



**SCIENCE
FOR THE BENEFIT OF
WELL BEING**

Technological innovation
Nutritional innovation

Laboratoires
activa



For many years, we have specialized in the field of Phytonutrition.
We develop, formulate and produce in France a new generation
of nutritional supplements, for worldwide distribution.

Taking self-regulation into account

We develop our ranges with the permanent concern of taking the bioavailability and biocompatibility of our nutritional supplements into account. We do this by studying the body's regulation mechanisms to a possible alteration, in order to design nutritional supplements which promote systems that self-regulate a function rather than act against an alteration. As a result of this comprehensive approach, we support the body by using complex formulations and doses for better efficiency and fast action. The high-quality active ingredients are used in physiological doses in order to observe how the body functions and avoid side effects.

Actions and synergies of the components

Our know-how in developing complexes gives us a great deal of expertise in the formulation and combination of natural active ingredients so that they all act with the best possible synergy and confer maximum efficiency to our ranges. By combining several substances in a specific order, we get a synergy of active ingredients which is not simply equal to the sum of the properties of

these various substances. In fact, the interactions of these elements enable another action and other information regarding the body to be obtained. We attach great importance to developing our complexes, so that they are «micronutritional».

They respect the body's general balance. Our various product ranges are formulated based on:

- Dry, titrated, standardized plant extracts.
- Various trace element salts.
- Levorotatory vitamins and amino acids.
- First cold pressed vegetable oils.

Search for innovative galenics

In order to optimize the bioavailability of our products we use a patented galenic form, a controlled release microgranule which enables us:

- To release active ingredients very quickly for fast action or for prolonged periods for an action over several hours.
- To protect sensitive active ingredients from gastric acidity.
- To hide tastes and smells.
- To reduce the amount taken daily.

We also use osmotic tablets, vegetable capsules and high assimilation tablets.

Molecule and information

The quality of a molecule is assessed on two factors, one structural, its chemical formula, and the other spatial, its physical properties conferring its particular features and its 'language'. A well-known example is the assimilation of vitamin C, chemical and natural. A molecule will provide various information via the multiple spatial configurations it can take.

Each molecule has an action in relation to a target but at the same time gives a signal that it is important to take into consideration in a nutritional approach.

We select carefully our active ingredients in order to obtain products with qualities that have a high amount of tracers, controlled to ensure safety (pesticides, GMOs, microbiology, heavy metals).

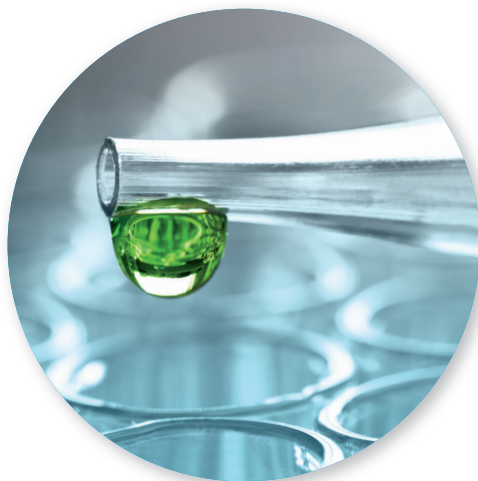
Our rigorous manufacture methods and the procedures put in place during continuous quality improvement processes, guarantee quality products with traceability throughout the production chain. Our laboratory meets the demands of French, European and American regulations.

ActiVa, latest generation of nutritional supplements

A new approach combining the knowledge in traditional phytotherapy, micronutrition and modern research on cellular biology.

Our complexes take into account the organism's autoregulation and cellular communication.

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Distribution is carried out exclusively by healthcare professionals trained in micronutrition and herbal medicine to ensure you receive advice that meets your requirements.

Technological innovation

Controlled Release Microgranules

The entirely innovative microgranule form offers protection for active ingredients and their targeted release into the body, thus promoting a fast and efficiency action.

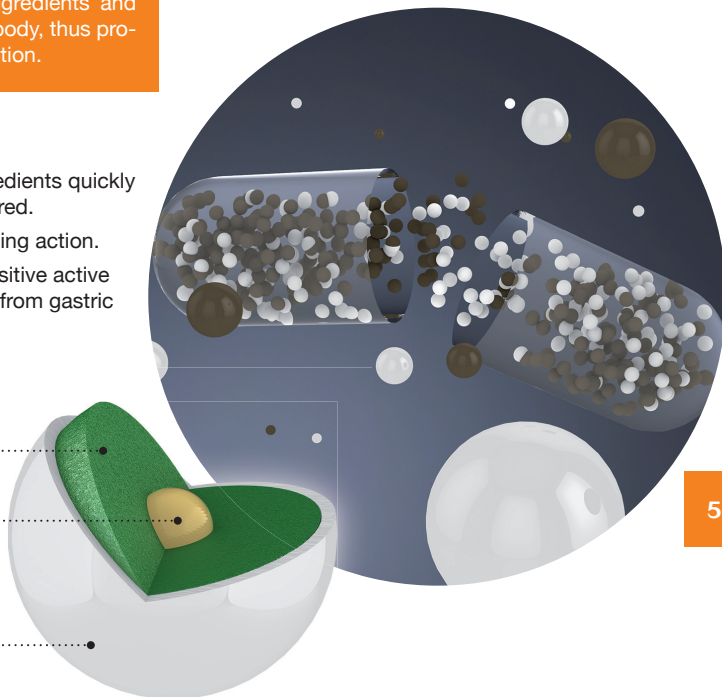
Controlled release

- We can release the active ingredients quickly everywhere fast action is required.
- Prolonged release for long-lasting action.
- Delayed release to protect sensitive active ingredients such as probiotics from gastric juice.

Dry titrated extracts

Neutral

Semi-permeable membrane



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PhytoVitality's priorities

- 100% natural active ingredients, using quality, titrated, dry extracts.
- Sequential formulations for a synergistic action of the components, so balance can be restored in the body.
- Complete bioavailability for total assimilation.
- Perfect biocompatibility: respect of vital currents with far-reaching benefits for vitality, no side effects and no overloading of the body.
- Microgranules provide gastroprotection, quickly passing through the intestine, and a controlled release of active ingredients.

Microgranule technology implies:

- Fewer doses, therefore better compliance.
- Adaptation of the dose type to the individual or the malfunction.
- Easy to take.



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WELL BEING RANGE



A range designed for balance,
comfort and intensive action

The right balance for your joints

Maintenance and comfort
of the articular system



Suggested use

1 capsule to be taken
every day between meals,
with a large glass of water.

The capsules may be
opened before being taken.

- 8 Promotes flexibility of joints
Helps maintain healthy joints

Well Being Joint

The natural solution to assist in maintaining flexibility
and strength of cartilaginous tissue.

- **Harpagophytum and Curcuma Complex**
(recognized for its anti-inflammatory properties)
help improve flexibility and articular mobility.
- Contribution of **Glucosamine hydrochloride**
and **Chondroitin sulphate**, natural components of
cartilage.

DID YOU KNOW?

What are the causes of
joint pain?

Cartilage degradation is
one of the main causes of
joint pain.

The cartilage no longer
performs its role as a
"shock absorber" and no
longer enables supple and
flexible articulations.

There are many reasons
for this degradation,
sometimes due to
metabolic changes and
sometimes due to age.

