



GRASSBERG

HEALTH. NATURALLY.



HOW TO IMPROVE THE QUALITY OF LIFE
AND IMPROVE HEALTH.

2024



English holding company Prime Limited

The GRASSBERG trademark was developed by specialists of the English holding company, which has been engaged in the production of biologically active additives, medical products and professional cosmetics for 14 years. The holding has several production sites in European countries.

The holding's products are supplied to most countries of Europe and the Middle East

Production standards:

The production of biologically active GRASSBERG additives is carried out at the modern sites of the holding, fully complying with international quality standards. This is confirmed by the quality certificates issued to us in accordance with the international standards ISO 22000:2006 and ISO 9001:2015 by one of the world's leading certification organizations – Bureau Veritas. Systematic inspections and quality control ensure that each GRASSBERG product is the result of a high—tech process designed to ensure maximum efficiency and safety.

Bureau Veritas is a French company specializing in testing, inspection and certification, founded in 1828. Bureau Veritas is represented in 140 countries through a network of more than 1,500 offices and laboratories and 84,000 employees. Bureau Veritas is one of the world's largest players in the laboratory testing, auditing and certification market.

Bureau Veritas conducts regular inspections of the holding's production sites, which allows you to constantly monitor the production process and achieve high quality of the manufactured product.

The history of the creation of the GROSSBERG brand and advantages:

In 2019, the company's specialists decided to develop a new brand of biological active additives GRASSBERG. When developing the trademark, the specialists were based on the following principles:

- The best quality of raw materials for the production of GROSSBERG products
- Modern formulas and dosages
- Packaging that reliably protects products from external factors
- Ease of use
- Products that improve the quality of life



The complex
Joint Support for
joints and ligaments,
useful for people in motion.



The best quality of raw materials for the production of GRASSBERG products:

Each GRASSBERG product is based on a strict selection of high-quality raw materials. Our team of supply experts works closely with reliable suppliers to ensure that every ingredient meets our high standards. The selection process includes an analysis of purity, effectiveness and safety. All this ensures not only the effectiveness of GRASSBERG products, but also underlines our commitment to immutable quality.

The company's specialists, based on many years of experience in cooperation with leading suppliers of raw materials in the European Union, have formed a database of trusted suppliers of raw materials with whom excellent business relations have developed, thanks to which high-quality raw materials are selected for the production of the GRASSBERG brand.

It is due to the high quality of raw materials that all products of the GRASSBERG brand have a shelf life of 3 years, unlike many other manufacturers, who mostly claim a shelf life of 2 years. The raw materials purchased for the production of GRASSBERG maintain high stability for the finished product, thereby ensuring the preservation of pharmacological properties within certain limits during the specified shelf life.

Modern formulas and dosages:

Our research and development team is constantly working to improve formulas and dosages. We integrate the latest scientific achievements and innovations to provide our customers with GRASSBERG products that not only meet the highest quality standards, but also precisely meet their needs.

Thanks to the scientific approach in the development of GRASSBERG brand products and modern manufacturing technologies, we get a high-quality product with guaranteed effect from its application.

Reliable packaging against external influences:

Our approach to packaging is not just functionality, but also real concern for the product and the customer. We use advanced packaging technologies that not only protect against exposure to light, moisture and other factors, but also maintain the long-term stability of products. This is especially important to maintain the effectiveness and quality of each GRASSBERG product throughout its shelf life.

A distinctive feature of the GRASSBERG brand is a dark glass jar with an aluminum lid, which reliably protects the product from environmental factors. In addition to reliability, the packaging is recyclable, thus does not harm the environment.





Ease of use (once a day):

We understand that the modern lifestyle requires simple and effective solutions. Therefore, our GROSSBERG products are designed with ease of use in mind. A single application per day implies a minimum of effort on the part of the client, while ensuring maximum effectiveness. It's not just convenience – it's part of our desire to make taking care of ourselves enjoyable and integrated into everyday life.

Products that improve the quality of life:

We strive to be not only manufacturers of products, but also partners in your pursuit of health and well-being. GROSSBERG products are developed with an emphasis on improving the overall quality of life, supporting your body and giving you energy for a fulfilling lifestyle.

The manufacturer plans to annually replenish the GROSSBERG line with new products to improve the quality of life. In 2024, 6 new products are expected to be introduced to the Russian market (Digestive enzymes, Vitamin E, Marine Collagen, Vitamin D3 + K2, Calcium-Magnesium-Zinc with vitamin D3, Relax Formula)

In Russia, the exclusive distributor of the GRASSBERG brand is FC OM LLC. FC OM is the only official partner of the manufacturer and imports goods to the Russian Federation. Thus, this cooperation excludes the possibility of counterfeit and illegal goods under the GRASSBERG brand appearing in the Russian Federation.



PRODUCTION TECHNOLOGIES

Capsules for our products are made using hydrolyzed protein, collagen, which in turn is converted into natural gelatin, safe and naturally absorbed by the body.

In addition to checking raw materials for heavy metals and the presence of harmful microorganisms, the company imposes strict requirements on genetically modified products (GMOs).

We do not use methods of cheap sterilization of raw materials, treating it with Gamma rays. The processing of raw materials by ionizing radiation has not been fully studied and has not found mass application.



Every 6 months,
our production is
checked by gov-
ernment services.



THE OMEGA 3 PRODUCT LINE

Omega-3 is the key to optimal health and well-being of your body. These incredibly valuable fatty acids, such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are an essential part of a healthy diet. Why is it so important to include them in your diet?

