



TAB VITAMINS



Omega-3s | Vitamins | Minerals
Herbal & Special
Natural Dietary Supplements



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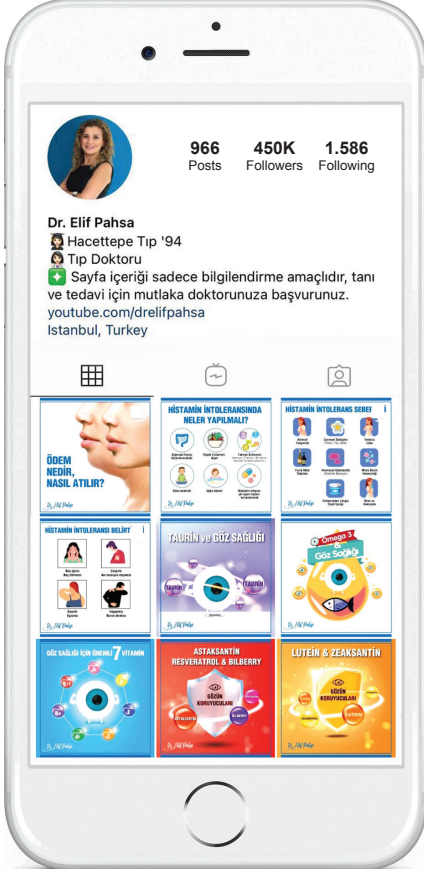
DrElifPahsa



TAB VITAMINS

Omega-3s | Vitamins | Minerals
Herbal & Special
Natural Dietary Supplements

*A Natural Investment In
Your Well Being*





Elif Pahsa, M.D.

General Manager



@drelifpahsa

Nowadays, because of modern life, our nutrition has changed and also working in closed environments, sedentary lifestyle and unhealthy food habits lead to deterioration of our physiology and quality of life. These all caused us to be more sensitive to chronic diseases.

The first rule of healthy life is that both body and mental health are in perfect balance. External support with Omega-3s, vitamins, minerals and other micronutrients are all required to achieve this balance to enhance our health.

TAB Pharmaceuticals & Nutraceuticals produces and supplies the right nutritional supplements for you with the most effective raw material ingredients and good manufacturing practices. We have crowned the reward of this effort with the current Good Manufacturing Practices (cGMP) obtained from the Republic of Turkey Ministry of Health.

We want to continue to enrich your future with our mission to improve your health and quality of life.

Wishing you good health and happiness...

cGMP

(CURRENT GOOD MANUFACTURING PRACTICES)



You can scan the QR code to take a closer look at our cGMP certificate

Nutraceuticals and pharmaceuticals, one of the strategic sectors of our country. We have been working in the field of food supplements since 2011 with passion.

By starting our production facility in September 2020, we have taken the first step of our dream of meeting with our consumers.

In return for this effort, we have been crowned with the (cGMP) current Good Manufacturing Practices certificate by Turkish Ministry of Health.

We are proud to be producing food supplements within the pharmaceuticals standard facility approved by Ministry of Health in Turkey.

Approved by the

Turkish Ministry of Health

our **cGMP** certified facility provides exceptionally high quality products.



You can scan the QR code to watch preview video of our facility and production.

Why should we use **nutritional supplements?**

01

Production of Unnatural Food

Agricultural and animal based foods
Genetically modified foods,
Fertilizers with hormones,
Auxiliary chemicals

02

Inadequate Nutritional Intake

Poor diet,
Habit of eating fast food,
Consumption of packaged foods

03

Our Ever-Changing Lifestyle

Stress,
Long-term drug use,
Environmental and air pollution



PURITY



QUALITY



SAFETY



FRESHNESS



Guaranteed
Ingredient
Concentration

International Quality Standards for **Omega-3** products

The purity and quality of our Omega-3 products are tested by the independent IFOS (the International Fish Oil Standards) Organization which is well accepted worldwide.

The products of TAB Pharmaceuticals & Nutraceuticals has been registered with five stars with their quality analyzed according to the criteria determined by the World Health Organization (WHO), Council for Responsible Nutrition (CRN) and The Global Organization for EPA & DHA (GOED).



Enriched **Omega-3s**

There are two types of structural forms of fish oils: triglyceride and ethyl ester. Triglyceride form is a natural form and its absorption and bioavailability is higher than that of ethyl ester forms. **Omega-3 products of TAB Pharmaceuticals & Nutraceuticals are in triglyceride form.**

The fish oil used in our products is obtained from the body of sardine fish hunted off the coasts of Peru, and they are supplied from the most reliable suppliers in the world which are all IFOS certified.

For IFOS certification, the tests of heavy metals such as arsenic, mercury and lead in Omega-3 products must be completed. Omega-3 products of TAB Pharmaceuticals & Nutraceuticals are one of the rare product groups that obtained the IFOS certificate as a result of all these analyses.

Our products containing Omega-3s are enriched with functional nutrients such as Astaxanthin, Phosphatidylserine, Ubiquinol, Vitamin D and Vitamin K2 (MK-7).

Selection Criteria For Fish Oil Supplements



Products with **IFOS approval** should be preferred. IFOS is an independent institution that rates omega-3 products by subjecting them to various tests. Fish oils rated with 5 stars according to the IFOS test results are registered in terms of raw material quality.



The bioavailability of fish oils in the form of **triglyceride** is superior.



The place of production should meet **GMP conditions**.



The gelatin used in the products should be produced in GMP standards and preferably should be **halal certified**.



It is beneficial to have fat-soluble **antioxidants** in your fish oil capsule. Antioxidants protect fish oil from being oxidized.



The packaging in which fish oil is served should be suitable for contact with food and should be protected from direct sunlight in a box. **Blister and boxed amber glass bottles** are the most advantageous products in this matter.



Fish oils that can provide a total of at least **1000 mg EPA + DHA** in daily use should be preferred.



There should be a **supplementary food approval number** on the box. You can find out whether the product you are using is approved from the ministry's website.



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Tropical Fruit & Lemon Flavoured

“SUGAR FREE”

Osende® Beauty Collagen

5.500 mg Type I-III Hydrolyzed Collagen Peptides

Ready-to-Drink Shots

Quantity: 30 x 40 mL and 15 x 40 mL

Supplement Facts	per shot
Hydrolyzed Collagen Peptides (Type I and III Collagen)	5.500 mg
Vitamin C	300 mg
Hyaluronic Acid	100 mg
Green Tea (<i>Camellia sinensis</i>) Extract	35 mg
Resveratrol	10 mg
Glutathione	7 mg
Coenzyme Q10	5 mg
Vitamin E	5 mg
Vitamin B5 (Pantothenic acid)	3,5 mg
Vitamin B6 (as Pyridoxal 5'-phosphate)	840 µg
Biotin	500 µg

Directions: Take 1 shot daily.



H240403-33



Tropical Fruit & Lemon Flavoured

“SUGAR FREE”

Osende® 10.000 Plus Collagen

10.000 mg Type I-III Hydrolyzed Collagen Peptides

Ready-to-Drink Shots

Quantity: 30 x 40 mL and 15 x 40 mL

Supplement Facts	per shot
Hydrolyzed Collagen Peptides (Type I & III Collagen)	10.000 mg
Vitamin C	300 mg
Hyaluronic Acid	100 mg
Green Tea (<i>Camellia sinensis</i>) Extract	35 mg
Coenzyme Q10	10 mg
Resveratrol	10 mg
Glutathione	7 mg
Vitamin E	5 mg
Vitamin B5 (Panthothenic acid)	3,5 mg
Vitamin B6 (as Pyridoxal 5'-phosphate)	840 µg
Biotin	500 µg

Directions: Take 1 shot daily.



H240403-33



Watermelon &
Strawberry Flavoured

R&D Achievement
“Sugar Free & Unsweetened, Natural Flavours”

Osende® Intense Beauty Collagen

10.000 mg Type I-III Hydrolyzed Collagen Peptides

Quantity: 30 Sachets

Supplement Facts	per sachet
Hydrolyzed Collagen Peptides (Type I & III Collagen)	10.000 mg
Vitamin C	300 mg
Hyaluronic Acid	100 mg
Hydrolyzed Elastin	60 mg
Alfa Lipoic Acid	50 mg
Glutathione	30 mg
Coenzyme Q10	30 mg
Vitamin B3 (Niasin)	16 mg (NE)
Zinc	10 mg
Vitamin B5 (Panthothenic acid)	6 mg
Vitamin E	5 mg (α-TE)
Biotin	2500 µg
Vitamin B6 (P5P)	1,4 mg
Copper	1000 µg
Selenium	55 µg
Vitamin B12 (Methylcobalamin)	2,5 µg

Directions: Take 1 sachet mixed in a glass of water daily.