Ingredients (titrated dry extracts) for 1 capsule

Harpagophytum (Harpagophytum procumbens) 75 mg, Chondroitin sulphate 41.7 mg, Marine chondroitin 41.7 mg, Turmeric TSE (Curcuma longa) 33.3 mg, Glucosamine hydrochloride 25 mg.
Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect.



Vitamins Minerals Amino Acids

To ensure the balance and proper function of the organism



Suggested use

1 capsule a day before breakfast with a glass of water. The capsules may be opened before being taken.

Supports the immune system
Contributes to fatigue and stress reduction
Supports the bone structure

Well Being Synergy Plus

A biocompatible natural complex to dynamise and reinforce the organism:

- Liposoluble **vitamin D3** stimulates the immune system and helps improve the absorption capacities of the essential elements, such as bone and muscle structure in association with calcium and magnesium. Hydrosoluble **vitamin B3**, precursor of NAD and NADH+ synthesis, facilitates stress regulation, essential for cells regeneration.
- **Calcium, magnesium and zinc** help reduce fatigue and contribute to maintain the immune system normal functions.
- **Amino acids** improve the mood and vitalise normalisation of cognitive functions, giving the brain its full potential.

Ingredients (titrated dry extracts) for 1 capsule

Omithine 52.94 mg - Alanine 39.02 mg - Vitamin B3 29.27 mg - Arginine 23.53 mg - Tryptophan 14.63 mg - Vitamin D3 24,4µg (976 IU) - Magnesium (chloride, carbonate, sulfate) 4.40 mg - Calcium Carbonate 2.90 mg - Zinc Gluconate 0.80 mg
Other ingredients: xylitol*, Vegetable Capsule (Natural Vegetable Cellulose, water), Glycine. Coating: shellac.
*excessive consumption may have laxative effects.

DID YOU KNOW?

More than 70% of the population is deficient of at least one of the following elements: Vit B3, D3, calcium, magnesium.



A digestive sphere with optimal function

4 microbiotics strains combined with lemon balm, sage and dandelion



Suggested Use

1 capsule a day before breakfast with a glass of water on an empty stomach.

Possible to open the capsule and put the content in a yogurt.

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8.4 billions gastro-protected microbiotics
3 prebiotics
3 plants supporting digestion

Well being PreBioPro Digest

is a biocompatible complex, synergy of 4 probiotics, prebiotics and titrated dry extracts carefully selected for an optimal digestive sphere:

- A synergy of 4 probiotics for an optimal result:
 - Bifidobacterium longum, Bifidobacterium infantis.
 - Lactobacillus acidophilus, Lactobacillus rhamnosus.
- Fructo-oligosaccharides (F.O.S), Xylitol and Ribose are prebiotics, essential nutrients for probiotics growth and strength.
- Lemon Balm, Dandelion and Sage are 3 plants traditionally recognised for their complementary action on digestive difficulties.

DID YOU KNOW?

100 000 billions of micro organisms live in our digestive tube. This ecosystem made of non pathogenic bacteria, parasites etc.. form our intestinal flora.

It is unique to each individual in terms of quality and quantity.



Ingredients for 1 capsule

Fructo-oligosaccharides 46.2 mg - Bifidobacterium Longum 2.1bn CFU - Bifidobacterium Infantis 2.1bn CFU - Lactobacillus Acidophilus 2.1bn CFU - Lactobacillus Rhamnosus 2.1bn - Lemon balm (Leaf) 16.88 mg - Dandelion (Leaf) 16.88 mg - Sage (Leaf) 11.25 mg. Additives: xylitol**, vegetable capsule (natural vegetable cellulose, water), ribose. Coating: shellac.

**excessive consumption may cause laxative effects.

Natural relief for gastric acidity

Maintain the stomach's acid/base balance



Suggested use

1 capsule every day, between meals with a glass of water, preferably in the morning.

The capsules may be opened before being taken.

Not recommended for pregnant women.

Digestion well-being
Gastric acidity
Balance the stomach's physiological pH

Well Being Gastric

The combination of 4 plants traditionally valued for their benefits for gastric and digestive disorders.

- **Fenugreek** and **Dandelion** contribute to maintaining a normal gastric acidity.
- **Sage** helps maintain a good digestion.
- **Lemon balm** contributes to a normal intestinal tract.

DID YOU KNOW?

Sage's latin name (*Salvia officinalis*) stems from *salvare* which means «to save» or «to heal».

The Romans and the Egyptians used to use it in several preparations.



Ingredients (titrated dry extracts) for 1 capsule

Fenugreek (*Trigonella Foenum Gracum*) 50 mg, Lemon balm (*Melissa officinalis*) 28.1 mg, Dandelion (*Taraxacum officinale*) 28.1 mg, Sage (*Salvia officinalis*) 18.8 mg, Tryptophan 2.5 mg, Alanine 1.8 mg. Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).

*Excessive consumption may have a laxative effect.



Ease your digestive system

Stimulates digestion and intestinal transit



Suggested use

1 capsule to be taken every day, with a large glass of water. Can be taken occasionally before or after a big meal.

The capsules may be opened before being taken.

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Facilitates digestion
Relieves intestinal bloating and heaviness of the stomach

Well Being Digestion

Synergy of natural active ingredients with relaxing and sedative properties for daily digestive comfort.

- **Lemon balm** helps stimulate sluggish digestion that causes bloating and gas.
- **Dandelion** contributes to cleansing and purifying the body. It is also known to help stimulate a lazy liver and gallbladder.
- **Sage** helps digestion by maintaining comfortable stomach acidity level.

DID YOU KNOW?

Why do the British call dandelion "Dandelion"?

It comes from its French nickname "Lion's teeth" due to the shape of dandelion leaves.



Ingredients (titrated dry extracts) for 1 capsule

Lemon balm (*Melissa officinalis*) 56.3 mg, Dandelion (*Taraxacum officinale*) 56.3 mg, Sage (*Salvia officinalis*) 37.5 mg, Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect.

A balanced flora with probiotics

Essential for the balance and natural defenses of women



**10 billion
gastro-protected
probiotics***



Suggested use

1 capsule a day, to be taken before breakfast with a glass of water.
The capsules can be opened before intake and for example mixed with a yoghurt.
Made from a culture environment containing soy and milk.

4 probiotics and 3 prebiotics for optimal results on the feminine sphere:

Well Being Symbiotic *Gyn*

A biocompatible complex, specially made to support and restore the female microbiota, essential for the balance and natural defenses of women.

■ Synergy of 4 probiotics for best results

- *Lactobacillus crispatus*,
- *Lactobacillus gasseri*,
- *Lactobacillus rhamnosus*,
- *Lactobacillus reuteri*.

■ Synergy of 3 prebiotics

- Fructo-oligosaccharides,
- Ribose,
- Xylitol.

Ingredients (for 1 capsule)

Fructo-oligosaccharides 52,5 mg, *Lactobacillus crispatus* 2,5 bn, *Lactobacillus gasseri* 2,5 bn, *Lactobacillus rhamnosus* 2,5 bn, *Lactobacillus reuteri* 2,5 bn.
Additives: xylitol*, vegetable capsule (natural vegetable cellulose, water), ribose.
*excessive consumption may cause laxative effects.
With sweetener.

DID YOU KNOW?

The vaginal microbiota is formed of 100 million to 1 billion of micro-organisms / ml of vaginal secretions and is composed of about 85% good bacteria.

Integral part of the woman's body throughout her life, it changes with time: puberty, menstruations, pregnancy, menopause...



