

STOP



& GO



**GALENICUM
NUTRITIONAL
SUPPLEMENTS
FOR A HEALTHIER LIFE**

Technical Product Portfolio 2015

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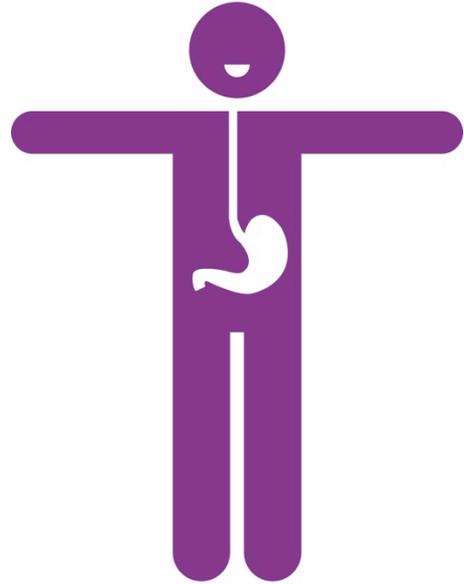
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Digest

Dosage: 1 Capsule per day (sachet available)

Active Ingredients	
<i>Bifidobacterium longum</i> ES1	
<i>Bifidobacterium lactis</i>	1x10 ⁹ CFU
<i>Lactobacillus rhamnosus</i>	
Calcium	120mg (15% NRV)



DIGESTIVE

“Digest” is a food supplement, which contains a mix of probiotics including *Bifidobacterium lactis*, *Lactobacillus rhamnosus* and the patented *Bifidobacterium longum* ES1. The mixture is scientifically proven to aid digestive problems associated with inflammation, specially problems with gluten.

Ingredient information:

Bifidobacterium longum ES1 has been seen in clinical studies to have an anti-inflammatory effect in the intestine and have reduced signs of gluten sensitivity in clinical studies.

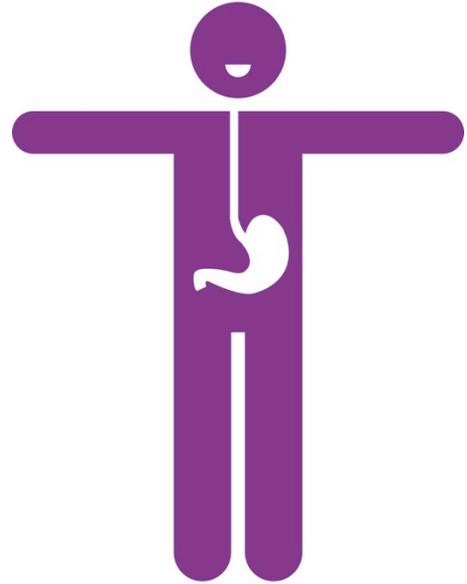
Claim accepted: Calcium contributes to the normal function of digestive enzyme.

Scientific studies are available.

Roto-Protect

Dosage: 1 sachet

Active Ingredients	
<i>Bifidobacterium longum</i> CECT 7210	1x10 ⁹ CFU
<i>Additional Probiotics</i>	



DIGESTIVE

“Roto-protect” is a food supplement, which contains a mix of probiotics including *Bifidobacterium longum* CECT 7210. The mixture is scientifically proven to inhibit *in vitro* rotavirus Wa replication and protect cells from viral infections.

Ingredient information:

Bifidobacterium longum CECT 7210 is included in GRAS and QPS lists and has been evaluated *in vitro* and *in vivo* following FAO/WHO guidelines, two clinical trials with children are now in progress.

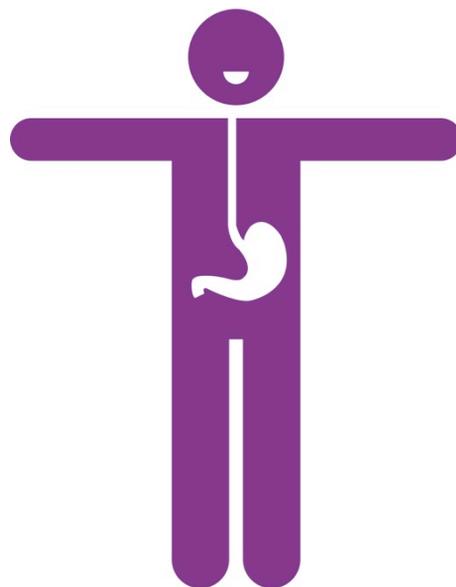
Claim accepted: Calcium contributes to the normal function of digestive enzyme.

Scientific studies are available.

Micro-slim

Dosage: 1 Capsule per day (sachet available)

Active Ingredients	
<i>Bifidobacterium lactis</i> BPL1 (CECT 8145)	1x10 ⁹ CFU
Additional Probiotics	



DIGESTIVE

“Micro-slim” is a food supplement, which contains a mix of probiotics including *Bifidobacterium lactis* BPL1 (CECT 8145). It has been seen to reduce body fat and cholesterol content and antioxidant and anti-inflammatory activity.

Ingredient information:

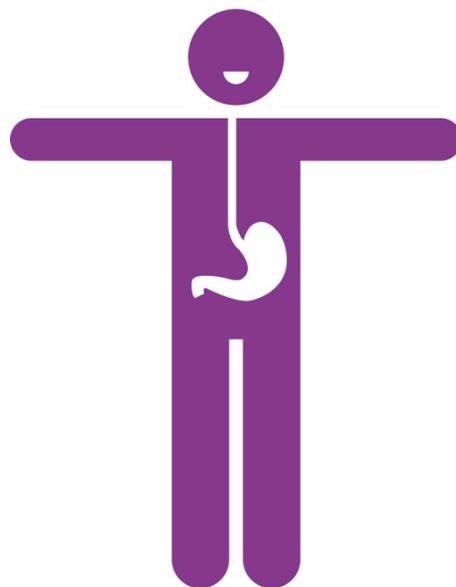
Bifidobacterium lactis BPL1 (CECT 8145) has been studied extensively pre-clinically and scientific information is available.

Scientific studies are available.

Gas Relief

Dosage: 1-2 tablets after a meal

Active Ingredients	
Fennel Extract	50mg
Green Anise Extract	50mg
Caraway Extract	50mg



DIGESTIVE

Gas Relief is a natural means of reduce flatulence and digestive discomfort.

Ingredient information:

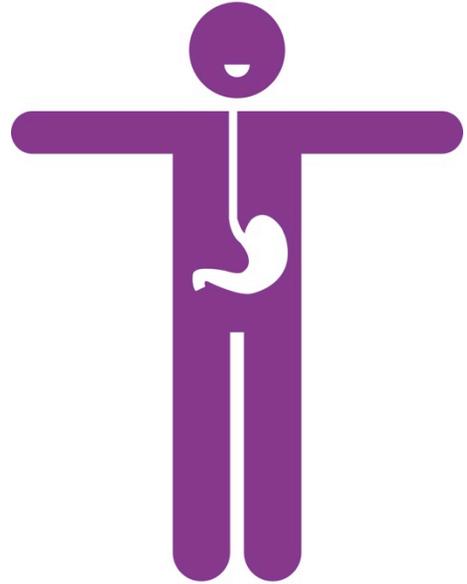
Caraway helps with belly spasms.

Fennel helps with flatulence and belly spasms.

Lactose

Dosage: up to 6 tablets per day as needed

Active Ingredients	
Lactase	90mg



DIGESTIVE

Lactase enzyme helps prevent discomfort caused by lactose intolerant individuals.

Ingredient information:

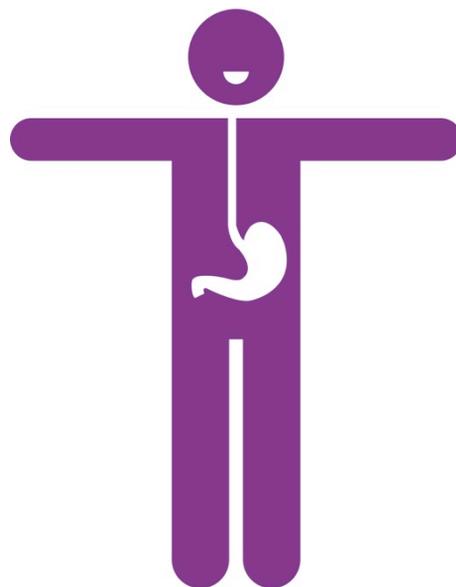
Lactase helps degrade the lactose found within dairy products to help with digestion.