H240403-33



Tropical Fruits & Mango Flavoured

R&D Achievement
“Sugar Free & Unsweetened, Natural Flavours”

Osende® Multi Collagen

10.000 mg Type I-II-III Hydrolyzed Collagen Peptides

Quantity: 30 Sachets

Supplement Facts	per sachet
Hydrolyzed Collagen Peptides (Type I & III Collagen)	9.900 mg
Vitamin C	300 mg
Glucosamine Sulphate	200 mg
Chondroitin Sulphate	200 mg
Methylsulfonylmethane (MSM)	200 mg
Hyaluronic Acid	100 mg
Hydrolyzed Collagen Type II	100 mg
Boswellia Resin Extract	50 mg
Zinc (as Zinc Gluconate)	5 mg
Biotin	500 µg
Vitamin K2 (Menaquinone-7)	50 µg
Vitamin D3	1.000 IU

Directions: Take 1 sachet mixed in a glass of water daily.



H240403-33



Tropical Fruits &
Mango Flavoured

R&D Achievement
“Sugar Free & Unsweetened, Natural Flavours”

Osende® Multi Plus Collagen

10.000 mg Type I-II-III Hydrolyzed Collagen Peptides

Size: 30 Servings - Bulk Powder Form

Supplement Facts	per serving
Hydrolyzed Collagen Peptides (Type I & III Collagen)	9.900 mg
Vitamin C	300 mg
Glucosamine Sulphate	200 mg
Chondroitin Sulphate	200 mg
Methylsulfonylmethane (MSM)	200 mg
Hyaluronic acid	100 mg
Hydrolyzed Collagen Type II	100 mg
Boswellia Extract	50 mg
Zinc (as Zinc Gluconate)	5 mg
Boron	3 mg
Biotin	500 µg
Manganese	500 µg
Vitamin K2 (MK-7)	75 µg
Vitamin D3	1.000 IU

Directions: Consume after mixing one scoop of product in a glass of water or your favourite beverage.



H240403-33



TAB VITAMINS



LifeXtra® Biotin

Supports Healthy Skin & Hair & Nails

Quantity: 60 Tablets

Supplement Facts	per tablet
Biotin	5000 µg

Directions: Take 1 tablet daily.





LifeXtra® Chromium Picolinate

Helps Maintain Healthy Glucose Metabolism

Quantity: 90 Capsules

Supplement Facts	per capsule
Chromium (as Chromium Picolinate)	200 µg

Directions: Take 1 capsule daily.





LifeXtra[®] Selenium

Helps Maintain Healthy Thyroid Metabolism

Quantity: 60 Tablets

Supplement Facts

per tablet

Selenium (as L-Selenomethionine)

200 µg

Directions: Take 1 tablet daily, preferably after meals.





LifeXtra® Psyllium Husks Fibre

A Natural Fiber That Supports Digestive Health & Appetite Control

Quantity: 120 Capsules

Supplement Facts	per capsule
Psyllium Husks Fibre (<i>Plantago ovata</i>)	750 mg

Directions: Take 2 capsules daily, preferably at mealtimes.





LifeXtra® Saw Palmetto

Pumpkin, Nettle, Sulforaphane and Lycopene, Vitamins & Minerals

Quantity: 30 - 60 Softgel Capsules

Supplement Facts	(2 Softgel Capsules)	(3 Softgel Capsules)
Saw Palmetto Extract	213,4 mg	320 mg
Nettle Extract	200 mg	300 mg
Flaxseed Oil	200 mg	300 mg
Taurine	200 mg	300 mg
Pumpkin Seed Oil	106,7 mg	160 mg
<i>Prunus Africana</i> Bark Extract	66,7 mg	100 mg
Boswellia Serrata (Frankincense) Extract	66,7 mg	100 mg
Vitamin B2 (Riboflavin 5'-Phosphate)	13,3 mg	20 mg
Zinc (as Zinc Picolinate)	6,7 mg	10 mg
Vitamin B1 (Thiamine)	3,3 mg	5 mg
Vitamin B6 (as Pyridoxal 5'- Phosphate)	3,3 mg	5 mg
Lycopene	1,34 mg	2 mg
Sulforaphane (from broccoli sprout extract)	0,34 mg	0,5 mg
Selenium (as L-Selenomethionine)	16,7 µg	25 µg
Vitamin D3	16,7 µg (668 IU)	25 µg (1000 IU)
Vitamin B12 (as Methylcobalamin)	1,7 µg	2,5 µg

Directions: It is recommended to consume 2 or 3 capsules a day with a glass (200 ml) of water.



BroccoPhane®

redivivo® Lycopene



H240403-33



LifeXtra® Zeolite

Zeolite Clinoptilolite

Quantity: 45 Sachets

Supplement Facts	per sachet
Zeolite	2000 mg

Directions: Take 1 sachet mixed in a glass of water half an hour before or 1 hour after each meal.



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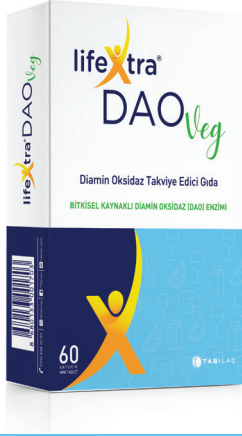
LifeXtra[®] OnHepa[®]

Silybin Phospholipid Complex & Artichoke & Dandelion & Sulforaphane

Quantity: 30 Soft Capsules

Supplement Facts	2 capsule
Silybin Phospholipid Complex	120 mg
• Phosphatidylcholine	72 mg
• Silybin [obtained from milk thistle (<i>Silybum marianum</i>) extract]	48 mg
Artichoke leaf (<i>Cynara scolymus</i>) extract	120 mg
Dandelion root (<i>Taraxacum officinale</i>) extract	120 mg
Choline	82,5 mg
Broccoli (<i>Brassica oleracea L</i>) extract	25 mg
• Sulforaphane	100 µg
Glycine	10 mg
L-Cysteine	10 mg
Alpha glycerophosphocholine	10 mg
Taurine	10 mg
Barberry (<i>Berberis vulgaris</i>) extract	10 mg

Directions: It is recommended to consume 2 Soft capsules per day.



LifeXtra® DAO Veg

Diamine Oxidase (DAO) Supplement

Quantity: 30 - 60 Enteric-coated mini tablets

Supplement Facts	1 tablets	2 tablets
Pea (<i>Pisum sativum</i>) sprout dehydrated powder	4,2 mg	8,4 mg
Diamine Oxidase (DAO)	0,3 mg	0,6 mg

Directions: For adults aged 11 and over, it is recommended to consume 1 tablet twice a day, 20 minutes before meals, with a glass of water.





LifeXtra[®] TMG

Betaine Food Supplement

Quantity:60 Capsules

Supplement Facts	2 capsules	3 capsules
Betaine (Trimethylglycine)	1000 mg	1500 mg

Directions: It is recommended to consume 2 or 3 capsules a day.





LifeXtra® Cranberry

Vaccinium Macrocarpon & D-Mannose & Vitamin C

Supports female urinary tract health.

Quantity: 30 Softgel Capsules

Supplement Facts	per 1 softgel capsule	per 2 softgel capsule
Cranberry Extract (Vaccinium macrocarpon)	250 mg	500 mg
D-Mannose	200 mg	400 mg
Vitamin C	50 mg	100 mg

Directions: Take 1 or 2 softgel capsules daily.





LifeXtra® L-Glutamine

Healthy Gut & High Energy

Quantity: 30 Sachets

Supplement Facts	1 Sachet	2 Sachets
L-Glutamine	5 gram	10 gram

Directions: Take 1 or 2 sachets daily, mixed in a glass of water.





LifeXtra® D-Ribose

Gives High Energy

Quantity: 30 Sachets

Supplement Facts	1 Sachet	2 Sachets
D-Ribose	5 gram	10 gram

Directions: Take 1 or 2 sachets daily, mixed in a glass of water.





LifeXtra® Glycine

Neurotransmitter Support

Size: 150 Gram

Supplement Facts	per serving
Glycine	1000 mg

Directions: Consume the product filled to the 1 gram line of the scoop scale daily mixed in a glass of water.





