



# NUTRIDE

BEST RESPONSE TO THE NEEDS OF YOUR BODY



# NUTRICODE

Innovative NUTRICODE food supplement line which grew out of love for innovation and deep understanding of needs of a modern man. What distinguishes it from other products available on the market?

## 1. PASSION

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 take every effort to ensure that our supplements allow you to regain the life balance, facilitating the proper functioning of your body.

## 2. SAFETY

Our main goal is to create comprehensive supplements that would stand out on the market thanks to their most effective performance. In order to fulfil this goal, we use professional labs and cooperate with the best specialists. We want to be pioneers in food supplements. For this reason, we draw inspiration from breakthrough discoveries in biotechnology and medicine. We only use superior quality raw materials and monitor each stage of the production process. This is why we are sure that our products are carefully examined and satisfy all the requirements which is confirmed by multiple certificates and recommendations.



## 3. EXPERIENCE

We believe in the constant pursuit of perfection. The best reward for our work is the trust of our clients, which is confirmed by hundreds of thousands of products sold around the world. Our knowledge and experience have enabled us to constantly expand our offer with new products that respond to even more individualized needs and improve the formulas of those already know perfectly well. We believe that we will help you take care of yourself and enjoy excellent health and great well-being.

## 4. SYSTEMIC RESPONSE TO YOUR NEEDS

Each NUTRICODE food supplement contains an optimum proportion of ingredients so they respond to the needs of the body. We know, however, how difficult it is to keep our own promises and change old habits; therefore, we support pursuit of your goals and, in addition, we offer you a number of accessible solutions such as website ([www.nutricode.fmworld.com](http://www.nutricode.fmworld.com)), mobile app and an innovative FIT6 programme enabling you to lose excessive pounds without a yo-yo effect. Achieving a perfect body has never been easier!

Think about yourself in today's busy world. Your health and well-being are crucial to us. This is why we have developed food supplements, which are a direct response to the needs of your body. We described them in details on the next pages in the folder.



A BRAND CREATED OUT OF PASSION FOR LIFE

VISIT OUR WEBSITE: [NUTRICODE.FMWORLD.COM](http://NUTRICODE.FMWORLD.COM)



# COLLABEAUTY Q10 EXPERT



## COMPREHENSIVE SKIN CARE FROM THE INSIDE:

- **collagen** obtained from Atlantic cod has a positive effect on the condition of the skin, contributing to its firming and improving flexibility
- **vitamin C** helps with the 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
- **vitamin A** and **zinc** help support healthy skin, and **copper** maintains its proper pigmentation

## COLLABEAUTY Q10 EXPERT

FOOD SUPPLEMENT

- an ally in the fight against the passage of time
- 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 5 g of the product using the measuring cup and dissolve in 150 ml of water. Drink in the evening.

A 30-DAY SYSTEM  
150 g | **801103**



A PRACTICAL MEASURING CUP IS INCLUDED

# SLIM BODY SYSTEM

## INVALUABLE DUET WHILE LOSING WEIGHT:

- **glucomannan**, swelling in the stomach, gives a feeling of satiety, thanks to which when using a low-calorie diet, it helps to lose excessive weight
- **chromium** contributes to the maintenance of normal blood glucose levels and positively affects the metabolism of macronutrients



## SLIM BODY SYSTEM

FOOD SUPPLEMENT

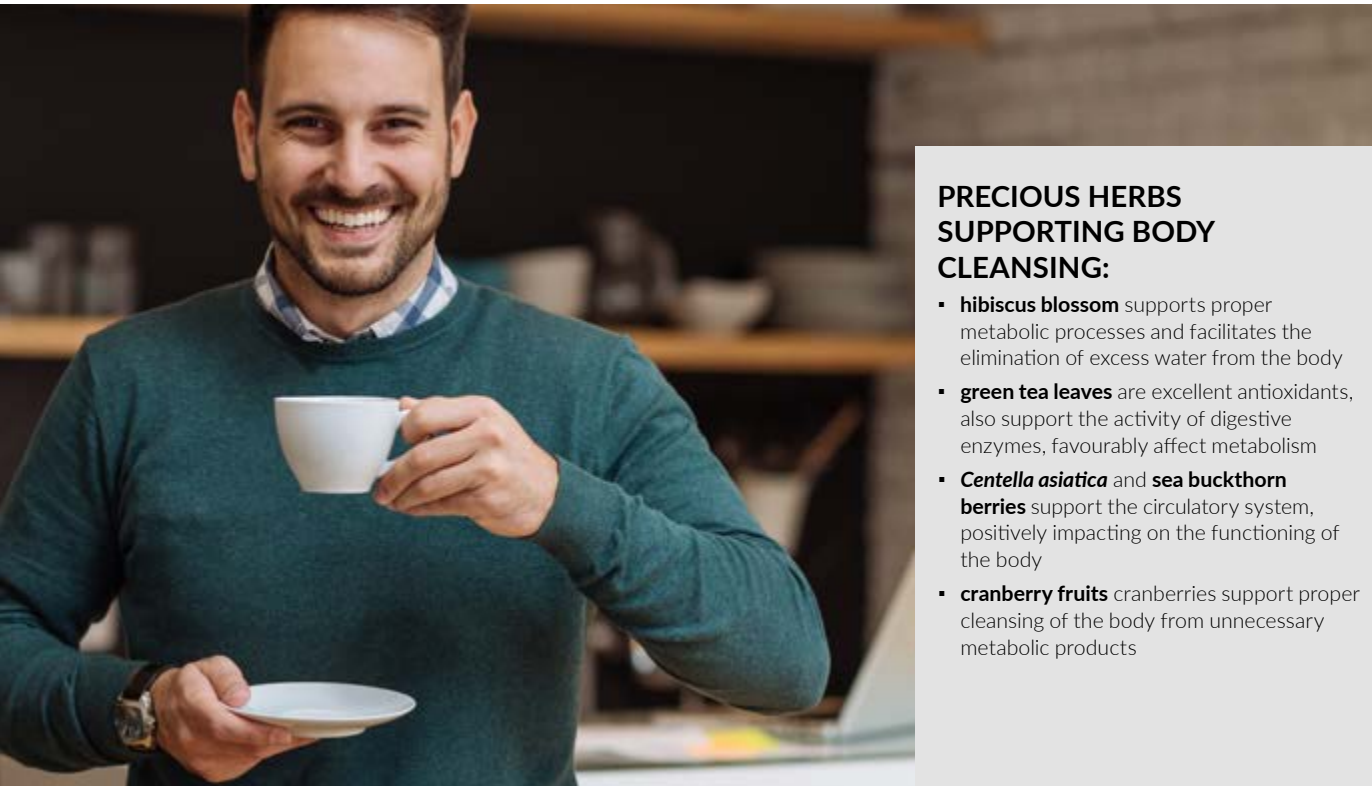
- excellent help while using weight loss diets
- excellent support in weight control
- modern formula based on glucomannan and chromium

Pour the contents of the sachet into 200 ml of warm or lukewarm water, stirring vigorously. Take immediately after preparation with plenty of water.