Balance the urinary sphere naturally

Urinary tract comfort



Suggested use

1 capsule every day, to be taken between meals with a glass of water. The capsules may be opened before being taken.

14 Facilitates kidney elimination
Improves urinary comfort

Well Being Elimination

Combination of 4 plants to optimize urinary comfort:

- **Couchgrass, Heather and Cranberry** have properties known to help maintain a comfortable urinary function.
- **White nettle** supplies minerals that can support urinary function.

DID YOU KNOW?

White nettle, despite its name, does not sting.

As regards Cranberry, it is called Large Cranberry in North America, Atoca in Quebec and Cranberry in England.



Ingredients (titrated dry extracts) for 1 capsule

Cranberry (*Vaccinium macrocarpon*) 74 mg, Couchgrass (*Cynodon dactylon pers*) 62 mg, White nettle (*Lamium album*) 40 mg, Heather (*Calluna vulgaris*) 24 mg. Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect.

Breathe easily

Clear your airways naturally



Suggested use

1 capsule every day, to be taken between meals with a glass of water. The capsules may be opened before being taken.

Soothes the respiratory tract and helps free airways
Relieves dry and wet cough
Calms and soothes the throat during the day

Well Being Respiration

Combines the effectiveness of 4 plants to help your body resist against external attacks by preserving the integrity of the respiratory tract.

- **Eucalyptus**, an excellent and recognised support for upper airways management.
- **Marshmallow** soothes irritation and relieves dry cough.
- **Bilberry**, an antioxidant with recognized properties.
- **Hawthorn** to promote a restful and calm sleep.

DID YOU KNOW?

Marshmallow root was once used to help very young children to "cut their teeth".

It also allowed the manufacture of confectionery products with the same name.

Today, the food industry replaces Marshmallow with collagen, less rare and therefore less expensive.



Ingredients (titrated dry extracts) for 1 capsule

Marshmallow (*Althaea officinalis*) 37.5 mg, Eucalyptus (*Eucalyptus globulus labill*) 37.5 mg, Bilberry (*Vaccinium myrtillus*) 37.5 mg, Hawthorn (*Crataegus oxyacantha*) 37.5 mg, Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).

*Excessive consumption may have a laxative effect.

Restore your gut balance

12 billion CFU gastro-protected



Suggested use

1 capsule a day, in the morning, on an empty stomach with a large glass of water.

The capsules can be opened before administration, mixed in a yoghurt, for example.

Manufactured from cultured soy or milk.

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12 billion probiotics (CFU) gastro-protected

Well Being Symbiotic

Synergy of 4 strains of bacteria carefully selected for their safety and complementary action and 3 prebiotics that promote the development of probiotics.

- Helps maintain the body's natural defenses.
- Supports a healthy digestive system.
- Helps strengthen gastrointestinal flora.
- Synergy of 4 probiotics for better efficiency:
 - *Bifidobacterium longum*
 - *Bifidobacterium infantis*
 - *Lactobacillus acidophilus*
 - *Lactobacillus rhamnosus*.
- Synergy of 3 prebiotics:
 - Fructo-oligosaccharides
 - Xylitol
 - Ribose.

Ingredients (for 1 capsule)

Fructo-oligosaccharides 66 mg, *Bifidobacterium longum* (3 bn), *Bifidobacterium infantis* (3 bn), *Lactobacillus acidophilus* (3 bn), *Lactobacillus rhamnosus* (3 bn). Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water), Ribose.

*Excessive consumption may have a laxative effect.

DID YOU KNOW?

Intestinal flora is made of bacteria (approximately 100,000 billion of 400 different species), that live together in our intestines and which forms after birth.

Most of these bacteria are harmless or beneficial.



Boost your Immunity

Strengthen your
body's natural defences



Suggested use

2 capsules to be taken every day with a large glass of water, preferably before breakfast.

The capsules may be opened before being taken.

Propolis warns of an allergic substance

Helps strengthen the body's natural defences
Helps calm the respiratory tract
Helps combat seasonal changes

Well Being Immunity

Natural complex to maintain good immunity during seasonal changes thanks to the synergy of its active ingredients.

- **Royal jelly** contains micronutrients with revitalizing and stimulating properties.
- **Propolis** contains flavonoids and supplies the body with a wealth of trace elements and minerals, stimulating the natural defense system.
- **Thyme** has cleansing and relaxant properties.

Ingredients (titrated dry extracts) for 2 capusles

Propolis 257.9 mg, Royal jelly** 128.9 mg, Thyme (Thymus vulgaris) 51.6 mg. Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect.
**Rate 10 HDA: 4 %.

DID YOU KNOW?

Singers often use royal jelly to relax their vocal cords, the mixture of sugar and acid make it a miracle cure.



Reduce stress regain serenity

A natural,
non-addictive solution



Suggested use

1 capsule to be taken
every day between meals
with a large glass of water.

The capsules may be
opened before being taken.

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Enhances sleep quality to promote physical and
mental wellbeing
Relieves jet lag
Helps you cope with everyday stress

Well Being Serenity

A natural complex designed to act naturally on daily stress
and irritability to relax and find peace of mind.

- **Matricaria** and **Lemon balm** contribute to relaxation and supporting physical and mental well-being.
- **Hawthorn** and **Lemon balm** contribute to decrease irritability and agitation. Associated with **Lime tree** it helps achieve calmness and relaxation.
- **Eschscholtzia** helps you cope with daily stress by promoting calm and relaxation.
- From 1 mg, **Melatonin** helps reduce the time it takes to fall asleep.

Ingredients (titrated dry extracts) for 1 capsule

Eschscholtzia (Eschscholtzia californica) 75.7 mg, Hawthorn (Crataegus oxyacantha) 45.5 mg, Arginine 21.9 mg, Matricaria (Matricaria chamomilla) 15.1 mg, Lime tree (Tilia platyphyllos) 15.1 mg, Lemon balm (Melissa officinalis) 15.1 mg, Glycine 14.6 mg, Tryptophan 7.3 mg, Alanine 7.3 mg, Adenosine 2.4 mg, Melatonin 1 mg. Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).

*Excessive consumption may have a laxative effect.

DID YOU KNOW?

Melatonin is a hormone produced by a region of the brain (epiphysis or pineal gland) during the night.

Its secretion regulates daily rhythms depending on brightness and informs the body of the season according to variations in the length of daylight.



Improve the quality of your sleep and recover!

Faster naturally



Suggested use

2 capsules to be swallowed, preferably in the evening, with a large glass of water.

The capsules may be opened before being taken.

Do you wake up at night?
Do you feel tired when you wake up?
Do you have trouble falling asleep?

Well Being Sleep

The natural solution to enjoy a good and long restful night and feel energized during the day!

- **Lime tree** and **Matricaria** for their relaxing and soothing virtues.
- **Lemon balm** to act on sleep discomfort and nervousness. Soothing qualities for digestion.
- **Hawthorn** acts on stress and anxiety.
- **Eschscholtzia** which acts on night awakenings, helps you fall asleep, calms stress and anxiety.
- **Non-addictive.**

DID YOU KNOW?

The right response to sleep disorders (difficulty falling asleep, duration and quality of sleep, waking in the night, etc.) works from the first dose!

Due to its innovative microgranule form, its action is prolonged, with a gradual release of the components as soon as you fall asleep and during the night.

Its delayed effect aids the deferred diffusion of the active ingredients.