Lactase Baby

Dosage: 1-2 drops per day

Active Ingredients

Lactase	2250mg
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DIGESTIVE

Lactase Baby uses a lactase enzyme to prevent discomfort caused by lactose intolerant individuals.

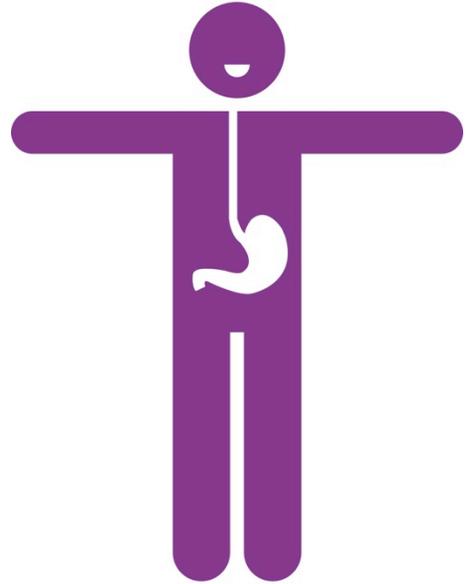
Ingredient information:

Lactase helps degrade the lactose found within dairy products to help with digestion.

Fat Burner Tablet

Dosage: 2 tablets per day

Active Ingredients	
Green Coffee extract 45% Chlorogenic Acid	450mg
Chromium	20mcg (50% NRV)



DIGESTIVE

Product designed to increase metabolism and maintain a more toned body shape

Ingredient information:

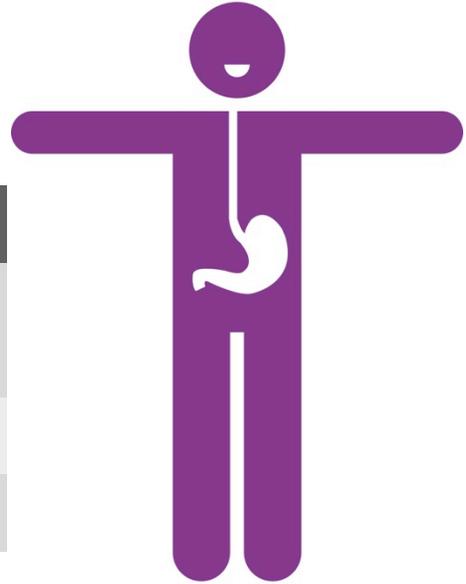
Green coffee extract: Chlorogenic acid decreases the entrance of lipids in cells and increases the utilization of fat reserves as a source of energy

Authorized Claim: Chromium contributes to the normal metabolism of macronutrients

Fat Burner Drink

Dosage: 10ml dissolved in a large glass of water

Active Ingredients	
Green Coffee extract (45% chlorogenic acid)	900mg
Raspberry Ketones	400mg
Chromium	40mcg (100% NRV)



DIGESTIVE

Product designed to increase metabolism and maintain a more toned body shape

Ingredient information:

Green coffee extract: Chlorogenic Acid has been seen to help increase metabolism and increase the rate your body burns calories.

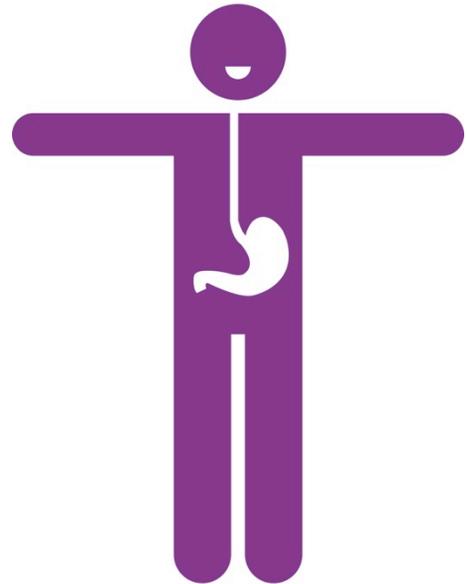
Raspberry ketones: These ketones have been observed to help the fat within cells to be broken down more effectively, helping the body burn fat faster. They are also claimed to increase levels of adiponectin, a hormone that helps to regulate metabolism.

Authorized Claim: Chromium contributes to the normal metabolism of macronutrients

Fat Control

Dosage: 2 before main meals, max 4 / day

Active Ingredients	
Vegetable Chitosan	400mg
Chromium	1mcg (2.5% NRV)



DIGESTIVE

Take control of your body with Chitosan, seen to help control cholesterol levels and increasing your sensation of satiety

Ingredient information:

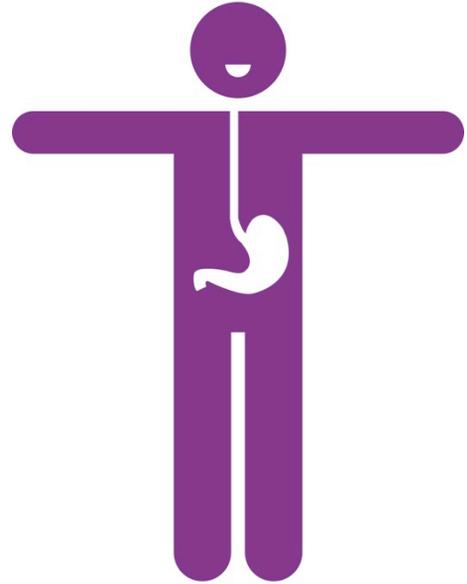
Chitosan: Helps to bind fat to prevent its digestion, lowering cholesterol levels as it also makes you feel full faster.

Authorized Claim: Chromium contributes to the normal metabolism of macronutrients

Carb Burn

Dosage: 1-2 tablets before a meal

Active Ingredients	
Phaseolamin	400mg
Zinc	2.5mg (25% NRV)



DIGESTIVE

Carb burn uses phaseolamin to help delay and prevent the absorption of starch calories by eliminating the enzyme responsible for their digestion, allowing them to pass through the system before being converted into glucose and after, fat.

Ingredient information:

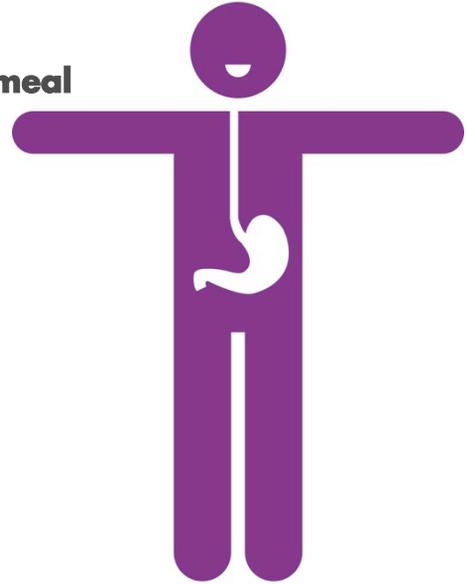
Claim authorized: Zinc contributes to the metabolism of carbs.

Phaseolamin helps delay and prevent absorption of starch.

Silhouette

Dosage: 1 sachet dissolved in water before a meal

Active Ingredients	
Glucomannan	1.5g
Guar Gum	500mg
Chromium	20mcg (NRV 50%)



DIGESTIVE

The Glucomannan found within Satiety helps to make you feel full. Taken before a meal, it swells in the stomach, filling you up.

Ingredient information:

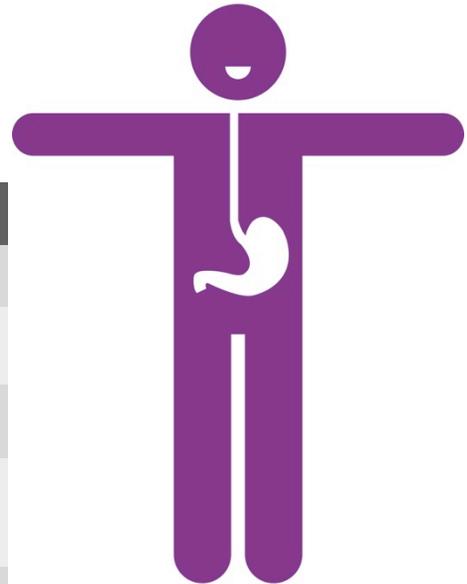
Authorized Claim: Glucomannan, in the context of an energy restricted diet contributes to weight loss.