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



# DETOX HERBAL INFUSION



## 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 on the functioning of the body
- **cranberry fruits** cranberries support proper cleansing of the body from unnecessary metabolic products

## 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

A PRACTICAL MEASURING CUP IS INCLUDED

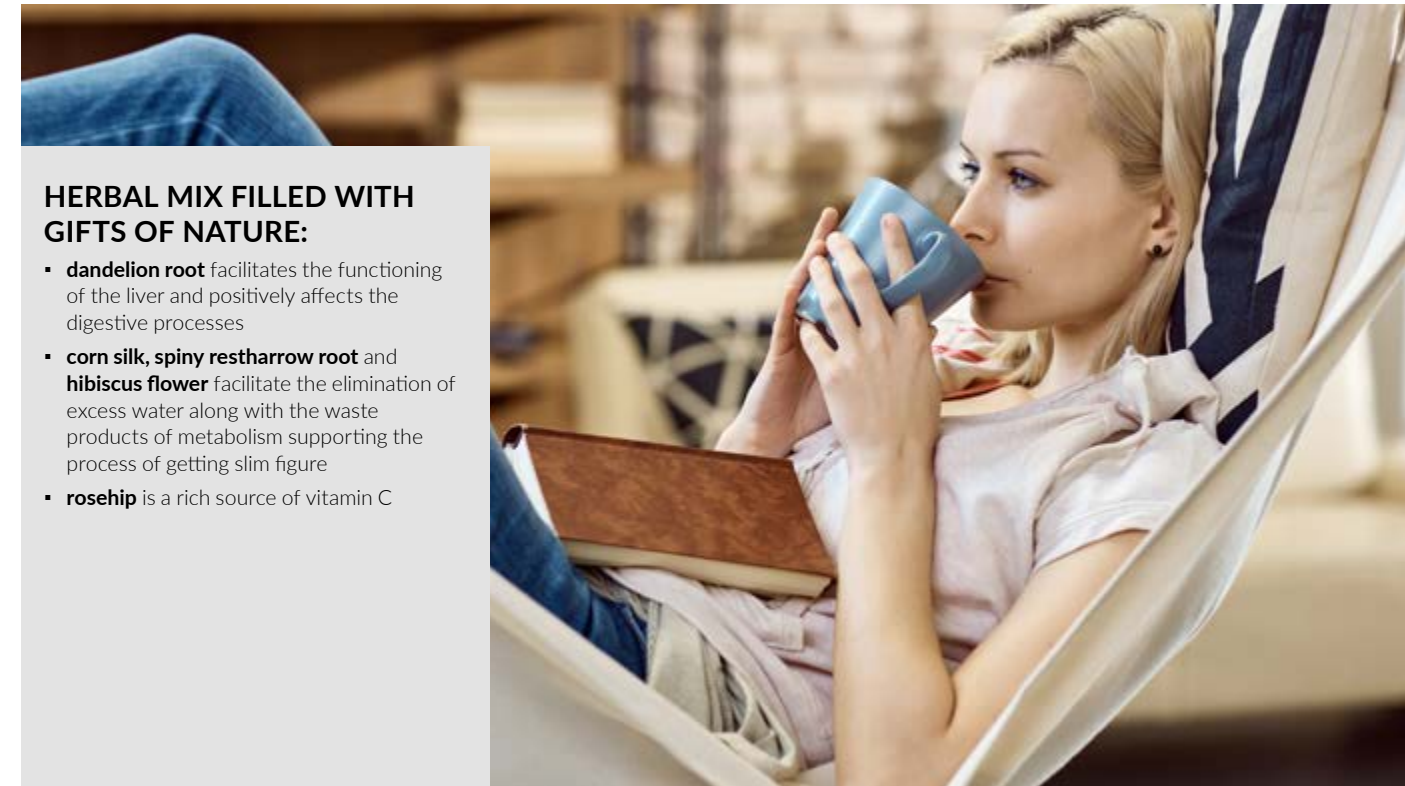
Put 1 scoop (2 g) into a cup, pour hot water (approx. 150 ml), brew for 2 to 3 minutes.

Drink 2 times a day – after breakfast and after lunch, no later than 6 p.m.

75 g | **801101**



# SKINNY HERBAL INFUSION



## HERBAL MIX FILLED WITH GIFTS OF NATURE:

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

## 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

A PRACTICAL MEASURING CUP IS INCLUDED

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**





# COLOSTRUM EXTRA IMMUNITY

## DEVELOPED WITH ATTENTION TO EVERY DETAIL IN RESPONSE TO YOUR NEEDS:

- rich in vitamins (B6, D, C) and minerals (selenium, calcium, zinc) supporting the proper functioning of the immune system and the protection of cells against oxidative stress
- enriched with carefully selected components – the first cow's milk (colostrum) and spirulina obtained from sea algae
- recommended primarily to people exposed to mental and physical stress, overworked, overtired wanting to get quick immunity support
- patented method of colostrum extraction and processing guarantees the preservation of the biological value of the product and the full potential of active agents

## THE MOST VALUABLE GIFT FOR A NEW LIFE

Colostrum is an extremely valuable, complete food product produced in the last period of pregnancy and in the first 2-3 days after delivery. It regulates the work of the digestive system and the immune system of the young organism, perfectly preparing it for life outside the womb. It has highly specific nutritional properties that are definitely different from milk. It consists primarily of immunoglobulins, proteins of multidirectional protective function and proline-rich polypeptides.

## 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 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 protein, micro-nutrient in organic form, including valuable  $\gamma$ -linolenic fatty acid (GLA) and bioavailable iron



## COLOSTRUM EXTRA IMMUNITY

FOOD SUPPLEMENT

A natural response to problems affecting the majority of society - mental and physical stress, excess of daily duties, chronic fatigue and weakness of immunity resulting in frequent morbidity. It is based on the synergic composition of the first cow's milk (colostrum) and spirulina obtained from marine algae as well as properly selected active ingredients, such as vitamins B6, C, D, selenium and zinc, which support proper functioning of the whole immune system.

Take 1 capsule in the morning and evening with water.