Maintaining Cardiovascular Health: Omega-3 reduces triglyceride levels, regulates blood pressure and improves overall heart function. This is especially important for those who strive for longevity and an active lifestyle.

Improving cognitive functions: These fatty acids play an important role in the development and functioning of the brain. They support cognitive functions, improve memory and concentration, and reduce the risk of neurodegenerative diseases.

Anti-inflammatory effect: Omega-3 helps reduce inflammation in the body, which is especially valuable for those who face chronic inflammatory diseases.

Skin health Support: These fatty acids help to improve the condition of the skin, making it more elastic and hydrated. This is especially important for maintaining youth and beauty.





OMEGA PREMIUM 1200 MG



DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

EPA 420 MG DHA 300 MG

OMEGA 3 PREMIUM 1200 MG IS AN ADDITIONAL SOURCE OF VITAMIN E AND POLYUNSATURATED FATTY ACIDS (EICOSAPENTAENOIC AND DOCOSAHEXAENOIC ACIDS), RECOMMENDED FOR DAILY INTAKE, TO MAKE UP FOR THE DEFICIENCY OF OMEGA 3 IN THE BODY.

HIGH CONTENT
(80%) OF OMEGA-3
POLYUNSATURATED
FATTY ACIDS.

ADULTS TAKE 1
CAPSULE DAILY
WITH MEALS.

EPA 420 MG
DHA 300 MG

OMEGA-3
THEY ARE PART OF
CELL MEMBRANES
AND BLOOD VESSELS



- They support the cardiovascular system;
- Reduce the risks of diseases of the body, which is located in a heavily polluted environment;
- They reduce the level of low-density lipoproteins, normalize the ratio of cholesterol and triglycerides in the blood;
- They help to cleanse blood vessels and slow down the processes of thrombosis;
- Create conditions for increasing the body's immunity;
- They have an effect on improving memory and have an anti-inflammatory effect
- It is recommended to use it as an additional remedy in the treatment of joints, allergies, psoriasis, prostatitis.
- It is recommended to take it in addition to care products for dry and irritated skin

1 capsule contains:	
Name of the component	Quantity, mg
Fish oil concentrate, including Omega-3 PUFA	1200 mg
Eicosapentaenoic acid	420 mg
Docosahexaenoic acid	300 mg





OMEGA PREMIUM 1000 MG



EPA 350 MG DHA 250 MG

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

OMEGA 3 PREMIUM 1000 MG IS AN ADDITIONAL SOURCE OF VITAMIN E AND POLYUNSATURATED FATTY ACIDS (EICOSAPENTAENOIC AND DOCOSAHEXAENOIC ACIDS), RECOMMENDED FOR DAILY INTAKE, TO MAKE UP FOR THE DEFICIENCY OF OMEGA 3 IN THE BODY.

HIGH CONTENT
(60%) OF OMEGA-3
POLYUNSATURATED
FATTY ACIDS.

ADULTS TAKE 1
CAPSULE DAILY
WITH MEALS.

EPA 350 MG
DHA 250 MG

OMEGA-3
THEY ARE PART OF
CELL MEMBRANES
AND BLOOD VESSELS



- Supports the cardiovascular system;
- Reduces the risks of diseases of the body, which is located in a heavily polluted environment;
- Reduces the level of low-density lipoproteins, normalizes the ratio of cholesterol and triglycerides in the blood;
- It helps to cleanse blood vessels and slows down the processes of thrombosis;
- Creates conditions for increasing the body's immunity;
- It has an effect on improving memory and has an anti-inflammatory effect
- It is recommended to use it as an additional remedy in the treatment of joints, allergies, psoriasis, prostatitis.
- It is recommended to take it in addition to care products for dry and irritated skin

1 capsule contains:	
Name of the component	Quantity, mg
Fish oil concentrate, including Omega-3 PUFA	1000 mg
Eicosapentaenoic acid	350 mg
Docosahexaenoic acid	250 mg





OMEGA VALUE 1000 MG



60
CAPSULES

90
CAPSULES

120
CAPSULES

EPA 180 MG

DHA 120 MG

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

THE OMEGA-3 VALUE COMPLEX INCLUDES:
FISH OIL – STRENGTHENS THE CARDIOVASCULAR SYSTEM, REDUCES BAD CHOLESTEROL, IMPROVES METABOLISM, AND HAS AN ANTIOXIDANT EFFECT. VITAMIN E HAS AN ANTIOXIDANT EFFECT.

THE FORMULA OF
THE COMPLEX IS
DESIGNED FOR
EVERY DAY
1000 MG

ADULTS TAKE 1
CAPSULE DAILY
WITH MEALS.

EPA 180 MG
DHA 120 MG
VIT. E 5 MG

OMEGA-3
THEY ARE PART OF
CELL MEMBRANES
AND BLOOD VESSELS



- Reduces the level of "bad" cholesterol in the blood, thereby protecting against the development of atherosclerosis of blood vessels and cardiovascular diseases, myocardial infarction and stroke of the brain
- Improves the condition of the skin, nails and hair
Improves cognitive functions of the brain: memory, attention, learning ability
- It supports the elasticity of joints, promotes the preservation and growth of muscle mass
- Strengthens the immune system, increases the body's resistance to infectious diseases

1 capsule contains:		
Name of the component	Quantity, mg	NRV
Fish oil concentrate, including Omega-3 PUFA	1000 mg	*
Eicosapentaenoic acid	180 mg	*
Docosahexaenoic acid	120 mg	*
Vitamin E	5 mg	50 %





OMEGA BALANCE 3 6 9



DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

9 COMPONENTS IN THE COMPOSITION

OMEGA BALANCE 3-6-9 IS A PREMIUM FORMULA OF OMEGA 3-6-9 FATTY ACIDS OF THE HIGHEST QUALITY. THE COMPLEX CONSISTS OF FISH OIL, LINSEED OIL, BORAGE OIL.