LifeXtra® B-Active Complex

BioActive B-Complex Vitamins

Quantity: 60 Capsules

Supplement Facts	per capsule
Myo-Inositol	100 mg
Vitamin B5 (Pantothenic acid)	100 mg
Vitamin B3 (Niacin)	60 mg
Vitamin B1 (Thiamine)	50 mg
Choline	50 mg
Vitamin B2 (as Riboflavin 5'-phosphate)	25 mg
Vitamin B6 (as Pyridoxal 5'-phosphate)	10 mg
Vitamin B12 (as Methylcobalamin)	500 µg
Folic Acid (as Methylfolate)	400 µg
Biotin	400 µg

Directions: Take 1 capsule daily.





LifeXtra® Alpha Lipoic Acid

Antioxidant & Neuroprotective & Anti-Inflammatory

Quantity: 90 Capsules

Supplement Facts	per 1 Capsule	per 2 Capsule	per 3 Capsule
Alpha Lipoic Acid	200 mg	400 mg	600 mg

Directions: It is recommended to consume 1-3 times 1 capsule per day.





LifeXtra® Bella

Apple Extract & Grape Seed Extract & L-Cysteine
Multivitamin & Multimineral

Quantity: 30 Tablets

Supplement Facts (1 Tablet)

Apple (Pyrus malus L.) extract	500 mg	Biotin	5000 µg
Vitamin C	60 mg	Vitamin B2 (riboflavin) (R5P)	4 mg
Vitamin E	40 mg (α-TE)	Vitamin A	1000 µg (RE)
Vitamin B5 (pantothenic acid)	40 mg	Copper	1000 µg
Vitamin B3 (niacin)	18 mg (NE)	Manganese	0,5 mg
Grape seed (Vitis vinifera) extract	15 mg	Folic Acid (methylfolate)	400 µg
Zinc (as Zinc Bisglycinate)	15 mg	Iodine	150 µg
Iron	12 mg	Selenium	100 µg
L-Cysteine	10 mg	Chromium (as Chromium Picolinate)	50 µg
Vitamin B6 (pyridoxine) (as P5P)	10 mg	Vitamin B12 (methylcobalamin)	9 µg
Vitamin B1 (thiamine)	8 mg	Vitamin D3	5 µg (200 IU)

Directions: For adults aged 11 years and over, it is recommended to consume 1 tablet daily with 1 glass of water (200 mL) after meals.





LifeXtra® Bromelain Complex

Quantity: 30 Capsules

Supplement Facts	2 capsules
Bromelain	1000 mg (2500 GDU)
Vitamin C	200 mg
Green Tea (<i>Camellia sinensis</i>) extract	100 mg
Quercetin	80 mg
Chromium	200 µg

Directions: For adults aged 11 years and over, it is recommended to consume 2 capsules per day.





LifeXtra® Bromelain

Supports to prevent inflammation and edema

Quantity: 30 - 60 Capsules

Supplement Facts	1 capsule	2 capsules
Bromelain	750 mg (1800 GDU)	1500 mg (3600 GDU)

Directions: Take 2 capsules daily.





LifeXtra® Bromelain 500 mg

Quantity: 60 Capsules

Supplement Facts	1 capsule	2 capsules
Bromelain	500 mg (1200 GDU)	1000 mg (2400 GDU)

Directions: It is recommended to consume 1 or 2 capsules a day.





SadeC[®] Vitamin C

Quantity: 30-100 Sachets

Supplement Facts	1 sachet
Vitamin C	1.000 mg

Directions: Take 1 sachet daily mixed in a glass of water





TAB VITAMINS



Magnimore®

Magnesium N-Acetyltaurate (ATA Mg®)

Innovative Intra-Cell Magnesium

Quantity: 60 - 120 Tablets

Supplement Facts	per tablet
ATA Mg®	460 mg
Total Elemental Magnesium	28,5 mg

Directions: Take 2 tablets daily, preferably 2 hours after dinner.

ATA Mg®
Magnesium N-Acetyltaurate





Magnimore® GM

Magnesium Bisglycinate & Magnesium Malate

Highly Bioavailable Chelated Magnesium Complex

Quantity: 60 Tablets

Supplement Facts	per tablet
Magnesium Bisglycinate	354,74 mg
Magnesium Malate	321,70 mg
Total Elemental Magnesium	100,00 mg

Directions: Take 1-2 tablets daily, preferably 2 hours after breakfast.





Magnimore® Plus

ATA Mg®

Magnesium Bisglycinate & Magnesium Malate

Complete Bioavailable Chelated Magnesium Complex

Quantity: 30 - 60 - 120 Tablets

Supplement Facts	per tablet
ATA-Mg®	565,43 mg
Magnesium Bisglycinate	248,29 mg
Magnesium Malate	225,19 mg
Total Elemental Magnesium	105,00 mg

Directions: Take 1-2 tablets daily, preferably 2 hours after breakfast.

ATA Mg®
Magnesium N-Acetyltaurinate





Magnimore® Plus

ATA Mg®

Magnesium Bisglycinate & Magnesium Malate

Quantity: 30 Sachets

Supplement Facts	1 Sachet
Magnesium	210 mg
-Magnesium N-Acetyl Taurinate	70 mg
-Magnesium Bisglycinate	70 mg
-Magnesium Malate	70 mg
Vitamin B6 (pyridoxine)(P5P)	10 mg

Directions: 2 hours after breakfast for adults ages 11 and over
It is recommended to consume 1 sachet by mixing it with
1 glass of water.

ATA Mg®
Magnesium N-Acetyltaurinate





Magnimore® All Day

Magnesium Bisglycinate & Magnesium Malate
Magnesium Citrate

Quantity: 30 - 60 - 90 Tablets

Supplement Facts	per tablet
Magnesium	200 mg
Vitamin B6 (pyridoxine) (from P5P)	10 mg

Directions: Day or night for adults ages 11 and up
It is recommended to prepare it as 1 tablet 2 hours after meals,
regardless of the meal.





Magnimore® B6 SM

Magnesium Citrate & Magnesium Malate
Active Vitamin B6 (P5P)

Quantity: 30 Sachets

Supplement Facts	per sachet
Magnesium*	250 mg
Vitamin B6 (as Pyridoxal 5'-phosphate)	10 mg
* as 2000 mg Magnesium Citrate-Malate.	

Directions: Take 1 sachet daily, after breakfast stirred in a glass of water.

Does not contain protective additive, colorant, sweetener, artificial flavoring or added sugar.



Magnimore[®] SM

Magnesium Citrate-Malate

Quantity: 30 Sachets

Supplement Facts	per sachet
Magnesium*	250 mg
*as 2000 mg Magnesium Citrate-Malate	

Directions: Take 1 sachet daily, after breakfast stirred in a glass of water.

Does not contain protective additive, colorant, sweetener, artificial flavoring or added sugar.



Magnimore® GS

Magnesium & P5P (Vitamin B6)

Quantity: 60 Capsules

Supplement Facts	2 capsules
Magnesium	250 mg *
Vitamin B6 (pyridoxine) (From Pyridoxal 5'-Phosphate)	10 mg

*Total amount of magnesium coming from Magnesium Citrate and Magnesium Bisglycinate.

Directions: It is recommended to consume 2 capsules
2 hours after dinner.





Magnimore[®] Citrate

Magnesium Citrate & Active Vitamin B6 (P5P)
Bioavailable magnesium for optimum absorption

Quantity: 60 Vegan Capsules

Supplement Facts		per 2 capsules
Magnesium*		250 mg
Vitamin B6 (P5P)		10 mg
*Elemental magnesium from 1547.5 mg Magnesium Citrate		

Directions: It is recommended to take one capsule
2 hours after the morning and evening meals.





Magnimore® L-Threonate

Productivity & Executive Function & Working Memory & Attention & Episodic Memory & Calm & Mood & Sleep Quality

Quantity: 60 - 90 Vegan Capsules

Supplement Facts		per 3 capsules
Magnesium*		144 mg
*Elemental magnesium from 2001 mg Magnesium L-Threonate (Magtein®).		

Directions: It is recommended to take 3 capsules a day, preferably 2 in the morning and 1 in the evening.





Magnimore® Pro

Productivity & Executive Function & Working Memory & Attention
 Episodic Memory & Calm & Mood & Sleep Quality & Light Sensitivities
 Excessive Screen Use & Sound - Neurological Discomforts

Quantity: 60 - 90 Vegan Capsules

Supplement Facts	per 3 capsules
Magnesium*	156 mg
Vitamin C	60 mg
Vitamin B6 (P5P)	10 mg
Vitamin D3	25 µg (1000 IU)

*Elemental magnesium from 1500 mg **Magnesium L-Threonate (Magtein®)**, 705 mg Magnesium N-Acetyl Taurinate (**ATA-Mg®**).

Directions: It is recommended to take 3 capsules a day, preferably 1 in the morning and 2 in the evening.



