

SYFORM

SPORT & WELLNESS
FOOD SUPPLEMENTS



GENERAL CATALOGUE



“Men have always identified food products able to transmit physical and symbolic energy. The basic concept is that we can find everything we need around us; it’s sufficient to know how to reorganize it in new forms, respecting its natural purity, with acute knowledge, perfect harmony, and inexhaustible imagination. In this way the food supplement Syform was born”. (Leopoldo Moretto)

NATURE AS SOURCE OF WELLNESS

Modern civilization, more and more concentrated on wellness, has rediscovered physical activity and healthy diet as the cornerstones of a higher quality of life. Taking as basis the natural elements research and testing experimentation offer new ingredients for the formulation of products of high efficiency.

A NATURAL BALANCE

Syform has its own philosophy, made of transparency, of equilibrium, of nature. Naturally supplementation. These two words contain the whole ground of Syform. The natural supplement acts where there is a gap. To put in equilibrium again the strenghts and the positive efforts is the task of Syform, in sports and in daily life.

A CONSCIOUS RESEARCH

Syform’s research requires knowledge, intelligence, clearness clarity and intellectual and chemical concentration. A chemistry with mechanisms equal to nature; the secret is in the concentrated amounts, in the nature you can find in every substance.

WARRANTY AND CONTROL

Syform has chosen to use its own experience to guarantee products of high efficiency thanks to a rigorous selection of raw materials and to the severity of controls.

WELLNESS AS AIM

The company produces supplement using ingredients that can compensate deficiencies, facilitate physical equilibrium and increase the availability of nourishing elements in the organism. The aim is to create wellness by combining the active nature principles with the experimentation and the research in the laboratory.

PRODUCT LINES

Syform has set up several product lines for specific requirements. They are all inspired to the same principles. In addition, the research continues and tests on the field offer new ideas, new solutions, in order to achieve more effective supplements: in the sign of nature.

Quality Creation

1- SELECTION OF SUPPLIERS AND MANUFACTURERS OF RAW MATERIALS

(Kyowa, Ajinomoto, New Zealand, Alzkem, etc.)

2- SELECTION OF RAW MATERIAL

- we use:
- Raw materials with registered trademark or with production patent, that means high quality (**Creapure®**, **Carnipure™**, **Vitargo®**, **Optipep®**)
- Standardized dry extracts with high content of active principles
- Raw materials free of GMOs, BSE, gluten, sugar, preservatives, that haven’t been irradiated

3- SELECTION OF CERTIFIED MANUFACTURING LABORATORIES

4- USE OF VEGICAPS® (vegetable capsule)

5- USE OF MINIMUM AMOUNT OF NATURAL EXCIPIENT

6- CONFORMITY CERTIFICATION OF THE FINISHED PRODUCT

7- ANALYTICAL CONTROL ON THE FINISHED PRODUCT TO JUDGE THE MICROBIOLOGICAL, NUTRITIONAL AND CHEMICAL QUALITY

8- DOPING FREE CERTIFICATION



Product lines

MICRONUTRIENTS pag. 6

Alkaline	8
Articol	8
Calciomilk	9
Cla	10
Efa Blu	10
Efa Krill	12
E Fort	11
Emafol	12
Fosfolipid PS	14
Floractiv	14
Melatonin	22
Mgk	17
Mimiker	13
Msm	16
Multi B50 Complex	18
Multivitamin	19
Naqu	17
Nosenex	20
Rosa C	22
Rox-E	20
Zincor	23
Vita DK2	24

PHYTOSCIENTIA pag. 26

O Calorie	28
Activen	28
Bex	40
Biocurcuma	29
Cordyceps	30
Defens C	32
Depatic®	31
Drenature	34
Drenature Pill	34
Espectora Scioppo	38
Espectora	38
Ganoderma	30
Ipolipid	32
Smarty	36
Smarty <i>fiale</i>	37
Smarty <i>shot</i>	36
Termogenic One	35

PROTEIN pag. 42

Balance	44
Diamond Whey®	44
Diet Zone® Meal	46
i-Pep	46
Muscle Mass	48
Nutrisoy	44

CARBOHYDRATE pag. 56

Carbo Speed	62
Competition®	62
Final Race <i>gel</i>	65
Glicogen	64
Malto+	65
Malt+ <i>gel</i>	64
Reisprint	66
VO2 <i>aerobic</i>	67
X-Plosiv <i>gel</i>	66

AMINOACID pag. 50

Acefos	52
Carnitine	52
Citrofos®	60
Citrogen	54
Creatp	60
Essenziale 8+®	54
Friram	56
GL3®	56
Glutamin Powder	57
Nolattico	57
Synergy	58
Synthesy	59
Workout	58

BAR pag. 68

Sybar Energy	70
Sybar Energy fruit	70
Sybar shape	72
Sybar shape fit	72



MicroNutrients

MicroNutrients is an innovative line of dietary supplement whose ingredients are represented by vitamins, minerals, oligoelements a wide range of new nutritional factors from the vegetable world. They are precious and essential regulators of all the metabolic processes that take place in the human beings. Many of them act a protective activity of the cellular integrity, and safeguard the correct functioning of metabolic processes and activate all the defense mechanisms that the body has, and protect it from the attack of by various internal (free radicals) and external agents (bacteria, viruses, foreign molecules). A healthy diet and a healthy lifestyle are the necessary premises to guarantee to the organism an optimal health condition. Unfortunately, this equilibrium for many of us is not always guaranteed, in part for reasons that are known to everybody, and with it, the guarantee that the essential daily requirements of micronutrients is respected.

MicroNutrients was created to achieve, to reinstate and to maintain this vital balance of forces. Our products range is very wide, and is able to satisfy several many, particular unique and different needs. The ingredients used are all from natural sources, at high concentration of active ingredients, title and standardized, delivered with the combination of substances which are originally in nature, so that they result to be more bioavailable and effective. As a matter of fact vitamins and minerals that are present in natural sources, differently of those produced by synthesis, are associated with a mix of other nutrients (phytocomplex) that are provided with complementary action. As an example, the bioflavonoids contained in the brier-rose, empower the biological activity of vitamin C, and have nutritional valency themselves as phlebotonics and antioxidants.

VITAMINS

Vitamins are divided into two main groups:

a) **Water-soluble Vitamins:** water soluble, that can be easily assimilated by the organism and as easily eliminable, if taken in excess. For this reason, they can be taken for long periods without causing side effects. Among them we can find C, PP vitamins and the whole group B.

b) **Liposoluble vitamins (e.g. A, E, F and D Vitamins)** are not soluble in water, but in fats and therefore they are naturally present in foods that contain a certain percentage of fat (e.g. milk) and can be assimilated only in presence of fat food. Therefore, a too poor in fat diet may impoverish the organism of this precious vitaminic group.

A, E, F Vitamins are in fact very important for the integrity of the cells: they are powerful antioxidants and are essential to the formation of cell membranes. Vitamin D is fundamental to favour the growth and health of the bone structure.

MINERALS AND OLIGOELEMENTS

Minerals are divided into two main groups:

a) **Macrominerals:** they are contained in the organism in relatively high quantity. These include: sodium, calcium, magnesium, potassium, chlorine and phosphorus.

b) **Oligoelements:** they are present in small quantities, but not less important. These include: zinc, copper, manganese, chromium and iron.

A fundamental quality requirement for a mineral supplement is to contain the mineral salt in a form that can be more assimilated. The “organic” salts (pidolate, pyruvate, citrate, proteinate, chelate, etc..) are more bioavailable than the inorganic salts (oxide, sulfate, etc..) even though they contain, in percentage, a lower concentration of mineral. We therefore recommend to pay attention to the type of mineral salt that is assumed. Minerals that are contained in the Micronutrients line are highly bioavailable and balanced to favour the best and most effective integration of these precious elements.

OTHER MICRONUTRIENTS

The evolution of analytical, research and extraction methods, has allowed to identify and obtain today from the vegetable world, in particular from fruit and vegetables, a rich and heterogeneous group of substances that were unknown from chemical and biological point of view. These substances, which we can call Micronutrients have demonstrated to have salutary properties for the human organism. In particular they act a protective activity for the cell integrity, that is antioxidant, and that is able to neutralize dangerous free radicals and the activity of aggressive molecules. To quote some of them: fitocarotenoids from tomato, anthocyanins from dark bilberry, bioflavonoids and anthocyanins from blood orange, polyphenols from green tea, fitotocotrienols from palm oil.

ARTICOL

NOURISHES AND PROTECTS THE GRISTLES



Articol contains Glucosamine, natural Chondroitin and hyaluronic acid. These ingredients are effective and synergistic nutritherapies necessary for the reconstruction of gristly tissues and the regeneration of the articular functionality.

Glucosamine, a monosaccharide naturally present in our organism, is the main component of connective tissue. Its major function is to stimulate the production of gristly tissues, that are necessary to protect and maintain the articulation in perfect working order. The shark gristle extract is naturally rich in calcium, phosphorus, protein and complex carbohydrates, and among them the Chondroitin stands out in the form of sulfate. Chondroitin sulfate is the ideal complement of Glucosamine in the care and protection

of the articulations. Sodium hyaluronate (as hyaluronic acid) is one of the essential components of human connective tissues, giving them more hydration, strenght and tone.

The dietary supplement of these elements stimulates the production of new gristly tissues and prevents at the same time the damage of the pre-existing ones. Articol is therefore ideal as dietary support in the treatment of the problems of the osteoarticular tract.

INGREDIENTS: Glucosamine sulhate (from crustacean shell extract), Chondroitine sulphate (from shark cartilage), Sodium hyaluronate, Bulking agent: calcium phosphate bibasic, microcellulose: Anticaking agent: magnesium stearate vegetable and silica.

DIRECTIONS: take 1 tablet daily, with half glass of water, preferably during main meals.

PACKAGES: 30, 90 tablets x 1350 mg.

AVERAGE AMOUNT	PER 1 TAB
Glucosamine sulphate	500 mg
Condroitine sulphate	500 mg
Sodium hyaluronate	50 mg

ALKALIN

RESTORES THE BASE-ACID EQUILIBRIUM
NATURAL ANTIOXIDANT NUTRIENT

New Formula
New Product



Unhealthy diet, medicines assumption, tobacco addiction, alcohol, stress and sedentary lifestyle are often responsible for excessive build up of acid toxins in our organism. These conditions reduce the physical and mental performance, cause chronic tiredness, undermine the immune system. The diet is not always able to compensate the reduction of alkaline reserves of sodium, potassium, magnesium and calcium; when this happens, it creates a state of acidosis, which can be estimated by measuring the pH of body fluids Thanks to Alkaline it is possible to reinstate the reserves of alkalinizing Minerals, to neutralize the excessive acidosis and recovery optimal physical efficiency. Alkaline contains also a special concentrated mixture of fruit and vegetables (OXXYNEA), with high antioxidant power (5000 ORAC/g) that is useful to counteract the increase

of free radicals occurring under stressful and metabolic acidosis conditions. Thanks to its properties, Alkaline recommended to people who are exposed to overwork and hard stress, the elderly with a high requirement of food values, is those who eat in a irregular way and exceeds with animal fats, proteins and refined sugars, in disfavor of fruit and vegetables. Alkaline is the ideal dietary supplement for endurance athletes, during exercise or competition and to facilitate recovery. It is also the ideal complement to enhance the assimilation of creatine. It can also be used as an immediate antacid, in case of stomach acidity.

SACHET'S INGREDIENTS: Magnesium citrate, Potassium citrate, Calcium citrate, Lithothamnium calcareum, Aroma, Anticaking agent: Silicium dioxide, Roc® (Red Orange (*Citrus aurantium var.dulcis*) fructus d.e. 10% anthocyanins, Maltodextrin),Oxynea ®-WS (White and red grape, Orange, Grapefruit, Papaya, Pineapple, Strawberry, Cherry, Apple, Apricot, Blueberry, Black currant, Tomato, Carrot, Watermelon, Green tea, Broccoli, Cabbage, Onion, Garlic, Asparagus, Oliv, Cucumber). Zinc gluconate, Sodium citrate, Sweetener: Acesulfame K, Manganese gluconate, Bulking agent: calcium phosphate dibasic.

CALCIOMILK

NATURAL CALCIUM AND PHOSPHORUS FROM MILK



Calciomilk integrates calcium and phosphorus, which are naturally extracted from cow milk. These minerals are highly bioavailable and effective. Calcium is an essential mineral for bone structure, but it also can regulate the muscle contractility, the nervous transmission, the blood coagulation and the secretion of many hormones. The best known evidence of calcium deficiency is osteoporosis. The bone metabolism needs a balanced requirements of calcium and phosphorus, as the product contains. Both must be taken at the same time. Thanks to the presence of Vitamin D3, calcium and phosphorus can be easier assimilated in the intestines (also through its interaction with the parathyroid hormone) and utilized facilitating the mineralization of the bone matrix.

INGREDIENTS: Calcium complex Trucal® (fractionated and puridied Milk powder - calcium > 23,5% - phosphorus 12,5%), Vitamin D3 (cholecalciferol 0,25%), Anticaking agent: magnesium stearate vegetable. Contain Lactose.

DIRECTIONS: Take 3 tablets daily, with half glass of water, after meals.

PACKAGES: 60 tablets x 1000 mg.

AVERAGE AMOUNT	PER 3 TABS	% NRV*
Calcium	750 mg	94
Phosphorus	400 mg	57
Vitamin D	7,5 mcg**	150

* NRV = Nutrient reference value (adults)
** equal to 300 U.I.

TABLET'S INGREDIENTS: Lithothamnium calcareum d.e., Potassium citrate, Magnesium citrate, Bulking agent: mycrocrystalline cellulose, Sodium bicarbonate, Calcium phosphate monobasic, Anti caking agent: vegetable magnesium stearate and silica, Manganese gluconate.

DIRECTIONS: Take 1 sachet daily or 4 tablet daily , dissolved in a glass of water, between meals.

PACKAGES: 20 sachets x 5 g, 60 tablets x 1400 mg

SACHET'S FLAVOUR: Orange.

AVERAGE AMOUNT	x 5 G 1 SACHET	% NRV*	4 TABS	% NRV*
Potassium	491 mg	24,5	433 mg	22
Calcium	356 mg	44,5	546 mg	68
Sodium	6 mg		328 mg	
Magnesium	73 mg	48,7	192 mg	51,5
Zinc	5 mg	50		
Manganese	2,5 mg	126	5,7	286
Lithotmniun	400 mg		400 mg	
Roc® (Red Orange extract)	50 mg			
of which Anthocyanins	5 mg			

* NRV = Nutrient reference value (adults)

CLA

FATTY ACID THAT BURNS FAT AND
STRENGTHENS MUSCLE – BRAND TONALIN™



CLA - Conjugated Linoleic Acid - is a particular essential fatty acid of the Omega 6 series, which favor the modification of body composition, increasing percentually the lean body mass and reducing the fat mass. The CLA spares the body proteins, stimulates the synthesis and causes a preferential use of fats in order to produce energy. It is the ideal dietary supplement to be used, alone or in combination, as adjunct to reduce the deposits of the fats in the organism and the increase of the thin mass, that gives tone to the tissues. The quality and efficacy of CLA depend on the concentration of isomers Cis9 and Trans11, to whom is attributed the activity of the product.

INGREDIENTS: Conjugated Linoleic acid (Tonalin™) from Cartamo vegetable oil (Carthamus tinctorius L.), Gelatin, Firming agent: glycerol, Antioxidant: extract rich in

tocopherols (contain **soy**).

DIRECTIONS: Take 1 softgel, 3 times daily, after meals.

PACKAGES: 30, 90 softgels x 1400 mg.

AVERAGE AMOUNT	PER 3 SOFTGELS
conjugated Linoleic acid	2,4 g
of which Cis 9 - Trans 11	1,2 g
Trans-10, Cis-12	1,2 g

E FORT

THE MOST ACTIVE E VITAMIN
THAT PROTECTS THE CELLS



The wheat germ Oil is a rich natural source of Vitamin E. Many studies confirm that the biological activity of vitamin E (d-alfa-tocopherol) of natural origin is superior to that obtained by synthesis. Vitamin E is an important factor of cellular protection: it is strongly antioxidant and is able to neutralize the dangerous chemical reactivity of the free radicals that are in excess and that are produced by metabolic alterations and high fats, that are taken by unhealthy diet. Free radicals are considered the main cause of premature ageing. The vitamin E deficiency is visible through hematological, neurological, muscular marks. Among the muscular marks it can cause myopathy, which is visible through weakness. Vitamin E acts an immunomodulator action, it is a useful adjunct in the treatment of varicose veins, in general in the alterations of the peripheral nervous and circulatory system and in the presence of retinopathies. Summing up, it represents a precious ally for health. As Vitamin E is liposoluble, it stores in fat tissues and therefore it has to be taken for a limited period of time.

INGREDIENTS: Wheat Germ (*Triticum aestivum* L.) oil 71,4%, Antioxidant: natural D-alfa-Tocopheryl. Shell: Animal Gelatine. Resistent agent: glycerine.

DIRECTIONS: Take 1 softgel daily, with half glass of water, main meals.

PACKAGES: 60 softgels x 700 mg.

AVERAGE AMOUNT	PER 1 SOFTGELS
Wheat Germ oil	500 mg

EFA BLU

72% FATTY ACIDS TOTALS OMEGA 3 - 60% EPA/DHA TG
IT PROTECTS THE CARDIOVASCULAR SYSTEM



Efa Blu is a dietary supplement of polyunsaturated Fatty Acids of the series Omega-3 at 72%, with a minimum concentration of 60% of EPA and DHA (in the ratio of 2 to 1) in the form of Triglycerides, the most natural and bioavailable molecular form of fish oil. It contains a “five stars” ingredient, that has been extracted, by steam treatment of the fish and purified by triple molecular distillation, to guarantee the complete absence of pesticides and heavy metals in the final product. The Omega 3 are nowadays considered as an important factor to prevent cardiovascular diseases; they are in fact EFFECTIVE to reduce a high concentration of cholesterol and triglycerides in the blood and improve its circulation. The Omega 3 are also natural anti-inflammatories, useful in case of osteoarticular alterations and autoimmune diseases. The DHA, in particular, helps in the increase and development of the brain, of nervous structures and retina. It is used as neurological support in depression and schizophrenia. Efa Blu , in overall controlled diet, facilitates the control of the lipidic metabolism (cholesterol, triglycerides) and, combined with a healthy lifestyle, facilitates the cardiovascular functionality. Efa Blu is available in softgel, an administration form, that provides immediate availability of the active principles that are contained in it.

INGREDIENTS: Fish oil (min. 60% EPA+DHA). Shell: Gelatine, Firming agent: Glycerol, Antioxidant: Tocopherol and Rosemary extract.

DIRECTIONS: Take 2 softgels, after meals.

PACKAGES: 30, 120 softgels x 1400 mg.

AVERAGE AMOUNT	PER 2 SOFTGELS
Fish oil of which	2 g
EPA	800 mg
DHA	400 mg
Other Omega 3	120 mg

EFA KRILL

REDUCES CHOLESTEROL LDL AND TRYGLICERIDES
ANTI-INFLAMMATORY AND ANTI- OXIDATIVE



Efa Krill IS a dietary supplement of anctarctic Krill oil (SUPERBA™ KRILL OIL), that is naturally rich in Omega-3, mainly available in the form of Phospholipid, which are hightly available and can bring important benefits to the health. As essential fat acids Omega 3 are not sythetized by our organism, so important to introduce them by a healthy diet and dietary supplements. Studies show that Omega-3 in the Phospholipids form are more efficaciously distributed to the tissues and to the cells than the Omega-3 in the tryglicerids form . As a consequence, the phospholipids Omega 3 can be considered a superiour source of Omega-3 to reconstruct and maintain the cellular structure and to facilitate cellular functions of Omega-3 tryglicerids. The antarctic Krill oil is also rich in Astaxantine, a natural antioxidant, that gives a deep red colour to each pearl and assures stability in the time, without adding additives. Efa Krill is therefore useful to facilitate the control of the lipidic metabolism (cholesterol, tryglicerides) and the cardiovascular functionality in an

overall controlled diet.

INGREDIENTS: Antarctic Krill lipid extract Euphasia superba (from crustacean), Shell: animal gelatina (bovine), Firming agents: sorbitol syrup and glycerol; water, Vanilla flavour.

DIRECTIONS: Take 2 softgels daily, with half glass of water, during main meals.

PACKAGES: 60 softgels x 724 mg.

AVERAGE AMOUNT	PER 2 SOFTGELS	AVERAGE AMOUNT	PER 2 SOFTGELS
Krill extract:	1000 mg	Total Phospholipides	430 mg
EPA	140 mg	Total Omega 3	240 mg
DHA	60 mg	Astaxantin	100 mcg

EMAFOL

LACTOFERRIN AND SUNACTIVE®
HIGH AVAILABLE NATURAL IRON



Emafol is a compound of ingredients that ensures the right supply of iron and vitamins, which are important antianaemic factors.

It contains two innovative ingredients:

Sunactive®: based on highly bioavailable pyrophosphate iron, clinically tested, free from the typical smell and taste of iron;

Lactoferrin: a protein that is able to transmit the iron from the intestines to the blood and from there to the supply tissues, so that it can easily be assimilated. Normally the iron absorbtion orally taken, instead is reduced; the lactoferrin assures a significant increase of iron that can be assimilated.