Ingredients (titrated dry extracts) for 2 capsules

Eschscholtzia (Eschscholtzia californica) 227.2 mg, Hawthorn (Crataegus oxyacantha) 136.4 mg, Matricaria (Matricaria chamomilla) 45.4 mg, Lemon balm (Melissa officinalis) 45.4 mg, Lime tree (Tilia platyphyllos) 45.4 mg, Additives: Bulking agent: Xylitol® - Vegetable capsule (natural vegetable cellulose, water).

*Excessive consumption may have a laxative effect.

Well Being Vitality

Boost your energy level

It is a natural biocompatible complex which boosts, stimulates and strengthens the body throughout the day with its "extended-release" formula over 8 hours.

- **Ginseng** extracts helps with vitality.
- **Caffeine-rich Guarana** increases energy level.
- **Acerola** well-known to have antioxidant properties and a vitamin C content.
- **Pineapple** is known to contribute to body cleansing function, to help the body with better absorption of the other ingredients.



Ingredients (titrated dry extracts) for 1 capsule

Ginseng (Panax ginseng) 90 mg, Acerola (Malpighia glabra) 22.5 mg (25% Vitamin C, 7% of RDA*), Guarana (Paullinia cupana) 22.5 mg, Pineapple (Ananas comosus) 15 mg, Additives: Bulking agent: Xylitol** - vegetable capsule (natural vegetable cellulose, water), *Recommended Dietary Allowance (RDA) **excessive consumption may cause laxative effects.

Suggested use

1 capsule every day, to be taken between meals with a glass of water, avoid taking in the evening. The capsules may be opened before being taken.



Suggested use

2 capsules to be taken preferably in the morning with a large glass of water.

Well Being Starter Vit C

Rich in Vitamin C
Contributes to reducing fatigue
Helps protect cells against oxidative stress

Camu Camu is an exotic fruit offering a high concentration in bioavailable **Vitamin C** : 50 to 80 times more than orange or lemon.

Our Camu Camu is associated with **Acerola**, a fruit also very rich in **Vitamin C**, allowing better concentration of the active ingredients for your body and for greater well-being.

- Powerful antioxidant for preventing and combating aging.
- Supports natural defences.
- Stimulation of physical and mental faculties.
- Important role in the formation of collagen.



Ingredients (titrated dry extracts) for 2 capsules

Camu Camu (Myrciaria Parensis) 500 mg (50% vitamin C, 312% RDA*), Acerola (Malpighia Glabra) 200 mg (25 % Vitamin C, 62% RDA*). Other ingredients: xylitol**, vegetable capsule (natural vegetable cellulose, water), *Recommended Dietary Allowance (RDA) **excessive consumption may cause laxative effects.

Promote blood circulation

Care for your legs naturally



Suggested use

1 capsule a day, with a large glass of water, from the first signs of discomfort.

Maintains circulatory comfort and the venous tone
Contributes to optimal venous circulation in legs (heavy legs)

Well Being Circulation

Heavy, tired legs, varicose veins and poor circulation are all signs of poor venous tone.

Well Being Circulation contains a synergistic combination of 4 plants that are known to support a healthier blood circulation at several levels:

- **Blackcurrant** has antioxidant properties.
- **Olive leaf** is known to help maintain a healthy blood pressure.
- **Red vine** leaf helps relieve heaviness in the legs and supports healthy capillaries.
- **Bilberry** contributes to capillary resistance and helps the microcirculation.

Ingredients (titrated dry extracts) for 1 capsule

Blackcurrant extract (Ribes nigrum) 90 mg, Olive tree (Olea europaea) 60 mg, Red vine (Vitis vinifera) 30 mg, Bilberry (Vaccinium myrtillus) 20 mg, Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).

*Excessive consumption may have a laxative effect.

DID YOU KNOW?

Tips for better circulation:

Walk, swim, avoid high heels, tight-fitting clothes (e.g. knee-high socks).

Avoid prolonged exposure to sunlight and prolonged standing or sitting.

Consider support stockings during long journeys.

Drink plenty.



The natural solution to maintain your vascular system comfort



Suggested use

1 capsule to be taken every day in the morning with a large glass of water.

The capsules may be opened before being taken.

Not recommended for people with allergies to salicylate derivatives.
Not recommended for children under 12 years of age, pregnant women and breast-feeding mothers.

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Supports blood circulation and blood pressure

Well Being Blood Pressure

Synergistic action of plants acting at several levels to regulate blood circulation and blood pressure.

- **Grape seed** promotes venous circulation and maintains capillaries.
- **Bilberry** strengthens capillary resistance and promotes microcirculation.
- **Meadowsweet**, recognised for its blood vessel widening properties, it calms cardiac activity and blood pressure.
- **Olive tree** supports good blood pressure. **Red vine** promotes blood circulation.
- **Blackcurrant** has strong antioxidant properties.

DID YOU KNOW?

Italian tradition states that some olive trees date back to the time of the Romans.

In Roquebrune Cap-Martin, a healthy olive tree is more than 2000 years old...



Ingredients (titrated dry extracts) for 1 capsule

Blackcurrant (*Ribes nigrum*) 60 mg, Olive (*Olea europaea*) 40 mg, Red vine (*Vitis vinifera*) 20 mg, Bilberry berries (*Vaccinium myrtillus*) 15.40 mg, Galega (*Galega officinalis*) 6.25 mg, Grape vine seeds (*Vitis vinifera*) 4.17 mg (95% polyphenols), Meadowsweet (*Filipendula ulmaria*) 4.17 mg, Bearberry 3.47 mg, Rhubarb (*Rheum officinale* ballion) 3.47 mg, L-carnitine 3.47 mg, Wayfaring tree 2.08 mg, L-tryptophan 2.08 mg, Grapefruit (*Citrus paradisi*) 1.39 mg, L-histidine 0.69 mg. Additives: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).

*Excessive consumption may have a laxative effect.

Heart benefit... for life

Controls
cholesterol level



Suggested use

1 capsule to be taken every day in the evening with a glass of water.

The capsules may be opened before being taken.

Not suitable for pregnant and breast-feeding women or children under the age of 5.

Seek medical advice if taking lipid-lowering drugs.

Helps maintain cholesterol levels
Helps balance blood lipid levels

Well Being Cholesterol

The natural synergistic solution to help keep cholesterol at a healthy level.

■ **Guggul** helps maintain normal lipid levels and controls plasma cholesterol levels.

According to the scientific committee of the EFSA:

- For a 10 mg dose of **Monacolin K**:
Red Rice Yeast helps maintain cholesterol level, promotes the reduction of bad cholesterol (LDL) by inhibiting the enzymes that promote the formation of cholesterol.
- For an 800 mg daily dose of **Sterols**:
they contribute to maintain a good level of cholesterol in the blood by reducing its absorption.

Ingredients (titrated dry extracts) for 1 capsule

Lipophytol (90% Phytosterols) 120 mg, Red Rice Yeast (Monascus purpureus) (1.5 % Monacolin K) 72 mg, Guggul (Commiphora mukul) 48 mg, Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).

*Excessive consumption may have a laxative effect.

DID YOU KNOW?

Guggul is the gum from a plant native to India, the Commiphora wightii.

Often used in ayurvedic medicine to "unclog" the body from toxins, but also to maintain flexible joints.



Well Being Memory

Maintain healthy brain function

EPAX quality of Omega 3 for improving your brain functions, maintaining your cardiac functions, and supporting your visual function.