Authorized Claim: Chromium contributes to the normal metabolism of macronutrients

Figure

Dosage: 15ml dissolved in 1.5L of water to drink throughout the day

Active Ingredients (15ml)	
Actilight (FOS)	750mg
Red Grape Juice	300mg
Horsetail Extract (silicon 7%)	500mg
Ortosiphon Extract (0.15% sinensetine)	500mg
Pilosella Extract	500mg
Pumpkin Seed Extract (Fatty acid 20%)	500mg
Griffonia Extract (5-hydroxytryptophan)	45mg
Vitamin C	80mg
Vitamin E	12mg
Vitamin B6	1.4mg
Vitamin B12	2.5mcg



DIGESTIVE

Helps eliminate retained liquid and aid to slim.

Ingredient information:

Horsetail extract helps the elimination functions of the organism and supports the excretory function of the kidneys.

Ortosiphon is depurative and diuretic

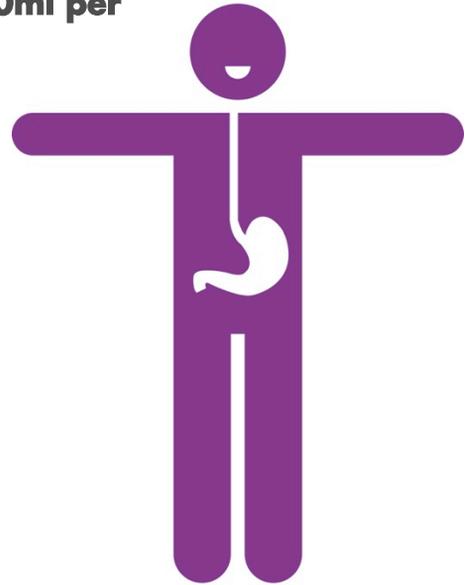
Pilosella. Normal elimination function traditionally used to support the excretory function of the kidneys. Usually known for its contribution to normal urinary elimination functions.

Pumpkin seeds is a maintenance of good bladder function and urinary flow.

Jelly Kids

Dosage: 2-5 years 2.5ml per day/ 6-12 years 10ml per day

Active Ingredients (10ml)	
Royal Jelly	150mg
Vitamin B1	1.4mg (100% RDD)
Vitamin B2	1.6 mg (100% RDD)
Vitamin B3	18mg (100% RDD)
Vitamin C	60mg (100% RDD)
Vitamin D3	0.05mg (100% RDD)
Cinchona Extracts	20mg



DIGESTIVE

Jelly Kids Appetit is a nutritional supplement recommended for increasing appetite and vitality in children as well as general well-being.

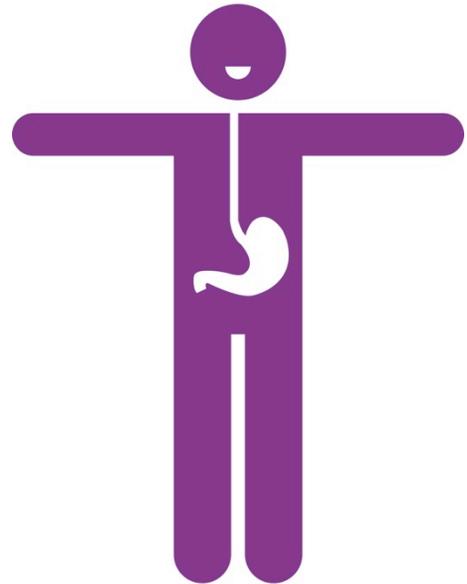
Royal Jelly's antibiotic properties help strengthen body resistance. It helps relieve fatigue caused by stress. Helps elevate the mood to give a feeling of well being.

Jelly Kids has a clinical study demonstrating that it is effective in increasing weight gain.

Stomach Relief

Dosage: 1-2 tablets per day

Active Ingredients	
Sodium Alginate	100mg
Sodium Bicarbonate	300mg
Calcium Carbonate	180mg
Patented Fermented Soy	250mg
Ginger Extract	50mg
Vitamin B2	1.4mg (100% NRV)



DIGESTIVE

Product designed to combat rapidly the heartburn.

Ingredient information:

Authorized Claim: Calcium contributes to the normal function of digestive enzymes.

Authorized Claim: B2 contributes to the maintenance of normal mucous membranes.

Ginger extract is commonly used to treat various types of stomach problems, including motion sickness, gas, diarrhea and nausea.

Sodium Alginate: Helps gastrointestinal problems.

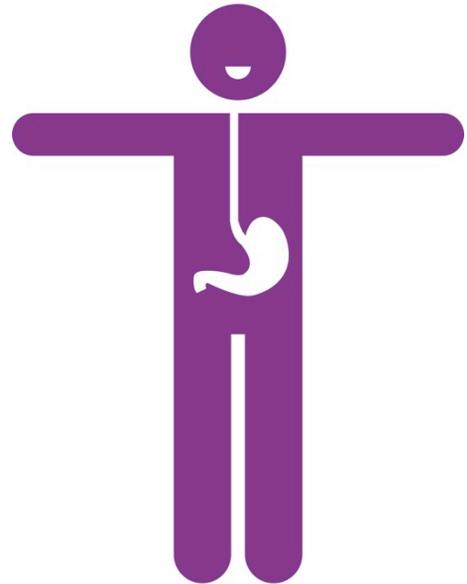
Sodium Bicarbonate: Reduces stomach acid and is used as an antacid to treat heartburn, indigestion and upset stomach.

Patented Fermented Soy: formulation to treat acute gastritis.

Fiber Ease

Dosage: 1-2 sachets per day

Active Ingredients	
Plantago Ovata	1000mg
Inulin	1000mg
<i>Rhamnus Frangula</i>	75mg



DIGESTIVE

Fiber Easy helps to promote and improve regular bowel movements

Ingredient information:

Plantago ovata contributes to the intestinal transit and intestinal function. Helps to maintain a healthy bowel and facilitate intestinal transit.

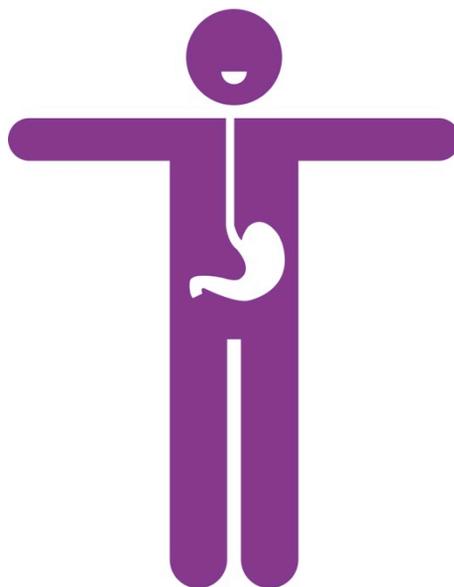
Alder buckthorn bark (*Rhamnus Frangula*) contributes to soften stools / supports bowel movement / contributes to the working of the intestines and regular bowel movement.

Laxative

Dosage: 1 tablet before sleep

Active Ingredients

Cascara Sagrada (9.4% cascarosides A)	300mg
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DIGESTIVE

Cascara sagrada is traditionally used as a laxative to avoid constipation.

Ingredient information:

Cascara Sagrada helps maintain intestinal regularity.

Cholesterol Balance

Dosage: 2 tablets per day

Active Ingredients	
Fermented Red Rice (1.6% monocoline k)	312.5mg (5mg)
Gamma Oryzanol	150mg
Chromium	20mcg (100% NRV)
Vegetable Phytosterol	30mg
Coenzyme Q10	10mg
Milk Thistle	50mg



CARDIOVASCULAR

Cholesterol Balance contains a mix of phytosterols, natural extracts and other phytonutrients seen to help control levels of cholesterol or be beneficial to heart health.

Ingredient information:

Authorized Claim: Fermented red rice (10mg monacolina K /day) helps maintain normal levels of LDL-cholesterol.

Milk thistle contributes to liver protection.

Gamma Oryzanol: Reduces cholesterol levels by reducing absorption of cholesterol from foods.

Vegetable Phytosterol: Reduces cholesterol absorption and lower serum cholesterol concentration.