2 x 30 CAPSULES  
A 30-DAY SYSTEM  
19,4 g, 22,2 g | **801034**

# COLLAGEN PRO FLEX STRENGTH SYSTEM

## A REVOLUTIONARY FOOD SUPPLEMENT FOR HEALTHY JOINTS AND BONES:

- 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 a number of 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
- an ultra-advanced formula has been developed so as to ensure synergy of all of the ingredients, guaranteeing an extraordinary effectiveness of this supplement

## NATURAL MARINE COLLAGEN

Collagen is one of the essential proteins in the human body. It is a building material connective tissue, skin, joints, tendons and ligaments. Our body regularly restores collagen fibres, but that process may be disrupted for various reasons, e.g. due to trauma or old age. To produce the Collagen Pro Flex Strength System, marine collagen obtained from Atlantic salmon was used. Due to its small particles, its assimilability for the body is much better than that of bovine or porcine collagen. As a result, it effectively stimulates chondrocytes to produce collagen in cartilages, contributing to the improvement of joint mobility.

## PRECIOUS PROPERTIES OF BAIKAL SKULLCAP

This beautiful plant found in Eastern Asia has a number of benign qualities for the human body. In China it is called 'yellow gold' due to the colour of its root, which is rich in active compounds – that part of the plant is used for therapeutic purposes. Baikal skullcap contains: lipophilic flavones, steroid saponins, glycosides, and coenzyme Q10, which makes it a strong antioxidant. It has positive effects on the joints – it helps reduce oxidative stress connected with collagen deficiencies in cartilages and maintains the elasticity of tendons.

## CAREFULLY SELECTED INGREDIENTS FACILITATING THE MOVEMENT OF YOUR JOINTS:

- **collagen** is the key building material for tendons and cartilages, 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



## COLLAGEN PRO FLEX STRENGTH SYSTEM

FOOD SUPPLEMENT

This is an innovative preparation composed of top-quality active ingredients that act in synergy with one another for stronger joints and bones. It contains natural marine collagen characterised by excellent assimilability for the human body. A carefully arranged composition facilitates the movement of the joints in a number of ways – it has a positive impact on the condition of the cartilage, the functioning of the muscles and tendons and helps maintain healthy bones. Collagen Pro Flex Strength System will help you take care of your physical fitness and let you enjoy life to the fullest.

Take 2 capsules per day with water.



2 x 30 CAPSULES  
A 30-DAY SYSTEM  
13,93 g, 15,22 g | **801018**



# IDEAL SHAPE

## 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 reducing the absorption of fat and facilitating 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 – optically 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



## YOUNG BARLEY GRASS FOR THE ETERNALLY YOUTHFUL LOOK

Beautiful skin, a slim figure and a fit and healthy body are the main elements determining a youthful and healthy look. How can so many benefits be achieved at the same time? Young barley grass is the answer to that question.

**For a slim figure:** A high content of dietary fibre, the abundance of exogenous amino acids and the presence of chlorophyll – the natural green colourant – make young barley grass one of the most effective slimming substances. Fibre not only slows down the absorption of fats but also plays a supportive role in peristalsis processes and helps you avoid constipation-related problems. Chlorophyll improves the operation of the alimentary system and removes toxins from the body.

**For flawless skin:** The glycosylisovitexine contained in young barley grass fights free radicals approximately five hundred times more effectively than vitamin E, which is referred to as the "youth vitamin". That strong antioxidant noticeably contributes to the slowing down of skin ageing processes.

**For a fit and healthy body:** Young barley grass is an excellent source of B vitamins and has much more vitamin C than lemon and much more beta carotene than carrot. In addition, it contains: biotin, folic acid, calcium, iron, zinc, magnesium, antioxidants and over 20 enzymes that are often missing in our everyday diet.

## IDEAL SHAPE

FOOD SUPPLEMENT

This is 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 well-balanced diet, helps you lose excess pounds or maintain the correct body weight. Ideal Shape will take care of you in a perfect and comprehensive way – supporting your health and improving your beauty.

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

60 CAPSULES  
A 30-DAY SYSTEM  
26,2 g | **801024**



## GREEN TEA AND ZINC FOR YOUR HEALTH

The content of green tea in the innovative Ideal Shape food supplement is not only intended to intensify the slimming effects of young barley grass by increasing the beta-oxidation of fatty acids but it also positively affects your well-being. It helps maintain the correct level of cholesterol and sugar in your blood and facilitates the functioning of your circulatory system. Zinc helps, among others, to maintain the proper metabolism of carbohydrates, macronutrients and fatty acids. It also contributes to the protection of body cells against oxidative stress.



# ACTIVE BURN FAT KILLER

## A UNIQUE SUPPLEMENT SUPPORTING AN EFFECTIVE WEIGHT LOSS PROCESS:

- perfectly combined ingredients enable you to maintain the correct body mass, accelerating the fat burning process
- thanks to the synergistic combination of natural extracts, it facilitates the synthesis of collagen and elastin responsible for the firmness, suppleness and elasticity of your skin
- the highly assimilable liquid form not only ensures very good results but also helps you combat the feeling of hunger during the day and develop the desirable habit of drinking water frequently



## L-CARNITINE – IRREPLACEABLE FAT BURNER

L-Carnitine is an amino acid that occurs naturally in muscles. It is responsible for the correct fat metabolism in our body. It strongly affects our stamina – in the event of its deficiency we feel tired even after minimal exertion. Despite the huge role it plays, our body produces only a small amount. That is why taking a larger dose of L-Carnitine when losing weight is very advisable because it accelerates the fat burning process to a great extent.

## A PERFECT FIGURE AND YOUTHFUL APPEARANCE THANKS TO AN EXCELLENT COMBINATION OF VALUABLE INGREDIENTS:

- **L-Carnitine** is the substance that occurs naturally in our body and accelerates the fat metabolism
- **pineapple, papaya and guarana extract** improve digestive processes by ensuring the correct metabolism of fats and carbohydrates
- **common dandelion root and milk thistle seeds extract** – they facilitate the elimination of excess water along with the waste products of metabolism, which contributes to the maintenance of the correct body mass
- **Centella asiatica and grape extract facilitate** the synthesis of collagen and elastin responsible for the proper firmness, suppleness and elasticity of your skin
- **seville orange extract** – a source of potassium and soluble fibre – due to its low glycaemic index it ensures the correct physiological pace of metabolic conversions, especially fats, adding to the effects of all the ingredients described above



A PRACTICAL MEASURING CUP IS INCLUDED

## ACTIVE BURN FAT KILLER

FOOD SUPPLEMENT

This unique food supplement containing perfectly combined ingredients whose synergistic effects allow you to maintain a correct body mass, contributing to the acceleration of the fat burning process and the elimination of excess water from the body along with the waste products of metabolism.

A perfect combination of herbal extracts improves the digestive processes by ensuring the correct metabolism of fats and carbohydrates. The product facilitates the synthesis of collagen and elastin, enhancing the firmness, suppleness and elasticity of your skin.

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.