Lactoferrin also develops antimicrobial, antiviral, anti-inflammatory and prebiotic activity. With the presence

of Vitamin C and Rose Hip Bioflavonoids iron can be easily assimilated. Vitamin B12 and Folic Acid are important antianaemic vitamins, that facilitate the synthesis of hemoglobin, that is an oxygen carrier; they must be taken every day. Their deficiency causes anaemia, a situation that afflicts mostly women. Emafol therefore is an ideal product to prevent anaemias without iron, but it is also a efficacious support to strengthen and to stimulate the immune sistems against bacterial and viral infections.

INGREDIENTS: Iron gluconate, Iron pyrophosphate Sunactive® (contain: **Soy** lecithin), Dog rose (*Rosa canina L.*) d.e. tit. 70% vitamin C, Vitamin C, Lactoferrine, Bulking agent: mycrocellulose; Copper gluconate, Anticaking agents: magnesium stearate vegetable and silica; Folic acid, Vitamin B12. Glazing agent: hydroxypropylmethylcellulose.

MIMIKER

CONTROLS THE SUGAR LEVEL IN THE BLOOD



The alpha-lipoic acid, enzymatic cofactor in the Krebs cycle, assures an optimal energy availability. It is a powerful antioxidant, which has demonstrated protective properties on the nerve fibre, so that it is used in the treatment of various types of neuropathies (carpal tunnel syndrome, diabetes, retina).

Together with picolinate Chromium it is a regulator of glycaemia by acting influence on plasmatic factor, the GTF (Glucose Tolerance Factor), which enhances the activity of the insulin hormone. For this reason, in many experimental studies, alpha-lipoic and chromium acids have been used as natural hypoglycemics. Mimiker contains also the extract of Specious Lagerstroemia (Banaba), with significant hypoglycemic properties that can inhibit the differentiation of adipose cells and reduce the body fat deposits. Mimiker is in the form of gastroprocted capsules, to assure a better availability of the active principles.

INGREDIENTS: alpha Lipoic acid (Alipure™), Banaba (*Lagerstroemia speciosa (L.)*) d.e. 1% Corosolic acid, Bulking agents: calcium phosphate bibasic, microcellulose; Anticaking agent: magnesium stearate vegetable; Chromium pycolinate. Glazing agents: hydroxypropylmethylcellulose, E1420, Talco, Glycerol, Titanium bioxide, E122*, E133. (* *It can negatively affect activity and attention of children*).

DIRECTIONS: Take 1 capsule daily, preferably before meals.

PACKAGES: 30 Vegicaps x 600 mg.

AVERAGE AMOUNTS	PER 1 CPS	% NRV*
Alpha Lipoic acid	400 mg	
Lagerstroemia speciosa d.e.	100 mg	
of which Corosolic acid	1 mg	
Chromium	100 mcg	250

* NRV = Nutrient reference value (adults)

DIRECTIONS: Take 1 capsule daily on a full stomach.

PACKAGES: 30 Vegicaps x 600 mg.

AVERAGE AMOUNT	PER 1 CPS	% NRV*
Lactoferrine	50 mg	
Iron	21 mg	150
Copper	1,8 mg	180
Folic acid	300 mcg	150
Vitamin B12	1,5 mcg	150

* NRV = Nutrient reference value (adults)

FOSFOLIPID PS

CONTRASTS THE COGNITIVE DEFICIT FROM STRESS



It is a complete supplier of phospholipids, essential constituents of the cell wall. It is enriched in particular with phosphatidylserine (PS), itself obtained through an extraction process starting from soya lecithin. As well as the phosphatidylcholine, it is an essential constituent of the cell wall. It has been studied in particular because it seems to improve considerably the mental brightness, the cognitive abilities and to avoid the stress in the strained subject. In particular, PS seems to reduce the secretion of cortisol, an hormone which is normally secreted in the event of physical stress and which improves the degradation of the glycogen deposits and of the muscular structures to keep high the energy level. PS seems to intervene also in the modulation of the testosterone 's and parasympathetic neuromediators' secretion, in particular by increasing the production of acetylcholine. For those proprieties the phosphatidylserine

is used in cognitive disability, in subjects under intense stress, in endurance athletes to improve the resistance to strain and therefore the performance. Benefits seem to be connected to a prolonged ingestion for almost a pair of months. Fosfolipid PS is also rich in phosphatidylcholine and all the main phospholipids, peculiarity which makes the product an interesting cell nutrient. The formula was powered with the addition of zinc, that normalizes the cognitive function, and Vitamins of E Group that help to the normal working of nervous system.

INGREDIENTS: Soy lecithyn 20% of phosphatydlserine, fish collagen, colour: irone oxides (E172).

DIRECTIONS: Take 2 softgels daily, after meals.

PACKAGES: 30 softgels x 700 mg.

AVERAGE AMOUNT	PER 2 SOFTGELS	AVERAGE AMOUNT	PER 2 SOFTGELS
Phosphatidylserine	200 mg	Phosphatidylethanolamin	120 mg
Phosphatidylcholine	200 mg	Phosphatidic acid	60 mg
Phosphatidylnositol	120 mg		

FLORACTIV

GASTROPROTECTED MILK FERMENT



Floractiv is a nutritional supplement made up of Saccharomyces boulardii (the only probiotic antibiotic-resistant) and selected live milk ferments. It promotes the equilibrium of the intestinal bacterial flora altered for eating disorders, antibiotic therapy, diarrhea and stress. This kind of disorders are often the main cause of diseases like constipation, abdominal bloating, bad breath, skin impurities, etc..

Two capsules of Floractiv (Recommended Daily Ratio) contain, in fact, 16 billion U.F.C. of wich 10 billion of Saccharomyces boulardii.

- **Saccharomyces boulardii:** it has a very positive effect on the immune system, prevents diarrhea, it is ideal to restore the bacterial flora during antibiotic therapy; it develops a preventive and therapeutic action against thrush.
- **Lactobacillus acidophilus:** fit facilitates the digestion of dairy products, reduces the development of pathogenic and micotic flora, supports the activity of the immune system, takes part to the endogenous production of vitamin B, facilitates good digestion and food assimilation.
- **Lactobacillus ramnosus:** it produces lactic acid in the bowels and creates a suitable environment for lactobacilli, but inhospitable to pathogenic bacteria.

Moreover, it contains **Inuline:** a soluble fiber fit for reducing intestinal gas and helping the healthy micro bacterial flora development.

Floractiv is therefore very good to contrast situation of acute diarrhea and "traveler's diarrhea". It is also very recommended in case of eating disorders, antibiotic therapy, intestinal candidiasis and stress and to boost the natural immune defense system.

INGREDIENTS: Saccharomyces boulardii MTTC 5373, Inuline, Bulking agents: cellulose microcristalline, calcium phosphate tribasic; Anticaking agents: silica and magnesium stearate vegetable; Lactobacillus acidophilus CNCM I 4457, Lactobacillus rhamnosus ATTC SD-5217. Glazing agent: hydroxypropylmethylcellulose.

Mai contain **lactose** (<1 ppm).

DIRECTIONS: Take 1 capsule, 2 times daily, before meals.

PACKAGES: 20 Vcaps™ x 535 mg.

AVERAGE AMOUNT	PER 2 CPS
Saccaromyces boulardii	10 billion U.F.C.*
Lactobacillus acidophylus	4 billion U.F.C.*
Lactobacillus ramnosus	2 billion U.F.C.*
Inuline	200 mg

* UFC = Colony-forming units

MSM
ORGANIC SULPHUR



MSM is a nutritional supplement of Methyl sulphonyl methane: it consists in a natural form of organic sulphur, that is naturally occurring and that is within all the living organisms. In order of quantity, the sulphur is the third mineral in the human body just next calcium and phosphorus. Nails and hair are mainly made up of a very resistant protein, high-sulphured, called keratin. The connective and cartilage tissue contain proteins sulphur bonded. The inorganic sulphur is unlikely absorbed while the organic one, biologically active, is extremely important for the health of every living organism. Taking MSM provides potential beneficial effects in the following diseases: osteoarthritis, rheumatoid arthritis, fibromyalgia, back pain, headache, migraine, muscle pain, bursitis, sclerosis, scars from burns, surgical operations, ext. MSM contrasts inflammatory processes enhancing the cortisol activity, a natural anti-inflammatory hormone produced by the human organism. Moreover, MSM is an helper for the natural defense, amplifies the effects of important antioxidants like C and E vitamins, coenzyme Q10, selenium, etc. The sulphur is required also for the glutathione production, the most powerful antioxidant among all nutrients. Finally, MSM is a natural cellular detoxifier.

INGREDIENTS: Methyl sulphonyl methane (MSM), Bulking agents: microcrystalline cellulose and dibasic calcium phosphate; Anticaking agents: vegetable magnesium stearate and silica.

DIRECTIONS: Take 1 tablet daily with half a glass of water.

PACKAGES: 60 tablet x 1300 mg.

AVERAGE AMOUNT	PER 1 TAB
Methyl sulphonyl methane	1000 mg

MGK

SUPPLEMENTS FOR THE LOSS OF
MAGNESIUM AND POTASSIUM

Dietary supplement of Magnesium and Potassium, two minerals that act synergically in the regulation of cellular energetic processes. Their presence is very important to the “electrolytical” or minerals equilibrium.

The high summer temperatures and the concomitant physical activity can, because of sweating, lead to a significant loss of these minerals. The deficiency of magnesium and potassium causes physical tiredness and insomnia, increases lactic acid, muscle pain and cramps.

Magnesium is a vital mineral whose deficiency is fairly widespread in Europe so much so that the RDA was recently raised to 375mg. It takes part to the growth of bones and teeth, acts sedately in nerve and cardiac tissues, energetically in muscle tissues.

Potassium is the most important intracellular and regulator of water equilibrium mineral. Its deficiency causes liquids retention and hypertension, fatigue and weakness. Physical activity, diarrhea and vomit substantially increase the potassium requirement.



INGREDIENTS: Magnesium citrate, Bulking agent: mycrocellulose, Potassium citrate, Magnesium lactate, Anticaking agents: silica and stearate vegetable.

DIRECTIONS: Take 3 tablets, during the day, preferably on a full stomach.

PACKAGES: 30 tablet x 1300 mg.

AVERAGE AMOUNT	PER 3 TABS	% NRV*
Magnesium	300 mg	80
Potassium	300 mg	15

* NRV = Nutrient reference value (adults)

NAQU
ANTIOXIDANT - DETOXIFYING

Naqu is an innovative dietary supplement with specific and important antioxidant properties. NAC promotes the Glutathione synthesis, and it's important to know that Glutathione with selenium set up the glutathione-peroxidase enzyme that has an important antioxidant and protective function towards cytotoxic substances. Glutathione has detoxifying properties (especially for the liver). Moreover, NAC reduces the plasma levels of homocysteine, that is increasing in people subject to heart disease. NAC is well known and used for its mucolytic and expectorant function. Coenzyme Q10 is an essential element in the cellular respiratory chain and abounds in the muscle and cardiac tissue. Studies about a supplementation of Coenzyme Q10 show specific benefits in people with cardiovascular disorders like angina pectoris and hypertension, in people who practice regularly sport, in elderly people, and specific benefits also to prevent neurodegenerative diseases. Therefore NAQU is recommended as specific antioxidant support for athletes and people subject to cardiovascular disorders and premature aging. It may be used also to contrasts respiratory infections.

INGREDIENTS: N-Acetil L-Cisteina (Nac), Bulking agents: microcrystalline cellulose and dibasic calcium phosphate; Coenzyme Q10 (Ubidecarenone), L-Glutathione (GSH), Anticaking agents: vegetable magnesium stearate and silicon dioxide; Selenium methionine.

DIRECTIONS: Take 1 tablet daily with half a glass of water.

PACKAGES: 30 tablet x 1300 mg.



AVERAGE AMOUNT	PER 1 TAB	% NRV*
N-Acetyl L-Cisteina	500 mg	
Coenzyme Q10	100 mg	
L-Glutathione	50 mg	
Selenium	55 mcg	100

* NRV = Nutrient reference value (adults)

MULTI B50 COMPLEX

VITAMINS B GROUP THAT GIVE VITALITY AND ENERGY



It contains the whole B group vitamins, even the less known that are derived from natural sources, such as rice bran and alfalfa. The Vitamin B complex plays an essential role in the transformation of fats, proteins and carbohydrates into energy and plastic compounds, in ensuring the health of the immune and nervous systems, skin, hair, eyes, mouth and liver. As they are highly soluble and easily eliminated these vitamins must be regularly replenished through diet. Appearances by excess are extremely rare, while it may happen that there are serious diseases caused by deficiency of some of them (e.g. Pellagra, which is caused by deficiency of vitamin PP and Beri Beri caused by vitamin B1 deficiency).

Many B vitamins are interrelated, which means that the deficiency of one of them can compromise the functionality of the others. For this reason they must be taken at the same time.

The B vitamins have a special nutritional importance in conditions of general weakness, after antibiotic therapies, in the control of metabolic and energy processes that depend on proteins and carbohydrates. It is particularly recommended to active people to guarantee their maintenance for a good vitality and energy and to people, who want reduce physical and mental tiredness conditions. A diet rich in proteins requires increased intake of vitamin B.

INGREDIENTS: Maize Starch, Bulking agent: microcellulose; Alfa alfa (*Medicago sativa* L.) d.e., Coline bitartrate, Spirulina (*Spirulina platensis*) d.e., Inositol, Para-amminobenzoic acid (Paba), Pollen powder, Parsley (*Petroselinum crispum* A.W.Hil.) d.e., Clorophyl powder, Bioflavonoids from Citrus (*Citrus sspp.*) extract 35% hesperidine, Water-Cress (*Nasturtium officinale* R.Brown) d.e., Vitamin PP (nicotinamide), Anticaking agents: magnesium stearate vegetable and silica; Calcium pantotenate (vitamin B5), Tiamin hcl (vitamin B1), Riboflavine (vitamin B2), Pyridoxin hcl (vitamin B6), Folic acid, Biotine, Cyanocobalamine (vitamin B12).

DIRECTIONS: Take 1 tablet daily, preferably after main meals.

PACKAGES: 30 tablet x 1200 mg.

AVERAGE AMOUNT	PER 1 TAB	% NRV*
Alfa alfa e.s.	100 mg	
Coline bitartrate	100 mg	
Spiruline d.e.	100 mg	
Inositol (Vitamin B7)	100 mg	
Paba	100 mg	
Pollen powder	100 mg	
Parsley powder	80 mg	
Clorophyl powder	60 mg	
Bioflavonoids from Citrus	50 mg	
<i>of which Hesperidine</i>	17,5 mg	
Niacine	36 mg	225
Pantotenic acid	19 mg	300
Tiamin (Vitamin B1)	25 mg	2273
Riboflavine (Vitamin B2)	25 mg	1786
Vitamin B6	9,5 mg	679
Folic acid	400 mcg	200
Biotine	100 mcg	200
Cyanocobalamine (Vitamin B12)	33 mcg	1320

* NRV = Nutrient reference value (adults)

MULTIVITAMIN

27 NATURAL ACTIVE INGREDIENT: VITAMINS,
MINERALS, MICRONUTRIENTS AND ANTIOXIDANTS



Multivitamin is a complete natural dietary supplement, because it provides all the hydro and liposoluble vitamins, minerals and trace elements. The peculiarity of Multivitamin is to contain a new generation of natural substances that are particularly active and effectivein protecting the organism cells: the micronutrients. These compounds are contained in various kinds of fruits and vegetables, usually have a potent protective cellular integrity; in particular the extracts of Apple, red Orange (ROC ®), red Wine and Tomato. For this reason Multivitamin has a high ORAC value, that is a test recognized by the World Health Organization, that measures the ability to neutralize free radicals (antioxidant) of a compound. Multivitamin is an ideal supplement in

malnutrition conditions , poor diet in fruits and vegetables, antibiotic therapy, mental and physical weakness and convalescence, in periods of particular physical stress at work and sport, for people who undergo low calories slimming diets.

INGREDIENTS: Bulking agent: calcium phosphate and microcellulose; Vitamin C (L-ascorbic acid), Potassium chloride, Magnesium oxide, Vitamin E (alpha-tocopheryl acetate, starch, maltodextrine from maize), Carrot root (*Daucus carota* L., maltodextrine) d.e., Iron fumarate, Maize Starch, Anticaking agents: silica and magnesium stearate; Zinc citrate, Glazing agents: hydroxypropylmethylcellulose, glycerol, talc; Apple (*Malus domestica* Borkh.), maltodextrine) d.e., Roc® (Red Orange (*Citrus sinensis* var. *dulcis* L.) d.e. 10% anthocyanins, maltodextrin), Lycopene from *Blakeslea trispora* (contain starch) 5% Niacine (Nicotinamide), Red Grape (*Vitis vinifera* L.) d.e. 95% proanthocyanidins, Manganese gluconate, Selenium methionine, Cupper gluconate, Vitamin B5 (Calcium d-pantotenate), Vitamin A (Rethinil acetate), Colours: E171, E172; Vitamin D3 (Colecalcipherol), Vitamin B6 (Pyridoxine HCL), Vitamin B12, Vitamin B2 (Riboflavin), Vitamin B1 (Thyamine HCL), Vitamin K1 (Phytomenadione), Folic acid, Potassium iodine, Vitamin H (Biotine), Chromium pycolate.

DIRECTIONS: Take 1 tablet daily. **PACKAGES:** 30 tablet x 1000 mg.

AVERAGE AMOUNT OF VITAMINS	PER 1 TAB	% NRV*
Vitamin C	105 mg	131
Vitamin E	30 mg	250
Nicotinamide (Vitamin PP)	24 mg	150
Vitamin B5 (Calcium d-pantotenate)	9 mg	150
Vitamin B2 (Riboflavin)	2,1 mg	150
Vitamin B6 (Pyridoxin HCL)	2,1 mg	150
Vitamin B1 (Tiamina HCL)	1,65 mg	150
Vitamin A (Retinil acetate)	800 mcg	100
Folic acid	300 mcg	150
Biotine	50 mcg	100
Vitamin K1 (Phytomenadione)	22 mcg	30
Vitamin D3 (Colecalcipherol)	7 mcg	140
Vitamin B12	2,5 mcg	100

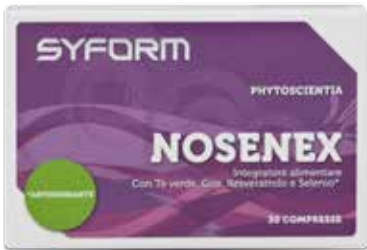
AVERAGE AMOUNT OF MINERALS	PER 1 TAB	% NRV*
Iron	14 mg	100
Zinc	12 mg	120
Manganese	2 mg	100
Copper	1,5 mg	150
Iodine	150 mcg	100
Selenium	55 mcg	100
Chromium	12 mcg	30

AVERAGE AMOUNT OF MICRONUTRIENTS	PER 1 TAB	% NRV*
Red Orange extract (Roc®)	25 mg	
<i>of which Anthocyanins</i>	2,5 mg	
Lycopene	1,25 mg	
Apple extract	25 mg	
Red Grape d.e.	20 mg	
<i>of which Proanthocyanins</i>	19 mg	

* NRV = Nutrient reference value (adults)

NOSENEX

WITH GREEN TEA, GOJI AND RESVERATROL
THE INNOVATIVE HYDROPHYL ANTIOXIDANT



NEW FORMULE!

Nosenex contains:

- Polyphenols from green tea (EGCG): considered for some time now a very valuable ally for the health of prostate and cardiovascular system.
- Oxynea: a complete formula of Micronutrients from fruits and vegetables
- Extract of Red Vine and Goji, the actual natural powerfull antioxidant, 30.000 orac units. Also Goji berries contain vitamins C and E that protect against free radicals and oxidative stress, minerals such as copper, iron, phosphorus, manganese, zinc and chromium which help regulate and activate energy metabolism, thus offering a valuable aid in diets.
- Resveratrol: is a substance to which the scientists dedicate a particular attention in the latest period for its probable antitumor and antithrombotic activity. It was discovered to explain the “French paradox”, in which it was noted that the French population, in the South of France, has a diet similar to that of some regions of the United States, but it is less prone to cardiovascular medical problems. The explanation has been ascribed to resveratrol, that is contained in red wine and is a by-product of the of the skins of the grapes.

Nosenex is particularly suitable for those who have irregular eating habits, who have fruits and vegetables deficiencies, people who are submitted to intense physical activity and live in unhealthy environments and is ideal to protect the skin from the sun.

ROX-E

SUPER ANTIOXIDANT
IDEAL FOR THE EXPOSURE TO THE SUN



Rox-E is a potent natural concentrate, of high dosage, based on antioxidants micronutrients, that are extracted from “red” vegetables: Tomato, Red Orange, Red Vine. It contains Carotenoids, Polyphenols, including anthocyanin, and a high dosage of Tocotrienols, a group of substances that belong to the family of Vitamin E, but that develop an antioxidant capacity 40-60 times higher than that of -tocopherol. Thanks to this particular composition, Rox-E is particularly appropriate to prepare and defend the skin from the sun aggression, it helps to maintain it intact and shiny. Rox-E also contains Resveratrol, that is a substance with probable antithrombotic and antitumor activity. It is important to eat properly, with plenty of fruits and vegetables, but in case it is difficult and the organism reveals warning signs, it becomes essential to supply the diet with

natural antioxidants highly concentrated substances. People who practice intense sporting activities should always to guarantee their body a high supply of antioxidant nutrients to ensure the functionality of the immune system and cellular detoxification mechanisms.