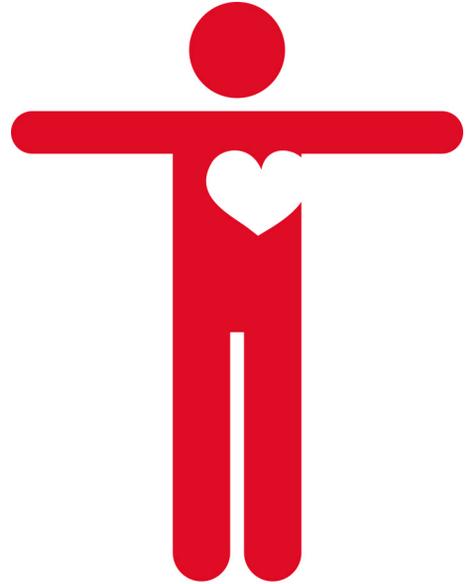
Coenzyme Q10: Works as an antioxidant, increases your immune system function and your energy levels and may lower high blood pressure.

Milk Thistle: Provides heart benefits by lowering cholesterol levels.

Resveratrol OX

Dosage: 2 tablets per day

Active Ingredients	
Grape Skin Extract (4.7% resveratrol)	192mg
Garlic Extract (40% quercetin)	30mg
Japanese Knotweed (50% resveratrol)	4.8mg



CARDIOVASCULAR

Resveratrol OX is a mix of various extracts seen to have a positive affect on cardiovascular health, especially Resveratrol the antioxidant thought to be responsible for the French Paradox and found within wine

Ingredient information:

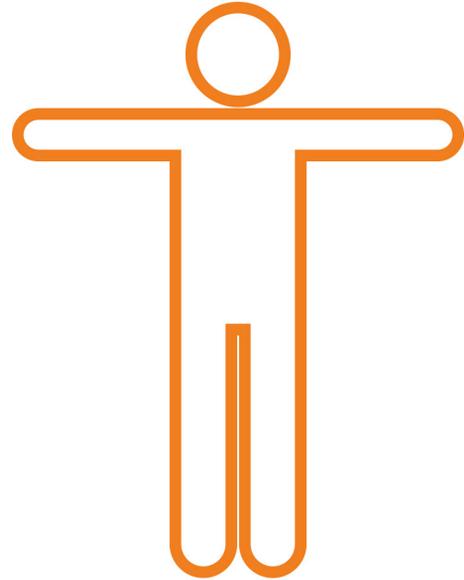
Japanese Knotweed is an antioxidant/ protects from free radicals.

Garlic Extract: Helps improve circulation, blood pressure, cholesterol and other cardiovascular rick factors.

Cellulite Free

Dosage: 1 tablet per day

Active Ingredients	
Hydrolyzed Collagen	180mg
Green Tea Extract (80% polyphenols by UV)	150mg
Grape Seed Extract (90mg bioflavoniods)	50mg
Cherry Stem Extract	50mg
Caffeine (48.9% caffeine)	30mg



DERMATOLOGY

Cellulite Free combines different products that help eliminate cellulite and firming the skin.

Ingredient information:

Hydrolyzed collagen is a natural component of the skin. Help the skin to preserve its firmness and elasticity. Has beneficial effect in the maintenance of the skin firmness and elasticity.

Green tea extract: Reduces weight by stopping the production of fat-absorbing enzymes.

Grape seed extract: Promoted circulation by improving blood vessel integrity through their naturally occurring antioxidants.

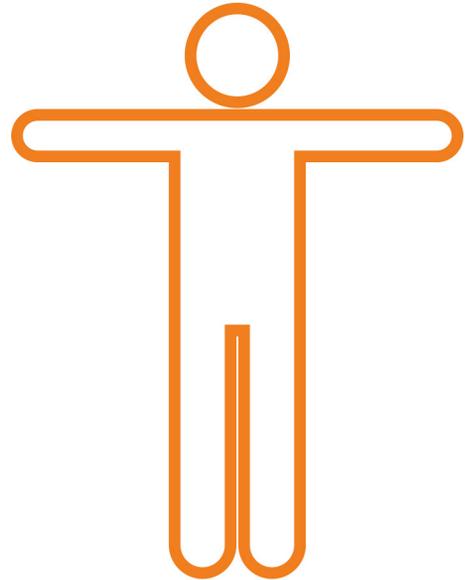
Caffeine: Reduces the appearance of cellulite. Is also a good source of antioxidant which help reduce toxins.

Hair&Nails

Dosage: 1 tablet per day

Active Ingredients*			
Vitamin A	0.8mg	Selenium	0.055mg
Vitamin B1	1.1mg	Molybdenum	0.05mg
Vitamin B2	1.4mg	Zinc	10mg
Vitamin B3	16mg	Iron	14mg
Vitamin B5	6mg	Copper	1mg
Vitamin B6	1.4mg	Primrose oil	50mg
Vitamin B8	0.05mg	L-Cystine	50mg
Vitamin B9	0.2mg	Millet Extract	50mg
Vitamin B12	0.0025mg	PABA	10mg
Vitamin C	80mg	Bamboo Extract	50mg
Vitamin E	12mg		

*All vitamins and minerals are at 100% of NRV



DERMATOLOGY

Nutritional supplement formulated with a highly innovative ingredient which hydrate your hair and nails.

Ingredient information (all claims are authorized):

Copper contributes to the normal pigmentation of hair and nails.

Iron contributes to the normal formation of red blood cells and hemoglobin and helps the normal transport of oxygen in the body.

Selenium contributes to maintain the normal state of nails.

Vitamin C contributes to the normal formation of collagen for normal skin function.

Vitamin E contributes to protect cells from oxidative stress.

Zinc contributes to maintain normal hair, skin and nails.

Vitamins A, B2 and B3 help to maintain normal skin.

Vitamin B6 contributes to normal cystine synthesis.

Vitamin B8 contributes to maintain normal hair and nails.

Immune

Dosage: 1 Sachet per day

Active Ingredients	
Echinacea Extract	200mg
Elderberry Extract	50mg
Vitamin C	80mg (100% NRV)
Zinc	5mg (50% NRV)
Selenium	0.0275mg (50% NRV)



IMMUNITY

Contributes to a normal functioning immune system with both Zinc and Vitamin C. Echinacea and a unique mix of other traditional immune extracts help to keep you on the GO.

Active ingredients:

Echinacea and elderberry are two plants traditionally used to help our immune system.

Claims Authorized: Vitamin C, selenium and zinc contributes to the normal function of the immune system.

Immune Liquid Stick

Dosage: 1 Liquid stick per day

Active Ingredients	
Echinacea Extract	200mg
Reishi Extract	100mg
Shitake Extract	100mg
Zinc Gluconate	50mg (65% NRV)
Vitamin C	8mg (10% NRV)
Elderberry Extract	5mg



IMMUNITY

Contributes to a normal functioning immune system with both Zinc and Vitamin C. Echinacea and a unique mix of traditional mushroom immune extracts help to keep you on the GO.

Active ingredients:

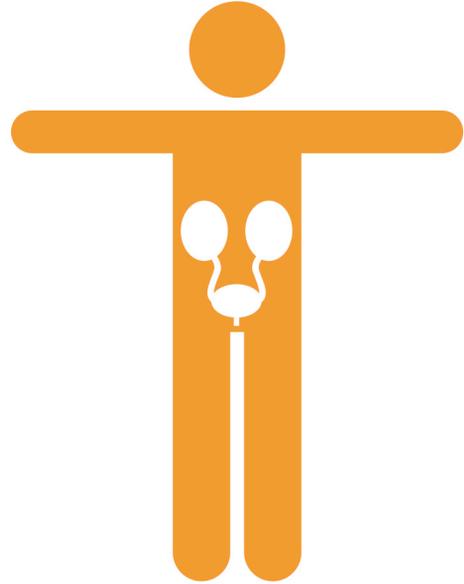
Echinacea, reishi, shitake and elderberry are traditionally used to help our immune system.

Claims Authorized: Vitamin C and zinc contributes to the normal function of the immune system.

Cranberry

Dosage: 1 tablet per day

Active Ingredients	
American Cranberry Extract (50% PAC by UV)	191mg



GENDER SPECIFIC

Cranberry contains 191mg amount of PACs found in cranberries. PACs have been found to prevent the onset of urinary tract infections.

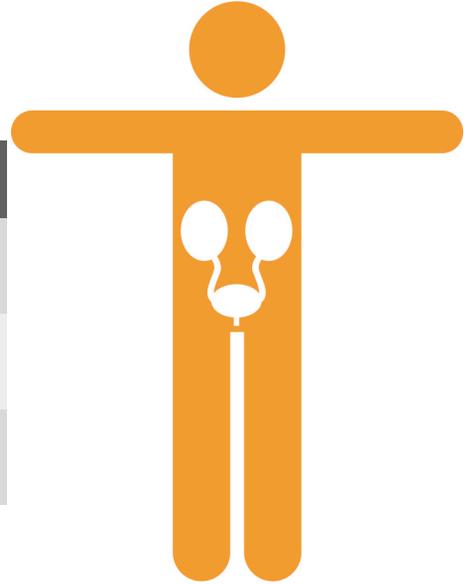
Ingredient information:

Cranberry Extract helps prevent urinary tract infections.