A 30-DAY SYSTEM  
480 ml | 801202





# DRENA PLUS

## A PROFESSIONAL PRODUCT REMOVING THE WASTE PRODUCTS OF METABOLISM FROM THE BODY:

- the newest-generation supplement containing top-quality ingredients selected for people dealing with the problem of water retention in their body
- carefully selected extracts from plants with diuretic properties facilitate the water management process in the body
- a product that greatly supports the body's water balance and facilitates its detoxification

## NATURAL CLEANSING

The problem of water retention may affect people of all ages. It may be caused by the insufficient quantity of fluids taken during the day. Other factors that may contribute to water retention include: hormones, heat waves, bad diet or staying in one position for a long time. Frequently, changing your habits alone is not enough to successfully cope with that problem. Drena Plus is the solution. This first-rate food supplement contains everything you need in your unequal fight with swelling caused by excess water in your body. It contains natural plant extracts that have diuretic and detoxifying effects and restore the body's natural balance bringing back a great mood, healthy appearance and, most of all, good health.

## 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



A PRACTICAL  
MEASURING CUP  
IS INCLUDED

## DRENA PLUS

FOOD SUPPLEMENT

A unique product, in terms of its form and effects, containing perfectly combined ingredients that facilitate physiological diuresis and, in consequence, help remove excess water when necessary along with the waste products of metabolism. The phenolic acids and flavonoids present in dandelion root facilitate the correct functioning of the kidneys and liver and help maintain metabolic processes at the optimum level. Similar effects are ensured by the active compounds occurring in cat's whiskers (orthosiphon) and field horsetail extracts, which facilitate the removal of urine along with all the waste products of metabolism.

*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.*

A 30-DAY SYSTEM

480 ml | **801201**

# CELLUFIGHT

Cellulite is becoming a more and more frequent problem. It not only looks unattractive but also affects your health because it pushes on lymphatic and blood vessels causing problems with circulation and the elimination of toxins. Try the innovative Cellufight supplement and forget all about it.

## AN INNOVATIVE WEAPON TO FIGHT CELLULITE:

- carefully selected top-quality ingredients work on many levels, help reduce cellulite and contribute to the improvement of health
- a unique combination of natural plant extracts effectively facilitates the detoxification of your body, maintenance of correct body mass and proper fat metabolism, contributing to the reduction of orange-peel skin
- an exceptional product composed in a manner ensuring that its ingredients complement one another and enhance their effects, providing excellent results
- an advanced food supplement that will let you enjoy firm and elastic skin



## WHAT ARE THE CAUSES OF CELLULITE?

Cellulite is a frequent, annoying problem that affects not only women but also, more and more often, men. It usually appears in the areas of chest, stomach and thighs in the form of fat lumps palpable under the skin surface. The causes of cellulite are numerous, including:

- incorrect hormone management – when the level of oestrogens in the body is elevated and, at the same time, there is a deficiency of progesterone
- sedentary lifestyle and lack of physical activity
- incorrect diet – excessive consumption of sugar and salt
- smoking
- genetic conditions

## THE POWER OF HERBAL INGREDIENTS FOR FIRM AND SMOOTH SKIN:

- **turmeric extract** facilitates the detoxification of the body and maintenance of proper fat metabolism, which eliminates the symptoms of cellulite, and enhances the sense of replenishment
- **Centella asiatica extract** helps maintain firm and elastic skin and appropriate adipose tissue structure
- **coelus forskohlii extract** contains forskolin, which affecting fat metabolism processes facilitates the maintenance of proper body mass and visibly reduces the orange skin problem
- **melilot and chestnut extract** maintain the optimum blood supply, which is one of the key methods in cellulite treatment

## CELLUFIGHT

FOOD SUPPLEMENT

An innovative response to the contemporary problem affecting not only women but also men – so-called orange-peel skin. It works on two levels, both interfering at the source of the problem and eliminating its negative effects. Carefully selected plant extracts facilitate the detoxification of the body and maintain correct fat metabolism, contributing to the reduction of cellulite. The product also helps maintain the correct body mass and makes the skin more firm and elastic.

Take half a tablet per day with water.

60 COATED TABLETS  
A 120-DAY SYSTEM  
33,6 g | 801036





# BEAUTY DETOX

Beauty and health both put inside a single capsule? This is now possible thanks to Beauty Detox! 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.

## SPIRULINA GREEN SUPERFOOD

A 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 food! It purifies the liver and kidneys from toxins, deacidifies the body and reduced the level of bad cholesterol. Thanks to phenylalanine, it improves digestion and reduces appetite. It is pure "green gold" for our body.

### DID YOU KNOW THAT SPIRULINA PROVIDES:

- all the necessary **amino acids**
- precious fatty acids including: **oleic, linoleic** and **γ-linolenic**
- **vitamin B12**, whose primary sources are animal products
- considerable amounts of **calcium, phosphorus** and **iron**
- **β-carotene**

## 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, its improved hydration and reduced 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.

### SUPERIOR QUALITY COLLAGEN:

- collagen production is monitored at each production stage by Inter-process Control of the Quality Control Lab which ensures product standardisation and an uncommonly high level of purification
- Beauty Detox collagen is distinguished from other preparations available on the market with an impressive amount of hydroxyproline – ca. 8%, which means that the product contains at least 67% of collagen. This is a guarantee of the best possible quality
- natural vitamin C contained in the extract of acerola fruit supports collagen synthesis to ensure the proper functioning of the skin and contributes to the maintenance of the proper energy metabolism

## BREAKTHROUGH IN SUPPLEMENTATION FOR HEALTH AND BEAUTY:

- an innovative combination of high-quality natural ingredients of marine origin – spirulina and active collagen
- spirulina is characterised by a perfect level of purification
- it supplements the level of necessary vitamins and valuable minerals, detoxifies the body, supports skin lifting and regeneration from the inside and has a beneficial effect on the condition of the joints, complexion, hair and nails
- with the Pro-Beauty and Anti-Toxin formula
- an exceptional composition, carefully tested at each production stage, with collagen content much higher than in other products available on the market
- gluten and GMO free

## BEAUTY DETOX

FOOD SUPPLEMENT

This is a unique product on the worldwide scale, which will at the same time allow you to take care of your body's condition and appearance! Spirulina, which is a rich, natural source of plant protein with over 70% content, supports body weight control, the removal of toxins from the body and ensures its vitality. Natural vitamin C contained in acerola supports collagen synthesis to ensure the proper functioning of the skin and joints. This is a unique supplement which has been designed based on the latest biotechnological innovations while maintaining superior purity standards.

Take 2 capsules a day with water.