INGREDIENTS: Tocomax™ [Tocotrienol/tocopherol mix from Palm oil (*Elaeis guineensis* Jacq.) 20% phyto-tocotrienol/tocopherol, 4% squalene, 1,4% phytosterol], Carosol™ [Carotenoids mix from Palm oil (*Elaeis guineensis* Jacq.) 3% phyto-carotenoids], Red Grape (*Vitis vinifera* L.) d.e. 95 % polyphenols, Roc® (Red Orange (*Citrus sinensis* (L.) Osbeck var.) d.e. 10% anthocyanins, Maltodextrin), Blueberries (*Vaccinium myrtillus* L.) d.e. 25% anthocyanosids, Tomato powder 5% lycopene, Polygonum (*Polygonum cuspidatum* Sieb.&Zucc.) d.e. 20% *trans*-Resveratrol, Starch, Anticaking agent: magnesium stearate vegetable. Glazing agent: hydroxypropylmethylcellulose.

INGREDIENTS: Green tea (*Camellia sinensis* (L.) Kuntze) d.e. - 50% EGCG and 98% Polyphenols, Bulking agents: calcium phosphate bibasic and microcellulose; Goji (*Lycium barbarum* L.) fruit d.e., Quercetine, Fruits and Vegetables extract Oxynea®-FP (Red and white Grapes, Blueberries, Grapefruit, Orange, Papaja, Pineapple, Strawberry, Cherries, Apple, Blackberry, Black currant, Tomato, Carrot, Green tea, Broccoli, Cabbage, Onion, Garlic, Wheat germ, Cucumber, Asparagus, Olives), Red grapes (*Vitis vinifera* L.) d.e. - 95 OPC - 75% polyphenols, Resveratro (by *Polygonum cuspidatum* Siebold & Zucc., root), Anticaking agents: magnesium stearate vegetable and silica; L-Seleniummethionine.

DIRECTIONS: Take 1 tablet, twice daily, after main meals.

PACKAGES: 30 tablets x 1200 mg.

AVERAGE AMOUNT	PER 2 TABS	% NRV*
Green tea d.e.	600 mg	
<i>of which Polyphenols</i>	588 mg	
<i>of which EGCG</i>	300 mg	
Goji d.e.	400 mg	
Quercetine	300 mg	
Oxynea®-FP d.e.	300 mg	
Red grapes d.e.	200 mg	
Resveratrol	100 mg	
Selenium	55 mcg	100

* NRV = Nutrient reference value (adults)

DIRECTIONS: Take 1 capsule daily.

PACKAGES: 20 Vegicaps x450 mg.

AVERAGE AMOUNTS	PER 1 CPS	% NRV*
Tocomax™	75 mg	
<i>total Tocotrienols of which:</i>	11,85 mg	
<i>d-α-Tocotrienol</i>	3,6 mg	
<i>d-β-Tocotrienol</i>	0,45 mg	
<i>d-δ-Tocotrienol</i>	1,65 mg	
<i>d-γ-Tocotrienol</i>	6,15 mg	
<i>d-alfa-Tocopherol (Vit. E)</i>	3,3 mg	30
<i>total Phytosterols</i>	1,05 mg	
<i>Squalene</i>	3 mg	
Carosol™	60 mg	
<i>Phyto-carotenoids of which:</i>	1,8 mg	
<i>α-Carotene</i>	0,6 mg	
<i>β-Carotene</i>	1,2 mg	
<i>γ-Carotene</i>	6 mcg	
Roc® extract	50 mg	
<i>of which Anthocyanins</i>	5 mg	
Red Grape d.e.	50 mg	
<i>of which Polyphenols</i>	47,5 mg	
Polygonum d.e.	25 mg	
<i>of which trans-Resveratrol</i>	5 mg	
Blueberries d.e.	25 mg	
<i>of which Anthocyanosids</i>	6,25 mg	
Tomato powder	25 mg	
<i>of which Lycopene</i>	1,25 mg	

* NRV = Nutrient reference value (adults)

ROSA C

NATURAL VITAMIN C FROM RED ORANGE



The Dog Rose is a officinal plant that is very rich in flavonoids and Vitamin C in quantities that are ten times higher than the juice of citrus fruits. The natural vitamin C is more efficacious than the synthetic one, because in nature it is always associated to a complex of substances, bioflavonoids, that act synergistic and complementary and that are able to improve absorption, bioavailability and functionality. The synthetic Vitamin C doesn't contain this precious complex of elements.

Vitamin C is recommended to prevent diseases of the cardiovascular tract and caused by cooling , such as cold and flu, and has a marked antioxidant action. It reduces the damages caused by cigarette smoke, it stimulates the proteinic synthesis, particularly the collagen one.

INGREDIENTS: Rose hip (*Rosa canina L.*) d.e. 70% Vitamin C, Bulking agents: microcellulose and calcium phosphate; Bioflavonoids from Citrus (*Citrus aurantium dulcis*) extract 35% hesperidine, Anticaking agents: magnesium stearate vegetable and silica; Quercetine, Roc® (Red Orange (*Citrus sinensis (L.) Osbeck var.*) d.e. 10% anthocyanins, Maltodextrin).

DIRECTIONS: Take 1 tablet daily.

PACKAGES: 30 tablet x 1400 mg.

AVERAGE AMOUNTS	PER 1 TAB	% NRV*	AVERAGE AMOUNTS	PER 1 TAB
Dog Rose d.e.	1000 mg		Quercetine	25 mg
of which Vitamin C	700 mg	875	Roc® (Red orange extract)	25 mg
Bioflavonoid from Citrus	100 mg		of which Anthociynins	2,5 mg
of which Hesperidine	35 mg			

* NRV = Nutrient reference value (adults)

ROSA C chewable

NATURAL VITAMIN C FROM RED ORANGE



Rosa C is a natural nutritional supplement of Vitamin C and dry extract concentrated of Red Orange - Roc®. The natural Vitamin C (from extract of Dog Rose) is more effective than the synthetic one, and this is due to the fact that natural Vitamin C is joined to a variety of substances, bioflavonoid, acting synergistically and complementarily as to improve its absorption, the bioavailability and functionality. Flavonoids are very useful to prevent circulation disorder, Among flavonoids, Quercitine has a powerful antioxidant activity. The Vitamin C is recommended to prevent cardiovascular diseases and the ones caused by cooling, like cold and flu. Moreover Vitamin C has a marked antioxidant action, it reduces damages caused by cigarette smoke, it stimulates the protein synthesis, particularly the collagen one.

INGREDIENTS: Rose hip (*Rosa canina L.*) fruits d.e. tit. 70% Vitamin C, Fructose, Sweeteners: sucralose and sorbitol, Hesperidin, Anticaking agents: magnesium stearate and silica; Quercetin, Roc® (Red Orange (*Citrus sinensis (L.) Osbeck var.*) fruit d.e.. tit. 10% polyphenols, Maltodextrin), Herbs.

DIRECTIONS: Take 1 tablet daily.

PACKAGES: 60 tablets x 1000 mg.

AVERAGE AMOUNT	PER 1 TAB	% NRV*
Dog rose d.e.	715 mg	
of which Vitamin C	500 mg	625
Esperidine	35 mg	
Quercetin	10 mg	
Roc® (Red Orange extract)	10 mg	
of which Polyphenols	1 mg	

* NRV = Nutrient reference value (adults)

MELATONIC

CONTROLS THE RHYTHM SLEEP-WAKE
HINDERS THE JET-LAG



Dietary supplement of melatonin, combined with adenosine and glycine.

Melatonin is physiologically produced by our organism, in which it seems to regulate the rhythm sleep-wake and of the secretion of very important hormones.

The melatonin is useful in particular to facilitate the induction of the REM sleep, to improve the memory deficiencies, the depressive syndromes and hinder particular moments of stress.

Melatonin plays therefore a role in the regulation of bodily biorhythms, as the sleep-wake cycle.

It is also useful to adapt the organism to the time-zone variations (jet-lag).

INGREDIENTS: Excipients: calcium phosphate bibasic and microcrystalline cellulose; Thickener: hydroxypropyl methylcellulose; Melatonin, Excipients: magnesium stearate vegetable.

DIRECTIONS: Take 1 tablet in the evening, preferably before sleeping. In case of jet-lag take it before sleeping the first day of travel and for some days after the arrival.

PACKAGES: 80 tablets x 90 mg.

AVERAGE AMOUNT	PER 1 TAB
Adenosine	9 mg
Glycine	5 mg
Melatonine	1 mg

ZINCOR

IMMUNITY SHIELD
IT FACILITATES TISSUES REPAIR



Zinc is a trace element, an essential component of many active enzymes in the processes of cellular respiration, in the regulation of blood pH, in the synthesis of collagen proteins, that are indispensable for the integrity and beauty of skin. If associated with vitamin C, Zinc is very efficacious to guarantee an optimal skin elasticity. It also develops an antioxidant action, it stimulates the immune system and plays an active role in maintaining in excellent health the male reproductive system.

Copper is a trace element that is essential to prevent anemia, it fights against infections, it is contained in the SOD, superoxide dismutase, that are enzymes with antioxidant activities. The intake of zinc and copper must be done at the same time and must be balanced to avoid a respective deficiency of each trace element, as the two minerals take advantage of the same absorption system.

The minerals in the organic form guarantee an effective absorption and an excellent biodisponibility

INGREDIENTS: Bulking agent: mycrocellulose and calcium phosphate bibasic; Zinc monomethionine, Anticaking agent: magnesium stearate vegetable and silica; Copper gluconate. Glazing agent: hydroxypropylmethylcellulose.

DIRECTIONS: Take 1 capsule daily, preferably after the main meals.

PACKAGES: 30 Vegicap x 500 mg.

AVERAGE AMOUNT	PER 1 CPS	% NRV*
Zinc	22,5 mg	225
Copper	1,8 mg	180

* NRV = Nutrient reference value (adults)

VITA DK2

BONE DEVELOPEMENT



Vita DK2 is a supplement of Vitamin D3 and Vitamin K2 which is very recommended in order to maintain a healthy bones system. Vitamin K has a unique function among vitamins. It activates blood coagulation factors (K1) and stimulates and regulates the synthesis activity of bone matrix (K2). Vitamin K2 (which is less available in dietary sources) is essential to build and maintain strong and healthy bones in order to prevent calcification processes involving the arteries. Vitamin D, which has long been known for its main antirachitic activity and bone mineralization, is nowadays reconsidered thanks to its different further functions, such as immunomodulatory and anti-inflammatory activity. For this reason, it is used to contrast different diseases an pathologies like multiple sclerosis, heart disease, psoriasis and rheumatoid arthritis. When we talk about Vitamin D, we usually refer to Vitamin D2 and D3. As for Vitamin K2, recent studies seem to confirm that the majority of the population does not take adequate amounts of Vitamin D through diet and sun exposure. In fact there are very few dietary sources

for Vitamin D (such as cod liver oil and eggs from hens fed with vitamin D) and the great amount of it is absorbed through fortified foods. An adequate supplementation may overcomes these deficiencies and contribute to the health of the organism.

INGREDIENTS: Soy oil, Food gelatine (shell), Firming agent: glycerol; Vitamin K2 (menaquinone), stabiliser: silicon dioxide; Vitamin D3 (cholecalciferol).

DIRECTIONS: Take 1softgels per day, after meals.

PACKAGES: 60 softgel x 390 mg.

AVERAGE AMOUNT	PER 1 SOFTGEL	% NRV*
Vitamin K	22,5 mcg	30
Vitamin D	10 mcg	200

* NRV = Nutrient reference value (adults)



PhytoScientia

PhytoScientia is a line of specific phytotherapeutic supplements, which has been produced to increase the value of the nutritional meaning and the activity of some officinal plants. Phytoscientia bases its premises on technical and scientific details, which are essential to obtain a product of quality.

- Selection of officinal plants, whose traditional employment is a guarantee of effectiveness and safety (Astragalus, Echinacea, bilberry, etc..)
- Selection of officinal plants whose activity is supported by a wide scientific documentation
- Employment of titrated and standardized extracts, in the “therapeutic” dose
- Employment of dried extracts from mother tincture: innovative typology of phytotherapy extract, that conserves the greatest concentration of active principles

Phytoscientia includes phytotherapy preparations which cover a wide and complete range of benefits, that are useful to reduce the most common disorders, either from an aesthetical point of view, or to keep the organism in full efficiency.

To get slim, for example, does not mean to lose weight, but to eliminate the superfluous fats. Many people lose more muscles than fats, to the expense of physical efficiency and with little lasting results. To recover the ideal weight, in addition to physical exercise, it is essential a balanced diet and the intake of substances that help to preserve lean body mass and a perfect health.

The dried extracts and fluid extracts used in our formulations are the concentrate of the most active and efficacious part of the plants: they are not simple dusts that contain the entire plant, but they include the inert parts of it.

These extracts, that are titrated in active and standardized principles according to the parameters of the most important European Pharmacopoeia, are included in scientifically established formulations that use the synergy that some plants develop among between them to guarantee efficacious and stable results for a long time.

To assess the quality of an herbal supplement it is essential that the consumer starts to

dwell on the concept of dose and learn to read the label or carton of product.

The efficacy of a phytoterapy, for which there is already an authoritative scientific validation is strongly related to the dose and the specific activity of some active principles. We want strongly focus on the concept of “therapeutic dose” making clear and transparent in this sense the nutrition label. It is our will to educate the final consumer through a professional communication, which allows him to become aware of the importance of the dose-dependent quality of phytotherapy supplement, so that he can start to compare, thanks to the label, the concentration of active ingredients per dose contained in the similar supplements that are available on the market. The seriousness and quality of a company is already in part indicated on the product packaging.

Phytoscientia is a phytotherapeutic line in development. Thanks to our continuous research & development activity and pharmaceutical know-how, we will gradually place other new valid formulations with preventive meaning and of therapeutic support at disposal, but we will always and only base on the criterion of their clinic certification, on the use of raw materials of highly quality, that are able to give validity and effectiveness to the product.

0 CALORIE

BLOCK THE ASSIMILATION OF CALORIES IN EXCESS



INGREDIENTS: NeOpuntia® powder (*Opuntia ficus indica*, Mill), White bean vegetable Protein (*Phaseolus vulgaris* L.), Bulking agents: calcium phosphate bibasic and microcellulose; Anticaking agents: magnesium stearate vegetable and silica.

DIRECTIONS: Take 1 tablet, twice daily, after main meals.

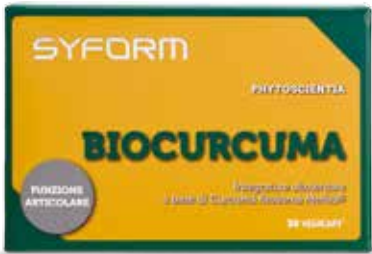
PACKAGES: 30 tablets x1300 mg.

AVERAGE AMOUNT	PER 2 TABS
Opuntia Ficus indica	1400 mg
<i>solubles Fiber > 35%</i>	
<i>insolubles Fiber < 15%</i>	
Wheat bean vegetable Protein	600 mg

0 Calorie is an innovative combination of vegetable extracts that are able to reduce the intestinal absorption of fats and sugars. The new extract of indica Ficus (NeOpuntia®), invested with prestigious international awards for its effectiveness and quality, binds the fat ingested with food by preventing their absorption in the bowels. Scientific studies prove that 1 gram of NeOpuntia® binds up to 15-20 grams of saturated fats; this binding capacity exceeds that of any other known substance. The Faseolamina (white bean protein) partially inhibits the digestion of carbohydrates and strongly limits their absorption. 0 Calorie intake is therefore efficacious with people that want to lose weight, but do not want to give up some pleasure of good food. Take the product after the main meals and only if you abound with food.

BIOCURCUMA

OSTEOARTHRISIS



Biocurcuma is a nutritional supplement based on bioavailable Meriva® Curcumin: a patented complex with a final title in curcumin 20%, obtained from soy highly purified phospholipids (phosphatidylcholine). This Phospholipids acts as carrier to transport curcumin into the cell membranes in a way to increase its bioavailability by about 10 times. Biocurcuma's formulation has proved to be particularly effective:

- in the **complementary treatment of osteoarthritis**: by reducing pain, increasing joint mobility
- as **antioxidant**
- as **anti-inflammatory**
- in **cancer treatment**: studies described several mechanisms of action contrasting some kind of cancer (colon, breast, prostate, lung, skin)
- to **support liver and digestive functionality**: the essential oil contented in Curcuma shows good stomatal, digestive and carminative proprieties. The curcuminoids have an important hepatoprotective action.

INGREDIENTS: Curcuma Meriva® (*Curcuma longa* L. d.e. 95% curcuminoids, soy phospholipids), Bulking agents: microcellulose and calcium carbonate; Maize starch, Anticaking agents: silica and vegetable magnesium stearate; Glazing agent (shell): hydroxypropylmethylcellulose.

DIRECTIONS: Take 3 capsules per day, after meals.

PACKAGES: 30 Vegicaps x 570 mg.

AVERAGE AMONUT	PER 3 CPS
Curcuma Meriva d.e.	990 mg
<i>of which Curcuminoids</i>	198 mg
<i>of which Soy Phospholipids</i>	396 mg

ACTIVEN

LIGHT LEGS



Activen is a compound of phytocomplexes that act as valuable support in the prevention and treatment of venous diseases, a common problem with a predominant incidence in the female population. When this disease happens, constitutional and acquired factors contribute to cause a subsidence of the vessel wall tone and a consequent retardation in the rise of the venous blood from the forelimbs to the heart. The Grape extract that contains PCOs (proanthocyanidins), protects the vessel walls, cross the begin of inflammation, reduces excessive dilation of venules, alleviates the sense of tiredness and reestablish the peripheral blood circulation. It also has antioxidant activity, that is enhanced by the presence of trans-Resveratrol. The Bioflavonoids Rutin and Diosmin, that are highly effective, give more tonicity and elasticity to the connective tissue of blood vessels. Activen, thanks to the properties of its components, can be successfully used to prevent and oppose the haemorrhoidal crisis.

INGREDIENTS: Rutine, Bioflavonoids from Citrus (*Citrus spp.*) d.e. 35% hesperidine, Diosmine, Vitamin C (L-Ascorbic acid), Red Grape (*Vitis vinifera* L.) d.e 92% polyphenols - 15% PCO, Centella (*Centella asiatica* L.) d.e. 20% triterpens, Polygonum (*Polygonum cuspidatum* Siedold&Zucc.) d.e. 20% *trans*-Resveratrol, Bulking agents: microcellulose and calcium phosphate,; Anticaking agents: magnesium stearate and silica. Glazing agent: hydroxypropylmethylcellulose, Stearic acid, colours: E171 e E124*. (* It can negatively affect activity and attention of children).

DIRECTIONS: Take 1 tablet daily, before meals.

PACKAGES: 30 tablet x 1100 mg.

AVERAGE AMOUNT	PER 1 TAB	% NRV*
total Bioflavonoids	587,5 mg	
<i>of which Rutine</i>	275 mg	
<i>of which Diosmine</i>	225 mg	
<i>of which Hesperidine</i>	87,5 mg	
Vitamin C	90 mg	112,5
Red Grape d.e.	50 mg	
<i>of which Polyphenols</i>	46 mg	
<i>of which PCO</i>	7,5 mg	
Centella d.e.	30 mg	
<i>of which total Triterpens</i>	6 mg	
<i>trans</i> -Resveratrol	5 mg	

* NRV = Nutrient reference value (adults)

CORDYCEPS

ENERGY AND ANTIAGE TONIC
STIMULATES THE IMMUNE SYSTEM



More than 1500 years ago on the Himalaya in Tibet, the local shepherds noticed that when their livestock and their sheep chewed a particular mushroom, the Cordyceps sinensis, they got very strong. For more than a thousand years, the Cordyceps sinensis, or chinese cordyceps, was the most consumed «tonic aliment» of Asia and first of all of China. The Cordyceps sinensis is a very rare mushroom in its habitat; today it is in fact mainly cultivated.

Among the most important active ingredients there are the cordycepine and the deoxyadenosine, two molecules from which come the many beneficent properties of Cordyceps.

Clinical studies have shown that the use of Cordyceps raises the availability of energy as ATP, making the use of oxygen more effective. This property justifies its use to improve the strength and to delay the fatigue during the sport activity.

The use of Cordyceps is associated with the following properties:

- Antioxidant • increases the energy and muscle oxygenation • relieves the tiredness • sexual tonic • relieves the symptoms of many respiratory ailments • maintains healthy cholesterol levels • Improves the circulation • Improves the liver functions, modulates the immune system, reduces the secretion of IL1 and IL6 pro-inflammatory molecules.

The deoxyadenosine could have a role in preventing cancer, as it seems to slow down the replication of DNA.

Cordyceps is indicated in case of tiredness, fatigue, and for those who practice sport; it is useful to facilitate the body's natural defenses, for a tonic action and for metabolic support.

INGREDIENTS: Cordyceps (*Cordyceps sinensis*) mushroom d.e. tit.7% Cordiceptic acid. Shell: hydroxypropyl methylcellulose, Bulking agent: microcrystalline cellulose, Anti-caking agent: magnesium stearate and silicon dioxide.