Max Cran

Dosage: 2 tablets per day

Active Ingredients	
American Cranberry Extract (50% PAC by UV)	191mg
Salvia Extract (15% Ursolic acid)	50mg
Vitamin C	40mg (50% NRV)



GENDER SPECIFIC

Max Cran contains 191mg amount of PACs found in cranberries. PACs have been found to prevent the onset of urinary tract infections.

Ingredient information:

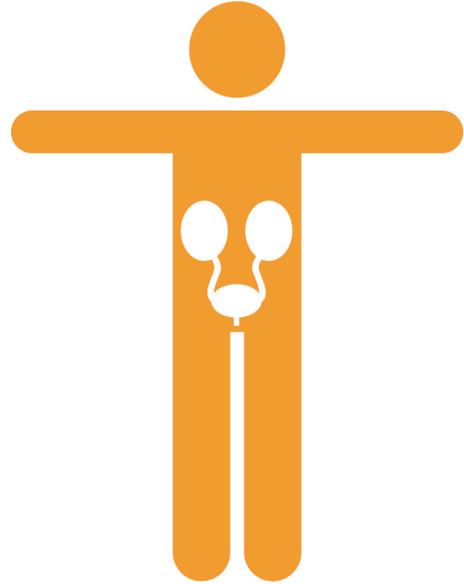
Cranberry Extract helps prevent urinary tract infections.

Salvia Extract has been seen to modify vaginal pH to make it less favorable for urinary tract infections.

Menopause Day&Night

Dosage: 1 tablet per day

Active Ingredients (Day Tablet)	
Hops Extract (2.5% flavonoids)	50mg
Salvia Extract (2% rosmarinic acid)	50mg
Yam Extract (20% diosgenine)	50mg
Eleutherococcus Eleutheroside Extract (0.8% eleutheroside)	50mg
Black Cohosh (2.5% triterpenes)	35mg
Chaste Berry Extract (0.3% casticin)	30mg



GENDER SPECIFIC

Menopause day / night is a complete specially designed formula for the different needs that a woman's body goes through during the day and night during menopause

Active ingredients:

Claim under evaluation: Black Cohosh helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability.

Claim under evaluation: Eleutherococcus supports mental and physical capacities in cases of weakness, exhaustion and tiredness, and during convalescence.

Claim under evaluation: Hops helps to maintain a calm and comfortable menopause.

Claim under evaluation: Yam helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability.

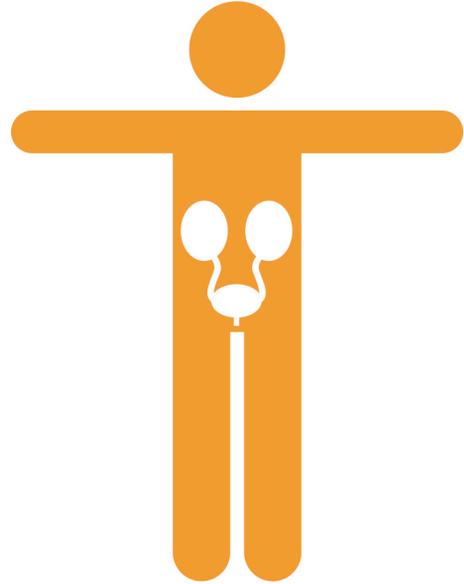
Claim under evaluation: Salvia helps to moderate sweating. Contributes, supports and helps to sweat normally. Contribute to menopausal comfort.

Claim under evaluation: Chasteberry helps to maintain a physiological well being during the menstrual cycle. Contributes to the female hormonal balance during clymaterium. Contribute to relieve the menopause symptoms

Menopause Day&Night

Dosage: 1 tablet to be taken at night

Active Ingredients (Night Tablet)	
Passionflower Extract (3.5% vitexin)	90mg
Verbena Extract (1.5% verbascosides)	50mg
Hops Extract (0.1% hops)	50mg
Hawthorn (1.8% vitexin)	50mg
L-theanine	10mg



GENDER SPECIFIC

Menopause day / night is a complete specially designed formula for the different needs that a woman's body goes through during the day and night during menopause

Active ingredients:

Hawthorn supports circulation, relaxing, calming.

Hops extract has soothing effect for the nervous system.

Passion flower helps to induce calm, rest and sleep

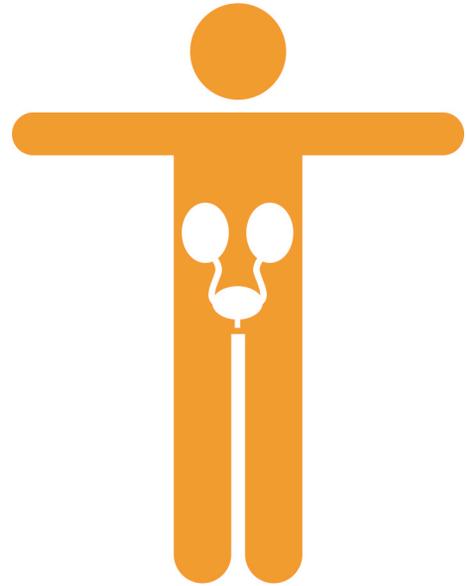
L-theanine is able to cross the blood-brain barrier and reduce mental and physical stress, creating a sense of relaxation about a half hour after ingestion.

Verbena extract is used to treat hormonally related irritability and depression.

Pregnancy

Dosage: 2 tablets per day

Active Ingredients	
Seaweed Oil (35% DHA)	571.5mg
Magnesium oxide	93.75mg
Vitamin C	80mg
Iron bisglycinate	50mg
Zinc bisglycinate	50mg
Vitamin E	17.14mg
Vitamin B5	6.723mg
Vitamin B12	2.5mg
Vitamin B2	1.4mg
Vitamin B6	1.648mg
Vitamin B1	1.472mg
Vitamin B9 (Folic Acid)	0.4mg
Vitamin D3	0.2mg
Vitamin K1	1.5mg
Sodium selenium	0.12mg



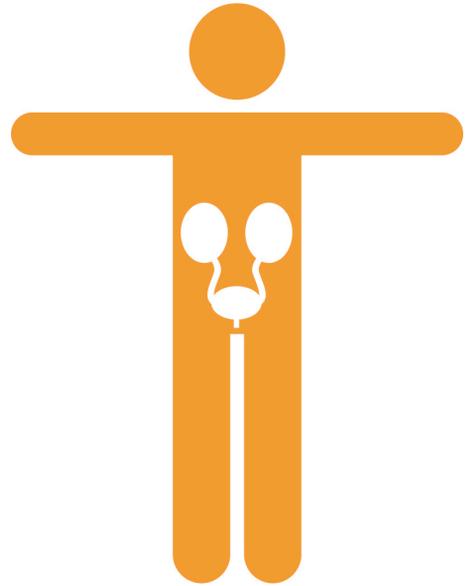
GENDER SPECIFIC

Pregnancy is designed to provide all the vitamins and minerals necessary for healthy development during pregnancy.

Male Vigor

Dosage: 2 capsules/day before breakfast

Active Ingredients	
Maca extract	300mg
Ginseng extract	300mg
L-Arginine	100mg
Zinc	5mg (50% NRV)



GENDER SPECIFIC

When life starts to get you down, pick yourself up with Male Vigor which contains the right combination of nutrients to ensure you can make the most out of life and get going.

Active ingredients:

Maca extract stimulates sexual desire.

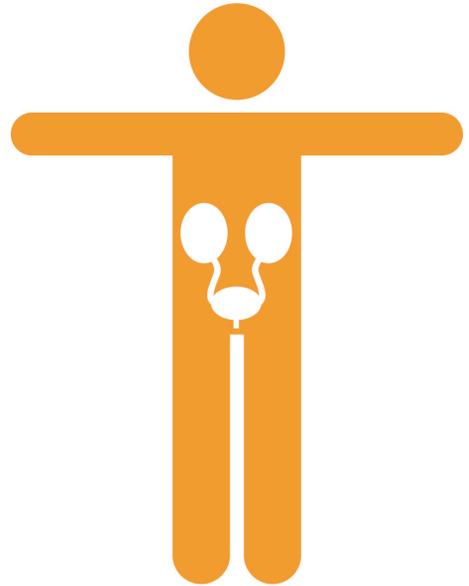
Korean red ginseng helps maintain good sexual relations.

