the correct metabolism of vitamin A
- **vitamins E** and **C**, ensure additional protection of cells against oxidative stress, which help maintain your eyesight in good condition

Food supplement does not contain:

- pork gelatin (developed on the basis of pectin), peanuts, soy, milk, artificial colourants, aromas, preservative, added sugar

STRONG MUSCLE GUMMIES

FOOD SUPPLEMENT

- on the basis of BCAA amino acids
- excellent support for athletes and active people
- supports fitness training and also the recovery after exercise
- suitable for vegetarians

Take 2 gummies per day.

114 g | 801408 |
30 ORANGE-FLAVOURED
GUMMIES FOR ADULTS

£31.00
£271.93/ 1kg



FOR WHOM?

For athletes and active people who want to take control of the effectiveness of training sessions and get the required results from them.

WINNING SUPPLEMENTATION FOR AN ATHLETIC BODY

When the effects of a workout are not satisfactory, BCAA comes to rescue – a complex of three amino acids (L-leucine, L-isoleucine and L-valine in an optimal ratio of 2:1:1) helps to build and restore muscle tissue. As none of these substances are produced by the body, it is necessary to provide them in the form of a food supplement to help the process of acquiring an athletic figure.

Food supplement does not contain:

- milk, sugar, pork gelatin (developed on the basis of pectin), preservatives

PERFECT SLIM GUMMIES

FOOD SUPPLEMENT

- with natural extracts for a perfect figure
- contains top-quality raspberry ketones
- suitable for vegetarians

Take 2 gummies per day.

112 g | 801410 |
28 APPLE-FLAVOURED GUMMIES
FOR ADULTS

£31.00

£276.79/ 1kg



FOR WHOM?

For all who want to look slimmer and feel healthier naturally and enjoyably.

A NATURAL RECIPE FOR BEAUTY

- chlorogenic acid contained in **green coffee** extract reduces the accumulated reserves of carbohydrates and fat in the body and facilitates the intensified burning of adipose tissue. That effect is additionally reinforced by caffeine, which stimulates the metabolism
- **Garcinia cambogia** slows down the production of fat in the body
- **raspberry ketone extract** helps to limit the build-up of adipose tissue and burn the one that has already accumulated. Also, it contributes to the acceleration of the metabolism and regulation of glucose in the blood

Food supplement does not contain:

- pork gelatin (developed on the basis of pectin), peanuts, soy, milk, artificial colourants, aromas, preservatives, added sugar

FIT LINE GUMMIES

FOOD SUPPLEMENT

- based on conjugated linoleic acid (CLA)
- helps achieve a slim figure
- suitable for vegetarians

Take 1 gummy per day.

117 g | 801409 |
30 CHERRY-FLAVOURED
GUMMIES FOR ADULTS

£31.00

£264.96/ 1kg



FOR WHOM?

For active people, ones on diets, wanting to improve their vitality.

ON THE WAY TO ACHIEVING THE PERFECT FIGURE

Conjugated linoleic acid (CLA) is commonly used by people who do sports and are on a weight-reducing diet, as it promotes fat burning and exhibits multiple pro-health effects. Combined with regular workouts and healthy eating habits, it will become your ally on the way to the perfect figure.

Food supplement does not contain:

- milk, sugar, pork gelatin (developed on the basis of pectin), preservatives

ENERGY KICK GUMMIES

FOOD SUPPLEMENT

- excellent source of energy for active people
- supports stamina during a workout
- supports processes of regeneration
- helps to keep a slim figure
- suitable for vegetarians

Take 2 gummies per day.

117 g | 801407 |
30 BLUEBERRY-FLAVOURED
GUMMIES FOR ADULTS

£19.90

£170.08 / 1kg

FAT THAT IS TRANSFORMED INTO ENERGY



FOR WHOM?

For all who need to boost their energy during a workout.

Energy Kick Gummies include L-carnitine, which is responsible for the transport of fatty acids to the mitochondria, where they are transformed into energy necessary for the proper functioning of the body's cells. Thanks to its properties, it is very popular among athletes who want to improve endurance during training and improve post-workout regeneration processes.