DIRECTIONS: take from 2 to 5 capsules per day.

PACKAGES: 100 tablet x 500 mg.

AVERAGE AMOUNT	PER 2 CPS
Cordyceps sinensis	700 mg

GANODERMA

ENERGY AND ANTIAGE TONIC
STIMULATES THE IMMUNE SYSTEM



Noted as Ling Zhi or Reishi, it is maybe the best-known mushroom in the Chinese medicine, for which is considered one of the 10 most effective substances in nature. It is not edible for its woody consistency.

It contains minerals (Mg, K, Calcium, Germanium), B vitamins, polysaccharides, hormonal precursors sterols. Reishi is considered a great adaptogen, very effective in loss of memory.

It is moreover an anti-inflammatory, anti-aging, immunostimulant, detoxifying, antineoplastic and antiplatelet.

For these reasons it is used as a complementary supplement in Alzheimer's and Parkinson's diseases, diabetes, obesity, chronic bronchitis, renal sclerosis, prostatic hypertrophy.

In addition, its polysaccharide component such as beta-glucan justifies its complementary use in anticancer therapy, and also in natural medicine as a basic remedy to facilitate the recovery of the physiological balance, that is as an adaptogen.

Ganoderma is useful to facilitate the body's natural defenses.

INGREDIENTS: Reishi (*Ganoderma Lucidum*) sporophore d.e., Shell: hydroxypropyl methylcellulose, Bulking agent: microcrystalline cellulose, Anti-caking agent: magnesium stearate and silicon dioxide.

DIRECTIONS: take from 2 to 5 capsules per day.

PACKAGES: 100 tablet x 500 mg.

AVERAGE AMOUNT	PER 2 CPS
Genoderma Lucidum	600 mg

DEPATIC®

IT PROTECTS AND PURIFIES THE LIVER

Depatic is a phytocomplex that is particularly able to depurate and protect the liver.

Silymarin, the active principle of the Milk Thistle, does an antioxidant and hepatoprotective activity , that is antagonistic against several hepatotoxic agents. It consists mainly of flavonoid derivatives such as silybin, silicristina and silidianina. The Silymarin acts as an antagonist against a number of hepatotoxic agents, including alcohol. The therapeutic efficacy of silymarin is based on two mechanisms of action:

1. It protects the liver cells, to prevent the absumption of toxic agents,
2. It increases the regenerative capacity of the liver and the formation of new hepatocytes.

The Desmodium adscendens is a plant with significant hepatic depurative and anti-inflammatory properties and is efficacious in repairing and protecting the hepatic tissue from damages caused by chronic regressive diseases (cirrhosis, hepatitis, etc..) and some toxic substances (toxins of vegetable nature, drugs, chemical poison.

INGREDIENTS: Milk thistle (*Silybum marianum Gaertn.*) d.e. 80% silymarine - 30% silybine, Desmodium (*Desmodium adscendens (Sw) D.C.*) d.e. 0,5% flavonoids, Rice starch, Anticakign agents: silica and magnesium stearate vegetable. Glazing agent: hydroxypropylmethylcellulose.

DIRECTIONS: Take 1 capsule, twice daily, before main meals with half a glass of water.

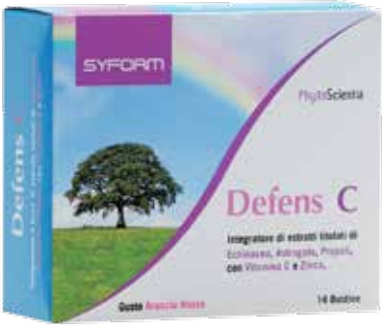
PACKAGES: 30 Vegicaps x 450 mg.

AVERAGE AMOUNT	PER 2 CPS
Milk thistle d.e.	300 mg
of which Silymarine	240 mg
of which Silybine	90 mg
Desmodium d.e.	300 mg
of which Flavonoids	1,5 mg



DEFENS C

STIMULATES THE NATURAL DEFENSES



Defense is a natural supplement based on efficacious titrated and standardized extracts with adaptogenic and immunostimulant action, that is useful to COUNTERACTan infection and to strengthen and stimulate the immune system.

Defens C, to the virtues of Echinacea and Astragalus, described above, adds the healing properties of propolis, with bacteriostatic, antimicrobial and antifungal action (against Candida and saccaromicetis infections); it also shows antiviral properties against some types of herpes and has antioxidant, healing and cytostatic properties.

The extract of red oranges from Sicily ROC ® has high antioxidant properties, and it helps to prevent

arteriosclerosis and cardiovascular diseases.

Defense C is ideal to support the natural immune defenses against viruses and bacteria attacks, whose activity becomes significant in the winter season.

It is therefore is recommended to people who contract more easily the typical winter illnesses to upper respiratory tract caused by cold, but also to those who suffer from gastrointestinal problems. In these cases, we recommend to use Defense regularly as prevention, durinG the whole winter.

INGREDIENTS: Maltodextrin, Astragalus (*Astragalus membranaceus Bung*) d.e. 70% olygosaccarides, Echinacea (*Echinacea angustifolia Dc.*) d.e. 4 % echinacosids, Red orange flavour, Acidifier: citric acid; Anticaking agent: silica; Acerola (*Malpighia puniceifolia L.*) d.e. 50% vitamin C, Zinc gluconate, Propolis (*Propolis*) d.e. 12% galangine, Roc® (Red Orange (*Citrus sinensis (L.) Osbeck var.*) extract 10% anthocyanins, Maltodextrin), Sweeteber: sucralose.

DIRECTIONS: Take 1 sachet daily, dissolved in a glass of water.

PACKAGES: 14 sachet x 5 g.

FLAVOURS: Red Orange.

AVERAGE AMOUNT	PER DOSAGE = 5 G 1 SACHET	%NRV*
Astragalus d.e.	225 mg	
<i>of which Polyaccarides</i>	157,5 mg	
Echinacea d.e.	215 mg	
<i>of which Echinacosides</i>	8,6 mg	
Acerola d.e.	120 mg	
<i>of which Vitamin C</i>	60 mg	75
Propolis d.e.	50 mg	
<i>of which Galangine</i>	6 mg	
Red Orange extract Roc®	25 mg	
<i>of which Anthocyanins</i>	2,5 mg	
Zinc	7 mg	70

* NRV = Nutrient reference value (adults)

IPOLIPID

REDUCES THE EXCESS OF CHOLESETROL



Hyperlipidemia is one of the main risk factors of the coronary heart disease, which is nowadays recognized as one of the major cause of death in industrialized countries. Extracts of red fermented Rice and Citrus aurantium, titrated polymetossiflavons, favours the restoration of proper lipid profile. Red fermented rice extract is naturally rich in statins, “monacoline”, that are substances that inhibit the action of specific enzymes involved in the endogenous cholesterol synthesis, in particular the ones of the fraction connected to the low-density lipoprotein (LDL “bad cholesterol”). The extract of Citrus aurantium is a natural and effective alternative to reduce LDL cholesterol levels without incurring in the side effects caused by traditional lipid-lowering drugs based on statins. It contains bioflavonoids, such as tangeritine and nobiletin. Studies point out that these two compounds may reduce the LDL level of 21-40%, probably by inhibiting the fats synthesis (cholesterol and triglycerides) in the liver. Ipolipid is therefore very

recommended as adjunct in the dyslipidemian treatments.

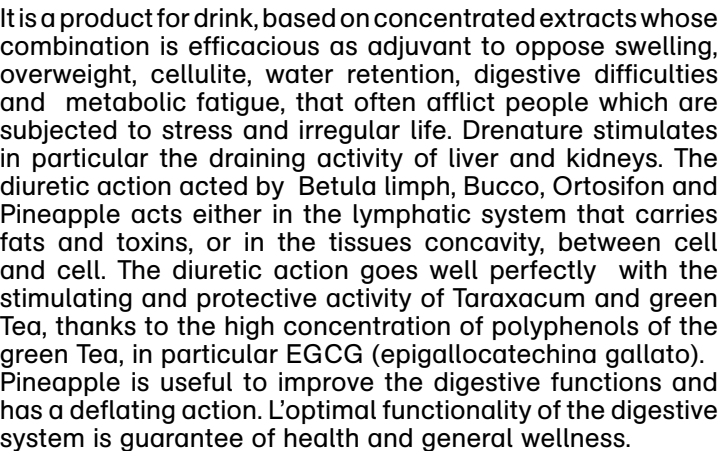
INGREDIENTS: Fermented Red Rice (from *Monascus purpureus*) d.e. 3% monacoline K, fermented Red Rice (from *Monascus purpureus*) d.e tit. 0,4% monacoline K, Citrus (*Citrus aurantium L. var. amara*) fruits d.e. tit. 36% PMF'S (flavones polymethoxylated) and max 0,5% synephrine, Bulking agents: microcrystalline cellulose and calcium phosphate dibasic; Anti-caking: magnesium stearate and silicon dioxide.

DIRECTION: Take 1 tablet daily, before sleeping.

PACKAGE: 30 tablet x 1000 mg.

AVERAGE AMOUT	PER 1 TAB	AVERAGE AMOUNT	PER 1 TAB
Monascus d.e. tit. 3%	300 mg	Citrus aurantium d.e.	200 mg
Monascus d.e. tit. 0,4%	250 mg	<i>of which PMF'S</i>	72 mg
<i>of which total Monacoline K</i>	10 mg	<i>of which Synephrine</i>	max 1 mg

DEPURATIV DRAINING DRINK



INGREDIENTS: Demineralized Water, Fructose, Pomegranate juice (*Punica granatum* L.), Stabilizer: glycerine, PHGG (hydrolized maize maltodextrin); Cherry's juice, Common white birch (*Betula verrucosa* Roth.) sap, Giava Tea (*Orthosiphon stamineus* Benth) d.e.* 0,1% synensetine, Green Tea (*Camelia sinensis* L.) d.e.* 95% polyphenols - 45% EGCG, Buchu (*Barosma betulina* Bart et Wen) d.e.* 4:1, Red tea Rooibos (*Aspalathus linearis* R. Dahlg.) d.e., Hibiscus (*Hibiscus sabdariffa* L.) d.e.*, Pineapple (*Ananas comosus* (L.) Merr) d.e.* 250 GDU, Taraxacum (*Taraxacum officinalis* Weber) d.e.*, Strawberry flavour; Preservative: potassium sorbate; Acidifier: citric acid.

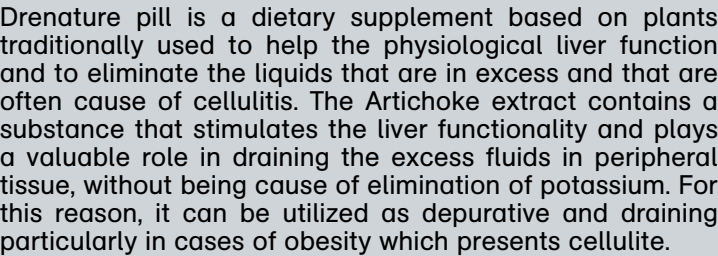
(* d.e. supported by Maltodextrin)

PACKAGES: Bottle x 250, 500 ml.

FLAVOURS: Pomegranate.

AVERAGE AMOUNT	PER DOSAGE = 20 ML 1 SCOOP
Pomegranate juice	1,00 g
PHGG	1,00 g
Cherry's juice	1,00 g
Common white birch	0,60 g
Green Tea d.e.	0,15 g
<i>of which Polyphenols</i>	0,14 g
<i>of which EGCG</i>	0,07 g
Buchu d.e.	0,15 g
Orthosiphon d.e.	0,15 g
Hibiscus d.e.	0,15 g
Red Tea d.e.	0,15 g
Taraxacum d.e.	0,10 g
Ananas d.e.	0,10 g

DEPURATIVE AND DRAINING



DIRECTIONS: Take 1 tablet, twice a day, before eating with a glass of water.

PACKAGES: 30 tablet x 1200 mg.

AVERAGE AMOUNT	PER 1 TAB	AVERAGE AMOUNT	PER 1 TAB
Bucco d.e. 1:4	200 mg	<i>of which Chlorogenic acid</i>	3,75 mg
Hawkweed d.e.	200 mg	Ortosiphon d.e.	150 mg
<i>of which Flavonoids</i>	0,8 mg	<i>of which Sinensetin</i>	0,15 mg
Betula d.e.	200 mg	Lespedeza d.e.	100 mg
<i>of which hyperoside</i>	5 mg	<i>of which Flavonoids</i>	4 mg
Artchoke d.e.	150 mg		

THERMOGENIC FAT BURNER

INGREDIENTS: Citrus aurantium (*Citrus aurantium* L. subsp. *amara*) d.e. 10% synephrine, Bulking agents: microcellulose and calcium phosphate bibasic; Willow (*Salix alba* L.) d.e. 15% salicine, Coleus (*Coleus forskohli*) d.e. 10% forskoline, Caffeine, Naringine, Anticakin agents: magnesium stearate vegetable and silica.

DIRECTIONS: Take 1 tablet daily.

PACKAGES: 30, 90 tablet x 1200 mg.

AVERAGE AMOUNT	PER 1 TAB
Citrus d.e.	300 mg
<i>of which Synephrine</i>	30 mg
Willow d.e.	200 mg
<i>of which Salicine</i>	30 mg
Coleus forskohli d.e.	200 mg
<i>of which Foskoline</i>	20 mg
Caffeine	120 mg
Naringine	80 mg



SMARTY

MUCH MORE OF THE TONE
AND THE ENERGY OF A COFFEE



Smarty is a very effective nerve-tonic supplement to facilitate concentration and intellectual functions. Caffeine causes an increase in the adrenaline availability, is a stimulant and leads to a temporary improvement in mood. Taurine improves the oxygenation of brain tissues, has an exhilarant and restorative effect. Rodiola is an “adaptogen” extract that can adapt the answers of the organism to the stress whom it is subjected; it improves the reply of immunity and facilitates the increase of the cerebral beta-endorphins, that are substances that increase the tolerance of fatigue and pain threshold. It is ideal to reduce feelings of weakness, apathy, poor reactivity to stimulus and to improve performance in sport.

INGREDIENTS: Taurine, Rodiola (*Rodhiola rosea* L.) d.e. 3% rosavin, Excipients: microcellulose and calcium phosphate bibasic; Guaranà (*Paullinia cupana H.S.K.*) d.e. 10% caffeine, Caffeine anhydrous, Anticaking agents: magnesium stearate vegetable and silica.

DIRECTIONS: Take 1 tablet daily.

PACKAGES: 30 tablets x1400 mg.

AVERAGE AMOUNT	PER 1 TAB
Taurine	500 mg
Rodiola d.e.	300 mg
<i>of which Rosavine</i>	9 mg
Guaranà d.e.	150 mg
Caffeine	115 mg

SMARTY shot

LIQUID TONIC AND ENERGY



Smarty Shot – 50ml single-dose – is a dietary supplement of Arginine, Carnitine, Acetyl-carnitine, Taurine, Soy Lecithin and toning extracts of Rhodiola, Ginseng and Mate. It is moreover powered compared to the tablets, thanks to aspartate Arginine and Acetyl-carnitine in high dosage. These two amino acids enhance the nerve activity, improve energy availability and the heart tone. The presence of Mate increases the

INGREDIENTS: Water, Fructose, Stabiliser: Vegetable Glycerin, L-Arginine aspartate, orange juice, Taurine, Carnitine tartrate, Acetyl-L-Carnitine, Rhodiola (*Rhodiola rosea* L.) root d.e. tit. 3% Rosavin, Mate (*Ilex paraguariensis* A. St. Hill.) Leaves, eg tit. 3.6% Total Xanthines, Herbs, Caffeine anhydrous, Beetroot juice powder, Ginseng (*Panax ginseng* CA Meyer) root extract liquid from soy phospholipids tit. 30% phosphatidylcholine, Acidifying: malic acid and citric acid; Preservative: potassium sorbate; Sweetener: Sucralose.

DIRECTIONS: Take 1 shot per day. Shake well before use.

PACKAGES: Expo 12 shot x 50 ml salable separately.

FLAVOUR: Orange.

SMARTY fiale

A more effective formula!

Smarty vials has the same characteristics of the tablet formulation, but the anti-fatigue properties are further enhanced by the presence of Arginine aspartate and Acetylcarnitine in high dosage. These two amino acids enhance the nerve activity, improve energy availability and the heart tone. The presence of Matè, also, increases the effect of nerves and the resistance to fatigue. For this reason , Smarty vials is very practical and efficacious during the sport activity and physical exercise that requires a high level of mental and physical performance. The liquid form also assures immediate assimilation of active principles.

INGREDIENTS: Water, Fructose, Ribes juice, L-Arginine aspartate, Carnitine tartrate, Acetyl-Carnitine, Taurine, Rodiola (*Rhodiola Rosea* L.) d.e. 3% rosavin, Matè (*Ilex Paraguariensis* A. St. Hill.) d.e. 3,6% xantin, Soy lecithin, Caffeine anhydrous, Ribes flavour, Preservative: potassium sorbate.

DIRECTIONS: Take 1 vials daily, in the first part of the day, eventually diluting in water.

PACKAGES: Expo 20 vials x 25 ml salable separately.

FLAVOURS: Ribes.

AVERAGE AMOUNT	PER VIAL = 25 ML	AVERAGE AMOUNT	PER VIAL = 25 ML
Arginine aspartate	2000 mg	Rodiola rosea d.e.	300 mg
Carnitine tartrate	1000 mg	<i>of which Rosavin</i>	9 mg
Acetyl-carnitine	500 mg	Matè d.e.	200 mg
<i>of which total Carnitine</i>	1000 mg	<i>of which Xantin</i>	7,2 mg
Taurine	500 mg	Caffeine	100 mg



ESPECTORA

EXPECTORANT ACTION



Espectora is a dietary supplement recommended to bring a natural relief to the respiratory tract in case of diseases and bronchial hypersecretion. It contains N-acetylcysteine, known to the public for its mucolytic and antioxidant activity, and various vegetable extracts that act synergistically for a balsamic, fluidifying, spasmolytic and expectorant action. The “popular” Phytotherapy has not been yet scientifically studied, as it deserves, in the balanced relation effectiveness-security. In spite of this, plants like Grindelia, Erisimo, Plantain, Thyme have emphasized a robust salutary activity toward diseases of respiratory tract and a comforting safety utilization. The Erisimo for example is called “grass of the singers” as in the past it was systematically used by them to prevent the lost of voice and raucousness, to protect the laryngeal mucous membrane and to reduce its inflammation. Grindelia has enjoyed for years the important favour of the users, thanks to its antiseptic, mucolytic and spasmolytic activity on the smooth musculator. Use the product according to the recommended dose.

INGREDIENTS: Fructose, Water, Concentrates aqueous extract of: Grindelia (*Grindelia robusta* Nutt.) 50%, Eucaliptus (*Eucaliptus globulus* Labill.) 50%, Bank cress (*Sisymbrium officinale* Scoop.) 50%, Plantain (*Plantago lanceolata* L.) 50%, Thymus (*Thymus serpyllum* S.L.) 50%, Mountain Pine (*Pinus montana* Mill.) 50%, Acacia honey, Stabilizer: Glycerin; N-Acetylcysteine, Preservative: potassium sorbate; Eucaliptus e.o. (*Eucaliptus globulus* Labill.), Peppermint e.o. (*Mentha piperita* L.), Mountain Pine e.o. (*Pinus montana* Mill.).

DIRECTIONS:
Children: ake 5 ml (half scoop) 2-3 times daily, preferably between meals.
Adult: take 10 ml (1 scoop) 2-3 times daily, preferably between meals.

Do not administer to children under 3 years of age. Shake before using.

PACKAGES: Bottle x 200 ml.

AVERAGE AMOUNT	PER 10 ML
Grindelia a.e.	0,24 g
Eucaliptus a.e.	0,24 g
Erisimo a. e.	0,24 g
Plantain a.e.	0,24 g
N-Acetylcysteine	0,20 g
Thymus a. e.	0,12 g
Mountain Pine a. e.	0,12 g
Eucaliptus e.o.	12 mg
Peppermint e.o.	10 mg
Mountain Pin e.o.	10 mg

ESPECTORA

EXPECTORANT ACTION



Espectora is a dietary supplement that contributes to the wellbeing of the respiratory tract, indicated especially during the cold season, thanks to the balsamic, soothing and softening action of its plant extracts. It contains N-acetylcysteine, known to the public for its mucolytic and antioxidant activity, and various vegetable extracts that act synergistically for a balsamic, fluidifying, spasmolytic and expectorant action. The “popular” Phytotherapy has not been yet scientifically studied, as it deserves, in the balanced relation effectiveness-security. In spite of this, plants like Grindelia, Erisimo, Plantain, Thyme have emphasized a robust salutary activity toward diseases of respiratory tract and a comforting safety utilization. The Erisimos, for example, “grass of the singers” as in the past it was systematically used by them to prevent the lost of voice and raucousness, to protect the laryngeal mucous membrane and to reduce its inflammation. Grindelia has enjoyed for years the important favour of the users, thanks to its antiseptic, mucolytic and spasmolytic activity on the smooth musculator. Use the product according to the recommended dose.