- The 6000 TG, an oil from a wild deep-water fish of the cold seas (in a very pure version), and the fish 1812 TG contain in a natural state a high concentration of **long-chain Omega-3: EPA and DHA**, which are well known for their action on the cognitive lipid functions and for maintaining normal cardiac (EPA/DHA) and visual (DHA) functions.
- The EPA and DHA work synergistically to boost each other's action.



Ingredients for 1 capsule

Fish Oil (6000 TG) 175 mg, Fish Oil (1812 TG) 175 mg,
(Contains 52.5 mg of DHA and
78.8 mg of EPA per capsule. Rich in Omega 3).
Other ingredients: Tunica; Marine gelatin,
Humectant: glycerin, water.

Suggested use

Swallow 1 capsule preferably
in the evening with
a large glass of water.

Suggested use

1 capsule to be taken each day,
preferably in the morning,
with a large glass of water.

Well Being Spirulina

Slow down cellular aging

Get a natural energy boost and help to improve the physiological balance of your body. Amino acid supplementation.

- **Spirulina** is rich in antioxidants, which help the body protect itself against the effects of oxidative stress. It is a good source of the supplementary amino acids recommended for slimming diets and maintenance of muscle mass. It helps with fatigue to regain energy.
- **Watercress** is also a food that is well-known for its nutritional value.
- This complex enhances the absorption of **Spirulina** by the cells. It is a good source of protein.



Ingredients (titrated dry extracts) for 1 capsule

Spirulina (Spirulina Platensis) 200 mg, W
atercress (Nasturtium Officinale) 33.3 mg.
Additives: xylitol*, vegetable capsule
(natural vegetable cellulose, water).

*excessive consumption may cause laxative effects

Well Being Slimness

The secret for a slim figure

An enriched formula which combines 5 specific active ingredients to promote weight and figure control.

- **Green tea**, with its diuretic and pro-circulation properties and caffeine-rich **Guarana** to support weight management and encourage the release of stored fats. Together, they support the body metabolism.
- **Fucus**, helps control appetite by inducing a feeling of fullness.
- Containing the enzyme bromelain which has decongestant properties, **Pineapple** helps reduce local fat deposits that cause orange-peel skin.
- **Ginger**, stimulates digestion and is particularly useful during a weight loss diet for its ability to relieve tiredness and support energy levels.



Well Being Detox

Your natural detox program

Stimulates intestinal transit, thus allowing the elimination of accumulated waste.

It combines 4 algae whose wealth in soluble fibre contributes to cleaning and sanitising the intestines.

- **Fucus** and **Ascophyllum** are deemed to promote intestinal transit.
- **Laminar** for its purifying action and **Lithothamnium** rich in calcium.



Ingredients (titrated dry extracts) for 1 capsule

Green tea (Thea Sinensis) 60 mg, Guarana (Paullinia cupana) 37.5 mg, Fucus (Fucus vesiculosus) 30 mg (0.1% iodine, or 18% of RDA), Pineapple (Ananas sativa) 11.25 mg, Ginger (Zingiber officinalis) 11.25 mg. Additives: Bulking agent: Xylitol* Vegetable capsule (natural vegetable cellulose, water). *Excessive consumption may have a laxative effect.

Suggested use

1 capsule every day, between meals with a glass of water. The capsules may be opened before being taken. Not recommended for children, adolescents and pregnant or breast-feeding women.

Suggested use

1 capsule in the morning and evening, with a large glass of water. The capsules may be opened before being taken.



Ingredients (titrated dry extracts) for 2 capsules

Fucus (Fucus vesiculosus) 161.9 mg, Ascophyllum (Ascophyllum nodosum) 95.2 mg, Laminar (Laminaria digitata) 95.2 mg, Lithothamnium (Lithothamnium calcareum) 47.6 mg. Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water). *Excessive consumption may have a laxative effect.

Well being Beauty & Radiance

Hydrate and nourish the skin

A natural concentrated formula containing borage, evening primrose, wheat germ and grape seed oils to nourish skin cells with Omega 3 and 6 essential fatty acids.

- **Evening primrose and borage oils** help maintain skin cells, restoring tissues elasticity, suppleness and tone.
- **Grape seed oil** hydrates and protects the skin against external aggressions.
- **Wheat germ oil** has repairing and nourishing properties for the skin.



Ingredients for 1 capsule

Borage Oil (Borago Officinalis) 102.95 mg,
Evening primrose oil (Oenothera biennis) 73.5 mg,
Wheat germ oil (Triticum vulgare) 44.12 mg,
Grape seed oil (Vitis viniferas) 29.40 mg.
Additives: Shell: Marine gelatine,
Emulsifier: Glycerol and water

Suggested use

Take one capsule a day with a large glass of water, in-between meals.



Suggested use

Take one capsule a day with a large glass of water, in-between meals.

Well Being SkinGlow

Plump and smooth the skin

Well Being SkinGlow helps to revitalize the skin and enhances its youthful glow.

- A natural biocompatible complex that supports skin cells from the inside thanks to a **complex of marine collagen and elastin peptides**, shown to have a significant impact on reduction of wrinkles*.
- **Hydrosoluble keratin** penetrates and nourishes deeply cells that need it the most to revitalise the skin to restore its glow*.



Ingredients for 1 capsule

Hydrosoluble keratin 111.1 mg,
Collagen elastine 55.5 mg,
Cystin 55.5 mg, Threonin 27.7 mg.
Additives: Bulking agent: Xylitol* - plant-based capsule
Coating agent: Shellac. Includes a sweetener.
*Excessive consumption may have a laxative effect.

*Demonstrated during a clinical observation: collective vs placebo study drmar9 7a, +28% reduction in wrinkle depth.

Well being Hair

Fighting hair loss?

The nutritional and stimulating properties which act on the different factors involved in hair loss (microcirculation, oxidation).

- **Saw palmetto** and **Nettle** extracts help support hair quality and vitality.
- **Bilberry** extract containing flavonoid polyphenols are known for their protective properties on the vascular, venous and capillary systems.
- **Antioxidants** (**Marigold** extract containing lutein and extracts of **Watercress** and **Bilberry**) for beautiful hair and a healthier scalp.



Ingredients (titrated dry extracts) for 2 capsules

Saw Palmetto (*Serenoa repens*) 147.4 mg, Marigold (*Tagetes erecta*) 105.2 mg, Watercress (*Nasturtium officinale*) 63.2 mg, Nettle (*Urtica dioica*) 63.2 mg, Bilberry (*Vaccinium myrtillus*) 21 mg
Additives: Bulking agent: Xylitol® - Vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect.

Suggested use

As a treatment of attack, 2 capsules a day for 10 to 20 days.
Extend to 2 to 3 months to 1 capsule per day as a maintenance treatment.
Ask your doctor and/or your pharmacist for advice.



Well Being Sun

Prepare your skin to sun exposure

A synergistic complex of vegetable oils from the first cold press with an action that works on several sectors of the skin.

- **Virgin borage oil.**
- **Virgin evening primrose oil** performs a regulatory action on the blood cholesterol levels and on blood pressure.
- **Virgin avocado oil** performs a soothing, calming, healing & anti-wrinkle action.
- **Carrot oil**, a natural source of beta-carotene.
- **Lycopene.**



Ingredients (for 2 capsules)

Evening Primrose oil (*Oenothera biennis*) 336 mg, Borage oil (*Borago Officinalis*) 208 mg, Avocado oil (*Persea americana*) 80 mg, Soy oil (*Glycine Max*) 64 mg, Tomato (*Lycopersicon esculentum*) (Lycopene 6%) 32 mg, Carrot oil (*Daucus carota*) 16 mg
Additives: Marine gelatin, glycerol.