60 CAPSULES  
A 30-DAY SYSTEM  
44,7 g | **801014**



# MAGNESIUM 24 H SYSTEM TRIPLEX POWER

## THE ONLY SUPPLEMENT OF ITS TYPE ON THE MARKET

Magnesium varies depending on the source! The key ingredients of the Magnesium 24 H System Triplex Power are magnesium citrate and magnesium L-pidolate. They are organic compounds, which, according to the latest research, are perfectly absorbable by the human body. In addition, Magnesium 24 H System Triplex Power is the only preparation on the market which not only supplements a magnesium deficiency in a comprehensive manner but also contains ingredients which adequately support our body in the morning, afternoon and in the evening. Their synergic action will ensure immediate regeneration and perfect form.

## THE SIGNS OF A LOW MAGNESIUM LEVEL ARE:

- frequent headaches and vertigo
- irritability
- tiredness
- insomnia
- involuntary muscle and eye-lid spasms
- general weakening of the body

## AN IDEALLY COMPOSED MAGNESIUM SYSTEM FOR THE ENTIRE DAY:



### 1. ONE TABLET IN THE MORNING

*A perfect combination of ingredients to start your day*

- the product contains **guarana** which has nearly 3 times more caffeine than coffee or **ginseng extract**. This exceptional combination stimulates the metabolism while invigorating and enlivening the body. In addition, it puts you in a good mood and strengthens your physical and intellectual fitness
- **vitamin B6** takes care of the proper functioning of the body, reinforces the effect of magnesium and stimulates immunity



### 2. AFTERNOON TABLET

*The power of ingredients for your active day*

- natural extract from **Bacopa Monnieri**, which strengthens the body in the event of the loss of vitality and power – it helps to concentrate and makes you recover the incredible energy potential to act
- **pantothenic acid** helps restore the body's balance while eliminating stress and tiredness



### 3. EVENING TABLET

*The set of ingredients for a good night*

- **lemon balm** and **Withania somnifera**, which alleviate nervous excitation, irritation and stress. They have a sedative effect, relax the body and mind thus enabling you to fall asleep faster. They also improve mood and have a positive effect on the body's regeneration during the night
- **vitamin B6** strengthens the effect of magnesium and has an influence on the body's balance



## MAGNESIUM 24 H SYSTEM TRIPLEX POWER

FOOD SUPPLEMENT

A unique 30-day system consisting of 3 different tablets administered during the day. Each tablet contains magnesium helping to maintain proper mental functions and vitamins ideally adapted to the body's changing needs during the day. Make sure your body is in perfect condition all day and all night! Thanks to Magnesium 24 H System Triplex Power you will wake up in the morning full of energy and be at your best throughout the day.

Take 1 tablet in the morning, afternoon and in the evening with water.



3 x 30 COATED TABLETS  
A 30-DAY SYSTEM  
3 x 36 g | **801009**



# VITAMINS FOR HER

## PERFECT RESPONSE TO FEMALE NEEDS:

- a unique composition of vitamins and minerals designed specifically for women
- a unique combination of carefully selected nutritive ingredients supports the proper functioning of the body during the day – increases energy, boosts immunity, supports cardiovascular function, protects against oxidative stress while preserving youth and shine
- the high content of folic acid in the supplement is extremely important for women, especially those planning to get pregnant
- the product contains only superior quality nutritive ingredients with scientifically proven effects



## CAREFULLY DESIGNED COMPOSITION:

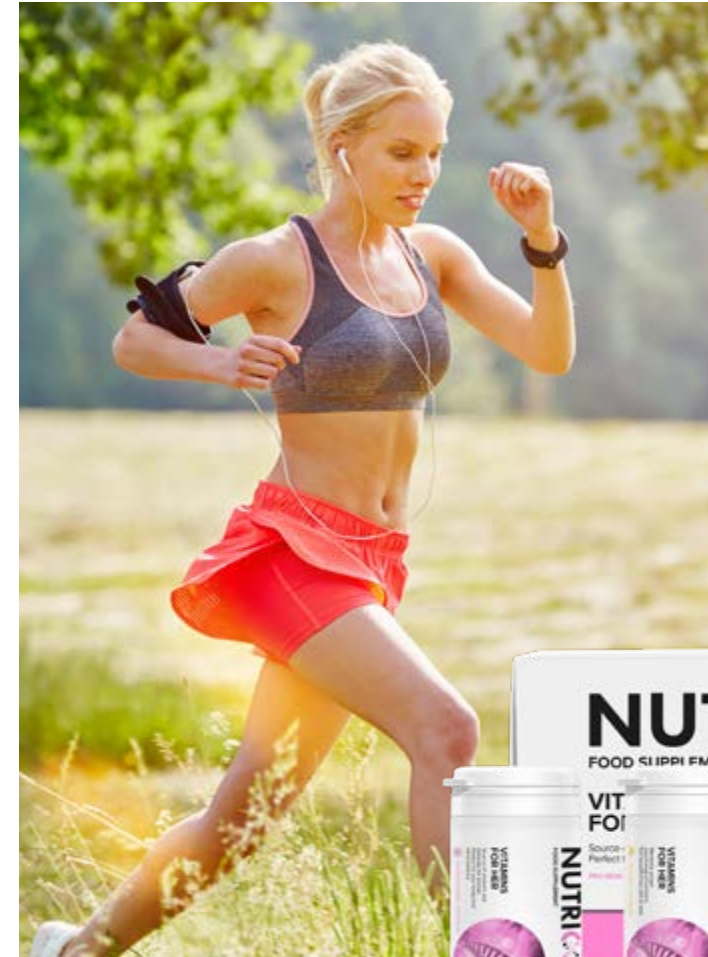
- **thiamine, riboflavin, and vitamin B12** increase energy and vitality while regulating energy metabolism
- **vitamins A, C, and E** protect against oxidative stress, stimulate the immune system and cardiovascular function
- **folic acid** regulates the growth and functioning of body cells and plays an extremely important role in the correct foetal development; it is, therefore, a compulsory supplement for women planning to get pregnant
- **vitamins D and K** make our skeletal system stronger (including teeth) and boost our immunity
- **chrome** reduces the craving for sweets and helps burn fat; it also supports maintaining the proper body weight

## VITALITY POTION

Due to environmental pollution, solar radiation, cigarette smoke, alcohol or other preserving substances contained in food, our bodies accumulate free radicals. Every day our body fights an unequal battle. The Vitamins For Her food supplement is like divine ambrosia full of natural anti-oxidants. Vitamins A, C, and E protect the cells against oxidative stress and stimulate a strong immune system. It is a guarantee of good health and perfect well-being.

## LIFE-GIVING COMPONENT

Folic acid is one of the key building blocks of our bodies and we often suffer from its shortages. It is responsible for the cellular growth of our bodies and regulation of their functioning. The proper supply of folic acid is extremely important for women, especially future mothers. Its adequate level guarantees proper foetal development.