RECOMMENDED
OMEGA
FORMULA
-3 6 9

ADULTS TAKE 1
CAPSULE DAILY
WITH MEALS.

BALANCED
9 COMPONENTS
IN THE COMPOSITION

OMEGA-3
THEY ARE PART OF
CELL MEMBRANES
AND BLOOD VESSELS



- Improve the health and beauty of hair, skin and nails
- Normalize metabolism
- To fill the body's need for Omega 3-6-9 fatty acids
- Strengthen the cardiovascular system
- Improve the condition of the central nervous system



1 capsule contains:	
Name of the component	Quantity, mg
Fish oil concentrate	332mg
EPA (eicosapentaenoic acid)	59,7mg
DHA (docosahexaenoic acid)	39,8mg
Evening Primrose Oil (10% GLA)	332mg
GLA (gamma linolenic acid)	33,2mg
Flax seed oil (65% LC)	332mg
Alpha – linolenic acid	215,8mg
Oleic acid	79,7mg
Vitamin E	3,35mg

VITAMINS AND MINERALS

Vitamins and minerals are important elements of nutrition necessary to maintain the health of the body. They perform many key functions and play a role in various biological processes.

Growth and Development: Vitamins and minerals play an important role in the growth and development of the body.

Strengthening the Immune System: Vitamin C, vitamin D, zinc, support the normal function of the immune system, helping to fight infections and diseases.

Energy and Metabolism: B vitamins and minerals are involved in the processes of metabolism and energy.

Bone and Dental Health: Calcium, phosphorus, and vitamin D are essential for maintaining healthy bones and teeth.

Nervous System: B vitamins, vitamin C and minerals such as magnesium are important for normal nervous system function.

Skin Health: Vitamins A and E, antioxidants, promote skin health, reduce the effects of free radicals.

Hormone Regulation: Some vitamins and minerals are involved in hormone regulation, which is important for balance in the body.

Maintaining Eye and Vision Health: Vitamins A, C, E and the minerals zinc and selenium are important for maintaining eye and vision health.





VITAMIN C 500



60
CAPSULES

THE CONCENTRATION OF VITAMIN C IS 500 MG

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

VITAMIN C IS ONE OF THE MOST IMPORTANT TRACE ELEMENTS ON WHICH THE IMMUNE SYSTEM DEPENDS. VITAMIN C DEFICIENCY IS CAUSED BY POOR NUTRITION, SLEEP QUALITY AND CONSTANT STRESS. EVERY SECOND INHABITANT OF OUR PLANET IS DEFICIENT IN THIS VITAMIN, ESPECIALLY IN THE AUTUMN-WINTER PERIOD.

A POWERFUL ANTI-
OXIDANT THAT
PROTECTS BLOOD
VESSELS, BONES
AND TENDONS
FROM THE EFFECTS
OF TOXINS

ADULTS TAKE 1
CAPSULE DAILY
WITH MEALS.

500 MG
L - ASCORBIC
ACID

THE HUMAN BODY
CANNOT SYNTHESIZE
VITAMIN C ON ITS
OWN



- Stimulates the immune system in the fight against colds
- Helps the body fight many inflammatory and infectious diseases
- Participates in the synthesis of collagen, a protein that is a building material for skin, bones, ligaments and tendons
- Protects tissues and organs from premature aging
- Reduces blood pressure and strengthens the walls of blood vessels, due to the synthesis of collagen
- Prevents the accumulation of free radicals
- Protects cells from oxidative processes
- Protects the skin from the aggressive environment

1 capsule contains:		
Name of the component	Quantity, mg	NRV
L - Ascorbic acid	500 mg	833 %





SKIN HAIR NAILS



60
CAPSULES

COMPLEX FOR SKIN, HAIR AND NAILS

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

SKIN HAIR NAILS IS A BALANCED COMPLEX FOR MAINTAINING THE HEALTH OF THE SKIN OF HAIR AND NAILS. THE SUPPLEMENT CONTAINS THE MOST IMPORTANT VITAMINS AND MINERALS TO SUPPORT THE YOUTH OF THE BODY AND ITS ANTIOXIDANT PROTECTION.

RESTORES ELASTICITY AND SKIN COLOR

ADULTS TAKE 1 CAPSULE DAILY WITH MEALS.

18
THE COMPONENTS IN THE COMPOSITION

RELIEVES DRY SKIN, STRENGTHENS HAIR AND NAILS

Vitamin B complex is responsible for the beauty and youthfulness of the skin of hair and nails, strengthens the immune system, improves overall well-being and heals the central nervous system.

Vitamin E has a pronounced antioxidant effect.

Magnesium is involved in bone formation, regulation of nervous tissue, carbohydrate metabolism and energy metabolism of cells.

Zinc is an essential trace element that is part of the hormone insulin, involved in carbohydrate metabolism, as well as in enzymes.