Claim Authorized: Zinc contributes to normal fertility and reproduction.

Female Vigor

Dosage: 2 capsules/day, 1 before lunch, 1 after

Active Ingredients	
Maca extract (0.6% macamides and macaens)	250mg
Rhodiola extract (3% rasovins)	100mg
Ginkgo extract (25% ginkgo flavonas glicosides)	100mg
Folic acid	0.025mg



GENDER SPECIFIC

When life starts to get you down, pick yourself up with Female Vigor which contains the right combination of nutrients to ensure you can make the most out of life and get going.

Active ingredients:

Maca extract stimulates the sexual desire.

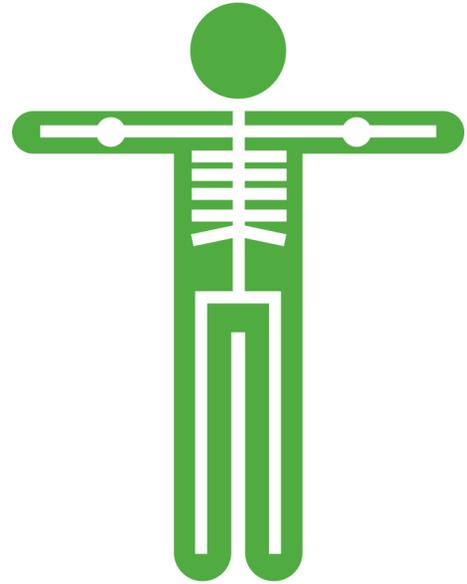
Rhodiola extract helps to support potency.

Joint Care Collagen II

Dosage: 2-6 tablets per day

Active Ingredients

Collagen Type II	40mg
Vitamin C	20mg (20% NRV)



MUSCULO-SKELETAL

Formulated with Type II collagen, the same type of collagen found within your joints. It has been scientifically shown to have twice the effect as glucosamine and chondroitin with a different mechanism of action.

Active ingredients:

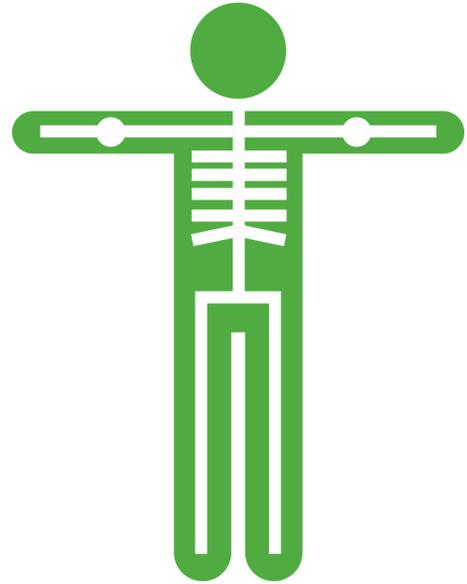
Vitamin C contributes to normal collagen formation for the normal function of skin.

Collagen Type II. Makes up moveable joints and provides a high level of chondroitin sulfate. Also contains cartilage matrix glycoprotein which enhances the antioxidant protection within joints by carrying the essential trace mineral copper to the chondrocytes.

Joint Care Complex

Dosage: 2-6 tablets per day

Active Ingredients	
Vegetable Glucosamine	250mg
Chondroitin	100mg
MSM	100mg
Hyaluronic acid	10mg
Devil's claw extract	50mg
Curcuma	50mg



MUSCULO-SKELETAL

Formulated with chondroitin, the same type of collagen found within your joints.

Active ingredients:

Devil's Claw helps maintain joint health.

Curcuma helps maintain joint health. Helps to protect joints and reduces muscle and joint pain.

MSM. Is essential to our physical well-being as it helps us to build and maintain healthy flexible bodies.

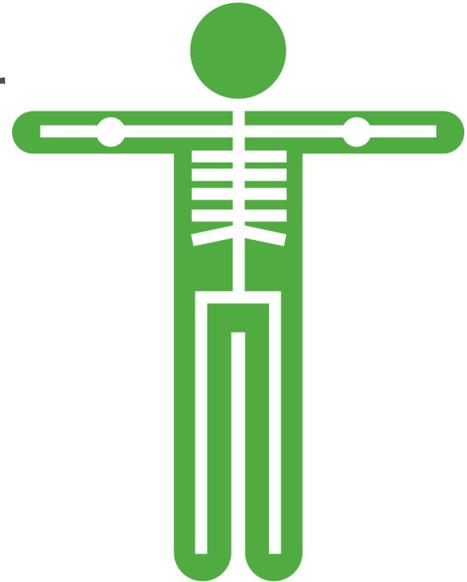
Vegetable Glucosamine: Helps to prevent the degeneration of joint cartilage. It protects joint cartilage by limiting breakdown and helping to build up levels of cartilage.

Hyaluronic Acid: Helps to improve joints health, especially cushioning in the joints, improve the quality of synovial fluid, and alleviate the appearance of lines on the skin.

Collagen

Dosage: 1 sachet dissolved in a glass of water

Active Ingredients	
Hydrolyzed Collagen	9500mg
Vitamin C	80mg (80% NRV)
Hyaluronic Acid	10mg



MUSCULO-SKELETAL

Collagen is the most common protein in our body and it is an essential nutrition for our bones, skin and articulations.

Active ingredients:

Vitamin C contributes to normal collagen formation for the normal function of skin.

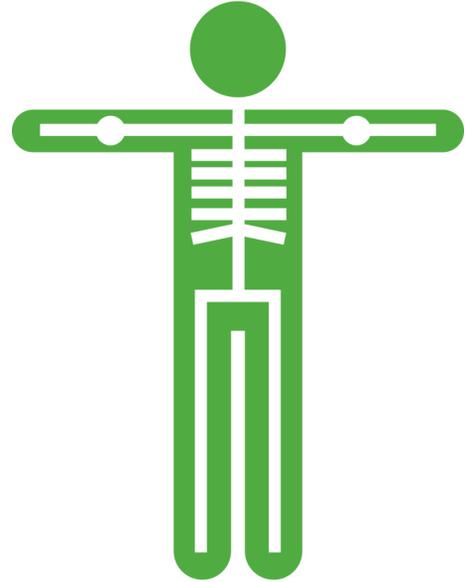
Hydrolyzed collagen is a natural component of the skin. Help the skin to preserve its firmness and elasticity. Has beneficial effect in the maintenance of the skin firmness and elasticity.

Hyaluronic Acid: Helps to improve joints health, especially cushioning in the joints, improve the quality of synovial fluid, and alleviate the appearance of lines on the skin.

K+Mg Strength

Dosage: 1 effervescent tablet dissolved in a glass of water

Active Ingredients	
Magnesium Carbonate	921mg (79% NRV)
Potassium Bicarbonate	960mg (19% NRV)
Magnesium Oxide	133mg (21% NRV)
Red Beet	40mg
Basil Extract	25mg
Vitamin B2	1.4mg (100% NRV)



MUSCULO-SKELETAL

Collagen is the most common protein in our body and it is an essential nutrition for our bones, skin and articulations.

Active ingredients:

Magnesium helps keep blood pressure normal, bones strong and the heart rhythm steady.

Potassium Bicarbonate neutralize acid within the body.

Authorized Claim: B2 contributes to the maintenance of normal mucous membranes.

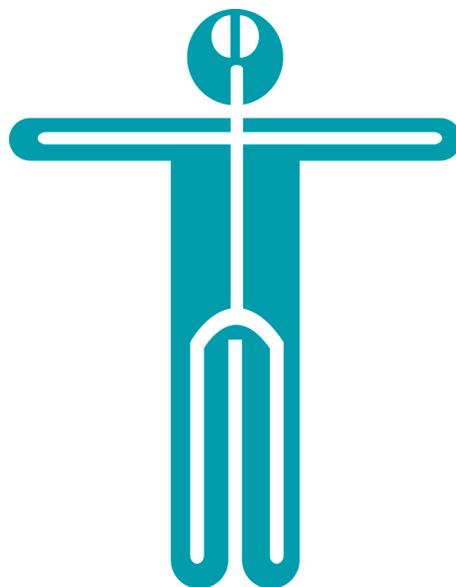
Basil extract is a powerful antibiotic against bacteria.