## VITAMINS FOR HER

FOOD SUPPLEMENT

This is an ideal option for women who care for their health. This scrupulously designed set of vitamins and minerals is adapted to female nutritive needs. It is an invaluable support every day. Thanks to anti-oxidants, it helps the body cope with the free radicals appearing in our bodies due to air pollution, highly processed food, cigarette smoke, or alcohol. Vitamin B group complex ensures an adequate level of vitality during the day and supports cardiovascular function. Due to high folic acid content, this is a perfect supplement for women who wish to become mothers.

Take 2 tablets a day with water.

2 x 30 COATED TABLETS  
A 30-DAY SYSTEM  
33 g, 21,9 g | **801011**



## EXCEPTIONAL JUST LIKE WOMEN

Women need plenty of energy to keep up with the pace of everyday life. Each day brings new, exciting challenges but is also a considerable burden for the body. We know how much is on the mind of a contemporary woman. Inspired by her exceptional nature, we have developed a unique food supplement, which will be an

invaluable support every day. Vitamins For Her is a rich supply of the group B vitamins which support proper energy management within the body while maintaining an adequate sugar level throughout the day.

# VITAMINS FOR HER 50+

## PROFESSIONAL SUPPLEMENTATION FOR MATURE WOMEN:

- an innovative combination of ingredients which perfectly support women aged 50+
- an unrivalled product which due to the high content of red clover (*Trifolium pratense*) natural extract alleviates the oppressive symptoms of menopause such as hot flashes, drenching night sweats, irritation and fatigue
- product safety is guaranteed by strict control at each production stage
- high iron content which is particularly important for women aged 50 and over



## PERFECT SUPPORT DURING MENOPAUSE:

- **red clover** (*Trifolium pratense*) effectively alleviates menopause symptoms such as hot flashes and mood swings
- **iron** perfectly stimulates the proper production of red blood cells, haemoglobin and oxygen transport in the body and reduces fatigue and exhaustion
- **zinc** and **copper** help maintain beautiful and healthy hair, skin and nails while protecting the cells against oxidative stress
- **thiamine**, **niacin** and **biotin** are perfect support of the nervous system and help to maintain proper mental functions
- **manganese** contributes to proper energy metabolism and healthy bones

## VITAMINS FOR HER 50+

FOOD SUPPLEMENT

A comprehensive composition of vitamins and minerals carefully selected with a view to supporting the female body during menopause. This ideal blend of components restores the hormone balance, improves well-being and has a beneficial effect on health and appearance, thus allowing them to live life to the fullest.

Take 3 tablets a day with water.

30 and 60 COATED TABLETS  
A 30-DAY SYSTEM  
33 g, 66 g | **801012**



## CLOVER FOR LUCK

During menopause, the level of oestrogen falls which is manifested through a number of unpleasant ailments. The most frequent of them are: hot flashes, mood swings, constant irritation and constant drowsiness. To increase mental and physical comfort in this period, providing the body with substances similar to oestrogen derived from plants, i.e. phytoestrogens is recommended. Red clover which is also an ingredient of Vitamins For Her 50+ is an indispensable female ally during this time. This unique plant is a rich source of isoflavones, easily absorbed by the body, which offer the desired relief during the menopause. Red clover does not need to have four leaves to bring you good luck.

## ESSENTIAL VITAMINS AND MINERALS

During menopause, the female body is extremely susceptible to diseases, especially ones related to the circulatory and skeletal system. In addition to phytoestrogen supplementation, making sure that the body is provided with an adequate number of nutritive elements is also recommended. Therefore, Vitamins For Her 50+ is a carefully selected composition of vitamins and minerals created to cater for the needs of mature women. This product is intended to offer vitality and allow women to enjoy their perfect condition. Daily chores will no longer be so cumbersome.



# VITAMINS FOR HIM

## MEN'S ALLY

Testosterone is one of the key male hormones. It plays a vital role in various bodily functions. It not only increases sexual drive but it also affects the increase of muscle mass and strengthens bones. A testosterone shortage results in a diminished libido, reduced muscle and skeletal mass and even lowers the mood and ability to concentrate! The Vitamins For Him composition design was a lengthy and diligent process so that the resulting preparation could satisfy the male demand for vitamins and minerals to the best possible extent. Thanks to it men can now enjoy an excellent bodily condition and a full sexual life.



## NATURAL VITALITY

*Tribulus terrestris* is a unique plant used in Chinese and Indian medicine for thousands of years. It is a particularly appreciated for its body strengthening properties. It is especially important for men because it regulates testosterone which contributes to an increased libido and intensification of sexual experiences.

## BEST RESPONSE TO MEN'S NEEDS:

- modern preparation containing high-quality nutritive components carefully selected to match male's needs
- perfect composition of vitamins and minerals boosting physical and intellectual fitness
- natural *Tribulus terrestris* extract regulates testosterone level, increases libido, releases desire and has a beneficial effect on sexual performance
- supplement which supports vitality, proper functioning of our body and increased physical strength

## PERFECT COMPOSITION OF VITAMINS, MINERALS AND PLANT EXTRACTS:

- **Tribulus terrestris** (Puncture vine) boosts sexual desire and is a perfect supporter of sexual performance
- **zinc** helps to maintain proper acid-base balance and adequate testosterone level in a blood
- **thiamine** efficiently supports the functioning of the nervous system and the heart
- **pantothenic acid** quickly and effectively eliminates the sense of fatigue and exhaustion and helps to maintain intellectual performance at an adequate level
- **vitamin D** regulates the proper concentration of calcium in the blood, ensures healthy teeth and bones as well as boosts the immune system

## VITAMINS FOR HIM

FOOD SUPPLEMENT

A unique food supplement developed specifically for men. An innovative combination of carefully selected ingredients will offer comprehensive support in looking after your health and will have positive effect on your sexual performance. This perfect composition provides vitamins and minerals essential for the proper functioning of the body. Thanks to the tribulus terrestris extract, the supplement regulates the level of testosterone, hence improves sexual potency. Vitamins For Him improves physical, intellectual and sexual fitness.

Take 2 tablets a day with water.

2 x 30 COATED TABLETS  
A 30-DAY SYSTEM  
2 x 33 g | **801010**



# VITALITY BOOST & MAGNESIUM POWER

Thanks to the convenient form of the product, the body absorbs all the ingredients very quickly. In addition, Vitality Boost & Magnesium Power has a delicious, refreshing flavour, which makes it not only beneficial for the body but turns using it into a sweet pleasure! It is an injection of vitamins in liquid form.

## COMPREHENSIVE DOSE OF ENERGY IN TWO STEPS

1.

### VITALITY BOOST – a nutritive injection

During an intensive day at work, at University or during a physical activity, the overtired body uses up its energy resources. Therefore, our well-being is reduced – we feel tired, exhausted and drowsy. Nutritive ingredients contained in the product regulate the functioning of the nervous and muscular system, restore concentration and improve mood.