Food supplement does not contain:

- milk and sugar
- pork gelatine (developed on the basis of pectin)
- preservatives





SAVE BY BUYING AS A SET

Konjac FETTUCCINE

SUPERFOOD

200 g | 807003 |

£7.50

£37.50/ 1 kg

Konjac PENNE

SUPERFOOD

200 g | 807005 |

£7.50

£37.50/ 1 kg

Konjac SPAGHETTI

SUPERFOOD

200 g | 807004 |

£7.50

£37.50/ 1 kg

Konjac ANGEL HAIR

SUPERFOOD

200 g | 807002 |

£7.50

£37.50/ 1 kg

Konjac RICE

SUPERFOOD

200 g | 807001 |

£7.50

£37.50/ 1 kg

Konjac ONE WEEK PACK

SUPERFOOD

7 x 200 g | 807006 |

£38.00

£27.14/ 1kg

ARE YOU ON A LOW-CARB, FIT, KETO, PALEO, VEGE DIET? IT DOESN'T MATTER, BECAUSE KONJAC IS A SUPERFOOD.

KONJAC SUPERFOOD

A healthy alternative to the traditional pasta and rice. It satisfies hunger without any guilt, and due to the large amount of fibre, it allows you to eat your fill and improve intestinal motility. Be sure to test it in your kitchen.

- low in calories
- ideal for lunch and dinner, savoury salads or desserts
- perfect for FIT6 programme participants
- ready in 2 minutes

The products do not contain:

- sugar, fat, grains, gluten, soy, ingredients of animal origin

TRY TO EXPERIMENT WITH FLAVOURS, TEXTURES AND TOPPINGS, IN ORDER TO CREATE TASTY MEALS WITH NO EXTRA CALORIES.

CREATE YOUR OWN MEGASET

The most important thing is to make a habit of the proper nutrition. Therefore, we provide you with the possibility to create the perfect set for the entire week. You decide what we will pack into it. You can choose from all five types of konjac products, and every day put a different portion of health on your plate.



RECOMMENDED FOR
FIT6



An innovative **DIET PROGRAMME**
natural weight loss without the yo-yo effect

REVOLUTION IN THE WORLD OF WEIGHT LOSS

The FIT6 programme is an innovative method of weight reduction, which has been created by the specialists in clinical dietetics. The aim of the Programme is not only to lose excess pounds but also to enhance the comfort of life, improve your health and your physical and mental state.

GUARENTEE OF SUCCESS

Check the spectacular metamorphoses at the following website: fit6-pl.fmworld.com

THE MOBILE
COMPANION
OF WEIGHT LOSS



FIT6App

6 STEPS to an ideal figure

The program consists of **three stages** divided into **six steps** of weight loss and one additional step transitioning into the stabilization phase. Each step lasts a month. The more kilograms you have to lose, the more steps you need to go through. You can give up the diet phase and start **maintenance** at any time.



INDISPENSABLE NUTRIENTS

Losing weight is a difficult process for your body even if you do not feel it physically. That is why one of the goals of the FIT6 Programme is to supply the body with top-quality nutrients in the form of NUTRICODE innovative food supplements. Each step of the weight loss process has an ascribed set of products ideally tailored to solve the body's problems occurring at that stage.

SHARE, MOTIVATE

We know that support and motivation are essential. It is the lack of those factors, that often makes us stop the weight loss process. Resigned and feeling helpless, we return to our old, unhealthy habits. With that in mind, the community was created along with the Programme – a space where all participants can share their problems, reflections and results.

PROFESSIONAL SUPPORT

Throughout the programme, you can contact our clinical dietitian who will help you dispel any doubts and mobilize you to action. You don't have to make appointments and go to meetings – you can contact them online whenever you need it.

A TREASURY OF RECIPES

In addition, we have a website full of nutritional inspirations for you, as well as Instagram and Facebook accounts, which are filled to the brim with interesting facts about diets. By joining the FIT6 community, you will see that losing weight has never been more enjoyable, easier and... tastier.