ATA Mg®
 Magnesium N-Acetyltaurinate





Magnimore® Threo PS

Alzheimer's Disease & Dementia & Mild Cognitive Decline & ADHD
Productivity & Executive Function & Working Memory
Attention & Episodic Memory & Calm & Mood & Sleep Quality

Quantity: 60 - 90 Vegan Capsules

Supplement Facts	per 3 capsules
Magnesium*	111 mg
Phosphatidylserine	201 mg
Vitamin C	48 mg
Vitamin B6 (P5P)	9 mg
Vitamin D3	9 µg (360 IU)
*Elemental magnesium from 1541.7 mg Magnesium L-Threonate (Magtein®).	

Directions: It is recommended to take 3 capsules a day, preferably 2 in the morning and 1 in the evening.





Gavinda®

Sodium Alginate and Calcium

Quantity: 12 Liquid Sachets

Supplement Facts	per sachet
Sodium Alginate	500 mg
Calcium	130,14 mg
Sodium	58,29 mg

For adults aged 11 years and over,
it is recommended to use 1 liquid sachet (10 mL) once a day.



Gavinda[®] Sodium Alginate and Calcium

Quantity: 24 Chewable Tablets

Supplement Facts	1 Tablet	2 Tablets
Sodium Alginate	250 mg	500 mg
Calcium	75,1 mg	150,2 mg
Sodium	29,1 mg	58,2 mg

For adults aged 11 years and over,
it is recommended to consume 2 chewable tablets
daily after meals and before bedtime.



Cognimore®

Citicoline & Phosphatidylserine & Alpha-GPC
Rhodiola Extract & Ginkgo Biloba Extract & L-Theanine

Quantity: 30 - 60 Capsules

Supplement Facts	1 capsule
Citicoline	125 mg
Phosphatidylserine	125 mg
Alpha glycerophosphocholine (Alpha-GPC)	75 mg
Ginkgo (Ginkgo biloba) extract	60 mg
L-theanine	50 mg
Rhodiola (Rhodiola rosea) extract	50 mg
Vitamin B6 (pyridoxine)(P5P)	1,4 mg
Vitamin B12 (methylcobalamin)	100 µg
Folic Acid (methylfolate)	50 µg

Directions: For adults 11 years of age and older, it is recommended to consume 1 or 2 capsules daily.



Cognimore® Liquid

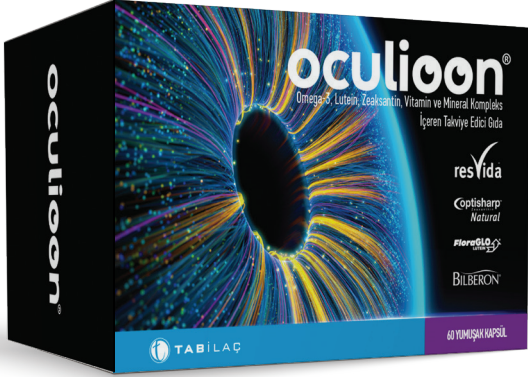
Citicoline & Phosphatidylserine & Taurine & Methylfolate
Methylcobalamin & P5P (Vitamin B6)

Quantity: 150 mL

Supplement Facts	5 mL
Citicoline	125 mg
Phosphatidylserine	50 mg
Taurine	75 mg
B6 Vitamins (P5P)	1,4 mg
B12 vitamins (methylcobalamin)	2,5 µg
Folic Acid (methylfolate)	50 µg

Directions: It is recommended to consume
5 mL once a day for children aged 4-10 years and
10 mL once a day for adults aged 11 years and over on a full stomach.





Oculioon®

Vision Defense Formula

Omega-3 & Lutein & Zeaxanthin & Vitamins & Minerals Complex
Quantity: 60 Softgel Capsules

Supplement Facts	per 2 softgel capsules
Fish Oil	500 mg
Omega-3	350 mg
-DHA (Docosahexaenoic acid)	250 mg
-EPA (Eicosapentaenoic acid)	75 mg
Vitamin C	180 mg
Taurine	100 mg
Vitamin E	70 mg
Bilberry Extract	60 mg
Zinc (as Zinc Gluconate)	15 mg
Lutein	13,15 mg
Vitamin B1 (Thiamine)	10 mg
Vitamin B6 (as Pyridoxal 5'-phosphate)	5 mg
Zeaxanthin	2,85 mg
Resveratrol	1 mg
Astaxanthin	1 mg
Copper	1000 µg
Vitamin A	500 µg
Vitamin D3	1000 IU
Selenium (as L-Selenomethionine)	25 µg
Vitamin B12 (as Methylcobalamin)	2,5 µg

Directions: Take 2 softgel capsules daily after meals.

resVida®

Optisharp®
Natural

FloraGLO®
LUTEMIN

BILBERON®



H240403-33



Melodien[®]

Melatonin
Sleep Support

Quantity: 60 Sublingual Tablets

Supplement Facts	per tablet
Melatonin	3 mg

Directions: Take 1 tablet sublingually
30 minutes before sleep.





Melodien® B6

Melatonin
Calms the mind & body

Quantity: 60 Tablets

Supplement Facts	per tablet
Melatonin	3 mg
Vitamin B6 (P5P)	5 mg

Directions: It is recommended to take 1 tablet
30 minutes before sleep.





Melodien[®] Pro

Melatonin

Neuroprotective Complex for Anxiety & Stress Relief

Quantity: 60 Vegan Capsules

Supplement Facts	per capsule
Melatonin	3 mg
L-Theanine	100 mg
L-Serine	100 mg
Glycine	100 mg
Taurine	100 mg
5-HTP	25 mg
Vitamin B6 (P5P)	10 mg

Directions: It is recommended to take 1 capsule 30 minutes before sleep.





Melodien® B6 Liquid

Liquid Melatonin and Vit. B6 with adjustable pipette
Fine-tune your precise melatonin dosage

Size: 150 mL

Supplement Facts	per 1 ml
Melatonin	3 mg
Vitamin B6 (P5P)	1,5 mg

Directions: It is recommended to consume directly from the adjustable pipette or by mixing with a beverage or water. Fill the pipette up to 1 ml line, take 30 minutes before sleep.

Cherry Flavoured





Melodien® Spray

Melatonin

Quantity: 30 mL

Supplement Facts	1 puff	3 puffs
Melatonin	1 mg	3 mg

Directions: Half an hour before sleep 1 or 3 Puff sprayed into the oral cavity and swallowed.

Cherry Flavoured





LipoVia® Liposomal Vitamin C

Get The Most Out of Your Vitamin C!

Quantity: 30 - 60 Capsules

Supplement Facts	per capsule
Vitamin C	500 mg
Phosphatidylcholine	215 mg

Directions: Take 1 to 2 capsules daily.

Liposovit-C 





Lipovia® Liposomal Curcumin

The Golden Nutraceutical
Highly Absorbable Curcumin Liposomes

Quantity: 30 Capsules

Supplement Facts	per capsule
Liposomal Curcumin	128,57 mg
Curcuma Longa Extract	90 mg
Curcuminoids	82,3 mg
Curcumin	70 mg
Phosphatidylcholine	38,57 mg

Directions: Take 1 to 2 capsules daily.





LipoVia® Liposomal Glutathione

The Master Antioxidant

Quantity: 30 Capsules

Supplement Facts	per capsule
Glutathione	250 mg
Phosphatidylcholine	375 mg

Directions: Take 1 to 2 capsules daily.





Quercin®

Phytosomal Quercetin & Bromelain & Vitamins & Minerals

Quantity: 30 - 60 Capsules

Supplement Facts	per capsule
Vitamin C	250 mg
Quercetin (as Quercefit™ 250 mg)	100 mg
Bromelain	95 mg
Zinc	10 mg
Vitamin B6 (pyridoxine) (as Pyridoxal 5'-phosphate)	5 mg
Vitamin D3	1000 IU

Directions: Take 1 capsule daily.

QUERCEFIT™





Krilom® Ultra Krill Oil

Phospholipid Form

Quantity: 30 Softgel Capsules

Supplement Facts	per softgel capsule
Krill Oil	500 mg
Phospholipids	280 mg
Total Omega-3	135 mg
EPA	75 mg
DHA	35 mg
Choline	35 mg
Astaxanthin	42,5 µg

Directions: Take 2 softgel capsules daily after meals.