INGREDIENTS: Maltodextrin, N-acetylcysteine, Plantain (*Plantago major* L.) d.e. 1:4 leaves, Grindelia (*Grindelia robusta* Nutt) d.e. 1:4 flowering tops, Erisimo (*Sisymbrium officinale* Scop.) d.e. 1:4 flowering tops, acidifier: citric acid; Thyme (*Thymus serpyllum* S.L.) d.e. 1:4 leaves, Adathoda (*Adhatoda vasica* Nees) d.e. leaves tit. 0.5% total alkaloids, Anticaking agent: silicon dioxide; Myrrh (*Commiphora myrrha* Engl.) d.e. 1:1 oleoresin, Flavor, Sweetener: sucralose; Colour: E160a.

DIRECTIONS: Take 1 sachet daily before eating, dissolving in half a glass of water.
PACKAGES: 14 sachet x 3 g.
FLAVOURS: Orange.

AVERAGE AMOUNT	PER SACHET
N-Acetylcysteine	600 mg
Plantain	200 mg
Grindelia	100 mg
Erisimo	100 mg
Thymus	75 mg
Adhatoda	30 mg
Myrrh	25 mg



BEX
PROTECTION AND RELIEF
FOR THE UPPER RESPIRATORY TRACT



Bex is a supplement recommended to give a natural relief to the respiratory tract, in presence of sore throat, cough and cold, thanks to a bechical and emollient action. Drosera is a traditional and efficacious remedy to cough, thanks to a broncospasmodic and sedative action. Drosera in an effective traditional remedy for cough, thanks to its broncho-spasmodic and calming action. The Erisimo is called “grass of the singers” as in the past it was systematically used by them to prevent the lost of voice and raucousness, to protect the laryngeal mucous membrane and reduce inflammation. Helichrysum acts as anti-inflammatory, decongestant, expectorant and balsamic agent. Ivy, Red Poppy and Mullein calm irritable cough favoring the elimination of bronchial mucous. Plantain has sedative properties to calm irritations and inflammation of the oropharynx mucous membranes. The essential oils have important antiseptic and balsamic efficacy.

INGREDIENT: Fructose, Concentrates aqueous extract of Drosera (*Drosera rotundifolia* L.) aerial parts, Bank cress (*Sisymbrium officinale* Scoop.), Thymus (*Thymus vulgaris* L.) leaves, Plantain (*Plantago lanceolata* L.) aerial parts, Helichrysum (*Helychrisum Italicum* Don.) flowering tops, Marrubio (*Marrubium Vulgare* L.) leaves et flowers, Red poppy (*Papaver rhoeas* L.) flowers, Ivy, (*Hedera Helix* L.) stem and leaves, Mullein (*Verbascum thapsus* L.) flowers, Apple juice concentred, Acacia honey, Glycerine vegetable, Bromeline d.e. 2500 GDU/g (from *Ananas comosus* Merr, fructus), Flavour, Preservatives: Potassium sorbate and Sodium benzoate; Eucaliptus (*Eucaliptus globulus* Labill.) leaves e.o., Pippermint e.o. (*Mentha piperita* L.), Mountain Pine e.o.(*Pinus montana* Mill.).

DIRECTION:

Children: take 5 ml (half scoop) 2-3 times daily, preferably between meals.
Adults: take 10 ml (1 scoop) 2-3 times daily, preferably between meals.
Do not administer to children under 3 years of age.

Shake before use.

PACKAGE: Bottle x 200 ml.

AVERAGE AMOUNT	PER 10 ML
Drosera a.e.	0,54 g
Erisimo a.e.	0,54 g
Thymus a.e.	0,54 g
Plantaine a.e.	0,54 g
Helichrysum a.e.	0,54 g
Red Poppy a.e.	0,54 g
Ivy a.e.	0,54 g
Mullein a.e.	0,54 g
Eucaliptus e.o.	20 mg
Mountain Pine e.o.	15 mg
Pepperminth e.o.	15 mg



GET THE DIFFERENCE

Evgeny Korotyshkin (RussiaN)

Silver medal butterfly 100 meters
London Olympics 2012

First man in the world under 49”
butterfly 100 meters

Dubai World Champion 2010
butterfly 100 meters



Courtesy of Arena - La Presse

Protein

Proteins are essential constituents of living organisms. They represent 50% of body mass without water and about 14-18% of the total body weight. Proteins are the main component of skeletal muscle, skin, tendon, blood vessels and teeth. They allow the body to move, the heart to beat, the lungs to breathe. There are proteins in the blood to carry oxygen, minerals, sugar and fat. Other proteins, called enzymes, take part to all the chemical reactions that are essential to life, proteins are also the hormones that regulate the whole metabolism, growth and development. The proteins of the immune system, immunoglobulins (antibodies), defend us from viruses and bacteria. Proteins are also a source of usable energy, they release the body 4 calories per gram. They are composed of amino acids (AA), the most notable are 20 of which 8 are essential (that the body must necessarily intake through nourishment) and 12 are non-essential (that the body is able to produce). The intake of proteins and amino acids with food is essential to ensure the survival and the health of the organism. It is established that animal proteins have a nutritional efficiency that is superior to the vegetable proteins. The first ones, in fact, are complete and rich in all essential amino acids, the latter (in particular the ones of the cereals) are deficient in some of them. Just remember that the first proteinic source of life is represented by milk, that is the first and most complete food that nature makes available. Fortunately, the deficiencies of aminoacids in a protein can be generally compensated by combining this protein with another one, so that the mixture of the two proteins poor in some aminoacid, has a higher biological value than that one of the two original proteins. This is the concept of complementary proteins, e.g. cereals and legumes, which is generally adopted by completely vegetarian people, which otherwise would risk a proteinic malnutrition, with serious consequences for health. The greater or less presence of essential aminoacids in a protein and their assimilation explains the nutritional quality (biological value-BV) of the protein. Every day the organism destroys and rebuilds proteins (turnover), to ensure us a perfect physical efficiency; as in the human body doesn't exist a protein supply, every day we have to intake a certain amount of them through the nourishment.

PROTEIN REQUIREMENT

It is primary importance to ensure daily the organism the necessary amount of alimentary proteins, such as the minimum amount to intake every day with the diet, to maintain good

health; this quantity is defined protein Requirements. It is very difficult to determine rigidly the protein requirement in terms of numbers. It depends on many individual variables and on the quality of food proteins intaken. Protein requirement is proportionately greater in the growing phase (childhood and adolescence), during pregnancy and suckling, in case of trauma, burns, surgical operations, convalescence, higher energy expenditure and people, who practice intense sport activity.

SEDENTARY MEN	0,75 -1 G/KG
ACTIVE PEOPLE, SPORTS OF RESISTANCE	1-1,5 G/KG
CHILDREN, PREGNANT OR SUCKLING WOMEN	1,5-2 G/KG
ARHLETES, STRENGHT SPORTS	> 2 G/KG

For example, a sedentary person that weights 60 kg should take $60 \times 0.75/1=45/60$ g grams of protein a day.

It is important to know the own proteins requirement, in order not to assume any excess and overload the kidneys and liver, organs concerning the metabolism and elimination of protein substances. The use of a dietary supplement based on proteins or amino acids can be a very efficacious choice in the following circumstances:

1. to increase the nutritional quality of food, and in case of disordered diet and insufficient intake of proteins
2. to hinder the weight increase
3. to improve muscular tone and strength
4. to reduce fatigue and chronic infections
5. in the old, to ensure adequate protein intake, that is essential to maintain the plasticity of tissues, for the prevention and treatment of rheumatic, peripheral vascular disorders and depressed syndromes.

It is therefore essential to take a certain amount of proteins every day, but it is necessary to choose proteins with a higher nutritional value as milk proteins that are contained in supplements such as Whey Diamond and Balance. These proteins are highly digestible and do not overload the organism of excess calories and other components (such as lipids, purines, cholesterol, etc..) , that are injurious to health. The milk protein contained in supplements are completely natural (derived from milk), lactose free, and can be used by those who have an intolerance to milk due to the presence of lactose in it.

BALANCE

ISOLATED WHEY PROTEIN AND CASEIN 50:50
SLOW RELEASE RETARD ACTION



It is supplement of milk proteins (92% s / s protein title) based on a mixture of instant calcium caseinate (60%) and isolated whey proteins by cross microfiltration (Cross Flow™) and ultrafiltration. It is highly soluble, free from fats, with less than 1% lactose and a high biological value. Compared to Diamond Whey, Balance contains a protein with “retard” (caseinate)action, which guarantees the organism a gradual and in the time protacted supply of amino acids. The organism can utilize so the amino acids for its metabolic necessities, to nourish the immune system, to stimulate the muscle growth and to accelerate the recovery time after intense physical activity. For this reason Balance is ideal as proteinic snack between main meals. It can also be used to correct the proteinic requirement in unbalanced or hypoproteinic diets and replace protein foods (meat, milk, eggs). Balance is recommended to all active and sport people, who want to keep in perfect efficiency. It improves flexibility, tone and vigor muscle.

COCOA'S INGREDIENTS: Istant calcium caseinate, Whey Protein cross flow isolated, Cocoa powder, Cocoa flavour, Colour: Caramel, Sweeteners: sucralose, Vitamin B6 (Pyridoxine HCL), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin clorhydrate). Contains **soy** derivated.

DIRECTIONS: Take according to your needs up to 20 g daily (2 scoops) dissolved in 200 ml of water or other liquid, preferably between meals.

PACKAGES: 750 g, box 5000 g (10 sachet x 500 g).

FLAVOURS: Banana-Vanilla, Cocoa, Cappuccino, Coconut-Vanilla, Milky, Strawberry-Raspberry (except sachet 500g)

DIAMOND WHEY®

THE PUREST WHEY PROTEIN CROSS FLOW™
HIGHEST NUTRITIONAL AND ASSIMILATION QUALITY



It is supplement of milk proteins , of high particularly and with high protein percentage of 95% s / s. It contains the complete spectrum of whey protein fractions, that are isolated by cross microfiltration and ultrafiltration (Cross Flow™). The high purity degree makes Diamond Whey incredibly soluble, digestible and unique . This process differs from other production processes, as it ensures the extraction of all whey proteins, and not only a part of them, ensuring a higher quality standard to the final product. It has a high Biological Value, 21% of branched amino acids and is almost fat and lactose free (lactose <1%). The high digestibility of the protein gives the product extremely fast assimilation, making it ideal for ultra rapid integration of proteins, which is necessary in all situations of unbalanced or hypoproteinic diet, for sport people, to accelerate recovery.

Diamond Whey also contains important protein fractions (e.g. Lactoferrin, Immunoglobulins, Lysozyme, Lactoperoxidase) that stimulate the immune system, increase iron absorption and protect us from invading of viruses and bacteria. Diamond Whey is recommended to

active and sport people, who want to keep in perfect efficiency, it improves flexibility, tone and vigor muscle. It can be successfully used to control the body weight. Diamond Whey, thanks to its Specific Dynamic Action (proteins burn more calories of carbohydrates and fats to be metabolized), facilitate the reduction of fat deposits, when combined with a hypocaloric and normoproteic diet.

COCOA'S INGREDIENTS: Whey Protein cross flow isolated, Cocoa powder, Cocoa flavour, Colour: Caramel (E150d), Sweeteners: sucralose, Vitamin B6 (Pyridoxine HCL), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin clorhydrate). Contain **soy** derivated.

NUTRITIONAL FACTS X 100 G	BANANA VANILLA	COCOA	MILK	STRAWBERRY RASPBERRY	CAPPUC-CINO	COCONUT VANILLA	% NRV*
Energy	kJ 1758	kJ 1860	kJ 1730	kJ 1675	kJ 1732	kJ 1745	
	kcal 415	kcal 440	kcal 415	kcal 395	kcal 409	kcal 412	
Fat	4,87 g	6,51 g	4,79 g	1,04 g	3,90 g	4,40 g	
Carbohydrate	1,59 g	2,81 g	1,89 g	6,93 g	6,93 g	2,85 g	
Protein	91 g	91 g	92 g	1,04 g	88 g	90 g	
Vitamin B6	3,50 mg	3,50 mg	3,50 mg	3,50 mg	3,50 mg	3,50 mg	50
Vitamin B2	2,10 mg	2,10 mg	2,10 mg	2,10 mg	2,10 mg	2,10 mg	30
Vitamin B1	1,65 mg	1,65 mg	1,65 mg	1,65 mg	1,65 mg	1,65 mg	30

* NRV = Nutrient reference value (adults) per dosage equal to 20 g

MINERAL PROFILE MEDIUM VALUES PER 100 G OF PROTEINS	
Calcium	968 mg
Phosphorus	534 mg
Potassium	282 mg
Sodium	136 mg
Magnesium	26 mg

NATURAL'S INGREDIENTS: Whey Protein cross flow isolated. Contain soy derivated.

DIRECTIONS: Take according to your needs up to 20 g daily (2 scoop) dissolved in 200 ml of water or other liquid, preferably between meals.

PACKAGES: 750 g.

FLAVOUR: Banana-Vanilla, Cocoa, Milk, Natural.

NUTRITIONAL FACTS X 100 G	BANANA VANILLA	COCOA	MILK	NATURAL	% NRV*
Energy	kcal 384	kcal 367	kcal 367	kcal 390	
	kJ 1632	kJ 1552	kJ 1664	kJ 1658	
Fat	93 g	90 g	93 g	95 g	
Carbohydrate	0,86 g	6,6 g	2,90 g	0,80 g	
Protein	0,90 g	0,80 g	0,90 g	0,80 g	
Vitamin B6	3,50 mg	3,50 mg	3,50 mg	3,50 mg	50
Vitamin B2	2,10 mg	2,10 mg	2,10 mg	2,10 mg	30
Vitamin B1	1,65 mg	1,65 mg	1,65 mg	1,65 mg	30

* NRV = Nutrient reference value (adults) per dosage equal to 20 g

MINERALS PROFILE MEDIUM VALUES PER 100 G OF PROTEINS		PROTEINS PROFILE MEDIUM VALUES PER 100 G OF PROTEINS	
Calcium	500 mg	alpha Lactoglobuline	49-53%
Potassium	300 mg	Beta Lactoalbumine	20-25%
Phosphorus	250 mg	Glycomacropeptides	15-20%
Sodium	150 mg	Immunoglobuline	3-5%
Magnesium	60 mg	no-protein Nitrogen	3-5%
Chlorine	< 50 mg	Albumine from bovine serum	1-3%
		Lactoferrine, Lactoperoxidase, other	1-3%

DIET ZONE® MEAL

HEALTHY BREAKFAST - GOOD SNACK
MEAL REPLACEMENT



Diet Zone® Meal is a balanced and especially nutritious supplement. It provides an excellent protein-energetic supply due to the presence of complex carbohydrates with low glycemic index, high biological value milk proteins and a pool of Vitamins and Minerals. It contains:

- Nutriose®, an high concentration soluble fiber
- Soya lecithin, an excellent regulator for blood cholesterol that has antioxidant properties as very naturally rich in tocopherol (Vitamin E).
- a mix of digestive enzymes that are high efficiency purified and extract from fermented maltodextrin, the only ones able to be active both in the stomach and in the intestine, allowing to easily carry out the digestive process.

Thanks to its balanced “zone” composition (40:30:30), Diet Zone® Meal can replace a meal and seems to be very useful in order to do a nutritionally complete breakfast, it is a nutritious snack, it is useful to remedy the deficiencies of a disordered diet and become an indispensable complement for people who desire to gain weight. Thanks to its ingredients and their ratios, it can be also be used in the nutritional zone diet plan. Rich in natural micronutrients and Omega 3 fatty acids, it has a high nutritional value and it is very suitable to restore or maintain a proper nutritional balance, especially in the diet of the elderly, for convalescents or in the growth phase. Diet Zone® Meal is readily soluble, it does not contains preservatives and colourings and has a lactose content lower than 1%.

INGREDIENTS: Instant calcium caseinate (contains soy lecithin), Fructose, Maltodextrin, whey protein concentrate (contains soy lecithin), Soy Lecithin, Cocoa powder, corn Dextrin Nutriose ®, flavour, potassium chloride, Thickener: alginic acid, Sweetener: sucralose, Vitamin C (ascorbic Acid), Vitamin E (dl- α -tocopheryl acetate), Maltodextrin from rice fermented by Aspergillus Oryzae - Enzymix (digestive enzymes), Vitamin B3 (Nicotinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine hydrochloride), Vitamin B9 (Folic Acid), Vitamin B12 (Cyanocobalamin).

DIRECTIONS: Take70 g daily (6 level scoops) dissolved in 300 ml of water or other liquid, preferably between meals.

PACKAGES: 500 g.

FLAVOURS: Cocoa.

NUTRITIONAL FACT	PER 70 G	% RDA*	AVERAGE AMOUNT	PER 70 G	% NRV*
Energy	kcal 294		Linoleic acid	0,15 g	
	kJ 1248		Mix of digestive enzymes	10 mg	
Protein s/s	23,1 g		Potassium	600 mg	30
Carbohydrate	29,05 g		Vitamin C	24 mg	30
Fat of which:	9,45 g		Vitamin E	6 mg	30
Phospholipides	4,54 g		Vitamin B3	4,8 mg	30
Saturated fat	0,96 g		Vitamin B6	0,7 mg	30
Fatty acid	2,60 g		Vitamin B2	0,7 mg	30
Fiber	3,38 g		Vitamin B1	0,55 mcg	30
Linolenic acid	1,46 g		Vitamina B12	0,75 mcg	30

* NRV = Nutrient reference value (adults) per dosage equal to 70 g

i-PEP

100% HYDROLYSED AND INSTANT PROTEIN

100% Optipep®!



i-Pep is a dietary supplement based on a really innovative source of whey protein isolate fully hydrolized: OPTIPEP®. Hydrolysis is a protein decomposition process aiming in get most simple molecular structures, called peptides, that are made up of small chains of amino acids , highly digestible and very quickly bioavailable. OPTIPEP® is one of the most advanced, complete and qualitative sources of protein available on the market nowadays. Due to its characteristics i-Pep-is an ideal product for sport men nutrition, as it is a source of amino acids as tri-peptide, it facilitates the secretion of insulin, guarantees rapid absorption, provides a high dose of BCAAs and of superior quality proteins, provides a significant dose of calcium and phosphorus, has a clean taste. This kind of product has a very high biological value (V.B.=104), it has a lactose content <0,1%, and it contains 22% branched amino acids. I-Pep is perfect in post-workout supplementation, it aims to accelerate the recovery and muscle repair process and to promote growth and protein synthesis.

An important recent scientific study shows the significant increase in insulin secretion induced after Optipep ® intake. i-Pep can be used as support in still growing adolescents, elderly people , which have reduced organic defences and difficulty to digest and assimilate food, due to a deficiency of the digestive system.

COCOA'S INGREDIENTS: Whey Protein isolate hydrolised OPTIPEP®, Cocoa powder, Taurine, L-Glutamine, Flavours, Sweeteners: sucralose, Vitamin B6 (Pyridoxine HCL), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin clorhydrate). Contains **soy** derivated.

VANILLA'S INGREDIENTS: Whey Protein isolated hydrolised OPTIPEP®,Taurine, L-Glutamine, Flavours, Sweeteners: sucralose, Vitamin B6 (Pyridoxine HCL), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin clorhydrate). Contains **soy** derivated.

DIRECTIONS: Take according to your needs up to 20 g daily (2 scoops) dissolved in 200 ml of water or other liquid, preferably between meals.

PACKAGES: 750 g.

FLAVOURS: Cocoa, Vanilla.

NUTRITIONAL FACTS PER 100 G	BANANA VANILLA	COCOA	% NRV*
Energy	kcal 409	Kcal 368	
	kJ 1732	kJ 1564	
Protein s/s	88 g	92 g	
Carbohydrate	0,9 g	0,5 g	
Fat	5,34 g	1,2 g	
Fiber	2,86 g	assente	
Vitamin B6	3,50 mg	3,50 mg	50
Vitamin B2	2,10 mg	2,10 mg	30
Vitamin B1	1,65 mg	1,65 mg	30

* NRV = Nutrient reference value (adults) per dosage equal to 30 g

MINERALS PROFILE MEDIUM VALUES PER 100 G OF PROTEIN	
Calcium	500 mg
Potassium	500 mg
Phosphorus	200 mg
Sodium	170 mg
Magnesium	60 mg
Chlorine	450 mg

AMINOACID PROFILE MEDIUM VALUES PER 100 G OF PROTEIN	
L-Glutammic acid	18,57 g
L-Aspartic acid	12,76 g
L-Leucine*	10,75 g
L-Lisine*	10,06 g
L-Treonine*	8,02 g
L-Proline	6,50 g
L-Alanine	5,90 g
L-Serine	5,82 g
L-Isoleucine*	5,56 g
L-Valine*	5,46 g
L-Phenylalanine*	3,38 g
L-Tyrosine	3,13 g
L-Cystine	2,68 g
L-Methionine*	2,47 g
L-Tryptophan*	2,18 g
L-Arginine	2,12 g
L-Glycine	1,89 g
L-Glutamine	1,67 g
Taurine	1,67 g
L-Hystidine	1,65 g

* Essential aminoacid



MUSCLE MASS

GAIN WEIGHT
FAST RECOVERY

It is a dietary supplement for athletes, “all inclusive” formula and balanced. It provides a protein-energetic support, thanks to the presence of low glycemic index complex carbohydrates, noble protein source from milk (titrated proteins 37%) and a complete pool of vitamins and minerals. It also contains essential proenergetic ingredients and muscular tonics, such as creatine, glutamine, taurine. Thanks to its composition, it can practically replace a meal and it is optimal to be intaken in prolonged periods of fast or increase of the energetic requirement. It is recommended to people who play intense physical activity, has a unbalanced diet and needs a food supplementation to keep fit and to facilitate the increase of weight.