Well Being Man

Vitality and masculine expression

A natural and comprehensive response tailored to regain well-being and comfort of sexual function.

A biocompatible complex combining the synergy of 7 plants:

- **Maca, Damiana** and **Tribulus** are traditionally known to promote sexual desire.
- **Squash seed** extract helps with urinary discomfort.
- **Couchgrass** and **Tribulus** help elimination, thus contributing to the proper functioning of the kidneys and urinary sphere.
- **Cranberry** and **Ginger**.



Ingredients (titrated dry extracts) for 1 capsule

Damiana (*Turnera diffusa*) 50 mg, Maca (*Lepidium meyenii*) 33.3 mg, Couchgrass (*Cucurbita pepo*) 25 mg, Squash Seed (*Agropyron repens*) 18,75 mg, Tribulus (*Tribulus terrestris*) 16,7 mg, Cranberry (*Vaccinium macrocarpon*) 4,1 mg, Ginger (*Zingiber officinalis*) 2,1 mg.
Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect.

Suggested use

1 capsule every day, to be taken between meals with a glass of water.
The capsules may be opened before being taken.



Suggested use

1 capsule in the morning and evening, to be taken between meals with a glass of water.
The capsules may be opened before being taken.

Well Being Woman

Vitality and feminine expression

A natural and comprehensive response tailored to regain well-being and comfort of female expression.

- **Tribulus, Maca** and **Damiana** are traditionally known to promote sexual desire and fertility.
- **Achillea, Wormwood** and **Sage** contribute to menstrual balance and female wellness.
- **Sage** helps soothe periodic abdominal cramps.
- **Acerola**.



Ingredients (titrated dry extracts) for 1 capsule

Damiana (*Turnera diffusa*) 60 mg, Maca (*Lepidium meyenii*) 30 mg, Achillea (*Achillea millefolium*) 30 mg, Wormwood (*Artemisia vulgaris*) 20 mg, Sage (*Salvia officinalis*) 20 mg, Tribulus (*Tribulus terrestris*) 20 mg, Acerola (*Malpighia glabra*) 20 mg.
Additives: Bulking agent : Xylitol* - Vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect.

Menopause

Wellness and comfort



Suggested use

1 capsule a day with a large glass of water outside meals. The capsules may be opened before intake.

Not recommended for pregnant and breastfeeding women, children and adolescents, in case of personal or family history of hormone-dependent cancer and in case of antihypertensive or antidiabetic treatment.

Box of 30 capsules.

Hot flashes
Helps regulate mood
Female vitality

Well-being Menopause

The natural and global answer to find wellness and comfort of the female expression.

- **Wild Yam** helps to maintain a calm and comfortable menopause, and to cope with associated signs such as hot flashes, sweating, restlessness, irritability etc.
- **Sage and Hops** help to alleviate menopause discomforts such as hot flashes. **Hop** promotes relaxation and reduces irritability.
- **Acerola** is a major source of antioxidants. **Tribulus** helps promote sexual desire. **Maca** helps to strengthen bone health during menopause. **Damiana** helps with weight management by reducing appetite.

Ingredients (titrated dry extracts) for 1 capsule

Wild Yam (*Dioscorea villosa*) 43.30 mg, Royal Jelly 26.96 mg, Acerola (*Malpighia glabra*) 26.96 mg (6,7 mg of Vit C, with 8,4% NRV), Tribulus (*Tribulus terrestris*) 20.12 mg, Hop (*Humulus lupulus*) 19.40 mg, Damiana (*Turnera diffusa*) 19.40 mg, Yarrow (*Achillea millefolium*) 19.40 mg, Sage (*Salvia officinalis*) 15.64 mg, Maca (*Lepidium meyenii*) 8.80 mg.
Additives: Bulking agent : Xylitol*, Vegetable Capsule. Coating: shellac. With sweetener.

*excessive consumption may cause laxative effects.

DID YOU KNOW?

The first symptoms of perimenopause usually occur around the age of 47 and are due to a lack of progesterone, one of the main female hormones. The secretion of estrogen is preserved. 80% of women go through menopause between the ages of 45 and 55.

The symptoms of menopause last, on average, more than 7 years.

actiVá Chrono

A Targeted and ultra-fast action,
100% natural active ingredients,
bioavailable and biocompatible
formulas



10 well-being actions,
in ultra-fast version

Chrono HRPS

Immune weakness...Strengthen your defenses

Concentrates the efficacy of 6 natural active ingredients to strengthen natural defenses:

- The **Royal jelly** and the **Propolis** are powerful natural protectors that stimulate the natural defenses.
- The **Thyme** plays a major role in the support of the immune system.
- The **Acerola** is the richest natural source of vitamin C.
- The **Achillea** and **Tribulus** support the endurance and the physiological dynamism.
They also strengthen the synergistic action of the active ingredients.

Suggested use

3 capsules in one intake to be swallowed with a large glass of water.

The capsules can be opened before administration.

Warning: contains bee products.



Ingredients (titrated dry extracts) for 3 capsules

Propolis 328.8 mg, Royal jelly 164.4 mg, Thyme (Thymus vulgaris) 65.7 mg, Acerola (Malpighia glabra) 38.7 mg, Achillea (Achillea Millefolium) 25.5 mg, Tribulus (Tribulus terrestris) 25.5 mg, L-Glycine 14.7 mg. Additives: xylitol*, vegetable capsules (natural vegetable cellulose, water). *excessive consumption may cause laxative effects.

Chrono Vitality

Boost your energy level!

Helps effectively combat momentary tiredness. Promotes physical and mental performance.

- **Ginseng** extract provides a general tonic action for the body thus having beneficial effects on physical resistance and mental performance.
- **Guarana**, containing caffeine, aids physical and/or mental tiredness.
- **Acerola**, contains vitamin C.
- **Pineapple**.

Suggested use

2 capsules a day with a large glass of water.

The capsules may be opened before being taken.

Not recommended for children under 12 years of age, pregnant women and breast-feeding mothers.



Ingredients (titrated dry extracts) for 2 capsules

Ginseng (Panax ginseng) 180 mg, Acerola (Malpighia glabra) 45 mg (25% Vitamin C, 14% of RDA*), Guarana (Paulinia cupana) 45 mg (Cafein 10%), Pineapple (Ananas Comosus) 30 mg. Additives: Bulking agent: Xylitol** - Vegetable capsule (natural vegetable cellulose, water). *Recommended Dietary Allowance (RDA) **excessive consumption may cause laxative effects..

Chrono Symbiotic

24 billion probiotics (CFU) gastro-protected

Helps manage gastrointestinal flora levels.
Assists with comfortable digestion and healthy bowel function.

- Synergy of 4 CFU for an excellent result
 - **Bifidobacterium longum**, **Bifidobacterium infantis**,
 - **Lactobacillus acidophilus**, **Lactobacillus rhamnosus**.
- Synergy of 3 prebiotics
 - **Fructo-oligosaccharides**,
 - **Xylitol**
 - **Ribose**.