 **SUPERBA Boost™**





Krilom® QH

Krill Oil & Ubiquinol

Omega-3 Phospholipids Combined with Active CoQ10

Quantity: 30 Softgel Capsules

Supplement Facts	per softgel capsule
Krill Oil	850 mg
Phospholipids	476 mg
Total Omega-3s	229,5 mg
EPA	127,5 mg
DHA	59,5 mg
Choline	59,5 mg
Astaxanthin	72,25 µg
Kaneka® Ubiquinol	100 mg

Directions: Take 1 softgel capsule daily after breakfast.

 SUPERBA Boost™





Krilom[®] QH Plus

Krilil Oil & Ubiquinol & PQQ

Mitochondrial Energy Generator

Quantity: 30 Softgel Capsules

Supplement Facts	per softgel capsule
Krilil Oil	800 mg
Phospholipids	352 mg
Total Omega-3s	216 mg
EPA	120,8 mg
DHA	60 mg
Choline	48 mg
Astaxanthin	68 µg
Kaneka [®] Ubiquinol	50 mg
Pyrrloquinoline Quinone	10 mg

Directions: Take 1 softgel capsule daily after breakfast.

PurePQQ[®]

 **SUPERBA Boost[™]**





Krilom® Omega 3

Fish Oil & Astaxanthin

Triglyceride Form

Quantity: 50 - 100 Softgel Capsules

Supplement Facts	per softgel capsule
Fish Oil	950 mg
Total Omega-3	640 mg
EPA	340 mg
DHA	235 mg
Astaxanthin	110 µg

Directions: Take 2 softgel capsules daily after meals.

AstaZine®
THE WORLD'S PUREST
Natural Astaxanthin





OmePa® PS

Omega-3 & Phosphatidylserine

Healthy Cognitive Function with Essential Brain Nutrients
Quantity: 30 Softgel Capsules

Supplement Facts	per softgel capsule
Fish Oil	800 mg
Total Omega-3	560 mg
DHA	400 mg
EPA	120 mg
Phosphatidylserine	150 mg

Directions: Take 1 to 2 softgel capsules daily after meals.





OmePa® DK2

Omega-3 & Vitamins D₃ & K₂ (MK-7)

Triglyceride Form

Quantity: 50 - 100 Softgel Capsules

Supplement Facts	per softgel capsule
Fish Oil	969 mg
Total Omega-3	640 mg
EPA	340 mg
DHA	235 mg
Vitamin D	500 IU
Vitamin K2 (as Menaquinone-7)	100 µg

Directions: Take 2 softgel capsules daily after meals.





OmePa® 1500

Omega-3 EPA & DHA

Triglyceride Form

Quantity: 30 Softgel Capsules

Supplement Facts		per softgel capsule
Fish Oil		1500 mg
Total Omega-3		1200 mg
EPA		600 mg
DHA		450 mg
Astaxanthin		1 µg

Directions: Take 1 softgel capsule daily after a meal.

AstaZine®
THE WORLD'S PUREST
Natural Astaxanthin





OmePa® DHA

Omega-3 & Astaxanthin

Ultra High DHA Fish Oil
Triglyceride Form

Quantity: 30 Softgel Capsules

Supplement Facts	per softgel capsule
Fish Oil	1500 mg
Total Omega-3	1050 mg
DHA	750 mg
EPA	225 mg
Astaxanthin	10 µg

Directions: Take 1 softgel capsule daily after a meal.

AstaZine®
THE WORLD'S PUREST
Natural Astaxanthin





OmePa® Q10

Omega-3 & Ubiquinol

Triglyceride Form

Quantity: 30 - 60 - 90 Softgel Capsules

Supplement Facts	per softgel capsule
Fish Oil	900 mg
Total Omega-3	600 mg
EPA	300 mg
DHA	230 mg
Kaneka® Ubiquinol	100 mg

Directions: Take 1 softgel capsule daily after breakfast.





OmePa[®] VM

Omega-3 & Multivitamin & Multimineral

Triglyceride Form

Quantity: 30 - 60 Softgel Capsules

Supplement Facts per softgel capsule			
Fish Oil	500 mg	Vitamin B2 (Riboflavin)	1,4 mg
Total Omega-3	350 mg	Vitamin B1 (Thiamine)	1,1 mg
DHA	250 mg		
EPA	75 mg	Manganese	1 mg
Vitamin C	40 mg	Copper	1000 µg
Iron	16 mg	Vitamin B12 (Methylcobalamin)	1000 µg
Vitamin B3 (Niacin)	16 mg NE	Folic Acid (Methylfolate)	400 µg
Zinc	10 mg	Iodine	150 µg
Vitamin B5 (Pantothenic acid)	6 mg	Selenium	50 µg
		Biotin	50 µg
Vitamin B6 (Pyridoxine)	1,4 mg	Vitamin D	10 µg

Directions: Take 1 softgel capsule daily after a meal.





OmePa® Omega 3

High DHA Fish Oil
Vitamins A, D and E with Natural Apple Flavour

Quantity: 200 mL

Supplement Facts	5 mL
Fish Oil	4.650 mg
Omega-3	1.395 mg
-DHA	1162,5 mg
-EPA	232,5 mg
Vitamin E	10 mg
Vitamin A	250 µg
Vitamin D3	500 IU

Directions: It is recommended to consume 5 mL per day on a full stomach for 4-10 age group children and adults.

“DOES NOT CONTAIN PRESERVATIVES AND SWEETENERS ”





OmePa® Omega 3

High DHA Fish Oil
Vitamins A, D and E with Natural Orange Flavour

Quantity: 200 mL

Supplement Facts	5 mL
Fish Oil	4.650 mg
Omega-3	1.395 mg
-DHA	1162,5 mg
-EPA	232,5 mg
Vitamin E	10 mg
Vitamin A	250 µg
Vitamin D3	500 IU

Directions: It is recommended to consume 5 mL per day on a full stomach for 4-10 age group children and adults.

“DOES NOT CONTAIN PRESERVATIVES AND SWEETENERS ”





OmePa® Omega 3

High DHA Fish Oil
Vitamins A, D and E with Natural Tutti Frutti Flavour

Quantity: 200 mL

Supplement Facts	5 mL
Fish Oil	4.650 mg
Omega-3	1.395 mg
-DHA	1162,5 mg
-EPA	232,5 mg
Vitamin E	10 mg
Vitamin A	250 µg
Vitamin D3	500 IU

Directions: It is recommended to consume 5 mL per day on a full stomach for 4-10 age group children and adults.

“DOES NOT CONTAIN PRESERVATIVES AND SWEETENERS ”





Sambumore® Kids

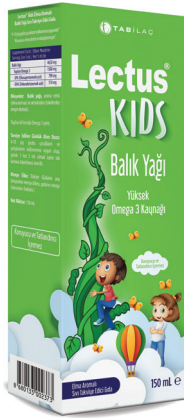
Sambucus Nigra & Vitamin C & Zinc

Quantity: 150 mL

Supplement Facts	Per 10 mL
Sambucus Nigra Extract	150 mg
Vitamin C	50 mg
Zinc	5 mg

Directions: Consume 1 scale (10 mL) or 1.5 scale (15 mL) daily for children aged 4 to 10 years, 2 scales (20 ml) or 3 scales (30 mL) daily for adults aged 11 years and older.





Lectus® Kids Fish Oil

Natural Apple Flavoured

Quantity: 150 mL

Supplement Facts	per 5 mL
Fish Oil	4650 mg
Total Omega-3s	1500 mg
-EPA (Eicosapentaenoic acid)	790 mg
-DHA (Docosahexaenoic acid)	510 mg

Directions: For children aged between 4-10 and adults, take 5 mL once daily preferably after mealtime.

Does not contain any protective additive and colorant.





Lectus® Kids Fish Oil

Natural Orange Flavoured

Quantity: 150 mL

Supplement Facts	per 5 mL
Fish Oil	4650 mg
Total Omega-3s	1500 mg
-EPA (Eicosapentaenoic acid)	790 mg
-DHA (Docosahexaenoic acid)	510 mg

Directions: For children aged between 4-10 and adults, take 5 mL once daily preferably after mealtime.

Does not contain any protective additive and colorant.





Lectus® Kids Fish Oil

Natural Tutti Frutti Flavoured

Quantity: 150 mL

Supplement Facts	per 5 mL
Fish Oil	4650 mg
Total Omega-3s	1500 mg
-EPA (Eicosapentaenoic acid)	790 mg
-DHA (Docosahexaenoic acid)	510 mg

Directions: For children aged between 4-10 and adults, take 5 mL once daily preferably after mealtime.

Does not contain any protective additive and colorant.