Vitamin C – improves the condition of the skin and hair, strengthens the immune system, improves overall well-being.

Fish oil strengthens the cardiovascular system, reduces the level of bad cholesterol, improves metabolism, has an antioxidant effect, improves the condition of the skin, hair and nails.



1 capsule contains:	
Name of the component	Quantity, mg
Fish Oil Concentrate	230mg
EPA (eicosapentaenoic acid)	41,4mg
DHA (docosahexaenoic acid)	27,6mg
Vitamin C	80mg
Borage oil (gamma linolenic acid)	12mg
L Cysteine	50mg
Iron	6,7mg
Niacin	16mg

Zinc	5mg
Vitamin E	6,03mg
Pantothenic acid	6mg
Magnesium	3mg
Vitamin B12	2,5mcg
Vitamin B6	1,4mg
Riboflavin	1,4mg
Thiamine	1,1mg
Folic acid	200mcg
Biotin	50mcg



CALCIUM 600 D3 ZN K



60
TABLETS

90
TABLETS

A COMPLEX FOR STRENGTHENING BONES

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

CALCIUM 600 D3 +ZN+K IS A COMPLEX FOR EFFECTIVE SUPPORT OF THE MUSCULOSKELETAL SYSTEM AND CARDIOVASCULAR SYSTEM. CALCIUM IS SUPPLEMENTED WITH ZINC, VITAMINS K AND D3, WHICH PROVIDE A SYNERGISTIC EFFECT OF THE SUPPLEMENT AND INCREASE THE DIGESTIBILITY OF CALCIUM.

STRENGTHENS
THE CARDIOVAS-
CULAR SYSTEM

ADULTS TAKE 1
CAPSULE DAILY
WITH MEALS.

SUPPORTS
THE MUSCULO-
SKELETAL SYSTEM

IMPROVES THE
STRUCTURE AND
HEALTH OF HAIR,
NAILS AND SKIN



Calcium is one of the key minerals of the body, supports the musculoskeletal system and the health of the central nervous system, and is also involved in a variety of processes occurring in the body.

Zinc is a mineral that is part of the hormone insulin, involved in carbohydrate metabolism, as well as in enzymes.

Vitamin D3 is an essential trace element for the body, participates in the processes of calcium absorption, strengthens the musculoskeletal system, strengthens the immune system.

Vitamin K protects the body from the development of osteoporosis, helps to absorb calcium, protects blood vessels.

1 capsule contains:		
Name of the component	Quantity, mg	NRV
Calcium	600 mg	60 %
Zinc	10 mg	67 %
Vitamin K	50 mcg	*
Vitamin D3	5 mcg	100 %





MAGNESIUM PREMIUM B6



60
CAPSULES

A COMPLEX FOR A HEALTHY HEART AND NERVES

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

MAGNESIUM IS A COMPONENT OF A WIDE RANGE OF ACTIONS, ABOUT 300 ENZYMES INCLUDE MAGNESIUM. THE ENERGY POTENTIAL OF THE BODY IS VERY DEPENDENT ON THE AMOUNT OF MAGNESIUM INVOLVED IN THE METABOLIC PROCESSES OF ALL ORGANS AND SYSTEMS.

PARTICIPATES IN THE ACTIVATION OF ADENOSINE TRIPHOSPHATE (ATP), THE MAIN SOURCE OF ENERGY IN CELLS

ADULTS TAKE 1 CAPSULE DAILY WITH MEALS.

IT PLAYS AN IMPORTANT ROLE IN MUSCLE CONTRACTION AND TRANSMISSION OF NERVE IMPULSES.

IT INTERACTS WITH CALCIUM AND VITAMIN D, HELPING TO STRENGTHEN BONES AND TEETH



- It has a calming effect on the nervous system
- Stimulates the work of the heart and cardiovascular system
- Activates brain activity. Stabilizes blood pressure
- Participates in metabolic processes at the cellular level, promotes the breakdown of glucose
- Promotes the transport of calcium to organs and tissues
- It has a relaxing effect on muscle tissue
- Promotes the removal of cholesterol and bile.
- Normalizes the work of the intestine
- Prevents the formation of stones and sand in the gallbladder and kidneys

1 capsule contains:		
Name of the component	Quantity, mg	NVR
Magnesium (Magnesium Citrate)	120 mg	30 %
Vitamin B6 (pyridoxine hydrochloride)	6 mg	300 %





ZINC PICOLINATE



60
CAPSULES

180
CAPSULES

STRENGTHENS THE IMMUNE SYSTEM AND HEALTH

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

ZINC IS AN ESSENTIAL MINERAL FOR THE BODY. ALMOST EVERY CELL IN OUR BODY NEEDS THIS NUTRIENT. IT IS INVOLVED IN IMMUNE AND ENZYMATIC PROCESSES, AND MORE THAN 300 MECHANISMS OF OUR BODY ARE IMPOSSIBLE WITHOUT IT.

STRENGTHEN
THE IMMUNE
SYSTEM

ADULTS TAKE 1
CAPSULE DAILY
WITH MEALS.

RESTORE CELLU-
LAR METABOLISM
AND CELL RENEW-
AL

IT WILL IMPROVE
HEMATOPOIESIS
AND MUSCLE
FUNCTIONS



- It is necessary for cells to fight bacteria and viruses and to express genes that "tell" the body how to work properly.
- Helps heal wounds, improves sense of smell and taste
- Zinc deficiency reduces the survival of immune cells and negatively affects important functions such as phagocytosis, target cell destruction and cytokine production
- Some studies show that if a person takes zinc preparations during the first day after the appearance of signs of acute respiratory illness (ARI, ARVI), the course of the disease will be easier and the symptoms will end faster.