Suggested use

3 capsules on the first day and then 2 capsules a day to be swallowed with a large glass of water preferably before breakfast.

The capsules can be opened before administration and mixed in a yoghurt, for example.

From a culture environment containing soy and milk.



Ingredients (for 2 capsules)

Fructo-oligo-saccharides 132 mg,
Bifidobacterium longum 6 Bn, Bifidobacterium infantis 6 Bn,
Lactobacillus acidophilus 6 Bn,
Lactobacillus rhamnosus 6 Bn.
Additives: Bulking agent: Xylitol*, Ribose -
Vegetable capsule
(natural vegetable cellulose, water).
*Excessive consumption can have a laxative effect.

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Chrono Circulation

Poor circulation? A quick solution!

Maintains circulatory comfort and the venous tone.

- **Blackcurrant berries** have draining properties.
- The **Olive tree** is traditionally recognized for its benefits for the venous tone.
- **Red vine** promotes blood circulation.
- **Bilberry** maintains microcirculation.

Suggested use

3 capsules on the first day and then 2 capsules a day to be swallowed with a large glass of water, between meals.
The capsules may be opened before being taken.



Ingredients (titrated dry extracts) for 2 capsules

Blackcurrant extract (Ribes nigrum) 180 mg, Olive tree (Olea europaea) 120 mg,
Red vine (Vitis vinifera) 60 mg, Bilberry (Vaccinium myrtillus) 40 mg.
Additives: Bulking agent: Xylitol* - Vegetable capsule
(natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect.

Chrono Gastric

Natural relief for gastric acidity

Helps maintain the acid/base balance of the stomach with its association of 4 plants traditionally valued for their gastric and digestive benefits.

- **Fenugreek** and **Dandelion** contribute to maintaining a normal gastric acidity.
- **Sage** helps maintain a good digestion.
- **Lemon balm**, contributes to a normal intestinal tract.

Suggested use

3 capsules on the first day and then 2 capsules a day to be swallowed with a large glass of water, before breakfast.

The capsules may be opened before being taken.

Not recommended for pregnant women.



Chrono Digestion

Ease your digestion quickly

Ultra-fast action to relieve stomachache and abdominal bloating.

- **Lemon balm** performs a relaxing activity which contributes to digestive comfort and facilitates proper digestion.
- **Dandelion** acts on digestive function via its bitter components.
- **Sage** facilitates gastric digestion.

Suggested use

3 capsules on the first day and then 2 capsules a day to be swallowed with a large glass of water preferably in the evening.

The capsules may be opened before being taken.



Ingredients (titrated dry extracts) for 2 capsules

Fenugreek (*Trigonella Foenum Graecum*) 100 mg,
Lemon balm (*Melissa officinalis*) 56.24 mg, Dandelion (*Taraxacum officinale*) 56.24 mg, Sage (*Salvia officinalis*) 37.5 mg, Xylitol* 5 mg, Alanine 3.5 mg.
Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect.

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Ingredients (titrated dry extracts) for 2 capsules

Lemon balm (*Melissa officinalis*) 112.5 mg, Dandelion (*Taraxacum officinale*) 112.5 mg, Sage (*Salvia officinalis*) 75 mg.
Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect.

Chrono Serenity

Stop the stress of life

Aids calm and relaxation. Helps you cope with everyday stress. Intervenes very quickly on stress and irritability due to the active ingredients of the recognized properties.

- **Matricaria** and **Lemon balm** contribute to optimal relaxation and support physical and mental well-being.
- **Hawthorn** and **Lemon balm** contribute to decreasing irritability, agitation and combined with **Lime tree**, maintain calmness and relaxation.
- **Eschscholtzia** helps you cope with everyday stress by promoting calm and relaxation.
- **Melatonin**, in excess of 1 mg, helps to reduce time it takes to fall asleep.

Suggested use

2 capsules a day with a large glass of water.

The capsules may be opened before being taken.



Ingredients (titrated dry extracts) for 2 capsules

Eschscholtzia (Eschscholtzia californica) 151.4 mg, Hawthorn (Crataegus oxyacantha) 91 mg, Arginine 43.8 mg, Matricaria (Matricaria chamomilla) 30.2 mg, Lime tree (Tilia platyphyllos) 30.2 mg, Lemon balm (Melissa officinalis) 30.2 mg, Glycine 23.2 mg, Tryptophan 14.6 mg, Alanine 14.6 mg, Adenosine 4.8 mg, Melatonin 2 mg.
Additives: Bulking agent: Xylitol® - Vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect.

Chrono Respiration

Clear your airways in no time

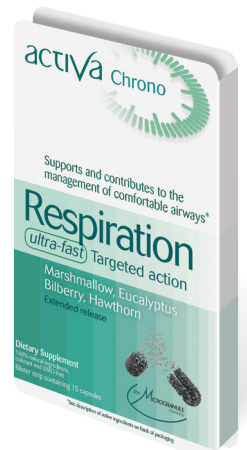
Soothes the respiratory tract and relieves dry and wet cough.

- **Eucalyptus** provides a calming influence on the respiratory tract.
- **Marshmallow**, soothing virtues for the throat.
- **Bilberry**, contains antioxidants.
- **Hawthorn**, to promotes restful and calm night thanks to its relaxing properties.

Suggested use

3 capsules on the first day and then 2 capsules a day to be swallowed with a large glass of water.

The capsules may be opened before being taken.



Ingredients (titrated dry extracts) for 2 capsules

Marshmallow (Althaea officinalis) 75 mg, Eucalyptus (Eucalyptus globulus labill) 75 mg, Bilberry (Vaccinium myrtillus) 75 mg, Hawthorn (Crataegus oxyacantha) 75 mg
Additives: Bulking agent: Xylitol® - Vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption can have a laxative effect.

Chrono Transit

Quick and gentle relief for constipation

Promotes kidney comfort and elimination due to:

- The laxative properties of plants containing anthraquinones (**Senna, Cascara, Rhubarb, Aloe and Buckthorn**) contribute to combat occasional constipation problems, facilitate intestinal transit and promote motor function of the intestine aiding regular bowel movements.
- **Mallow**, with laxative properties, helps combat intestinal inflammation.
- **Cinnamon** and **Convolvulus** promote the intestinal transit.
- **Clove**.

Suggested use

It is advisable to take 1 to 2 capsules in the evening before bedtime, with a glass of warm water. Not recommended for children under 12 years of age, pregnant women and breast-feeding mothers. Prolonged use is not recommended.



Ingredients (titrated dry extracts) for 2 capsules

Senna (*Cassia acutifolia* L.) 120 mg, Cascara (*Rhamnus purshiana*) 120 mg, Rhubarb (*Rheum palmatum*) 110.4 mg, Mallow (*Malva sylvestris* L.) 80 mg, Senna (*Cassia angustifolia* L.) 78 mg, Aloe (*Aloe barbadensis*) 70 mg, Buckthorn (*Rhamnus frangula*) 68 mg, Convolvulus 40 mg, Cloves (*Eugenia caryophyllata*) 10 mg, Cinnamon (*Cinnamomum zeylanicum*) 10 mg.
Additives: Magnesium stearate.