COCOA'S INGREDIENTS: Instant Calcium caseinate (contain Lactose), Cacao powder, Fructose, Maltodextrin, Creatine monohydrate, L-Glutamin, Taurine, Calcium citrate, Potassium phosphate bibasic, Potassium chloride, Magnesium oxide, Fucus (*Fucus vesiculosus*, maltodextrin) extract 0,1% iodine, Iron gluconate, Zinc gluconate, Vitamin C (ascorbic acid), Sodium selenite, Vitamin E (d-alfa-Tocopheryl acetate), Nicotinamide (Vitamine PP), Manganese chelate, Copper gluconate, Calcium pantothenate (Pantothenic acid), Vitamin B6 (Pyridoxine chlorhydrate), Vitamin B2 (Riboflavin), Vitamin A (Rethynil acetate), Vitamin B1 (Thiamin chlorhydrate), Chromium chloride, Sweeteners: sucralose, Folic acid, Biotine, Vitamin D3 (Colecalciferol), Vitamin B12 (Cyanocobalamine).

DIRECTIONS: Take 60 g daily (3 scoops) dissolved in 600 ml of water or other liquid, 1-2 times daily according to your needs, preferably between meals.

PACKAGES: 1200 g.

FLAVOURS: Banana-Vanilla, Cocoa.

NUTRIZIONAL FACT	PER 100 G	BANANA VANILLA	COCOA
Energy		kcal 375	kcal 354
		kJ 1485	kJ 1494
Protein s/s		37 g	37 g
Carbohydrate		55,3 g	40,4 g
Fat		0,5 g	5,76 g

AVERAGE AMOUNT	PER 60 G	% NRV*	AVERAGE AMOUNT	PER 60 G	% NRV*
Vitamin C	18 mg	23	Manganese	0,6 mg	30
Niacine	5,4 mg	34	Zinc	4,5 mg	45
Vitamin E	3,6 mg	30	Iron	4,20 mg	30
Pantotenico acid	1,8 mg	30	Copper	0,36 mg	36
Vitamin B6	0,60 mg	43	Selenium	25 mcg	45
Vitamin B2	0,48 mg	34	Cromium	25 mcg	63
Vitamin B1	0,42 mg	38	Fucus e.s.	75 mg	
Vitamin A	240 mcg	30	of which Iodine	75 mcg	50
Folic acid	60 mcg	30	Creatine	1,50 g	
Biotine	50 mcg	100	L-Glutamine	1 g	
Vitamin D	1,5 mcg	30	Taurine	1 g	
Vitamin B12	0,75 mcg	30			

* NRV = Nutrient reference value (adults) per dosage equal to 60 g

NUTRISOY

SUPRO® SOY ISOLATED PROTEIN



Supplement of soy proteins 82% s/s that guarantees a good support of essential amino acids, vitamins, minerals and fibers. The soy proteins are a valid alternative to the animal proteins; they contain the complete spectrum of the essential amino acids, are rich in essential minerals (such as calcium, magnesium, iron, zinc), B group vitamins and polyunsaturated fatty acids, particularly Omega 3. They are highly digestible and available for the body. The soy proteins facilitate the reduction of the silky levels of cholesterol LDL and of triglicerids and the optimal equilibrium of calcium, and hinder osteoporosis. Nutrisoy contains Supro® soy protein superior brand, with the maximum degree of solubility and digestibility, that have been realized through an exclusive process of extraction. This allows to preserve intact the nutritional qualities of the soy and doesn't alter their natural content in isoflavons. Thanks to an elevated content of isoflavons , that are substances that relieve the symptoms of menopause, thanks to their richness in calcium and their high nutritional power, Nutrisoy is the ideal supplement for the health of a middle-aged woman.

INGREDIENTS: Isolated Soy Protein Supro®, Cocoa power, Sweeteners: sucralose, Vitamin B6 (Pyridoxine HCL), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin clorhydrate).

DIRECTIONS: Take according to your needs up to 30 g daily (3 scoops), dissolved in 350 ml of water or other liquid, preferably between meals.

PACKAGES: 450 g, 750 g.

FLAVOUR: Cocoa.

NUTRITIONAL FACT	PER 100 G	COCOA	% NRV*
Energy		kcal 397	
		kJ 1679	
Protein s/s		82,4 g	
Carbohydrate		3,02 g	
of which sugar		0,94 g	
Fat		5,35 g	
of which Saturates		2,45 g	
Fiber		3,62 g	
Sodium		1,25 g	
Vitamin B6		2,33 mg	50
Vitamin B2		1,40 mg	30
Vitamin B1		1,10 mg	30

* NRV = Nutrient reference value (adults) per dosage equal to 30 g

MINERAL PROFILE MEDIUM VALUE PER 100 G OF PROTEIN	
Phosphorus	656 mg
Calcium	177 mg
Potassium	88 mg
Iron	13 mg
Zinc	3,3 mg

AMINOACID PROFILE MEDIUM VAUES PER 100 G OF PROTEIN	
L-Glutamic acid	13,77 g
L-Aspartic acid	8,36 g
L-Leucine*	5,90 g
L-Arginine	5,49 g
L-Lysine*	4,59 g
L-Phenylalanine*	3,77 g
L-Serine	3,77 g
L-Proline	3,69 g
L-Valine*	3,61 g
L-Isoleucine	3,52 g
L-Alanine	3,17 g
L-Glycine	3,03 g
L-Treonine*	2,49 g
L-Tyrosine	2,71 g
L-Hystidine	1,57 g
L-Tryptophan*	0,98 g
L-Cystine	0,92 g
L-Methionine*	0,92 g

* Essential Aminoacid



AminoAcid

The Aminoacids are the basic stone elements of proteins; they have, therefore, an essential function for wellness the body life . In nature they are available in the protein foods, that are rich in azote.

The best known aminoacids are about twenty and they are divided into two great groups: Essentials: they must obligatorily intaken with the diet, as the organism is not able to synthesize them. These are: valina, isoleucina, leucina, metionina, treonina, lisina, fenilalanina, triptofano; two, arginine and hystidine are semi-essential. If the quantity of essential aminoacids that are contained in the food protein is high, so it is also high its nutritional value.

Not Essential: the organism is able to product them starting from the essential, therefore they must not be necessarily present in our diet.

BIOLOGICAL PROPERTY

Besides to be the bricks that constitute all the bodily proteins, the aminoacidis can singly develop specific functions. The single aminoacids are still little used for therapeutic purposes, because their action mechanism is in part unknown, but their correct use seems able to prevent various pathological affections. Together with vitamins and minerals they constitute the cornerstone of the natural medicine. In general:

- they stimulate the immune and endocrine system,
- they improve the muscular tone, facilitate the production of energy and the resistance to exertion
- they regulate the synthesis of new proteins and other processes, that also involve the central nervous system.
- some aminoacids facilitate the memory and the mental activity

DISTINCTION

Among the most known supplements today we have at disposal:

- Branched (BCAA = branched chain amino acids) Aminoacids: they develop proenergetic action, they increase the resistance to exertion, they stimulate the

muscular growth.

- Glutamine and Arginine: they are very efficacious aminoacids to stimulate the immune defenses, to facilitate the memory, to improve the muscular recovery and detoxicate the organism.
- A balanced compound of essential aminoacids in free form: it results to be the best nourishment for the wellbeing of our organism, for the athlete and for people, who have an unbalanced diet. The free aminoacids are in fact assimilated very quickly, they bring little calories, they don't make the digestive tract heavy and are immediately active.

DOSAGE

The correct aminoacid dose depends on many elemens: nutrition, lifestyle, sport; it can be personalized by the own nutritionist.

For information:

- for the branched aminoacids it is recommended a dose of g.1 every 10 Kg of bodily weight
- recommended glutamine dose is 0,1-0,2 g/kg of body weight

The aminoacids contained in our supplements are perfectly balanced among them and they valorize the properties of some of them that, more than others, develop the described specific roles.

The Aminoacid line, produced

in conformity with the most up-to-date and rigorous scientific researches, satisfy all the nutritional requirements of whom strongly pursues his own health as premise to face in the optimal condition any physical and intellectual experience.

ACEFOS

REDUCES CATABOLISM
STIMULATES THE GROWTH



Acefos is avanguard supplement, as it EXPRESSES the important complementarity of action among very effEctiveactive principles. Acefos, thanks to Acetilcarnitina, stimulates significantly the functionality of the central nervous system, the energetic aerobic metabolism, that uses fats as favourite combustibile during the exertion, reduces the muscular catabolism and accelerates recovery in the intense and prolonged exertion. There are studies that confirm the cortisol-blocker activity of the Phosphatidilserine and of the pool of phospholipids. Cortisolo is an hormone that “empties the muscles” and that the organism produces when it is exposed to intense psych-physical stress, e.g. during prolonged physical activity. Acefos is efficacious as neurovegetative tonic for the ELFERLY, and for the most exigent sportmen, to improve the muscular quality, the concentration and the own energetic efficiency.

INGREDIENTS: Acetyl-carnitine HCL, Phosphatidylserine (from **Soy**), Anticaking: silicon dioxide. Glazing agent (shell): animal gelatine. ContainS: **gluten, soy and derived.**

DIRECTIONS: Take 1 cap daily, preferably during the main meal.

PACKAGES: 60 capsule x 600 mg.

AVERAGE AMOUNT	PER 1 CPS
Acetyl-carnitine HCL	300 mg
of which Carnitine	200 mg
Phosphatydilserine	200 mg

CARNITINE

ENERGETIC AND TONIC



The new formule contains Carnitine in two different forms: Tartrated Carnitine and Acetilcarnitina. The latest is a substance that facilitates an important neuroprotective and trofic action of the nervous system; and also an antioxidant and principally energetic action, as regulation factor of the thermogenesis. It moves fats to their utilization seats (mitochondri), and facilitates their use to energetic purpose and contribute to save the muscular glycogen. The greater use of fats causes an increase of the ability to do an high intensity training. It favours the cardiac oxygenation and for this reason it is a valuable tonic for the ederly; it is also used as antisterility factor, because it facilitates the motility of the spermatozoon. It has been brilliant used also in the field of sport, during particularly intense and prolonged exertions. The Acetilcarnitine improves learning skills and

memory. Its deficiency causes accumulation in the adipous tissues.

INGREDIENTS: Acetyl-carnitine HCL, Carnitine tartrate (Carnipure™), Bulking agent: microcellulose; Anticaking agents: magnesium stearate vegetable and silicon dioxide; Glazing agents: hydroxypropyl methylcellulose and stearic acid.

DIRECTIONS: Take 1 tablet daily, preferably during meals.

PACKAGES: 30 tablet x 1250 mg.

AVERAGE AMOUNT	PER 1 TAB
Acetyl-carnitine HCL	700 mg
Carnitine tartrate	440 mg
of which total Carnitine	760 mg

CITROFOS®

THE BEST SOLUBLE CREATINE
CREATINE CITRATE

Citrofos® is an innovative creatine supplement, in effervescent form, highly bioavailable, efficacious and sure. The real “effervescent” creatine is not the common monoydrate form, added with citric acid and sodium bicarbonate, as it is easy to find on the market, but the creatine citrate, an unique molecule, that produces a natural effervescence in water and results completely soluble. Its high solubility guarantees the best assimilation, a greater efficaciousness, the absence of any side effect to charge of the gastrointestinal tract and reduces the intake dose. Creatine is a naturally present substance in our muscular tissues, in the form of phosphocreatin; it develops an important energy reserve for the short and intense exertion. Many studies confirm its capacity to delay the fatigue by a tampon effect on the lactic acid that is produced during the anaerobic exertion and to facilitate the increase of the lean muscular mass. It is an excellent energetic and tonificant, and it is also ideal for the ederly.

INGREDIENTS: Creatine citrate (*Creapure® Citrate*), Fructose, Dextrose, Acidity corrector: sodium bicarbonate and citric acid; Maltodextrin, Flavours, Sweetener: aspartame.

DIRECTIONS: Take 1 sachet daily, at least for 10 days, dissolved in 100-120 ml of water.

PACKAGE: 30 sachet x 15 g.

FLAVOURS: Lemon.

AVERAGE AMOUNT	PER DOSAGE = 15 G 1 SACHET
Creatine citrate	4,65 g
of which Creatine	3,00 g

CREATP

MICRONIZED CREATINE

Creatp contains pure Creatine monoydrate micronized (200 mesh unit) in powder, with pharmaceutic degree of purity. Creatine is a substance, that is naturally present in our muscular tissues, in the form of phosphocreatinae that develops an important energy reserve for the short and intense exertion. Many studies confirm furthermore its ability to delay the fatigue by a tampon effect on the lactic acid that is produced during the anaerobic exertion and to facilitate the increase of the lean muscular mass.

Creatine is used by the muscle as main energy during the anaerobic explosive exertion.

Its intake favours the increase of muscle phosphocreatine, so that of ATP, tones up the tissues, improves the capability to bear the fatigue and to do intense physical exercises.

INGREDIENTS: Creatine monohydrate micronized (*Creapure®*).

DIRECTIONS Take 3 g daily (1 scoop) dissolved in water, preferably between meals.

PACKAGES: 250 g.

AVERAGE AMOUNT	PER DOSAGE = 3 G 1 SCOOP
Creatine monohydrate	3 g



ESSENZIALE 8+®

ESSENTIAL AMINO ACIDS IN RELEASED FORM
HELPS THE GROWTH - REDUCES THE FATIGUE



Essenziale 8+® is a supplement based on essential and semi-essential amino acids, in the form, immediately available by the organism.
The combining of essential amino acids is fundamental to facilitate a general state of wellbeing. In situations of alteration of physiological conditions, it is very important to give the organism a balanced quantity of proteins and amino acids. Essenziale 8+® is particularly useful to increase the nutritional quality of our diet, in case of unbalanced diet and insufficient intake of proteins, to reduce tiredness and cronic infections, to improve the learning activity, to give tone, volume and power to the muscles. The intake of amino acids is precious for ederly people, to preserve a good functioning of the hormonal system, to maintain tone and plasticity of the tissues.
It can be useful in the various deseases of aged people, such as rheumatic and pheripheric vascular disorders, depressive syndromes.

TABLET'S INGREDIENTS: L-Leucine, L-Lysine, L-Isoleucine, L-Valine, L-Methionine, L-Arginine chlorhydrate, L-Phenylalanina, L-Treonine, L-Hystidine, L-Cystine, L-Tyrosine, L-Tryptophan. Bulking agents: microcellulose and calcium phosphate; Anticaking: magnesium stearate and silica; Vitamin B6 (Pyridoxine HCL).
SACHET'S INGREDIENTS: Maltodextrin, L-Leucine, L-Lysine HCL, Acidity corrector: citric acid, Flavour, L-Isoleucine, L-Valine, L-Methionine, L-Arginine clorhydrate, L-Phenylalanine, L-Treonine, L-Hystidine, L-Cystine, Natural dry Orange Juice, L-Tyrosine, L-Tryptophan, Natural dry Lemon Juice, Natural dry Carrot Juice, Sweetener: sucralose; Vitamin B6 (Pyridoxine HCL).

DIRECTIONS:

TABLET: Take 5 tablet daily.
SACHET: Take 1 sachet daily, dissolved in a glass of water.
PACKAGES: 100, 200 tablet x 1200 mg - 10 sachets x 8 g.
SACHET'S FLAVOURS: ACE (Orange, Carrot, Lemon).

AVERAGE AMOUNT	PER 5 TABS	PER DOSAGE = 8 G 1 SACHET	% NRV**
L-Leucine*	800 mg	800 mg	
L-Lisine*	650 mg	650 mg	
L-Isoleucine*	550 mg	550 mg	
L-Valine*	550 mg	550 mg	
L-Metionine*	450 mg	450 mg	
L-Arginine	400 mg	400 mg	
L-Fenilalanine*	400 mg	400 mg	
L-Treonine*	350 mg	350 mg	
L-hystidine	300 mg	300 mg	
L-Cistine	250 mg	250 mg	
L-Tyrosine	150 mg	150 mg	
L-Triptophan*	150 mg	150 mg	
Vitamine B6	2,1 mg	2,1 mg	150

* essential Aminoacids ** NRV = Nutrient reference value (adults)

CITROGEN
PURE AND SIMPLY ENERGY

Citrogen is a dietary supplement based on Creatina citrato, an innovative molecule of creatina obtained through a patented process (Degussa - Bioactives), that guarantees the highest quality, pureness and security. Comparing to the monoydrato, that is a very diffused form, creatina citrato is very well soluble in water, in the effervescent form and is highly bioavailable.
Creatine is an essential and efficacious reserve of energy, that is useful to face better sustained physical exertions, tone up the tissues, to delay and to hinder the muscular tiredness, accelerate the recovery after an intense exercise. The intake of creatine by mouth, in fact, contributes to increase the physiological concentration of phosphocreatine in the muscular tissue.
Citrogen contains also essential aminodacids: arginine, glutamine and taurine, that play an important role in the mechanism of the muscular contraction and facilitate the transmission of the nervous impulses, and help in case of difficulty of concentration and attention.
Arginine and Glutamine are also important mediators of the immune system and develop a detoxificant action.
Potassium and Magnesium are essential minerals to hinder tiredness and asthenia conditions.
Citrogen is recommended as valid energetic support, to hinder asthenia and muscular weakness conditions, to restore minerals loss caused by excessive sweating, especially during the summer.
It is recommended in convalescence and restoration cases, in the nutrition of the ederly, in case of intense sport activity, that are conditions in which the intake of these nutrients can be reduced and insufficient to cover the real requirement.



NEW FORMULE!

INGREDIENTS: Creatine monohydrate (Creapure®), l-Arginine aspartate, Creatine citrate (Creapure Citrate®), Taurine, l-Glutamine (Kyowa), Potassium citrate, Beta-alanine, Magnesium citrato, Acidity corrector: sodium bicarbonate; Potassium bicarbonate, Acidifier: citric acid; Anticaking: silica; Flavour, sweeteners: sucralose, acesulfame K.
DIRECTIONS: take 1 sachet, twice daily, preferably in the first part of the day, between meals, dissolved in a glass of water.
PACKAGES: 20 sachet x 7 g.
FLAVOURS: Lemon.

AVERAGE AMOUNT	PER DOSAGE = 14 G 2 SACHETS	% NRV
Creatine	3 g	
L-Arginine aspartate	2 g	
L-Glutamine	1 g	
Taurine	1 g	
Beta-alanine	800 mg	
Potassium	690 mg	34,5
Magnesium	90 mg	24

* NRV = Nutrient reference value (adults)



GL3®

TRIMOLECULAR GLUTAMINA AT HIGH BIOAVAILABILITY
DETOXICANT AND ANTIFATIGUE



GL3® is an absolutely innovating dietary supplement of Glutamina, that is present in 3 molecular forms: the traditional one, the acetil one and the alpha-ketoglutarate one(AKG). The acetilglutamina in particular improves considerably the pharmaco-kinetic of the glutamina, that is more bioavailable for the central nervous tract. The form that is bind to the alpha-ketoglutarate improves the availability of cellular glutamina, while the alpha-ketoglutarate has a key role in the metabolism of amino acids.

GL3® is useful as valid nutritional support in case of catabolic stress (trauma, surgical operations), mental and physical tiredness, intense sport activity and overtraining syndrome; it is useful to prevent conditions of immune

deficiency.

GL3® is also efficacious to facilitate the growth and optimize the protein synthesis.

INGREDIENTS: L-Glutamine (Kyowa), Maltodextrine, N-Acetyl-L-Glutamine, L-Glutamine-alphaketoglutarate (AKG), Acidifier: citric acid; natural Flavour, Sweetener: sucralose.

DIRECTIONS: Take 1 sachet daily, dissolved in a glass of water.

PACKAGES: 10 sachet x 8 g.

FLAVOURS: Lemon.

AVERAGE AMOUNT	PER DOSAGE = 8 G 1 SACHET
L-Glutamine	2500 mg
L-Acetylglutamine	1250 mg
L-Glutamine AKG	1250 mg

KYOWA QUALITY

FRIRAM

IMPROVES THE ENERGETIC-MUSCULAR PERFORMANCE



The branched chain amino acids represent one of the most important factors of regulation of the proteic muscular metabolism. They act as energetic substances during the exertion (glucogenetic action), increase the physical resistance and accelerate the recovery. In particular, they are very useful to improve the performance during intense and prolonged sport activities, that develop in a longer time longer than one hour and a half. Furthermore, as they compete with the triptophan amino acid, that is a precursor of the serotonin, that is a substance with inhibitory action in the nervous system, they contribute to guarantee clearness and an optimal activity of the nervous system. Some studies confirm their ability to facilitate the synthesis of testosterone and stimulate directly the synthesis of muscular proteins.

As they aren't directly metabolized by the liver, but in the muscle, they can be intaken without precautions in a medium dosage suggested of 1 g/10 kg weight.