- **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 with free radicals

2.

### MAGNESIUM POWER – ideal balance

Magnesium governs the proper functioning of nearly all of the body's systems and is responsible for a proper electrolyte balance. Taking care of it is particularly important during increased physical or mental effort when we drink plenty of coffee, tea, or just water. It leads to the washing away of valuable minerals. Due to a considerable amount of highly-absorbed magnesium, Magnesium Power compensates the electrolyte level while maintaining proper energy management.

- **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 system 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

## VITALITY BOOST & MAGNESIUM POWER

This is an innovative food supplement consisting of six containers full of vitality and energy. The liquid form enables the best absorption and almost immediate action of the product. Vitality Boost is an injection of nutritive ingredients which prevent exhaustion of the body, while Magnesium Power supplements the body with magnesium, which is extremely important for the proper functioning of the nervous, cardiovascular and muscle system. The composition of supplement was designed so as to ensure that the ingredients supplement and reinforce their properties.

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

3 x NUTRICODE VITALITY BOOST  
3 x NUTRICODE MAGNESIUM POWER  
6 x 25 ml | **801203**





# INNER BALANCE

## SELECTED INGREDIENTS FOR MAINTAINING ACID-BASE BALANCE OF THE BODY:

- **Rosa Centifolia flower extract** supports physiological processes of metabolic waste products 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



## 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 at night with water.

Take the contents of one sachet 2 times a day, by dissolving it in 200 ml of water.

60 SACHETS + 60 CAPSULES | A 30-DAY SYSTEM

240 g + 30 g | **801301**

# IMMUNO



## 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 nervous system, as well as protects the cells from oxidative stress. The product is suitable for vegetarians and vegans.



## 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. Suck slowly.

60 LOZENGES | A 30-DAY SYSTEM

72 g | **801004**

# HAIR SKIN NAILS

## 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



## 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.

56 COATED TABLETS | A 56-DAY SYSTEM  
44,8 g | 801005



# VITALITY BOOST

## 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



## VITALITY BOOST

FOOD SUPPLEMENT

- a composition of perfectly matched 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 content of 1 sachet per day.

30 SACHETS + 60 COATED TABLETS  
A 30-DAY SYSTEM

300 g + 48 g | 801302





# SLIM EXTREME

## PERFECT BODY WITHOUT PERMANENT FEELING OF HUNGER:

- **glucomannan** which, when combined with a balanced diet, affects weight loss
- **chromium** helps maintain normal blood glucose levels by reducing cravings for sweets and the desire to snack between meals
- **Garcinia cambogia** is a source of hydroxycitric acid (HCA), which slows down the formation of body fat
- **calcium** has a positive effect on the proper functioning of digestive enzymes
- **vitamin C** supports the formation of collagen
- **biotin** and **vitamin B2** help to maintain a healthy complexion



## GLUCOMANNAN – APPETITE KILLER

Glucomannan is a dietary fibre soluble in water, extracted from the *Amorphophallus Konjac* plant. As it expands in stomach, glucomannan fills it and as a result sends a signal to the satiety centre, in the hypothalamus of your brain, that you are not hungry. This helps to cut the number and size of meals. Research shows that the use of glucomannan, along with a balanced diet, decreases body weight in overweight people by an average of 6 pounds per month. For glucomannan to do its job, make sure that you take the tablets with plenty of water.

<sup>1</sup> Birkvedt GS. "Experiences with three different fibre supplements in weight reduction." *Med Sci Monit.* 2005 Jan; 11(1): P15-8



## SLIM EXTREME

FOOD SUPPLEMENT

- **weight loss enhancement, appetite suppression**
- **with glucomannan – highly effective body mass reduction ally**
- **helps maintain beautiful skin while using weight loss diets**
- **the unique 'All day weight control' system**
- **suitable for vegans and vegetarians**

Take 2 tablets 3 times a day, with plenty of water (1 or 2 glasses).

Dissolve 1 effervescent tablet a day in 200 ml glass of water, before a meal.

180 COATED TABLETS + 30 EFFERVESCENT TABLETS  
A 30-DAY SYSTEM

2 x 103,5 g + 2 x 67,5 g | **801303**

## SUPPORT FOR CORRECT VISION:

- **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

## THE FOOD SUPPLEMENT DOES NOT CONTAIN:

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

## 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.

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

# EYE PROTECT GUMMIES

## 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.



# VIT-COMPLETE GUMMIES

## 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.



## 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 and sugar
- pork gelatin (developed on the basis of pectin)
- preservatives

## 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.

30 PINEAPPLE, STRAWBERRY AND ORANGE-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS

60 g | **801401**

## UNIQUE COMPONENTS TO SUPPORT IMMUNITY:

- **propolis** is a substance of natural origin, thanks to its high content of vitamins, minerals and bioactive compounds it helps to increase your body's immunity, and also acts as an auxiliary support during the treatment of infection
- **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 gelatine (developed on the basis of pectin)
- preservatives

## 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.

30 RASPBERRY-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS

60 g | **801402**

# PROPOLIS PRO GUMMIES

## 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.



## A NATURAL PROTECTIVE WALL

Propolis is a substance produced by bees that use it to protect the hive against uninvited guests. Because of its beneficial properties, it plays a similar role in the human body. 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.



# VIT-D3 GUMMIES

## 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.



## 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 gelatine (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.

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

## 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

## THE FOOD SUPPLEMENT DOES NOT CONTAIN:

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

## 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.

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

# O! MEGA-3 GUMMIES

## 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.



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 DHD fatty acids, which are also extremely precious to our health.

# PROBIOTIC GUMMIES

## 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, the so-called 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.

## THE FOOD SUPPLEMENT DOES NOT CONTAIN:

- peanuts, soy or milk
- pork gelatine (developed on the basis of pectin)
- artificial colourants, aromas or 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.

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

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.

## 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
- the more efficient cell division process
- appropriate absorption of calcium and phosphorus

## THE FOOD SUPPLEMENT DOES NOT CONTAIN:

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

## HEALTHY BONES GUMMIES

FOOD SUPPLEMENT

- supplementation for the entire family
- an excellent source of vitamin D
- for healthy teeth and strong bones

Children over four years of age: Take 1 gummy per day.  
Adults: Take 3 gummies per day.

30 LEMON-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS  
66 g | **801406**

# HEALTHY BONES GUMMIES

## FOR WHOM?

For children who are still growing rapidly and need reinforcement for their teeth and bones, and adults with a vitamin D deficiency.