Chrono Elimination

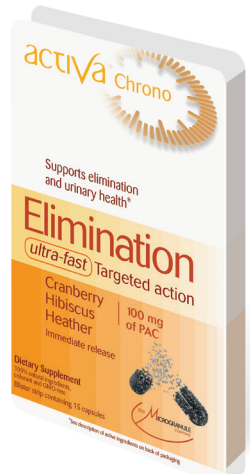
Urinary problems

Promotes kidney comfort and elimination due to:

- **Cranberry** (100 mg de PAC).
- **Hibiscus** and **Heather** promote urinary comfort and kidney elimination.

Suggested use

3 capsules on the first day and then 2 capsules a day to be swallowed with a large glass of water preferably in the evening. The capsules may be opened before being taken.



Ingredients (titrated dry extracts) for 2 capsules

Cranberry (*Vaccinium macrocarpon*) 400 mg, Hibiscus (*Hibiscus sabdariffa*) 34 mg, Heather (*Brucaria*) 20 mg.
Additives: Bulking agent: Xylitol® - Vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect.

activa

Human structure

The perfect balance for your body

Human structure is an **exclusive program** of Laboratories Activa, designed and formulated with a new perception of nutritional supplements. To ensure an excellent physical and mental dynamics, it is important to maintain the right activity of the essential components of our body, namely **lipids and fats, proteins, carbohydrates (sugars) and the antioxidant protection system**.

The Human structure concept is based on caring for the human being in their integrity, with all the complexity of the interactions between the different systems of the body. By acting on each area (lipids, proteins, carbohydrates, antioxidant system), your body will get all its energy back in a sustainable way!

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ANTIOXYDANTS

1



LIPIDS

2



CARBOHYDRATES

4



PROTEINS

3

GlucidoTonic Control

Supports the metabolism of carbohydrates

Combination of several natural components (Galega, Grape seeds, Meadowsweet, Bearberry, Rhubarb, Blueberry, Viburnum, Grapefruit) and amino acids (L-carnitine, L-tryptophan, L-histidine) acting in synergy.

Recommended as a supplement to a diet or in case of bad eating habits. It is also suitable for athletes, when tired or lacking energy.

- Promotes the **metabolism** of carbohydrates.
- Aids the storage and **release of sugars**.



H2Tonic

Actively fight free radicals

Source of trace elements selected to aid combat oxidative stress and related imbalances.

Pollution, tobacco, alcohol, stress, electromagnetic waves, UV rays, diets that encourage an overproduction of free radicals cause a lot of damage in our body.

- Helps **protect** the body and skin from **oxidative damage**.
- Supports the **natural defence system**.



Suggested use

1 capsule in the morning to be taken with a large glass of water between meals. The capsules may be opened before being taken. 30-day programme

Ingredients (titrated dry extracts) for 1 capsule

Galega 18.75 mg, Grape vine seeds 12.5 mg (95% polyphenols), Meadowsweet 12.5 mg, Bearberry 10.42 mg, Rhubarb 10.42 mg, L-Carnitine 10.42 mg, Wayfaring Tree 6.25 mg, Bilberry 6.25 mg, L-tryptophan 6.25 mg, Grapefruit 4.17 mg, L-histidine 2.08 mg.

Additives: xylitol*, vegetable capsule

(natural vegetable cellulose), water
*Excessive consumption may have a laxative effect

Suggested use

1 capsule in the morning to be taken with a large glass of water between meals. 30-day programme



Ingredient (titrated dry extracts) for 1 capsule

Superoxide dismutase 150.78 mg, Fermented papaya 64.62 mg, Blackcurrant 8.62 mg, Threonine 600 mcg, Manganese gluconate (17.5% Mn) 350 mcg, Zinc gluconate (3% Zn) 300 mcg, Glutamic acid 180 mcg, Histidine 180 mcg, Copper gluconate (10% Cu) 100 mcg. Additives: xylitol*, vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect

ProteaTonic

Complex of amino acids

ProteaTonic combines the main amino acids involved in the composition of the body's proteins in its formulation.

Amino acids perform an essential role, they are the fundamental constituents of all proteins present in the cells and tissues of our body and are necessary for optimal biological functioning.

- Suitable for anybody, especially athletes, elderlies and those on a diet.



Suggested use

1 capsule twice a day, between meals is recommended.
30-day programme

Ingredients (for 1 capsule)

Protein isolate from soybean (Supro 670) 200 mg,
L-Threonine 3.163 mg, L-Glycine 2.504 mg,
L-Methionine 1.977 mg, L-Valine 1.186 mg, L-Serine 1.186 mg, L-Lysine 790 mcg, L-Phenylalanine 790 mcg,
L-Isoleucine 790 mcg, L-Alanine 396 mcg.
Additives: xylitol*, vegetable capsule (natural vegetable cellulose, water).
*Excessive consumption may have a laxative effect



Suggested use

Take 2 capsules, preferably in the evening, with a large glass of water.
Allergen Warning: contains fish.

Oleatonic Cardio

Which is high in unsaturated fatty acids, has a beneficial impact on the cardiovascular system (heart, blood vessels and circulation).

Oleatonic Cardio contains a sequential formulation of extremely pure oils derived from wild cold-water fish, rich in long-chain Omega 3 (EPA, DHA). Consuming EPA and DHA helps maintain normal cardiovascular functions.

- Contributes maintain normal heart function.
- Helps maintain optimal brain and eye function.



Ingredients for 2 capsules

Fish Oil (6000 TG) 350 mg,
Fish Oil (1812 TG) 350 mg.
(Contains 105 mg of DHA and 157.6 mg of EPA per 2 capsules - rich in Omega 3).
Additives: Capsule shell: Marine gelatine, Emulsifier: glycerol, water.



OleaTonic Cerebral

A natural formula concentrated in borage oil, evening primrose oil, wheat germ and grape seed oil to offer the body necessary triglycerides in the form of essential fatty acids omega 3 and 6.

- Promotes good venous and capillary circulation.
- Helps strengthen and restructure the skin.



Suggested use

Taking 1 capsule, twice a day with a glass of water, between meals is recommended. 30-day programme.

Ingredients (for 2 capsules)

Borage oil (Borago Officinalis) 205.9 mg,
Evening Primrose oil (Oenothera biennis) 147 mg,
Wheat germ oil (Triticum vulgare) 83.2 mg,
Grape seed oil (Vitis vinifera) 58.8 mg
Total Omega 3: 9.06 mg, Total Omega 6: 320.8 mg,
Additives: Capsule shell: Marine gelatine,
Emulsifier: glycerol, water.



OleaTonic Metabolic

It is defined as a "lipid contributor", it promotes their metabolism, in particular in regards to the skin. The synergy of its components provides a balance between omega 3, 6 and 9.

It works alongside a cholesterol-lowering diet or after food excesses and prepares the skin for exposure to the sun.

- Promotes the metabolism of lipids for the skin.
- Promotes good cholesterol.
- Contributes to balanced skin.



Suggested use

Taking 2 capsules a day with a glass of water, between meals is recommended. 30-day programme.

Ingredients (for 2 capsules)

Evening Primrose oil (Oenothera biennis) 336 mg, Borage oil (Borago Officinalis) 208 mg, Avocado oil (Persea americana) 80 mg, Soy oil (Glycine Max) 64 mg, Tomato (Lycopersicon esculentum) (Lycopene 6%) 32 mg, Carrot oil (Daucus carota) 16 mg,
Additives: Fish gelatin capsule, glycerol, Soy lecithin, refined and hydrogenated soybean oil, softened water.



*These statements have not been evaluated by the Food and Drug Administration
This product is not intended to diagnose, treat, cure or prevent any disease*

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