Lectus® Sharp

Phosphatidylserine & Choline & L-Arginine & L-Carnitine
Multivitamin & Multimineral

Quantity: 150 mL

Etken Maddeler	5 mL	Etken Maddeler	5 mL
L-Arginine	250 mg	Manganese	0,85 mg
Choline	100 mg	Vitamin B6 (pyridoxine) (from P-5-P)	0,5 mg
L-Carnitine	100 mg	Vitamin A	240 µg RE
Vitamin C	100 mg	Folic Acid (methylfolate)	150 µg
Phosphatidylserine	100 mg	Iodine	70 µg
Vitamin B3 (niacin)	10 mg (NE)	Chromium	60 µg
Zinc (from zinc gluconate)	5 mg	Selenium	50 µg
Vitamin B5 (pantothenic acid)	4 mg	Molybdenum	35 µg
Iron	2,2 mg	Vitamin K2	30 µg
Vitamin B1 (thiamine)	1 mg	Biotin	15 µg
Vitamin E	0,95 mg(α-TE)	Vitamin D3	10 µg(400 IU)
Vitamin B2 (riboflavin) (from R-5-P)	0,9 mg	Vitamin B12 (methylcobalamin)	1,5 µg

Directions: 5 mL once a day for children aged 4-10,
10 mL once daily for adults aged 11 years and over
It is recommended to consume it on a full stomach.



H240403-33



Lectus[®] Focus

Phosphatidylserine & L-Arginine
Multivitamin & Multimineral

Child Growth Support
Quantity: 150 mL

Supplement Facts per 5 mL

L-Arginine	250 mg	Vitamin B6 (as Pyridoxal 5'-phosphate)	0,5 mg
Vitamin C	100 mg	Vitamin A	240 µg
Phosphatidylserine	10 mg	Folic Acid (as Methylfolate)	150 µg
Vitamin B3 (Niacin)	10 mg	Iodine	70 µg
Zinc (as Zinc Gluconate)	5 mg	Chromium	60 µg
Vitamin B5 (Pantothenic acid)	4 mg	Selenium	50 µg
Vitamin B1 (Thiamine)	1 mg	Molybdenum	35 µg
Vitamin E	0,95 mg	Biotin	15 µg
Vitamin B2 (as Riboflavin 5'-phosphate)	0,9 mg	Vitamin D3	400 IU
Manganese	0,85 mg	Vitamin B12 (as Methylcobalamin)	1,5 µg

Directions: It is recommended for children aged 4-10 to consume 5 mL once daily, preferably at mealtimes. It is recommended for adults aged 11 and above to consume 10 mL daily, preferably at mealtimes.





Lectus® Multivitamin Multimineral

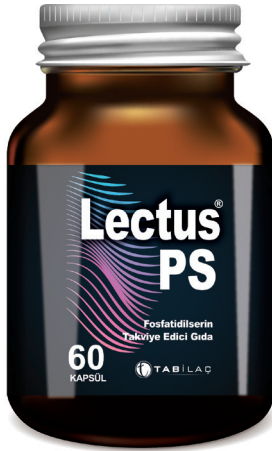
Liquid Multivitamin Multimineral Dietary Supplement

Quantity: 200 mL

Supplement Facts	Per Serving (10 mL)	Supplement Facts	Per Serving (10 mL)
Vitamin C	70 mg	Folic Acid (as methylfolate)	300 µg
Vitamin B3 (Niacin)	10 mg (NE)	Chromium	80 µg
Vitamin E	8 mg(α-TE)	Iodine	75 µg
Zinc (as zinc gluconate)	5 mg	Molybdenum	75 µg
Vitamin B5 (Pantothenic Acid)	4 mg	Selenium	45 µg
Vitamin B2 (as riboflavin 5'-phosphate)	0,9 mg	Vitamin K2 (MK-7)	20 µg
Vitamin B1 (Thiamine)	0,8 mg	Biotin	15 µg
Vitamin B6 (as pyridoxal 5'-phosphate)	0,5 mg	Vitamin D3	10 µg (400 IU)
Vitamin A	400 µg (RE)	Vitamin B12 (as methylcobalamin)	1,5 µg

Directions: It is recommended to consume 10 mL once a day for children aged 4-10, and 15 mL once a day for adults 11 years and older, with or without diluting.





Lectus[®] PS

Phosphatidylserine

Quantity: 60 Capsules

Supplement Facts	per capsule
Phosphatidylserine	75 mg

Directions: Take 1 to 2 capsules daily, preferably after mealtimes.





Lectus[®] Kids Iron

Microencapsulated Iron Mineral

Quantity: 30 mL

Supplement Facts	1 mL/mg	2 mL/mg
Iron (Lipofer [®])	8,5 mg	17 mg

Directions: It is recommended to consume up to the 1 mL line of the dropper for 4-10 age group children. It is recommended to consume 2 mL for 11 age and over adults.

“SUGAR FREE”
“COLORANT FREE”

LIPOFER[™]
microcapsules





Lectus® Kids Zinc & Copper

Zinc Bisglycinate & Copper Sulphate

Quantity: 60 Sachets

Supplement Facts	per sachet	2 sachets
Zinc	7,5 mg	15 mg
Copper	75 µg	150 µg

Directions: It is recommended to consume 1 sachet per day for children aged 4-10, and 2 sachets per day for adults by mixing it with 1 glass (200 mL) of water.

“SUGAR FREE”
“COLORANT FREE”





Lectus® Kids B12

Methylcobalamin

Quantity: 5 mL

Supplements Fact

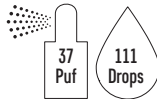
1 Puff / 3 Drops

Vitamin B12 (Methylcobalamin)

500 µg

Directions: For children aged 4-10 and adults, it is sprayed under the tongue once a day. After being sprayed under the tongue, it is waited for 45 seconds and then swallowed. Each puff is equivalent to 3 drops.

“SUGAR FREE”
“COLORANT FREE”
“UNSWEETENED”



H240403-33



TAB VITAMINS



Lectus® B12

Methylcobalamin

Quantity: 5 mL - 10 mL - 20 mL

Supplements Fact

1 Puff / 3 Drops

Vitamin B12 (Methylcobalamin)

1000 µg

Directions: For children aged 4-10 and adults, it is sprayed under the tongue once a day. After being sprayed under the tongue, it is waited for 45 seconds and then swallowed.
Each puff is equivalent to 3 drops.

“SUGAR FREE”
“COLORANT FREE”
“UNSWEETENED”

5 ml
37 puff
111 Drops

10 ml
75 puff
225 Drops

20 ml
150 puff
450 Drops



H240403-33



TAB VITAMINS



Iyodalın®

Iodine & Selenium

Twin Pack

Quantity: 1110 drops

Supplement Facts		per drop
Iodine		150 µg
Selenium (as L-Selenomethionine)		10 µg

Directions: Take 1 drop mixed in a glass of water daily.



H240403-33



Iyodalın® 65

Iodine

Twin Pack
Quantity: 868 drops

Supplement Facts	per drop
Iodine	150 µg

Directions: Take 1 drop mixed in a glass of water daily.





Debin D3K2

Vitamin D3 & Vitamin K2

Quantity: 60 Soft Capsules

Supplement Facts	1 Soft Capsule
Vitamin D3	1000 IU
Vitamin K2	11,25 µg

Directions: 1 soft capsule per day for adults 11 years and over
It is recommended to consume.





Osende® D3 400

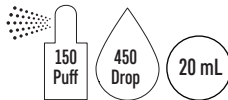
Vitamin D3 400 IU

In High Polyphenol Cold Pressed Olive Oil

Quantity: 20 mL

Supplement Facts	1 Puff / 3 Drops
Vitamin D3 (Cholecalciferol)	400 IU

Directions: It is recommended to consume 1 puff / 3 drops
1 time a day after breakfast.





Osende[®] D3 1000

Vitamin D3 1000 IU

In High Polyphenol Cold Pressed Olive Oil

Quantity: 20 mL

Supplement Facts		1 Drop
Vitamin D3 (Cholecalciferol)		1000 IU

Directions: It is recommended to consume 1 puff / 3 drops
1 time a day after breakfast.





Osende[®] D3K2

Vitamin D3 & Vitamin K2 (MK-7)

In High Polyphenol Cold Pressed Olive Oil

Quantity: 20 mL

Supplement Facts		1 Drop
Vitamin D3		1000 IU
Vitamin K2 (Menaquinone-7)		11,25 µg

Directions: It is recommended to consume 1 puff / 3 drops
1 time a day after breakfast.