# ENERGY KICK GUMMIES

## FOR WHOM?

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



## FAT THAT IS TRANSFORMED INTO ENERGY

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

## 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.

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

## WINNING SUPPLEMENTATION FOR 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 and sugar
- pork gelatine (developed on the basis of pectin)
- preservatives

## 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.

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

# STRONG MUSCLE GUMMIES

## 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.



# FIT LINE GUMMIES

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

## FIT LINE GUMMIES

FOOD SUPPLEMENT

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

Take 1 gummy per day.

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

# PERFECT SLIM GUMMIES

## FOR WHOM?

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



## A NATURAL ROAD TO BEAUTY

Thanks to carefully selected plant extracts, the Perfect Slim Gummies will help you regain your beautiful and slender figure.

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

## 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.

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



# FIT6 PROGRAMME

FIT6 PROGRAMME – AN INNOVATION IN THE WORLD OF SLIMMING – natural weight loss without the yo-yo effect.



Are you dreaming of a perfect figure but cannot find the time and motivation to exercise regularly? Maybe you lack the knowledge of how to balance your diet, what to eat and what to avoid? You can stop worrying now. We have created a Programme that will change your life once and for all. FIT6 is the only such slimming Programme in the world, created based on an in-depth understanding of the mode of life in the 21st century. It is a system designed to reduce adipose tissue and slim your body through a healthy balanced diet and NUTRICODE innovative food supplements. 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.

Finally, the dream of an ideal figure can come true.

## 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 different set of products ideally tailored to solve the body's problems occurring at that stage.

## PROFESSIONAL SUPPORT

Throughout the program, 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 him online whenever you need it.

## 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 FIT6 community was created along with the Programme – a space where all participants can share their problems, reflections and results.

## ACHIEVE YOUR GOAL

Use a healthy and effective weight loss method. We guarantee that an ideally balanced 6-step plan will allow you to get rid of the excess pounds easily and safely. Thanks to the FIT6 Programme you will enjoy not only a slim figure but also excellent health and a great mood.

## 6 STEPS TO AN IDEAL FIGURE

The program consists of three stages divided into six steps and an additional stage during which the participant switches to the so-called stabilization diet. Each step is a month. The length of the diet depends on how much weight you want to lose. The more weight you have to lose, the more steps you have to go. You can opt out of the diet at any time and start a 2-month maintenance period.

## GOALS OF THE INDIVIDUAL STAGES

### PREVENTING INFLAMMATION

- 1 ▶ minimizing inflammation of the body
- ▶ reduction of body circumference
- ▶ weight loss
- ▶ improved well-being
- ▶ feeling light
- ▶ improved overall health

### WEIGHT LOSS

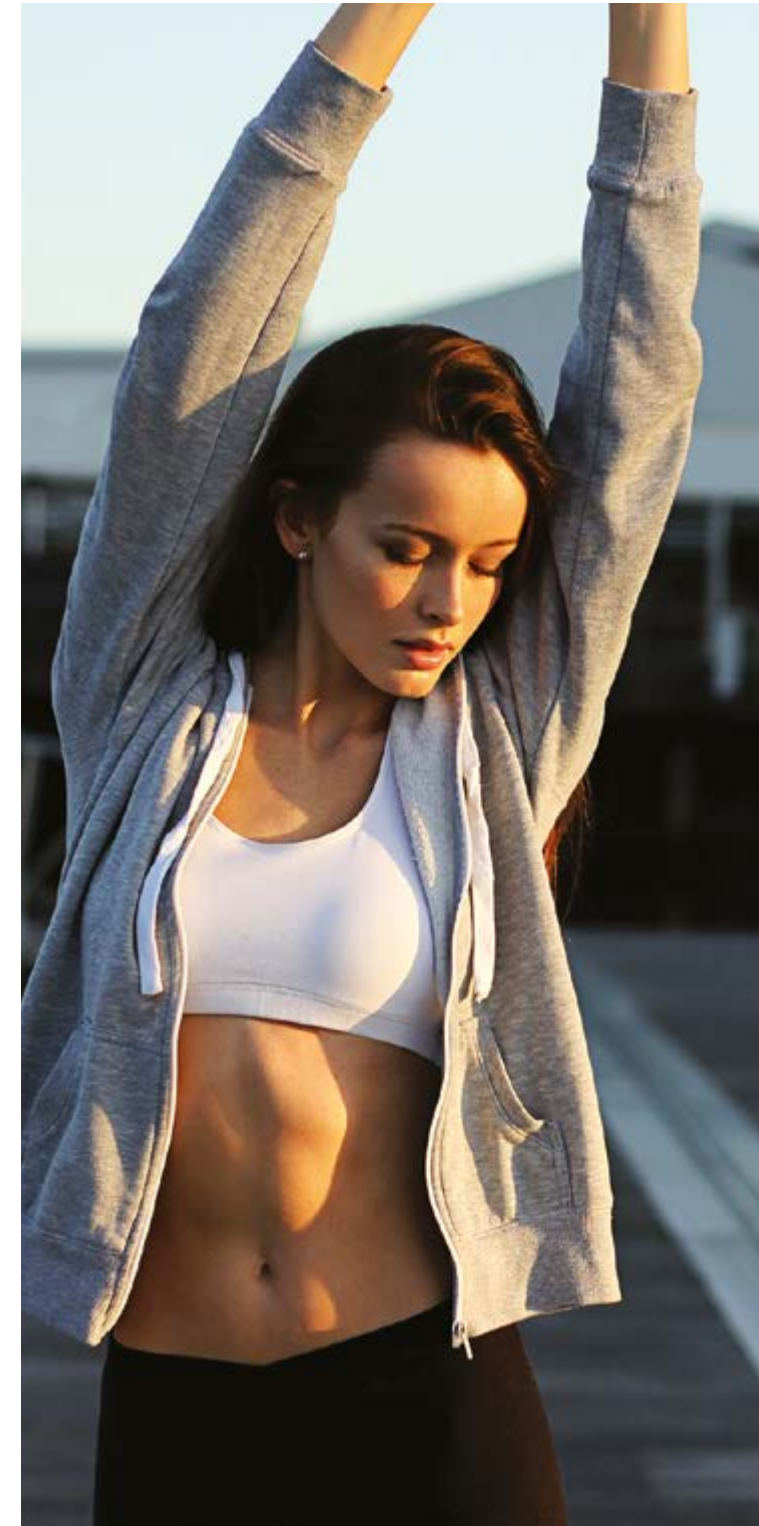
- 2 ▶ further detox and cleansing of the body
- ▶ weight loss
- 3 ▶ preventing the loss of body firmness
- ▶ reducing the visibility of cellulite
- 4 ▶ preservation of muscle mass
- ▶ improved well-being and vitality
- 5 ▶ providing the body with essential nutrients

### TONING

- 6 ▶ stimulation of muscles to facilitate their growth

### MAINTENANCE

- ▶ stabilization 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 edema and fluid retention to normalize its metabolism





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