Magnesium oxide is a natural antacid.

Brain Food

Dosage: 1-2 Sticks per day

Active Ingredients	
Cognizin	250mg
Vitamin B6	1.4mg (100% NRV)
Vitamin B12	2.5mcg (100% NRV)



NEUROLOGY

Brain Food is a proprietary form of Citicoline, a potent brain-health nutrient clinically shown to support mental energy, focus, attention and recall.

Active ingredients:

Citicoline is a powerful brain nutrient that has been used internationally for the promotion of optimal neural and cognitive function. Scientific studies with Citicoline have indicated effectiveness in maintaining normal cognitive function with aging.

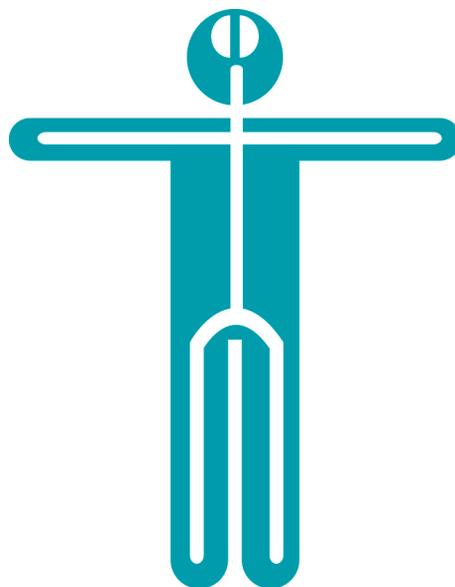
Claim Approved: Vitamin B6 contributes to normal functioning of the nervous system / contributes to normal psychological function.

Claim Approved: Vitamin B12 contributes to normal functioning of the nervous system / contributes to normal psychological function / contributes to the reduction of tiredness and fatigue.

Brain Food +

Dosage: 1-2 capsules per day

Active Ingredients	
Citicoline	250mg
Gingko Biloba Extract	90mg
Vitamin B1	1.1mg (100% NRV)
Vitamin B6	1.4mg (100% NRV)
Vitamin B12	0.25mg (100% NRV)
Vitamin B5	1.4mg (100% NRV)
Zinc	10mg (100% NRV)



NEUROLOGY

Brain Food+ is a proprietary form of Citicoline, a potent brain-health nutrient clinically shown to support mental energy, focus, attention and recall.

Active ingredients:

Citicoline is a powerful brain nutrient that has been used internationally for the promotion of optimal neural and cognitive function. Scientific studies with Citicoline have indicated effectiveness in maintaining normal cognitive function with aging.

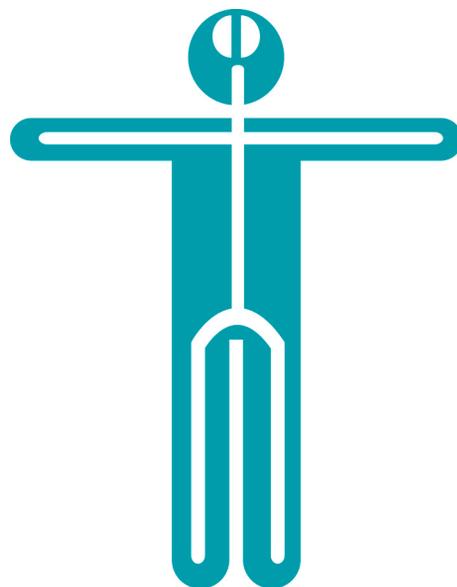
Claim Approved: Vitamin B6 contributes to normal functioning of the nervous system / contributes to normal psychological function.

Claim Approved: Vitamin B12 contributes to normal functioning of the nervous system / contributes to normal psychological function / contributes to the reduction of tiredness and fatigue.

Gentle Relax

Dosage: 1ml per day

Active Ingredients	
Melatonin*	1 mg
Dimethylglycine	300mg
Vitamin B6	1.4mg (100% NRV)



NEUROLOGY

Gentle Relax is a food supplement composed of melatonin dimethyl glycine and vitamin B6 that contributes to daily relaxation and healthy sleep patterns.

Active ingredients:

Melatonin is one of the natural ingredients with the largest quantity and most recent scientific documentation in existence for helping achieve sleep- Recent studies have demonstrated that the administration of melatonin to children with autism and ADHD improves their symptoms thanks to achieving better sleep during nighttime.

Claim Approved: Melatonin contributes to the alleviation of subjective feelings of jet lag / Melatonin contributes to the reduction of time taken to fall asleep

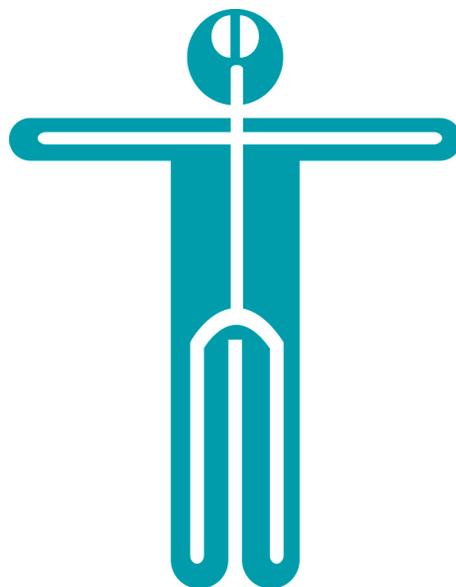
Claim Approved: Vitamin B6 contributes to normal functioning of the nervous system / Vitamin B6 contributes to normal psychological function

* Due to different local legislation, the quantity of melatonin can be increased or eliminated based on your needs.

Sleep Tonight

Dosage: 1 tablet before going to bed

Active Ingredients	
Valerian Dry Extract	200mg
Passionflower Dry Extract	100mg
L-Tryptophan	100mg
Melatonin*	1mg



NEUROLOGY

Sleep is a nutritional supplement formulated for people looking to relax and improve sleep.

Active ingredients:

Valerian contributes to the initiation and maintenance of sleep quality.

Passionflower helps in relaxation and calm during periods of stress.

Tryptophan is an essential amino acid and a precursor for serotonin.

Melatonin*: Melatonin contributes in reducing the time needed to fall asleep when taking 1mg before bed. It also alleviates the subjective sensation of time displacement (jetlag) with a minimum of 0,5mg taken before bed on the first day and for the following days after arriving at the destination.

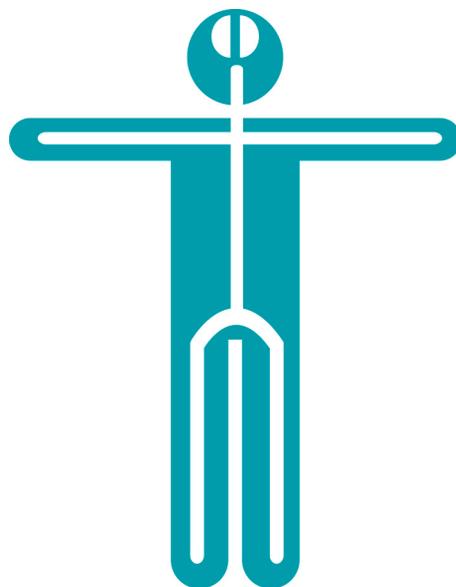
Claim Approved: Melatonin contributes to the alleviation of subjective feelings of jet lag / Melatonin contributes to the reduction of time taken to fall asleep

* Due to different local legislation, the quantity of melatonin can be increased or eliminated based on your needs.

Sleep Liquid Stick

Dosage: 1 stick per day

Active Ingredients	
California poppy extract	200mg
Passionflower extract	200mg
L-tryptophan	100mg
Melatonin*	1mg



NEUROLOGY

Sleep is a nutritional supplement formulated for people looking to relax and improve sleep.

Active ingredients:

California poppy has been used traditionally as a sleep aid.

Passionflower helps in relaxation and calm during periods of stress.

Tryptophan is an essential amino acid and a precursor for serotonin.

Melatonin*: Melatonin contributes in reducing the time needed to fall asleep when taking 1mg before bed. It also alleviates the subjective sensation of time displacement (jetlag) with a minimum of 0,5mg taken before bed on the first day and for the following days after arriving at the destination.