Osende® D3K2 Complex

Vitamin D3 & Vitamin K2 Complex

In High Polyphenol Cold Pressed Olive Oil

Quantity: 20 mL

Supplement Facts	1 Drop
Vitamin D3	1000 IU
Vitamin K2	25 µg
Menaquinone-4 (MK4)	16 µg
Menaquinone-7 (MK7)	9 µg

Directions: It is recommended to consume 1 puff / 3 drops
1 time a day after breakfast.





TAB VITAMINS



Osende® B12

Methylcobalamin

Active Form

Quantity: 30 – 60 Oral Dispersible Tablets

Supplement Facts	per tablet
Vitamin B12 (Methylcobalamin)	1000 µg

Directions: Allow 1 tablet to dissolve completely in the mouth.





Osende® 2M

Methylfolate & Methylcobalamin

Active Forms

Quantity: 30 Oral Dispersible Tablets

Supplement Facts	per tablet
Vitamin B12 (Methylcobalamin)	1000 µg
Folic Acid (Methylfolate)	400 µg

Directions: Allow 1 tablet to dissolve completely in the mouth.





Osende[®] MF

Methylfolate

Active Form

Quantity: 30 Tablets

Supplement Facts	per tablet
Folic Acid (Methylfolate)	400 µg

Directions: Take 1 tablet daily.





Osende® MFI Methylfolate & Iodine

Active Forms

Quantity: 30 Oral Dispersible Tablets

Supplement Facts	per tablet
Folic Acid (Methylfolate)	400 µg
Iodine	150 µg

Directions: Allow 1 tablet to dissolve completely in the mouth.





Osende® Curcumin

Theracurmin®

Quantity: 30 Capsules

Supplement Facts	per capsule
Theracurmin®	200 mg
Curcumin	60 mg

Directions: Take 1 capsule after meals.



THERAVALUES

Theracurmin® Vcaps®





Osende® Black Seed Oil

Cold Pressed Nigella Sativa Oil

Quantity: 30 Softgel Capsules

Supplement Facts	per softgel capsule
Black Seed (Nigella sativa) Oil	900 mg

Directions: It is recommended to consume 2 soft capsules daily, preferably after mealtimes.





Osende® Coenzyme QH

Active Coenzyme Q10 as Ubiquinol

Quantity: 30 Softgel Capsules

Supplement Facts	per softgel capsule
Kaneka® Ubiquinol	100 mg

Directions: Take 1 softgel capsule after breakfast.





Osende® Coenzyme QH Fort

Active Coenzyme Q10 as Ubiquinol

Quantity: 30 Softgel Capsules

Supplement Facts	per softgel capsule
Kaneka® Ubiquinol	200 mg

Directions: Take 1 softgel capsule after breakfast.





Osende® Coenzyme Q10

Ubiquinone

Quantity: 30 Softgel Capsules

Supplement Facts	per softgel capsule
Coenzyme Q10	100 mg

Directions: Take 1 softgel capsule after breakfast.





Osende® Vitamin C

Buffered Vitamin C

Quantity: 60 Capsules

Supplement Facts	per capsule
Vitamin C (Calcium L-Ascorbate)	500 mg

Directions: Take 2 capsules per day.





Osende[®] Zinc & Copper

Zinc Picolinate & Copper Sulphate

Quantity: 60 Capsules

Supplement Facts	per capsule
Zinc (as Zinc Picolinate)	15 mg
Copper	1500 µg

Directions: It is recommended to consume 1 or 2 tablets after 2 hours breakfast.





Osende® Iron C

Well Tolerated Chelated Iron

Size: 60 Capsules

Supplement Facts	per capsule
Iron Bisglycinate	85 mg
Elemental Iron	17 mg
Vitamin C (Calcium L-Ascorbate)	300 mg

Directions: Take 1 or 2 capsules, in the morning on an empty stomach.





OsteoZinc®

Calcium & Magnesium & Vitamin D & Zinc

Bone Health Essentials

Size: 30 Tablets

Supplement Facts	per tablet
Calcium	400 mg
Magnesium	150 mg
Zinc	5 mg
Vitamin D	200 IU

Directions: Directions: Take 2 tablets daily,
1 hour before bedtime.





OsteoZinc® Plus

Advanced Bone Health Support,
Bone Nutrients: Vitamins, Minerals & Omega-3

Quantity: 30 Softgel Capsules & 60 Tablets Combined (1 Month Supply)

Supplement Facts		per 2 tablets	Supplement Facts		per 1 softgel capsule
Calcium (as Calcium Citrate)		400 mg	Fish Oil		400 mg
Magnesium (as Magnesium Malate)		60 mg	-Total Omega-3		260 mg
Zinc (as Zinc Picolinate)		5 mg	-DHA (Docosahexaenoic Acid)		200 mg
Copper (as Copper Sulphate)		500 µg	-EPA (Eicosapentaenoic Acid)		40 mg
Manganese (as Manganese Sulphate)		500 µg	Vitamin C		100 mg
Boron (as Sodium Borate)		300 µg	Soy Isoflavones		60 mg
Vitamin K2 (as Menaquinone-7)		75 µg	Vitamin D3 (as Cholecalciferol)		600 IU
Selenium (L-Selenomethionine)		25 µg			
Vitamin D3 (as Cholecalciferol)		400 IU			

Directions: It is suggested for adults aged 11 and above to take 2 tablets and 1 softgel capsule daily, preferably at mealtimes.





Nemolix[®] C

Egg Shell Membrane & Frankincense Extract & Turmeric Extract

Quantity: 30 Tablets

Supplement Facts	1 tablet
Egg Shell Membrane	500 mg
Frankincense Extract	75 mg
Turmeric Extract	50 mg

Directions: It is recommended to consume
1 tablet before 1 hour sleep time.





Nemolix® Plus

Egg Shell Membrane & Frankincense Extract & Turmeric Extract
Undenatured In Nature Type II Collagen

Quantity: 30 Tablets

Supplement Facts	1 tablet
Egg Shell Membrane	300 mg
Protein coming from ESM	270 mg
Frankincense Extract	75 mg
Turmeric Extract	50 mg
Undenatured In Nature Type II Collagen	40 mg

Directions: It is recommended to consume
1 tablet before 1 hour sleep time.





Panem® HP

Eggshell Membrane

Devil's Claw & Boswellia Serrata Extracts

Healthy Response to Normal Joint Stress

Quantity: 30 Tablets

Supplement Facts	per tablet
Eggshell Membrane	300 mg
Total Protein From Eggshell Membrane	270 mg
Devil's Claw Extract (Harpagophytum procumbens)	100 mg
Boswellia Serrata Extract	75 mg

Directions: Take 1 tablet daily,
1 hour before bedtime.





Pahsa® Nem

Eggshell Membrane

Boswellia Serrata & Turmeric Extracts

Undenatured Type II Collagen

For Healthy Joint Cartilage & Connective Tissue

Quantity: 30 Tablets

Supplement Facts	per tablet
Eggshell Membrane	300 mg
Total Protein From Eggshell Membrane	270 mg
Boswellia Serrata Extract	75 mg
Turmeric Extract	50 mg
Undenatured Type II Collagen	40 mg

Directions: Take 1 tablet daily, 1 hour before bedtime.





Pahsa®

Undenatured Type II Collagen

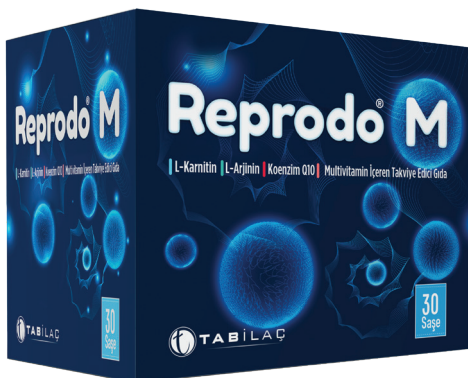
Helps control excess joint inflammation

Quantity: 30 Tablets

Supplement Facts	per tablet
Methylsulfonylmethane (MSM)	250 mg
Calcium	150 mg
Boswellia Serrata Extract	100 mg
Magnesium	71 mg
Undenatured Type II Collagen	40 mg
Zinc	10 mg

Directions: Take 1 tablet daily, 1 hour before bedtime.