1 capsule contains:		
Name of the component	Quantity, mg	NVR
Zinc Picolinate	15 mg	100 %





MULTIVITS & MINERALS



60
CAPSULES

90
CAPSULES

STRENGTHENS THE IMMUNE SYSTEM, MAINTAINS BEAUTY

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

MULTIVIT & MINERALS IS A VITAMIN AND MINERAL COMPLEX FOR COMPREHENSIVE SUPPORT OF THE BODY. THE COMPLEX IS BASED ON MACRO AND MICROELEMENTS IN OPTIMAL DOSAGES, THE COMPLEX IS GRASSBERG'S OWN SCIENTIFIC DEVELOPMENT.

IT PLAYS AN IMPORTANT ROLE IN THE GROWTH AND DEVELOPMENT OF THE BODY

ADULTS TAKE 1 CAPSULE DAILY WITH MEALS.

PARTICIPATES IN THE PROCESSES OF METABOLISM AND ENERGY PRODUCTION

VITAMINS AND MINERALS ARE INVOLVED IN HORMONE REGULATION



- Ensuring energy supply
- They contribute to improving performance and endurance
- Normalization of the psycho-emotional state
- Improving sleep quality
- Increased resistance to stress and protection from its consequences Improvement of cognitive functions (attention, memory)



1 capsule contains:	
Name of the component	Quantity, mg
Magnesium	99,6mg
Vitamin C	80mg
Inositol	50mg
Iron	14mg
Zinc	10mg
Vitamin E	12mg
Niacin	16mg
Pantothenic acid	6mg
Manganese	2mg

Vitamin A	800mcg
Copper	1mg
Vitamin B12	2,5mcg
Vitamin D3	5mcg
Vitamin B6	1,4mg
Riboflavin	1,4mg
Thiamine	1,1mg
Iodine	150mcg
Folic acid	200mcg
Molybdenum	50mcg
Selenium	55mcg
Biotin	50mcg

REFRESH YOUR LIFE WITH VITAMIN
D3 - IN TABLETS AND CONVENIENT
LIQUID FORM!

Vitamin D3, known as the "vitamin of the sun", plays a key role in maintaining health and a joyful life. Our unique drug offers two convenient formats – tablets and liquid form, so that you can choose the best way to enrich your body with this important vitamin.

Vitamin D3 Tablets:

Our tablets are an easy and convenient way to incorporate vitamin D3 into your daily diet. Compact, easy to swallow and ideal for a busy lifestyle. Stimulate your immune system and maintain bone tissue by taking just one tablet a day.

The liquid form of Vitamin D3:

Enjoy the convenience and speed of absorption of vitamin D3 in liquid form. Our formula is easily dosed and can be added to any drink or meal. This is an excellent choice for those who prefer innovative solutions and strive for effective absorption of vitamins.

Both formats provide important contributions to maintaining bone health, the immune system, and energy balance. Include Vitamin D3 in your self-care so that your every day will be saturated with the sunlight of caring for your own body!





VITAMIN D3



90
CAPSULES

PLAYS A KEY ROLE IN HEALTH

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

VITAMIN D IS AN ACTIVE SUBSTANCE, WITHOUT WHICH IT IS DIFFICULT TO IMAGINE IMPORTANT PROCESSES IN THE BODY, SUCH AS: BONE DEVELOPMENT, NORMAL DEVELOPMENT OF THE BODY AS A WHOLE, REGULATION OF MINERAL METABOLISM, NORMAL FUNCTIONING OF THE THYROID GLAND, REGULATION OF BLOOD PRESSURE AND HEARTBEAT, ETC.

IT PLAYS AN IMPORTANT ROLE IN THE GROWTH AND DEVELOPMENT OF THE BODY

ADULTS TAKE 1 CAPSULE DAILY WITH MEALS.

PARTICIPATES IN THE PROCESSES OF METABOLISM AND ENERGY PRODUCTION

VITAMINS AND MINERALS ARE INVOLVED IN HORMONE REGULATION



- Promotes normal bone growth and development
- Prevents the development of rickets and osteoporosis, promotes muscle tone, increases immunity
- It is necessary for the functioning of the thyroid gland
- Participates in the regulation of blood pressure and heartbeat
- Prevents the growth of cancer and cells

1 capsule contains:		
Name of the component	Quantity, mg	NRV
Vitamin D3 (Cholecalciferol)	15.0 mcg	300 %





VITAMIN D3 DROPS



DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

PLAYS A KEY ROLE IN HEALTH

VITAMIN D IS AN ACTIVE SUBSTANCE, WITHOUT WHICH IT IS DIFFICULT TO IMAGINE IMPORTANT PROCESSES IN THE BODY, SUCH AS: BONE DEVELOPMENT, NORMAL DEVELOPMENT OF THE BODY AS A WHOLE, REGULATION OF MINERAL METABOLISM, NORMAL FUNCTIONING OF THE THYROID GLAND, REGULATION OF BLOOD PRESSURE AND HEARTBEAT, ETC.

IT PLAYS AN IMPORTANT ROLE IN THE GROWTH AND DEVELOPMENT OF THE BODY

ADULTS TAKE 1 CAPSULE DAILY WITH MEALS.