GOALS OF THE INDIVIDUAL STAGES

1

PREVENTING INFLAMMATION

- minimising the body's inflammation
- waist circumference reduction
- weight loss
- improved well-being
- feeling light and satisfied
- improved overall health

2

WEIGHT LOSS

- the continuing detoxification and cleansing of the body
- weight loss
- preventing the loss of body firmness
- reducing the visibility of cellulite
- preservation of muscle mass
- improved well-being and vitality
- supplying the body with the necessary nutrients

3

4

5

6

!

TONING

- stimulation of muscles to facilitate their growth

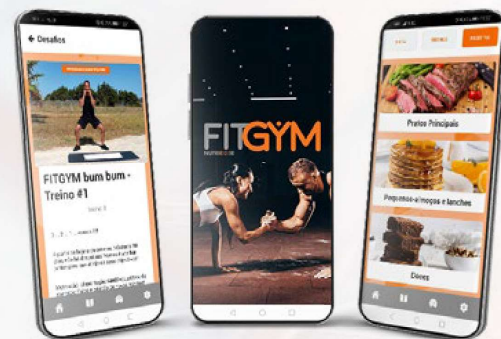
MAINTENANCE

- stabilisation of the weight without the yo-yo effect
- preservation of healthy eating habits
- gradual preparation of the body to receive food of all kinds
- making the body more "tolerant" to be able to apply less restrictive dietary principles
- avoiding the formation of oedema and fluid retention to normalise its metabolism

FITGYM is born from the need to respond to those who come to us with the objective of losing weight and who practice physical exercise.

After the success of the FIT6 program, we detected that there were groups excluded for practicing physical exercise and our program was not suitable. There are also FIT6 customers who, after some time, stagnate in weight loss, others who intend to tone up after losing a few kg. FITGYM presents itself as a solution for all these cases....

IT ARISES FROM THE LACK OF EFFECTIVE ALTERNATIVES FOR WEIGHT LOSS WITHOUT AFFECTING PERFORMANCE.



THE FITGYM PROGRAM AIMS TO:

- Promote the loss of fat mass
- Stimulate toning
- Preserve Lean Mass
- Ensure performance
- Improve muscle recovery

- Self-application program that **promotes weight loss for exercisers**.
- Applies to those who want to lose weight and who **practice physical exercise at least 2x/week regularly**.
- It is built in **3 sequential stages** (STEP I, STAGE II and STAGE III) **lasting 30 days each**.
- Each sequence **repeats in cycles** until you reach your goal.
- After reaching the goal, **proceeds to maintenance**.
- **Maintenance lasts for 60 days** and is divided into MAINTENANCE I and MAINTENANCE II.
- **The diet is based on foods of natural origin and with a reduction in processed foods**. The carbohydrate content and the structure of the food day allows the practice of physical exercise taking into account toning and a good recovery.
- **The training that accompanies the program must be personalized and adapted to the clinical condition of each one**. However, FM World Portugal provides video training that is available in the "Training" tab. These are simple and easy-to-perform exercises that can be performed at home and without any material / machines. These workouts were designed so that everyone can have access to them even for those who have never exercised. They are divided into 3 levels of intensity and your choice is according to your training habit:
- **Beginner** is suitable for those who are sedentary or exercise moderately, less than 3 times a week, 30 minutes per session.
- **Intermediate** is suitable for those who practice moderate / vigorous exercise 3 times a week, 30 minutes per session, for 3 months.
- **Advanced** is suitable for those who exercise vigorously 3 times a week, 30 minutes, for more than 3 months.
- **You can adjust the intensity of the chosen level after testing the first session**.

The program is built to maximize results through:

- **Simple-to-follow food that includes: natural foods available anywhere, recipes that are easy to prepare and adapt to your taste and routine.**
- **Food supplements that are easy to take with you anywhere, with pleasant flavors and a known and proven effect**
- **Short, effective and smart workout plan that can be executed wherever you are. Trainings are available on video and do not require specific material.**

AT FITGYM WE PUT YOUR METABOLISM IN YOUR FAVOR!

A TONED BODY HAS NEVER COST SO LITTLE!

HOW IT WORKS?