Reprodo® M

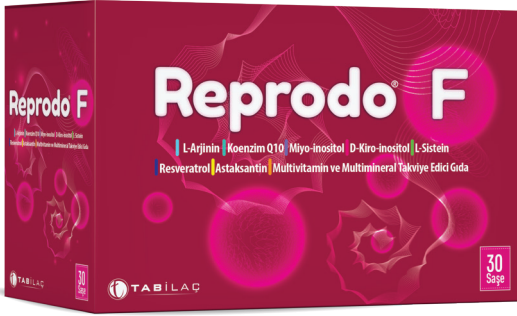
Acetyl L-Carnitine & L-Arginine & Coenzyme Q10 & Glutathione
Fertility Aid with Mitochondrial Antioxidants & Vitamins & Minerals

Quantity: 30 Sachets

Supplement Facts	per sachet	Supplement Facts	per sachet
N-Acetyl L-Carnitine	1000 mg	Vitamin B6 (Pyridoxine)	5 mg
L-Carnitine Fumarate	1000 mg	Vitamin B12	10 µg
L-Carnitine	585 mg	(as Methylcobalamin)	
L-Arginine Hydrochloride	604,65 mg	Folic Acid (as Methylfolate)	400 µg
L-Arginine	500 mg	Vitamin A	120 µg
Vitamin C	250 mg	Vitamin E	1,8 mg
Glutathione	75 mg	Selenium	50 µg
Coenzyme Q10	30 mg	Vitamin D	200 IU
Zinc	7,5 mg		

Directions: Take 1 sachet daily, mixed in a glass of water.





Reprodo® F

L- Arginine & Coenzyme Q10 & Myo-Inositol & D-Chiro-Inositol & L-Cysteine Resveratrol & Astaxanthin & Multivitamin ve Multimineral

Quantity: 30 Sachets

Supplement Facts	1 Sachet	Supplement Facts	1 Sachet
Myo-inositol	550 mg	Vitamin B3 (Niacin)	10 mg (NE)
L-arginine	500 mg	Vitamin B6 (Pyridoxine)	6 mg
Coenzyme Q10	200 mg	Vitamin B1 (Thiamine)	5 mg
Vitamin E	140 mg	Vitamin B2 (Riboflavin)	3 mg
L-cysteine	100 mg	Astaxanthin	1 mg
Vitamin C	80 mg	Folic Acid (Methylfolate)	400 µg
Magnesium	60 mg	Chromium	80 µg
Resveratrol	20 mg	Selenium	75 µg
Zinc	15 mg	Vitamin B12 (Methylcobalamin)	15 µg
D-Chiro-Inositol	14 mg		

Directions: It is recommended to consume mixing 1 sachet with 1 glass (200ml) water for 11 and over adults 1 time per day.





FemeveR

Turnera & Lepidium & Epimedium & L-Citrulline & L-Arginine
Ginkgo Biloba & Cohosh & French Coast Pine

Quantity: 60 Capsules

Supplement Facts	1 capsule
Turnera (<i>Turnera diffusa var. aphrodis</i>) extract	300 mg
L-Arginine	200 mg
Lepidium (<i>Lepidium meyenii</i>) extract	200 mg
Epimedium Sp. extract	200 mg
L-citrulline	200 mg
Ginkgo (<i>Ginkgo biloba</i>) extract	50 mg
Coho (<i>Cimicifuga racemosa (L) Nutt.</i>) extract	50 mg
French coastal pine (<i>Pinus pinaster Aiton</i>) extract	40 mg
Vitamin E	10 mg (α-TE)
Vitamin B6 (Pyridoxine) (from P5P)	10 mg
Vitamin A	140 µg (RE)

It is recommended to consume 2 capsules a day.





TAB VITAMINS



Urinonvef®

Cranberry

Quantity: 30 Softgel Capsules

Supplement Facts

2 Softgel Capsules

Cranberry

400 mg

Directions: 2 soft capsules per day
It is recommended to consume every 12 hours.





Slimda Fit Complex

Green Tea Extract, Green Coffee Extract, Piperine, Carnitine, Synephrine, Glucomannan, Bromelain, Chromium and 7 more ingredients

Quantity: 60 Capsules & 20 adet Sachets

Supplement Facts	Per 3 Capsules
Glucosmannan	2000 mg
<i>Garcinia cambogia extract</i>	100 mg
Red pepper (<i>Capsicum annum L.</i>)	70 mg
Guarana (<i>Paulinia cupana</i>) extract	50 mg
Piperine	10 mg
Synephrine	10 mg
Vitamin B6 (P5P)	1,4 mg
Chromium	40 µg
Vitamin B12 (methylcobalamin)	2,5 µg
Supplement Facts	Per 1 sachet
L-Carnitine	585 mg
Coffee (<i>Coffea arabica L.</i>) extract	100 mg
Green tea (<i>Camellia sinensis</i>) extract	80 mg
5-Hydroxytryptophan (5-htp)	50 mg
Bromelain (2500 GDU / 1 g)	50 mg
Zinc	10 mg

Directions: For adults 11 years and older, it is recommended to consume 1 powder sachet and 1 capsule before breakfast, and 2 capsules before dinner.





Silenzio® Tuss

Plantago lanceolata & Marshmallow
Thyme Extracts

Quantity: 100 mL

Supplement Facts	10 mL
Plantago lanceolata (<i>Plantago lanceolata</i>) extract	200 mg
Marshmallow (<i>Althaea officinalis</i>) extract	150 mg
Thyme (<i>Thymus vulgaris</i>) extract	150 mg

Directions: It is recommended to consume 5 mL (1 teaspoon) 2-3 times a day for children aged 4-10 years and 10 mL 2-3 times a day for adults aged 11 years and over.





Silenzio® Spray

Propolis & Echinacea Extract
Clove Oil & Menthol

Quantity: 30 mL

Supplement Facts	6 Puff
Echinacea (<i>Echinacea purpurea</i>) extract	19,8 mg
Menthol	8,52 mg
Pure Propolis	4,92 mg
Clove (<i>Eugenia caryophyllata</i>) oil	0,36 mg

Directions: For adults ages 11 and over, 3 times a day
It is recommended to spray 2-3 puffs into the mouth.





Silenzio® Guard

Thyme, Plantago, Marshmallow, Licorice and Currant

Quantity 16 Lozenges

Supplement Facts	4 Lozenges
Thyme (<i>Thymus sp.</i>) extract	92 mg
Plantago (<i>Plantago lanceolata</i>) extract	60 mg
Licorice Root (<i>Glycyrrhiza glabra</i>) extract	48 mg
Marshmallow (<i>Althaea officinalis</i>) extract	48 mg
Blackcurrant (<i>Ribes nigrum</i>) extract	28 mg
Ginger (<i>Zingiber officinale</i>) oil*	4 mg

*Ginger oil is extracted by cold press process.

For adults aged 1 year and over,
it is recommended to use 4 lozenges per day.



Silenzio® Immun

African Geranium, Turmeric,
Black Elderberry, Ginger, Tea Tree and Vitamin C

Quantity: 16 Lozenges

Supplement Facts	4 Lozenges
African Geranium (<i>Pelargonium sidoides</i>) extract	120 mg
Vitamin C	100 mg
Black Elderberry (<i>Sambucus nigra</i>) extract	80 mg
Turmeric (<i>Curcuma longa</i>) extract	40 mg
Ginger (<i>Zingiber officinale</i>) extract	40 mg
Tea Tree oil (<i>Melaleuca alternifolia</i>)*	16 mg

* Tea tree oil is extracted by cold press process.

For adults aged 11 years and over,
it is recommended to use 4 lozenges per day.



Silenzio® Vocal

Icelandic Moss, Sage, Medicinal Mint,
Eucalyptus Clove, Black Pepper, Menthol, Vitamin C

Quantity 16 Lozenges

Supplement Facts	4 Lozenges
Icelandic Algae Extract (<i>Cetraria islandica</i>)	80 mg
Vitamin C	80 mg
Menthol	48 mg
Sage Extract (<i>Salvia officinalis</i>)	40 mg
Medicinal Peppermint Oil* (<i>Mentha piperita</i>)	8 mg
Eucalyptus Oil* (<i>Eucalyptus sp</i>)	6 mg
Clove Oil* (<i>Eugenia caryophyllata</i>)	6 mg
Black Pepper Oil** (<i>Piper nigrum</i>)	2,80 mg

*Medicinal Peppermint Oil, Eucalyptus Oil and Clove Oil are extracted by hydrodistillation method.

** **Black Pepper Oil is extracted by cold press process.

For adults aged 11 years and over,
it is recommended to use 4 lozenges per day.

Our Certificates



H240403-33



Our Suppliers



AstaZine®
THE WORLD'S PUREST
Natural Astaxanthin



ATA Mg®
Magnesium N-Acetyltaurate



PRONOVA
PURE™



Omega Oil
0525 TG Gol





Our Suppliers

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microcapsules

BroccoPhane[®]



redivivo[®] Lycopene



resVida[®]

DRcaps[®]



PurePQQ



TAB VITAMINS

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to watch preview video of
our facility and production.



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