Friram is therefore the prince dietary supplement for people that play intense sport activity as it stimulates the muscle growth, improves the recovery, the power and the muscle tone. The branched amino acids are an excellent supplement also to facilitate recovery of the muscle after trauma, surgical operations, during the rehabilitation.

INGREDIENTS: L-Leucine, L-Isoleucine, L-Valine, Maize Starch, Anticaking agents: magnesium stearate vegetable and silica; Maltodextrin, Vitamin B6 (Pyridoxine chlohydrate), Flavour, Sweetener: sucralose.

DIRECTIONS: Take 5 tablet daily.

PACKAGES: 100, 200, 500 tablet x 1070 mg.

AVERAGE AMOUNT	PER 5 TABS	% NRV*
L-Leucine	2,50 g	
L-Isoleucine	1,25 g	
L-Valine	1,25 g	
Vitamin B6	1,25 mg	89

* NRV = Nutrient reference value (adults)

KYOWA QUALITY

GLUTAMIN POWDER

REDUCES THE CATABOLISM
STIMOLATES THE IMMUNE DEFENSES

The amino acid Glutamine develops important functions at muscular level. In particular, it develops detoxication on the ammonium in excess and an anticatabolic action, that facilitates the synthesis of muscular proteins and the proenergetic synthesis. During intense and prolonged training, it improves the activity of the immune system and the mental concentration.

Its association with Friram favours the muscle protein synthesis, the recovery after exercise and delays the fatigue. Glutamin Powder contains pure L-Glutamina (Kyowa) in powder.

INGREDIENTS: L-Glutamine 100% (Kyowa).

DIRECTIONS: Take 2,5 g daily (1 scoop) dissolved in water or fruit's juice.

PACKAGES: 150, 400 g.

AVERAGE AMOUNT	PER DOSAGE = 2,5 G 1 SCOOP
L-Glutamine	2,5 g

KYOWA QUALITY



NOLATTICO

BUFFER FOR LACTIC ACID

Nolattico is a dietary supplement of Ornithine AKG, Carnosine and Beta Alanine, useful to antagonize the increase of toxins and lactic acid in the muscles, following an intense, anaerobic and explosive physical activity. Lactic acid, in particular, lowers the pH of the cells, causes burning sensation and pain by blocking the muscle's activity and preventing the continuation of the exercise. Carnosine is a molecule that is specifically delegated to buffer the excess of muscular acidity and its significant activity as antioxidant protects the integrity and efficiency of cellular membranes during short and intense exercise. It is particularly rich in type II fibers (white fibers) which are recruited to sustain an anaerobic lactate physical effort, so fast, intense and of short duration.

Carnosine is in turn composed by histidine and beta-alanine. It was shown that the increase in the intake of beta-alanine is related to a rise of carnosine in muscle concentration. The intake of beta-alanine in the post-training also stimulates GABA receptors, and has the indirect effect of slowing down the nervous system, favoring the recovery phase and the relaxation. Nolattico also contains a significant dose of OKG, an amino acid that is particularly important and effective as detoxifying, able to reduce the concentration of ammonium in the cells during sports activities. OKG provides the ornithine amino acid and the alpha-ketoglutarate, both very valuable to support the purifying of the liver and to favor the expulsion of nitrogenous waste during the exercise. This positive activity significantly helps to counteract the stress due to physical activity, to delay the fatigue and better recover.

INGREDIENTS: Ornithine alphaketoglutarate (AKG), Carnosine, Beta-alanine, Flavour, Sweetener: sucralose, Natural dye: beta-carotene.

DIRECTIONS: Take 2 g daily (1 scoop) dissolved in half a glass of water, preferably 1 hour before exercise.

PACKAGES: 50 g.

FLAVOURS: Orange.

AVERAGE AMOUNT	PER DOSE (=2 G)
Ornithine AKG	1000 mg
Carnosine	500 mg
Beta-alanine	500 mg

SYNERGY

ENERGETIC AMINO ACIDS FOR SPORT



It provides the organism a pool of six amino acids called glucogenetic, such as producers of glucose, that have a particular importance to facilitate the energy availability during an intense and prolonged training, and to accelerate the recovery after effort. Among these amino acids, besides the three branched amino acids, whose properties are described for Friram, Alanine and Glutamine have a particular importance, because their increase in plasmatic concentration under exertion facilitates the muscular glycogen saving. Alanine facilitates the transformation of amino acids in sugar and then in ATP.

Synergy is ideal for sportsmen that do endurance sport and must be taken before and during long sport activity

INGREDIENTS: L-Alanine, L-Leucine, L-Isoleucine, L-Valine, L-Glutamine, L-Glicine, Bulking agents: mycrocellulose and calcium phosphate; Vitamin B6 (Pyridoxin chlorhydrate), Anticaking agents: magnesium stearate and silica.

DIRECTIONS: Take 5 tablet daily.

PACKAGES: 100 tablet x 1100 mg.

AVERAGE AMOUNT	PER 5 TABS	% NRV*
L-Alanine	1250 mg	
L-Leucine	1000 mg	
L-Isoleucine	750 mg	
L-Valine	750 mg	
L-Glutamine	750 mg	
L-Glicine	500 mg	
Vitamin B6	1,4 mg	100

* NRV = Nutrient reference value (adults)

SYNTHESY

BLOCK THE CATABOLISM

STIMULATES THE SYNTHESIS OF PROTEINS



Synthesy contains hydroxymetilbutirratoe (HMB) and Ketoisocaproate (KIC), recommended to facilitate the muscular trophism and the recovery after intense physical activity. HMB and KIC, are naturally produced by our body from BCAA; they stimulate MTORC1 receptor activating protein synthesis in the muscle, essential for the recovery after intense exercise. Arginine stimulates the production of nitric oxide (NO) and contributes to a greater inflow of blood in the muscle. Besides this properties they are supported from Phosphatidylserine, that seems to has a significant cortisol-blocker activity. Cortisol is a hormone that “empties the muscles” , that the body produces when it is subjected to intense physical and psychological stress.

Synthesy is useful in case of catabolic stress (trauma, surgical operations), physical and mental tiredness, intense sport activity and overtraining syndrome. It is also useful to prevent deficit conditions of the immune system and to facilitate the protein synthesis.

INGREDIENTS: Calcium Hydroximethylbutirrate, (HMB), Arginine ketoisocaproate (KIC), Bulking agents: microcellulose and calcium phosphate; Phosphatidylserine from soy, Anticaking agents: silica and magnesium stearate.

DIRECTIONS: Take 4 tablet daily, with half a glass of water.

PACKAGES: 100 tablet x 1300 mg.

AVERAGE AMOUNT	PER 4 TABS	% NRV*
HMB	3000 mg	
L-Arginine KIC	1000 mg	
Phosfatidylserine	200 mg	
Vitamin B6	1,4 mg	100

* NRV = Nutrient reference value (adults)

WORKOUT

FOR A FAST RECOVERY

AFTER AN INTENSE PHYSICAL STRESS



It is a supplement based on particular substances, that are effective to facilitate an optimal energetic efficiency, to reduce the fatigue sensation during the exertion and to improve the muscular recovery at the end of it. The best substance of Workout is given by the presence of D-ribose and of the magnesium citrate, combined with Creatine, Glutamine and Taurine, whose properties are already known. Ribose is a sugar produced directly by our organism to preserve the energetic reserve of ATP. During the intense and prolonged exertion, the energetic deficiency is not only caused by carbohydrates deficiency, fats and amino acids, but also by the reduction of the enzymes that catalize their trasformation in energy.

Ribose by-passes the enzymatic reactions, changes directly in ATP maintaining high its reserves, also in absence of glycogen.

Arginine is an amino acid that is present in all the living forms, and can be considered semi-essential or essential, depending on specific conditions (childhood, trauma, sepsi, burns, etc.). It plays a central role in the synthesis of nitrous

oxide (NO), a chemical compound that develops important functions, and of polyamine, a group of active compounds, that stimulate the proteic synthesis.

Magnesium ensures the energetic metabolism of the branched amino acids, has a detoxicant action against azote, that has accumulated in the cell during the exertion and facilitates the integration of magnesium, that is an essential mineral for the production of energy, the transmission of the neuromuscular impulse and the cramps prevention.

INGREDIENTS: Fructose, Creatine citrate (Creapure™ Citrate), L-Glutamine, L-Arginine chlorhydrate, D-Ribose, Acidity correctors: citric acid and sodium bicarbonate; Taurine, Ornithine alpha ketoglutarate, Magnesium citrate, Potassium citrate, Lemon flavour, Sweetener: Acesulfame K, Cartamo extract, Anticaking agent: silica; Sweetener: aspartame.

DIRECTIONS: Take 1 sachet daily, dissolved in 200 ml of water.

PACKAGES: 20 sachet x 20 g.

FLAVOURS: Lemon.

NUTRITIONAL FACT	PER 100 G	PER DOSAGE = 20 G 1 SACHET	% NRV*
Energy	kcal 365 kJ 1552	kcal 73 kJ 310,4	
Protein (N x 6,25)	44,75 g	8,95 g	
Carbohydrate	46,63 g	9,33 g	
of which Ribose	9 g	1,8 g	
Fat	absent	absent	
Creatine citrate	22,52 g	4,5 g	
of which Creatine	15,13 g	3 g	
L-Glutamine	10,00 g	2 g	
L-Arginine	10,00 g	2 g	
Taurine	2,50 g	500 mg	
OKG	2,50 g	500 mg	
Magnesium	300 mg	60 mg	16

* NRV = Nutrient reference value (adults)



Carbohydrate

Carbohydrates or sugars represent the main energy source for muscles and brain and therefore allow us to develop every physical and mental activity.

They are divided into two big groups:

Simple: monosaccharides, oligosaccharides (from 1 to 10 molecules of monosaccharides). They are part of important cell compounds. E.g.: glucose (dextrose), saccharose (sugar, disaccharide).

Complex: they are composed by long complex chains of a monosaccharide, in prevalence glucose. Among the most important in nature we have starch (that is contained in the cereals, potatoes, legumes and other vegetables) and glycogen, the sugar of reserve of our organism. Esso si trova principalmente nei muscoli, nel fegato e reni.

PROPERTIES

Carbohydrates represent the most rapid and efficacious energetic source, to whom the organism resort, either for the short, or for the prolonged exertion. They are the unique energetic source for the brain.

Our organism contains limited reserves of sugars (glycogen) and it is important to replenish continuously these reserves in order not to have a bad drop of the physical efficiency, to the coma, due to excessive reducing of glycemia (sugar level in the blood). When the sugars are running out, e.g. during a exacting physical exertion, the organism resorts, for its energetic requirement, to fats and proteins, that are not able to supply the same energetic power to the muscles. Besides, organism obtains energy by destroying the muscular tissue. It is therefore clear that a insufficient intake of sugars reduces also the muscular strenght and tone.

DISTINCTIONS

Relating to their chemical structure (simple or complex), that influences decisively the

time of their assimilation, there are at long action (starch), at faster action (dextrose, fructose) and at intermediate action (maltodextrines) carbohydrates. The starches, that mainly come from the nourishment, release energy only after 2-3 hours, maltodextrines after about 30 minutes, the glucose or dextrose after 5 minutes. It is therefore obvious that the choice of the type of carbohydrate to intake depends on the type of the physical exertion.

Slow and constant physical exertion: starches and maltodextrines

Quick and intense physical exertion: low level of glycemia: dextrose.

It has to be underlined that that intake of excessive simple sugars quantities is generally inadvisable because:

- it forces the pancreas to secrete an high quantity of insulin, that is the hormone that maintains constant the glycemia, of whom the diabetics present deficiency;
- it is cause, after a starting increase of the glycemia, of a brusque drop of the same with damage of the general functionality.

On the contrary, the intake of complex carbohydrates doesn't present these disadvantages and it is better tolerated. The intake of carbohydrates in the form of supplement is necessary when there are high energetic requirements, therefore for athletes and people that do hard works. Thanks to the carbohydrates supplements it is possible to have a quick and constant energy source, comparing to the traditional foods, without causing jerks of the glycemia, so to guarantee a better resistance to the fatigue and the improvement of the performance. The choice of a supplement allows to replenish in short times the limited reserves of glycogen (the sugar of the muscles) profused during the exertion and to accelerate the recovery times. The inflow of sugars to subtain an exertion in warm wet enviromental situations must be combined with intake of minerals, in particular sodium, magnesium, potassium, whose loss through sweat is unavoidable.

The reduction of sodium and potassium can be responsible of a quick drop of the muscular reactivity and therefore of the sensation of tiredness. In our supplements there is an optimal equilibrium between carbohydrates and minerals.

POSIOLOGY

A gramm of carbohydrates releases 4 kcal. The quantity and quality of carbohydrates to utilise are related to the type and duration of exertion. Before intaking energetic supplement it is always necessary to value also the quantity of carbohydrates intaken with food.

CARBO SPEED

LOW GLYCEMIC INDEX ENERGY FOR THE ATHLETS



Vitargo

Carbo Speed is an energetic product for sportmen. It is based on traditional Maltodextrins(D.E.10), Isomaltulose and Vitargo®, a revolutionary maltodextrin obtained from corn starch, at high molecular weight, it has been realized expressly to satisfy the energetic requirements of athletes, who are exposed to aerobic sports, that never reach a maximal intensity, and take place in a relatively long interval of time, starting from 1 hour. The absence of flavour can be very useful in the long endurance run, because the flavour can disturb the gastrointestinal tract during the performance.

Carbo Speed produces a resolutely hyipotonic drink, that facilitates a quick gastric depletion and give the muscles a constant energy availability.

The product is rich in all the vitamins that are essential to the energetic production. During an intense and prolonged sport activity, the athletic performance is compromised by the loss of liquids and minerals, by exhaustion of the reserves of glycogen (the form of sugar reserve in our organism), by the reduction of sugar level in the blood. It is therefore important to guarantee to the athletes an adequate energetic intake before, during and after the physical training. Such inflow should be more important

relating to the duration, the energetic utilisation and expenditure of the performance.

An increase of the intake of carbohydrates with food and their assumption before, during and after the sport activity, help to prevent hyidric-glucydic deficiency and improve the performance in general.

INGREDIENTS: Vitargo® 40% (Maltodextrin a P.M. 500.000-700.000), Maltodextrin from maize, Isomaltulose 20%, Ascorbic Acid (Vitamin C), Niacide (Nicotinamide), DL-alfa-tocopheryl acetate (Vitamin E), Pyridoxine HCL (Vitamin B6), Riboflavin (Vitamin B2), Thiamin clorhydrate (Vitamin B1).

DIRECTIONS: Take 60 g (3 scoop) dissolved in 500 ml of water or other liquid, 1-3 times daily according to your needs, preferably during training.

PACKAGES: 500 g.

FLAVOURS: Neutral.

NUTRITIONAL FACTS	PER 100 G	PER DOSAGE = 60 G	% NRV*
Energy	kcal 376,5	kcal 226	
	kJ 1600	kJ 960	
Protein (N x 6,25)	absent	absent	
Carbohydrates	94,1 g	56,5 g	
of which Sugar	21,7 g	13,0 g	
Fat	absent	absent	
of which Saturated	absent	absent	
Fiber	absent	absent	
Sodium	6 mg	3,6 mg	
Vitamin C	40 mg	24 mg	30
Vitamin PP	8 mg	4,8 mg	30
Vitamin E	6 mg	3,6 mg	30
Vitamin B6	0,7 mg	0,42 mg	30
Vitamin B2	0,7 mg	0,42 mg	30
Vitamin B1	0,55 mg	0,33 mg	30

* NRV = Nutrient reference value (adults)

COMPETITION

IDEAL FOR THE RACE

ENERGY - RESISTENCE - RECOVERY



NEW FORMULE!

with Carbohydrates
Beta-Alanine
and Taurine

available also in single dose

Competition is a dietary supplement particularly useful to sustain a prolonged physical training and to facilitate the recovery processes after race, for people who practice sport activity. It contains Carbohydrates with different speeds of absorption, that help to maintain the glycogen reserves of the organism and Ribose: an extraordinary sugar that directly changes in ATP.

It contains an high dose of branched amino acids, such as Glutamine, Taurine and Ornitine AKG, that are all essential nutrients to hinder fatigue and to restore the muscular tone.

The new formula contains also Beta-Alanine, an amino acid that is able to counteract the lactic acid, and so the fatigue, and to improve the muscular oxygenation.

Glutamine is also an excellent resource for the immune system, that the excessive physical exertion reduces. Vitamins and Minerals hinder respectively the processes of oxidative degradation, that are caused by the free radicals and cover the increased requirement of these nutrients.

INGREDIENTS Fructose, Dextrose, Maltodextrin, L-Leucine, L-Glutamine, D-Ribose, L-Isoleucine, L-Valine, Magnesium citrate, Ornitine alphaketoglutarate (OKG), Taurine, Beta-alanine, Potassium bicarbonate, Red orange Flavour, Acidifier: citric acid; Potassium citrate, beta-Carotene, Bilberry (*Vaccinium myrtillus* L.) d.e.1% anthocyanosides, Vitamin C (L-Ascorbic acid), Sweetener: sucralose; Vitamin E (alfa-Tocopherol acetate).

DIRECTIONS: Take 50 g daily (2,5 scoop or 1 sachet) dissolved at least 500 ml of water, immediatly after the physical effort.

PACKAGES: 500 g, Expo 20 sachet x 50 g salable separately.

FLAVOURS: Red Orange.

NUTRITIONAL FACTS	PER 100 G	PER DOSAGE = 50 G	% NRV*
Energy	kcal 363	kcal 181	
	kJ 1542	kJ 771	
Protein (N x 6,25)	16,50 g	8,25 g	
Carbohydrates	71,04 g	35,7 g	
of which Ribose	3,6 g	1,8 g	
Fat	0,20 g	0,10 g	
L-Leucine	5,00 g	2,50 g	
L-Glutamine	4,00 g	2,00 g	
L-Isoleucine	2,50 g	1,25 g	
L-Valine	2,50 g	1,25 g	
OKG	2,00 g	1,00 g	
Taurine	2,00 g	1,00 g	
Beta-Alanine	2,00 g	1,00 g	
Magnesium	292,5 mg	146,2 mg	39
Potassium	780 mg	390 mg	19,5
Bilberry d.e.	150 mg	75 mg	
of which Anthocyanosides	1,5 mg	0,75 mg	
Beta-Carotene	150 mg	75 mg	
Vitamin C	120 mg	60 mg	75
Vitamin E	30 mg	15 mg	125

* NRV = Nutrient reference value (adults)



GLICOGEN

IMMEDIATE ENERGY AGAINST HUNGER CRISIS

Glicogen is a supplement based on Glucose that is able to restore in very quick time the availability of glycogen, or of cellular and muscular energy to face any exertion. It must be used only in situations of hunger crisis and sensation of total muscular depletion, combined with symptoms as nausea e marked weakness.

It is ideal to recharge energies after exertion. Glucose has not to be intaken in superior doses to that recommended ones, because it could cause marked jerks of glycemia, with negative consequences either from energetic point of view or for the possibility to increase the fats deposit.

It can be successfully utilized to improve the assimilation of creatine.

INGREDIENTS: Glucose monohydrate.

DIRECTIONS: Take 60 g daily (3 scoops) dissolved in 500 ml of water, preferably between meals.

PACKAGES: 1000 g.

FLAVOURS: Neutral.

NUTRITIONAL FACTS	PER 100 G	PER DOSAGE = 60 G 3 SCOOPS
Energy	kcal 368 kJ 1538	kcal 221 kJ 923
Protein s/s	absent	absent
Carbohydrates	92 g	55,2 g
Fat	absent	absent
Fiber	absent	absent

MALTO+

PROLONGED ENERGY FOR ATHLETES

Malto+ is a supplement based on Maltodextrin with destrose equivalence (D.E.) 10. The maltodextrin are complex carboydrates composed by glucose polymers, of various length, that have been obtained through enzymatic hydrolysis of the corn starch; they are gluten free. It is essential in almost all the sport activities to maintain an high availability of sugar in the muscles, either before or during a performance. Malto+ is able to supply energy costantly and gradually, without causing joilts of the glycemia, that is a situation that on the contrary happens by utilizing simple sugars (glucose, saccarose, etc.). These are quicker absorbed and increase as quickly the glycemia, causing secretion. An excessive production of insulin can reduce the performance. The intake of maltodextrin before, during and after the physical activity consente a greater availability of energy, prevents fatigue, accelerates the recovery phase.

INGREDIENTIS Maltodextrin from Maize (D.E.10).

DIRECTIONS: Take at least 60 g daily (3 scoops) dissolved in 500 ml of water or other liquid.

PACKAGES: 1000 g.

FLAVOURS: Neutral.

NUTRITIONAL FACTS	PER 100 G	PER DOSAGE = 60 G
Energy	kcal 3808 kJ 1615	kcal 228 kJ 969
Protein s/s	absent	absent
Carbohydrates	95 g	57 g
Fat	absent	absent



MALTO + gel

LIQUID RECHARGE ENERGY

Malto+ gel is a ready to use compound based on maltodextrins, in the form of gel. It represents a liquid energy recharge, immediately available, useful for example for those who practice physical activity.

INGREDIENTS: Water, Maltodextrin from Maize, Sweetener: Steviosid, Thickner: xanthan gum, Flavour, Acidity corrector: citric acid, Preservative: potassium sorbate.

DIRECTIONS: Take 1 dosage (50 ml) daily, before or during the training or competition, possibly followed by few sips of water.