PARTICIPATES IN THE PROCESSES OF METABOLISM AND ENERGY PRODUCTION

VITAMINS AND MINERALS ARE INVOLVED IN HORMONE REGULATION



- Promotes normal bone growth and development
- Prevents the development of rickets and osteoporosis, promotes muscle tone, increases immunity
- It is necessary for the functioning of the thyroid gland
- Participates in the regulation of blood pressure and heartbeat
- Prevents the growth of cancer and cells

1 capsule contains:		
Name of the component	Quantity, mg	NRV
Vitamin D3 (Cholecalciferol)	10.0 mkg	200 %



PRODUCTS AIMED AT THE GENERAL CONDITION OF THE BODY

Antioxidants are substances that play an important role in maintaining the health of the body. They help protect cells from the effects of free radicals, chemical particles that can damage cells and tissues.

Protection against free radicals:

Free radicals are formed in the body as a result of metabolism, as well as under the influence of external factors such as ultraviolet rays, air pollution and toxins. These free radicals can damage cell membranes, proteins, and DNA. Antioxidants neutralize these radicals, preventing their destructive effects.

Maintaining heart health:

Some antioxidants, such as vitamin C and vitamin E, can help lower blood cholesterol levels and improve overall cardiovascular function. This may reduce the risk of developing cardiovascular diseases.

Protection against inflammation:

Antioxidants can help reduce inflammation in the body. Inflammation plays a role in various diseases, and the ability of antioxidants to reduce inflammation may be beneficial for overall health.

Immune support:

Antioxidants such as beta-carotene, selenium and zinc contribute to maintaining a healthy immune system by helping fight infections and diseases.





ANTIOXIDANT DEFENCE



60
CAPSULES

PREVENTION OF AGING

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

ANTIOXIDANT DEFENSE IS A COMPLEX BIOLOGICALLY ACTIVE SUPPLEMENT, IT IS A SOURCE OF VITAMINS AND MINERALS SUCH AS: B6, B2, C, MAGNESIUM, BETA-CAROTENE, PANTOTHENIC ACID, SELENIUM, GAMMA-LINOLENIC ACID.

NEUTRALIZE FREE RADICALS, PREVENTING THEIR NEGATIVE EFFECTS.

ADULTS TAKE 1 CAPSULE DAILY WITH MEALS.

PROMOTES HEART HEALTH BY PREVENTING THE OXIDATIVE PROCESS IN BLOOD VESSELS

HELPS SLOW DOWN THE AGING PROCESS

Vitamin C is known for its antioxidant properties and immune system support.
GLA can be converted into substances called prostaglandins type 1, which have anti-inflammatory properties.
Vitamin B2 is involved in the processes of converting food into energy.
Vitamin B6 is essential for the synthesis of neurotransmitters such as serotonin, dopamine and gamma-aminobutyric acid (GABA).
Pantothenic acid can have an effect on blood sugar levels and thus help maintain normal carbohydrate metabolism.
The body can convert beta-carotene into the active form of vitamin A.

1 capsule contains:		
Name of the component	Quantity, mg	NRV
Gamma-linolenic acid	65 mg	*
Vitamin C	40 mg	67 %
Vitamin B2	1,4 mg	87,5 %
Vitamin B6	1,4 mg	100 %
Pantothenic acid	6 mg	70 %
Beta-carotene	6 mg	*
Magnesium	56 mg	14 %
Selenium	0,055 mg	79 %





IMMU BOOST

AS PART OF:

B-1,3/1,6-D-GLUCAN
L-ASCORBIC ACID
ZINC PICOLINATE



60
CAPSULES

STRENGTHENS THE IMMUNE SYSTEM

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

IMMU BOOST IS A SUPPLEMENT AIMED AT BUILDING STRONG IMMUNITY AND PREVENTING COLDS AND VIRAL DISEASES. THE COMPLEX CONTAINS EFFECTIVE IMMUNOMODULATORS FOR BUILDING STRONG IMMUNITY.

STRENGTHEN THE IMMUNE SYSTEM

ADULTS TAKE 1 CAPSULE DAILY WITH MEALS.

PROVIDES ANTIOXIDANT PROTECTION

IT WILL REDUCE FATIGUE AND STRESS LEVELS



- **Zinc** is an essential trace element that is part of the hormone insulin, which is involved in carbohydrate metabolism, as well as in enzymes. It is one of the key minerals in the immune system.
- **Vitamin C** – improves the condition of the skin and hair, strengthens the immune system, improves overall well-being.
- **Beta-Glucan** activates immune processes, increasing the rate of maturation of immune cells, changing their activity and significantly increasing their lifespan.

1 capsule contains:		
Name of the component	Quantity, mg	NRV
β-1,3/1,6-D-glucan	150 mg	*
L-Ascorbic acid	150 mg	250 %
Zinc Picolinate	10 mg	67 %





SELENIUM 100 MCG



60
CAPSULES

IMMUNE SYSTEM SUPPORT

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

SELENIUM IS A POWERFUL ANTIOXIDANT INVOLVED IN MANY PROCESSES IN THE BODY. THE ACTION OF SELENIUM IS AIMED AT PROTECTING THE CELL MEMBRANE AND FREE RADICALS, AS WELL AS SUPPORTING THE CARDIOVASCULAR AND IMMUNE SYSTEMS.