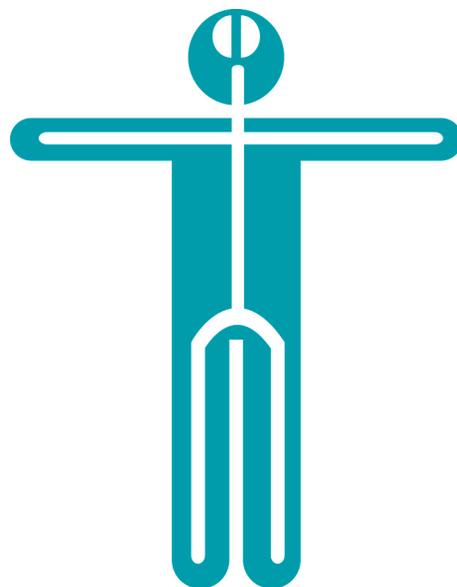
Claim Approved: Melatonin contributes to the alleviation of subjective feelings of jet lag / Melatonin contributes to the reduction of time taken to fall asleep

* Due to different local legislation, the quantity of melatonin can be increased or eliminated based on your needs.

Travel Ease

Dosage: 1 tablet per day

Active Ingredients	
Melatonin*	1 mg
Vitamin B6	1.4mg (100% NRV)



NEUROLOGY

Travel Ease is formulated with melatonin and Vitamin B6 to help alleviate the feeling of jet lag.

Active ingredients:

Vitamin B6 contributes to normal function of the nervous system and alleviates the feeling of jet lag.

Claim Approved: Melatonin contributes to the alleviation of subjective feelings of jet lag / Melatonin contributes to the reduction of time taken to fall asleep

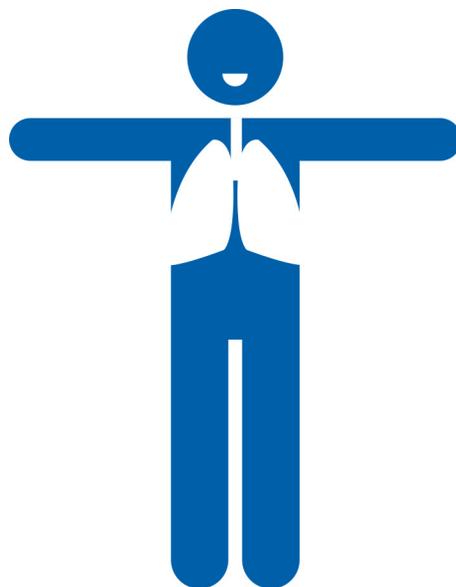
Claim Approved: Vitamin B6 contributes to normal functioning of the nervous system / Vitamin B6 contributes to normal psychological function.

* Due to different local legislation, the quantity of melatonin can be increased or eliminated based on your needs.

Decongest

Dosage: 1-2 sachets per day

Active Ingredients	
Thyme extract	100mg
Primula extract	20mg
Vitamin C	80mg (100% NRV)
N-acetyl cysteine	75mg



RESPIRATORY

Our combination of thyme and other natural extracts have been used for years as a natural way to keep going.

Claims:

Vitamin C contributes to normal collagen formation for the normal function of blood vessels.

Thyme extract has been seen to have antimicrobial properties against several strains of bacteria and fungi that may cause respiratory infections.

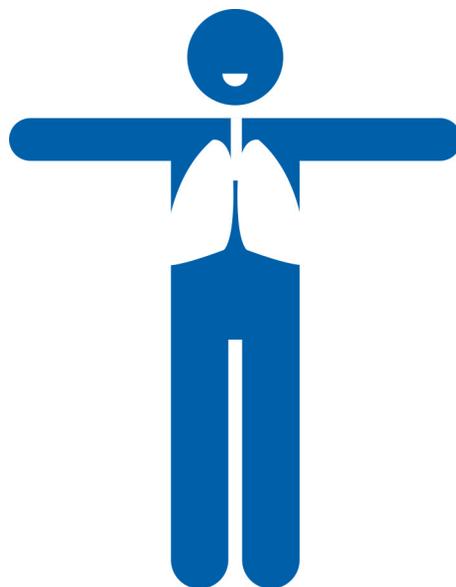
Primula extract helps to calm the nerves, ease headaches and function as a mild sedative and tranquilizer.

N-Acetyl cysteine reduces the intensity of the common cold and related viral infectious diseases.

Anti Cough

Dosage: 15-30 ml per day

Active Ingredients	
Propolis Extract	100mg
Thyme Extract	100mg
Primrose	1000mg
Malvavis Extract	100mg
Gindelia Extract	50mg
Vitamin C	20mg (25% NRV)



RESPIRATORY

Our combination of thyme and other natural extracts have been used for years as a natural way to keep going.

Active ingredients:

Vitamin C contributes to normal collagen formation for the normal function of blood vessels.

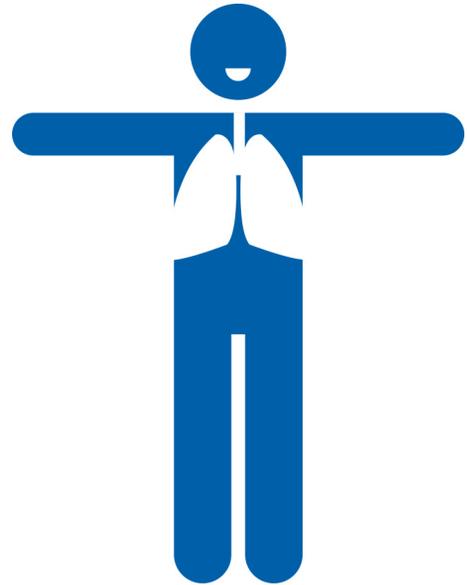
Thyme extract has been seen to have antimicrobial properties against several strains of bacteria and fungi that may cause respiratory infections.

Gindelia is an effective expectorant for thick, hard to get rid of congestions.

Cough Syrup

Dosage: 15ml morning and night

Active Ingredients (per 10ml)	
Propolis Extract (5% galinga flavoniods)	150mg
Echinacea Extract (4% polyphenols)	30mg
Plantago (Polyphenols by UV)	30mg
Erismo Extract	20mg
Thyme Extract (3% Thymol by HPLC)	20mg
Agrimony Extract (5:1)	14mg
Vitamin C	27mg (34% NRV)



RESPIRATORY

Cough Syrup is based on everyday natural ingredients and supplement of Vitamin C. Threats the global symptoms of coughs, both dry and wet, and is ideal for the whole family.

Active ingredients:

Vitamin C contributes to normal collagen formation for the normal function of blood vessels.

Thyme extract has been seen to have antimicrobial properties against several strains of bacteria and fungi that may cause respiratory infections.

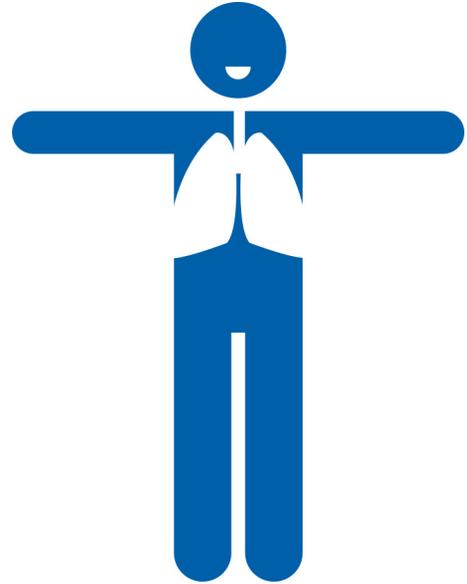
Echinacea Extract has been traditionally used to boost immune system.

Agrimony Extract stimulates the production of immune bodies.

Cough Spray

Dosage: 2-3 sprays, maximum 20 per day

Active Ingredients	
Propolis Extract	1000mg
Salvia Extract	1220mg
Honey	1000mg
Dry Echinacea Extract	190mg
Niacin	24mg
Bioflavonoids	58mg



RESPIRATORY

Cough Spray is based on everyday natural ingredients and supplement of Vitamin C. Threats the global symptoms of coughs, both dry and wet, and is ideal for the whole family.

Active ingredients:

Vitamin C contributes to normal collagen formation for the normal function of blood vessels. Contributes to normal formation of bones. Contributes to normal collagen formation for the normal function of cartilage. Contributes to normal collagen formation of skin.

Bioflavonoids enhance the absorption and utilisation of Vitamin C, and also have anti-inflammatory and anti-histamine properties of their own.

Echinacea Extract has been traditionally used to boost immune system.

Honey alleviates cough symptoms.

Niacin improves cholesterol levels and lower cardiovascular risks.