PACKAGES: Expo 14 single dose x 50 ml.

FLAVOURS: Orange, Lemon.

NUTRITIONAL FACTS	PER 100 ML	PER DOSE = 50 ML
Energy	kcal 224 kJ 952	kcal 112 kJ 476
Protein	absent	absent
Carbohydrates	56,2 g	28,1 g
of which Sugars	10,12 g	5,6 g
Fat	absent	absent
of which Saturated	absent	absent
Fiber	absent	absent
Sodium	absent	absent

FINAL RACE gel

THE ENERGY FOR THE FINAL SPRINT

Final Race gel is an energetic gel suitable for athletes and sportsmen that face training periods that are particularly intense, because it reduces the fatigue, helps to improve the athletic performance and facilitates a fast recovery of the sprint ability in the high intensity activity. It contains the same particulars sugars and nutritional factores of the Final Race powder, but it ls presented in practical single-dose packings, that are ideal for the race.

INGREDIENTS GEL: Water, Dextrose, Fructose, Magnesium citrate, Fructose 1,6 diphosphate, Acetyl-carnitine HCL, Beta-alanine, Orange juice, Acidifier: citric acid; Flavour, Preservativ: potassium sorbate; Sweetener: sucralose.

DIRECTIONS: Take 1 dosage (50 ml) daily, before or during the training or competition, possibly followed by few sips of water.

PACKAGE: Expo 40 single dose x 50 ml.

FLAVOURS: Orange

NUTRITIONAL FACTS	PER 100 G	PER DOSAGE= 50 ML
Energy	kcal 205 kJ 875	kcal 103 kJ 437
Protein	absent	absent
Carbohydrates	46,3 g	23,2 g
Fat	absent	absent
Fructose 1-6 difosfate	6 g	3 g
Beta-alanine	2000 mg	1000 mg
Acetylcarnitine HCL	2000 mg	1000 mg
of which Carnitine	1345 mg	672,5 mg



With

**Fructose 1-6 diphosphate
Beta-alanine, Acetylcarnitine**



REISPRINT

SALINE PROENERGETIC SUPPLEMENT

Reisprint is a saline pro-energetic dietary supplement produced for sportmen, that is able to guarantee in rapid times the restoration of the water and of the Minerals reserves as sodium, magnesium and potassium in an easily assimilable form, that have been lost during exertion caused by intense sweating. The great energetic contribution of Reisprint is guaranteed by the presence of three kinds of carbohydrates: Maltodextrine (D.E. 10), Fructose and Glucose. Thanks to their different assimilation times (respectively slow, medium and rapid), Reisprint is constantly able to restore energy to the organism without causing jerks of glycemia. The presence of the amino acid Taurine facilitates a greater mental concentration and improves the intake of oxygen to the cells during the exertion, whom take part significantly also the excellent extract of red grape, that increases the blood flux in the muscles. The use of the product is recommended to the sportsmen and to people who practice intense and prolonged physical activity, to Increase the energetic requirement and to reintegrate minerals lost by

a marked sweating. To ensure the highest efficaciousness to the product it is essential to prepare properly the drink, so that the concentration is not higher of the 6%, that is 30 g for 500 ml water. It allows a rapid gastric depletion and a rapid assimilation of the contained nutrients.

LEMON'S INGREDIENTS: Maltodextrin, Fructose, Dextrose, Acidifier: citric acid; Sodium chloride, Taurine, Flavour, Magnesium citrate, Sodium citrate, Potassium citrate, Red grape (*Vitis vinifera* L.) d.e. 95% poliphenols - 50% OPC, L-ascorbico acid (Vitamin C), Sweetener: acesulfame K; DL- alfa-tocopheryl (Vitamin E), Colour: beta-carotene.

ORANGE'S INGREDIENTS: Maltodextrin, Fructose, Dextrose, Acidifier: citric acid; Sodio cloruro, Flavour, Anticaking: silica; Sodium chloride, Taurine, Magnesium citrate, Sodium citrate, Potassium citrate, Sugar Beet juice powder (sugar beet, maltodextrin), Red grape (*Vitis vinifera* L.) d.e. 95% polyphenols - 50% OPC, L-ascorbic acid (Vitamin C), Colour:

beta-carotene, Sweetener: acesulfame K; DL-alfa-Tocopheryl (Vitamin E), Colour: beta-carotene.

DIRECTIONS: Take 20 g (1 scoop) or 1 sachet in 500 ml of water. Take from 500 ml to 1 litre during the day according to your needs. You get a drink with a concentration of approximately 210 mOsm/l.

PACKAGES: 500 g, 10 sachet x 30 g (*only Orange).

FLAVOURS: Orange, Lemon.

NUTRITIONAL FACTS	PER 100 G	PER DOSAGE = 20 G	% NRV*
Energy	Kcal 348	Kcal 69,6	
	KJ 1480	KJ 296	
Protein s/s	absent	absent	
Carbohydrates	78 g	15,6 g	
Fat	0,06 g	0,012 g	
Taurine	2,5 g	0,5 g	
Red Grape d.e.(Powergrape®)	0,5 g	100 mg	
<i>Polyphenols</i>	475 mg	95 mg	
Chloride	1535 mg	307 mg	
Sodium	1275 mg	255 mg	
Potassium	450 mg	90 mg	
Magnesium	285 mg	57 mg	15
Vitamin C	400 mg	80 mg	100
Vitamin E	60 mg	12 mg	100

* NRV = Nutrient reference value (adults)

X-PLOSIV gel

ENERGIA ESPLOSIVA LIQUIDA TASCABILE



X-Plosiv is an energetic drink gel concentrated, that contains carbohydrates that have different absorption speed, that is able to supply a rapid and prolonged in the time energetic intake. The presence of magnesium improves, during the training, the l'efficiency of the energetic processes and prevents muscular cramps, particularly in the duration sports and in presence of intense sweating. A great change of X-Plosiv is the presence of a special extract of red wine, provided with potent vasodilating and antioxidant action, that is able to improve the muscular oxygenation during the exertion! X-Plosiv is packaged in a practical Brovit pocked-sized single-dose and is easily portable during the race.

INGREDIENTS: Maltodextrin, Glucose, β-D-Fructose, Magnesium chloride, Acidity corrector: citric acid; Natural colour: Curcuma; Flavour, Red Grape (*Vitis vinifera* L.) d.e. 95% Polyphenols - 50% OPC.

DIRECTIONS: Take 1 brovit x 30 ml daily, possibly follower by few sips of water.

PACKAGES: Expo 24 single dose x 30 ml.

FLAVOURS: Orange, Lemon cola.

NUTRITIONAL FACTS	PER 100 ML	PER DOSAGE = 30 ML
Energy	kcal 320	kcal 96
	kJ 1360	kJ 408
Protein	absent	absent
Carbohydrates	80 g	24 g
Fat	absent	absent
of which Saturated	absent	absent
Fiber	absent	absent
Sodium	absent	absent
Red wine d.e.	0,135 g	50 mg
<i>of which Polyhenols</i>	128,4 mg	47,5 mg

VO2® aerobic

SLOW AND PURE ENERGY FROM MCT FATS AND SUGARS

VO2 is an absolutely innovative supplement that has been specifically designed to retard fatigue and energetically support the prolonged aerobic exercise, which takes place at a VO2 between 30-60% of the ceiling. The properly energy-giving sources are represented by low glycemic index carbohydrate, such as fructose and isomaltulose, and by medium-chain fats, istantized MCTs, which are a source of alternative and decisive energy for the support of the aerobic effort. The beet juice, AKG arginine and AKG ornithine are antioxidant, and for this reason they improve the vascularization of the muscles and promote the expulsion of toxins.

INGREDIENTS: Fructose, Isomaltulose* Palatinose®, Beetroot concentrate and atomized juice (Beta vulgaris L.) root, MCT (medium chain triglycerides), Arginine Alpha-Ketoglutarate (AKG), Emulsifier: Foreign saccarosici of fatty acids; Ornithine alpha-ketoglutarate (OKG), Flavours, Magnesium citrate, Red Grape (*Vitis vinifera* L.) seeds d.e. tit. 95% Polyphenols, Morosil® (Citrus sinensis L.) juice and pericarp of the fruit d.e., Potassium citrate, Sweetener: sucralose; L-ascorbic acid (Vitamin C), Caffeine anhydrous, Acidifier: citric acid; Zinc citrate, Nicotinamide (niacin), Pyridoxine chloridrate (vitamin B6), Thiamine chloridrate (Vitamin B1), Folic acid, Cyanocobalamin (Vitamin B12). * *Isomaltulose is a source of glucose and fructose.*

DIRECTIONS: Take 30 g (1,5 scoops) in 500 ml of water or other liquid, according to your needs, preferably during training. **PACKAGES:** 500 g. **FLAVOURS:** Orange.

NUTRITIONAL FACTS	PER 30 G	NUTRITIONAL FACTS	PER 30 G	% NRV*
Energy	kJ 404	Ornithine AKG	1 g	
	kcal 95,4	Caffeine	120 mg	
Fat	1,93 g	Magnesium	56,25 mg	15
Carbohydrate	19,2 g	Vitamin C	120 mg	150
Protein	0,34 g	Niacine	24 mg	15
Salt	0,04 g	Tiamine (Vit. B1)	0,165 mg	15
MCT	2,7 g	Folic acid	60 mcg	30
Arginine AKG	2 g	Vitamin B12	0,75 mcg	30

* NRV = Nutrient reference value (adults)





Bar

The use of a nutritious, practical, balanced, and complete snack, that is enriched with the most important nutritional factors has ormai become a consolidate habit of the modern society.

The Bar, produced with ingredients of quality, is really an excellent medium to bring essential nutrients, in particular when it is difficult to apply to traditional food or it is impossible to prepare a meal.

Many people are also used to concentrate the meals in only three moments of the day and neglet the importance to supply to the organism the necessary resources also in the mid-morning and afternoon. A more equa distribution of the daily caloric requirement in 5 meals a day allows also to maintain a good metabolic rhythm and make less heavy the digestive system. The fruit is also an excellent food for these moments of the day, but the bar also, if the energy requirements of the working life and of the general physical activity are high, it is a really efficacious and rewarding to satisfy the own caloric requirement.

Our Bar Line is created to satisfy any kind of requirements and is based on totally natural ingredients.

SYBAR ENERGY

ALMOND PASTE + SESAME + DRIED FRUIT



Sybar Energy is an energy bar made of maltodextrin, corn flakes, almond paste, sesame and dried real fruit (hazelnut, nut or pistachio). This kind of bar is a concentrate of pure energy coming from a very tasty bar!

HAZELNUT'S INGREDIENTS: Marzipan 30% (Sugar, Almonds, Invert Sugar syrup, Glucose syrup, Stabilizer: Sorbitol), Almonds paste 25% (Legumes Flour, Sugar, Soy Flour, Dextrose, Modified Starch, Stabilizer: Sorbitol; vegetable Oil, Salt, Preservative: Potassium Sorbate; Flavour), Glucose Syrup, Hazelnut paste 8% (toasted and refined Hazelnuts), Sesams, Corn flakes 5,5% (Maize Flour, Sugar, Barley Malt extract, Salt), Hazelnut grain 4%, Maltodextrin 2,5%, Rice Flour, Sunflower Oil, Wafers (Potato Starch, Water, vegetable Oil), Preservative: Potassium sorbate.

WALNUT'S INGREDIENTS: Marzipan 30% (Sugar, Almonds, Invert Sugar syrup, Stabilizer: Sorbitol), Almonds paste 25% (Legumes Flour, Sugar, Soy Flour, Dextrose, Modified Starch, Stabilizer: Sorbitol; vegetable Oil, Salt, Preservative: Potassium Sorbate; Flavour), Glucose Syrup, Walnuts paste 8% (Sugar, Walnuts 31,8%, Hazelnuts, Emulsifier: Soy

Lecithin, Flavours), Sesams, Corn flakes 5,5% (Maize Flour, Sugar, Barley Malt extract, Salt), Walnuts grain 4%, Maltodextrin 2,5%, Rice Flour, Sunflower Oil, Wafers (Potato Starch, Water, vegetable Oil), Preservative: Potassium sorbate.

PISTACHO'S INGREDIENTS: Marzipan 30% (Sugar, Almonds, Invert Sugar syrup, Glucose syrup, Stabilizer: Sorbitol), Almonds paste 25% (Legumes Flour, Sugar, Soy Flour, Dextrose, Modified Starch, Stabilizer: Sorbitol; vegetable Oil, Salt, Preservative: Potassium Sorbate; Flavour), Glucose Syrup, Pistachio paste 8% (Sugar, Almonds, Pistachio 10%, vegetable Oil, Emulsifier: Soy Lecithin, Flavours), Sesams, Corn flakes 5,5% (Maize Flour, Sugar, Barley Malt extract, Salt), Pistachio grain 4%, Maltodextrin 2,5%, Rice Flour, Sunflower Oil, Wafers (Potato Starch, Water, vegetable Oil), Preservative: Potassium sorbate.

Contains gluten. May contain traces of Milk, Eggs, Peanuts and other Nuts.

DIRECTIONS: Take 1 bar according to your needs.

PACKAGES: Expo 20 bar x 40 g.

FLAVOURS: Hazelnut, Walnut, Pistacho.

NUTRITIONAL FACTS	PER BAR = 40 G HAZELNUT	PER BAR = 40 G WALNUT	PER BAR = 40 G PISTACHO
Energy	kcal 171	kcal 171	kcal 171
	kJ 709	kJ 709	kJ 709
Proteins s/s	3,2 g	3,2 g	3,2 g
Carbohydrates	21,6 g	21,6 g	21,6 g
of which Sugar	13,2 g	13,2 g	13,2 g
of which Polyalcohols	0,2 g	0,2 g	0,2 g
Fat	8,0 g	8,0 g	8,0 g
of which Saturated	0,16 g	0,16 g	0,16 g
Fiber	0,58 g	0,58 g	0,58 g
Sodium	22 mg	22 mg	22 mg



SYBAR ENERGY FRUIT

THE TASTY ENERGY OF THE FRUIT



Based on special and tasty fruit rice flakes it is a concentrate of pure energy, for every day life and sport. It is an ideal support to have an immediate charge, in any moment when it is necessary. It contains little fats and proteins and it is very light to digest.

STRAWBERRY'S INGREDIENTS: Strawberry Paste 42% (Strawberry, Cherry's syrup, Sugar, Fructose syrup, Rice crispies (Rice, Sugar, Malt, Salt), Maltodextrin, Fructose, Vegetable oil, Soy lecithin E322, Flavour, Wafer (Potatos flour, Water, Vegetable oil), Stabilizer: Pectine. Mai contain trace of Gluten.

APPLE-PEACH'S INGREDIENTS: Fruits Paste 42% (Apple purée, Sugra, Peach pulp, Fructose syrup, Acidifier: citric acid E330, Flavours, Stabilizer: Pectine, Colours: E101 and E160a), Rice crispies (Rice, Sugar, Malt, Salt), Maltodextrin, Vegetable oil, dishydratate Peach 8%, Fructose, Soy lechitin E322, Flavours, Wafer (Potato flour, Water, Vegetable oil), Stabilizer: Pectine. Mai contain trace of Gluten.

ACE'S INGREDIENTS: Fruit mass 44% (orange juice, fructose, sucrose, glucose syrup, apple puree, lemon juice, orange, acidity regulator: E331; stabilizer: E407; antioxidant: L-ascorbic acid, natural orange flavour) rice crispies 22% (rice flour, sugar, sunflower oil, salt), fructose, maltodextrin, rice flour, palm oil, dextrose, destrine, candied orange peel 2% (diced orange peel, glucose-fructose syrup, sucrose, acidity regulator: citric acid; preservative: sulphur dioxide), emulsifier: soy lecithin, stabilizer: pectin; wafers (potato starch, flavours, water, sunflower oil), flavours, acidifier: citric

acid; colour: curcumine.

DIRECTIONS: Take 1 bar according to your needs.

PACKAGES: Expo 20 bar x 40 g.

FLAVOURS: Strawberry, Apple-Peach, ACE (Orange, Carrot, Lemon).

NUTRITIONAL FACTS SYTRAWBERRY, APPLE-PEACH FLAVOUR	PER 100 G	PER BAR = 40 G
Energy	kcal 379	kcal 151,6
	kJ 1586	kJ 634,4
Protein s/s	1 g	0,4 g
Carbohydrates	78 g	31,2 g
Fat	7 g	2,8 g

NUTRITIONAL FACTS ACE FLAVOUR	PER 100 G	PER BAR = 40 G
Energy	kJ 1553	kJ 621
	kcal 367	kcal 147
Fat	5 g	2 g
of wich saturated fatty acids	2 g	0,8 g
Carbohydrate	80 g	32 g
of which Sugars	55 g	22 g
Fiber	0,1 g	0,04 g
Protein	0,5 g	0,2 g
Salt	0,29 g	0,12 g



SYBAR SHAPE

BALANCED COATED BAR - WITH MCT

Sybar Shape is a balanced BAR, 28% soy and milk protein, coated with dark chocolate, whose ingredients are all natural and fine. It is ideal as a snack, nutritious and tasty, effective to complete the quality nutrition of the diet and to enrich half day snacks. It is also ideal during prolonged exercise at low intensity - as the walking, hiking, cycling and running - to provide energy and support muscles. It is highly digestible, gluten free and has only traces of lactose.

INGREDIENTS: Glucose syrup, milk protein, soy nuggets (soy protein, rice starch), dark chocolate coating 8% (cocoa min. 64.5%) [cocoa mass, sugar, cocoa butter, emulsifier: soy lecithin; vanillin, vanilla flavour], *, vegetable oils (from palm and coconut) **, fructo-oligosaccharides, glucose and sucrose syrup, sweeteners: sorbitol syrup; rice syrup, emulsifier: mono and diglycerides fatty acids; egg albumen powder, medium chain triglycerides, antioxidants: calcium ascorbate and ***; guar flour; inulin, flavour, sweeteners: sodium cyclamate and acesulfame K.

Cocoa flavour: * defatted cocoa powder 8% - ** honey - *** calcium lactate

Hazel flavour: * hazelnuts grain 7% sweeteners: sorbitol syrup, hazelnut mass 4% - calcium lactate ***

Coconut flavour: * coconut rapé 7%, coconut mass 4% - *** calcium lactate

PACKAGES: Expo 20 ba x 50 g.

FLAVOURS: Cocoa, Coconut, Hazelnut.

NUTRITIONAL FACT*	PER BAR = 50 G
Energy	kcal 193,5
	kJ 811
Protein	13,9
Carbohydrate	18,3 g
of which Sugar	14,9 g
Polyols	3,2 g
Fat	7,1 g
of which Saturates	4,4 g
Fiber	2,7 g
Sodium	0,1 g

* average values for all flavours

SYBAR SHAPE *fit*

BALANCED NOT COATED BAR - WITH MCT



Sybar Shape is a balanced bar, 28% soy and milk protein, not coated, whose ingredients are all natural and fine. It is ideal as a snack, nutritious and tasty, effective to complete the quality nutrition of the diet and to enrich half day snacks. It is also ideal during prolonged exercise at low intensity - as the walking, hiking, cycling and running - to provide energy and support muscles. It is highly digestible, gluten free and has only traces of lactose.

INGREDIENTS: Glucose syrup, milk protein, soy nuggets (soy protein, rice starch), *, vegetable oils (from palm and coconut oil), fructo-oligosaccharides, sucrose and glucose syrup, rice syrup, emulsifier: mono and diglycerides fatty acids; egg albumen powder, medium chain triglycerides, antioxidants: calcium ascorbate and calcium lactate; guar flour; inulin, flavours, sweeteners: sodium cyclamate and acesulfame K.

Almond's flavour: * toasted almonds grain 7%, sweetenere: sorbitol syrup, almonds mass 5%

Hazelnut's flavour: * hazelnuts grain 8%, sweetener: sorbitol syrup, hazelnuts mass 5%

Coconut's flavour: * coconut rapé 8%, coconut mass 5%

PACKAGES: Expo 20 bar x 50 g.

FLAVOURS: Almond, Coconut, Hazelnut.

NUTRITIONAL FACT*	PER BAR = 50 G
Energy	kcal 194,5
	kJ 816
Protein	14,8,9
Carbohydrate	17,9 g
of which Sugar	14,6 g
Polyols	2,1 g
Fat	3,3 g
of which Saturates	4,4 g
Fiber	2,9 g
Sodium	0,1 g

* average values for Almond's flavours

SYFORM

is the official supplier of

ADN Swim Project

prestigious team of swimmers at international level



Udinese calcio

Italian Serie A football club



Giorgio Petrosyan

world champion in kick boxing



De' Longhi Treviso Basket



For its contents and pictures this catalogue is a guide to the different products lines. It can be not always updated because of the continuous evolution of the nutritional research, that gives us the possibility to realize formulations even more innovative and efficacious. We kindly request you to contact us to give you the possibility to inform you about the issues of new line products.

Exclusively reserved to people that are qualified in Medicine, Diet and Pharmacology (Art.6 paragraph II D.L. 111/92).

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SYFORM

NEW SYFORM s.r.l.
via Maggiore, 109 - 31046 - Oderzo loc. Piavon (TV) - Italy
el. +39 0422.752922 - Fax +39 0422.753819
www.syform.com - info@syform.com