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Antioxidant properties: Selenium acts as an antioxidant, helping to protect cells from damage caused by free radicals. It can work with other antioxidants such as vitamin E.

Immune System Support: Selenium plays a role in supporting immunity and can help the body cope with infections.

Participation in hormone synthesis: Selenium is involved in the conversion of tyrosine to threonine and the synthesis of active forms of thyroid hormones.

Prevention of heart disease: Some studies suggest that selenium may have positive effects on heart health, in particular by reducing the risk of heart disease.

Involvement in the regulation of inflammation: Selenium may have anti-inflammatory properties and affect the level of inflammation in the body.

1 capsule contains:

Name of the component	Quantity, mcg	NVR
Selenium	100mcg	143 %





COD LIVER OIL



60
CAPSULES

A SOURCE OF IMPORTANT NUTRIENTS

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

COD LIVER OIL IS A POPULAR DIETARY SUPPLEMENT RICH IN NUTRIENTS SUCH AS OMEGA-3 FATTY ACIDS, VITAMIN D AND VITAMIN A. HERE ARE A FEW KEY ASPECTS OF USING CODE OIL AS A DIETARY SUPPLEMENT:

IT IS A NATURAL
SOURCE OF
VITAMINS
A AND D

ADULTS TAKE 1
CAPSULE DAILY
WITH MEALS.

IT CAN
HAVE A POSITIVE
EFFECT ON THE
BRAIN

IT PLAYS
AN IMPORTANT
ROLE IN THE AB-
SORPTION OF
CALCIUM AND
PHOSPHORUS

- Omega-3 Fatty Acids:** Codex oil is a good source of omega-3 fatty acids. These fatty acids play an important role in maintaining the health of the heart, brain and eyes.
- Vitamin D:** Codex oil is rich in vitamin D, which is important for bone health and the immune system.
- Vitamin A:** Contains vitamin A, which is important for vision, growth and skin health
- Joint Health:** Omega-3 fatty acids in codex oil may also have anti-inflammatory properties, which is beneficial for joint health.
- Immune System Support:** Vitamins A and D present in codex oil can help support the immune system.
- Pregnancy Supplements:** Codex oil is often recommended for pregnant women as a source of additional nutrients such as omega-3 and vitamin D, which are important for fetal development.

1 capsule contains:		
Name of the component	Quantity, mg	NVR
Cod Liver Oil	408,8mg	*
EPA (eicosapentaenoic acid)	32,7mg	*
DHA (docosahexaenoic acid)	36,8mg	*
Vitamin A	800mcg	100 %
Vitamin D3	5mcg	100 %





FOLIC ACID 400 MCG



DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

IT PLAYS A KEY ROLE IN THE SYNTHESIS OF DNA AND RNA

FOLIC ACID, ALSO KNOWN AS VITAMIN B9, IS AN IMPORTANT B-COMPLEX VITAMIN THAT PLAYS A ROLE IN VARIOUS BIOLOGICAL PROCESSES IN THE BODY.

IT IS A NATURAL
SOURCE OF
VITAMINS
A AND D

ADULTS TAKE 1
CAPSULE DAILY
WITH MEALS.

IT CAN
HAVE A POSITIVE
EFFECT ON THE
BRAIN

IT PLAYS
AN IMPORTANT
ROLE IN THE AB-
SORPTION OF
CALCIUM AND
PHOSPHORUS

- Supporting cell growth and division:** Folic acid plays an important role in DNA and RNA synthesis, which is especially important during periods of intense growth such as pregnancy and fetal development.
- Prevention of tubular neural closure defects:** Taking folic acid during pregnancy reduces the risk of developing tubular neural closure defects in newborns.
- Participation in amino acid metabolism:** Folic acid is necessary for amino acid metabolism, which is important for protein synthesis.
- Heart Health Support:** Folic acid can reduce homocysteine levels in the blood, which is associated with a reduced risk of cardiovascular disease.
- Nervous system support:** This vitamin plays a role in the normal functioning of the nervous system and can have beneficial effects on mental health.
- Skin Health Support:** Folic acid promotes the regeneration of skin cells and supports its health.
- Participation in the formation of red blood cells:** Folic acid is necessary for the formation of red blood cells and the prevention of anemia.

1 capsule contains:		
Name of the component	Quantity, mcg	NVR
Folic acid	400 mcg	200 %





ALPHA LIPOIC ACID



DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

IT IS A POWERFUL ANTIOXIDANT

ALPHA LIPOIC ACID (ALA) IS A COMPOUND THAT ACTS AS A COFACTOR FOR SEVERAL ENZYMES IN THE BODY, PARTICIPATES IN ENERGY METABOLISM AND HAS ANTIOXIDANT PROPERTIES.

- HELPS TO REDUCE THE LEVEL OF GLYCEMIA
- ADULTS TAKE 1 CAPSULE DAILY WITH MEALS.
- IMPROVES INSULIN SENSITIVITY
- PROTECTS THE NERVOUS SYSTEM

Antioxidant properties: ALA is a powerful antioxidant that can help protect the body's cells from damage caused by free radicals. It can work as an antioxidant in both a hydrophilic (aqueous) environment and a hydrophobic (fatty) environment, which makes it a universal antioxidant.

Support for energy metabolism: ALA is involved in carbohydrate metabolism, which contributes to energy production in cells. This is especially important in the mitochondria, where the energy production process takes place.

Regeneration of other antioxidants: Alpha lipoic acid can help in the recovery and regeneration of other antioxidants such as vitamin C and vitamin E.

Lowering glycemic levels: Some studies suggest that ALA may help lower blood sugar levels and improve insulin sensitivity, which may be beneficial for people with diabetes.

Protection of the nervous system: ALA can have a neuroprotective effect, supporting the health of nerve cells and having a positive effect on the function of the nervous system.

1 capsule contains:	
Name of the component	Quantity, mg
Alpha Lipoic Acid	60 mg



THE RIGHT IRON

The "chelated formula of iron bisglycinate"

refers to the form of iron where iron is bound to glycine. This form is used in some supplements to improve the absorption of iron by the body. Here are a few advantages of the chelated formula of iron bisglycinate:

Easy absorption: Iron bisglycinate is considered easier for the body to digest compared to some other forms of iron. This is especially important for people suffering from digestive disorders, as some other forms of iron can cause stomach aches and other side effects.

Reducing side effects: Iron bisglycinate may be milder for the gastrointestinal tract, which reduces the likelihood of side effects such as constipation or stomach irritation, often associated with taking some other forms of iron.

Improved tolerability: This form of iron may be more easily tolerated by people who are sensitive to iron or those who have had problems with traditional forms of iron.

No effect on calcium: Unlike some other forms of iron, iron bisglycinate does not interact with calcium, which allows you to take both of these supplements simultaneously without reducing their effectiveness.





IRON COMPLEX



60
CAPSULES

REPLENISHING THE NEED FOR IRON

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

IRON COMPLEX IS A VITAMIN AND MINERAL COMPLEX THAT REPLENISHES THE BODY'S DAILY NEED FOR IRON. THE COMPLEX CONTAINS VITAMIN C FOR BETTER ABSORPTION OF IRON BY THE BODY, ENRICHED WITH FOLIC ACID AND VITAMIN B12.

STRENGTHEN
THE IMMUNE
SYSTEM

ADULTS TAKE 1
CAPSULE DAILY
WITH MEALS.

IT AFFECTS THE
PROPER DEVELOPMENT
AND FUNCTIONING OF
CELLS

PARTICIPATES IN
THE FORMATION
OF RED BLOOD
CELLS



Iron bisglycinate is a chelated form of iron that is absorbed by the body much better than other iron salts.

Vitamin C, which is part of the complex, improves iron absorption.

Folic acid has a positive effect on the rate of hemoglobin synthesis, which significantly enhances the effects of iron.

Vitamin B12 is involved in the formation of all blood cells (erythrocytes, leucocytes, platelets).

1 capsule contains:		
Name of the component	Quantity, mg	NVR
Iron Bisglycinate	20** mg	143 %
Vitamin C	60 mg	100 %
Folic acid	350 mcg	175 %
Vitamin B12	5 mcg	400 %





LECITHIN 1200 MG



60
CAPSULES

DIETARY SUPPLEMENTS ARE NOT A MEDICINAL PRODUCT

A SOURCE OF ESSENTIAL FATTY ACIDS FOR THE LIVER

LECITHIN IS A BIOACTIVE COMPLEX OF PHOSPHOLIPIDS, IT IS CHOLINE AND INOSITOL. FOR THE LIVER, IT IS A NATURAL SOURCE OF ESSENTIAL FATTY ACIDS THAT PROTECT ITS CELLS AND TAKE PART IN THE RESTORATION OF DAMAGED STRUCTURE.

- LECITHIN IS A
SOURCE OF
CHOLINE
- ADULTS TAKE 1
CAPSULE DAILY
WITH MEALS.
- CONTAINS
PHOSPHOLIPIDS
SUCH AS PHOSPHATIDYL-
CHOLINE,
PHOSPHATIDYLSERINE
- CHOLINE
IS IMPORTANT
FOR THE NORMAL
DEVELOPMENT OF
THE FETAL BRAIN



- Brain Function Support:** The choline contained in lecithin plays an important role in the formation of the neurotransmitter acetylcholine, which affects brain function, memory and cognitive abilities.
- Liver Protection:** Phospholipids in lecithin, such as phosphatidylcholine, can support liver health and help in its recovery.
- Fat Metabolism:** Lecithin promotes the emulsification of fats in the body, helping their breakdown and assimilation.
- Improving the absorption of certain vitamins:** Lecithin can improve the absorption of certain vitamins, such as vitamin A and vitamin D.
- Cardiovascular Health Support:** Phospholipids in lecithin can help reduce cholesterol levels and support cardiovascular health.

1 capsule contains:	
Name of the component	Quantity, mg
Soy Lecithin	1200mg



WHEN DIETARY SUPPLEMENTS CAN BE USEFUL

Nutritional Deficiencies: People who are deficient in certain vitamins or minerals may experience improved health after starting taking appropriate supplements.

Specific needs: Some groups of people, such as pregnant women, children, the elderly, or people with certain medical conditions, may have specific nutritional needs, and supplements can help meet these needs.

Athletes and Active People: Those who engage in physical activity can use dietary supplements to support post-workout recovery and improve performance.

However, it is important to emphasize that supplements should not replace a varied and balanced diet. In some cases, excessive intake of certain vitamins and minerals can also be harmful.

In addition, the efficacy and safety of dietary supplements may vary, and it is important to consult a doctor before starting any supplements, especially if you have medical problems or are taking other medications.

CHOOSE THE RIGHT AND HIGH-QUALITY PRODUCTS.





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