

# NUTRICEDE



**BEST RESPONSE TO THE NEEDS OF YOUR BODY**

# NUTRICODE

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

## 1. PASSION

The key motivation for our actions are your needs. We live very intensive life these days – our inseparable, everyday companions are stress, exhaustion and environmental pollution. In addition, access to full value, natural products is difficult while the quick pace of life leads to bad habits – irregular meals, shortage of sleep and lack of physical activities. That is why we do whatever we can for NUTRICODE food supplements to recover balance in your lives while supporting proper functioning of your bodies!

## 2. SAFETY

Since the beginning of our work on NUTRICODE product our overarching goal is to create a comprehensive supplementary diet which would be distinguished on the market by its most effective performance. In order to satisfy this goal, we use professional labs and cooperate with the best specialists. We want to be pioneers in dietary supplements and therefore we draw inspiration from breakthrough discoveries in biotechnology and medicine. Safety of our products has always been our priority. Therefore, we only use superior quality raw materials and control and monitor each stage of the production process. That is why we are sure that our products are carefully examined and satisfy all requirements which is confirmed by multiple certificates and recommendations.



## 3. EXPERIENCE

We believe in an on-going pursuit of perfection. The best reward for our work on NUTRICODE supplements is your interest. We know that you appreciate NUTRICODE brand and have confidence in it, which is confirmed by hundreds of thousands of products sold around the world. Today, our knowledge and experience allowed us to foresee your expectations. We expanded our offer to as many as six new products in response to your even more individualised needs and, in addition, we improved the formulas of the supplements which you are so well familiar with. We believe that will help you take care of yourselves and enjoy perfect health and well-being.

## 4. SYSTEMIC RESPONSE TO YOUR NEEDS

Each NUTRICODE supplement contains an optimum proportion of ingredients so they respond to the needs of the body. We know, however, how difficult it is to keep our own promises and change old habits; therefore, we support pursuit of your goals and, in addition, we offer you a number of accessible solutions such as **nutrition programmes, web platform full of useful tips (www.nutricode.fmworld.com)** and **NUTRICODE mobile app**, which will facilitate your way to success. Now, we have also prepared an innovative **FIT6 programme** enabling you to lose excessive kilograms without a yo-yo effect. Achieving a perfect body has never been easier!

BRAND CREATED OUT OF PASSION FOR LIFE!

Think about yourself in the speed of life. Your health and comfort are the most important for us, because of that we elaborate dietary supplements which will help you get back in shape, get on your feet and restore strength. We described them in details on the next pages in the folder.



VISIT OUR WEB SITE: [WWW.NUTRICODE.FMWORLD.COM](http://WWW.NUTRICODE.FMWORLD.COM)

# PERFECT SLIM GUMMIES

## DOUBLE POWER OF RASPBERRY KETONES

**PERFECT SLIM** gummies are a source of top-quality raspberry ketones, which help limit the build-up of adipose tissue and burn the one that has already accumulated. In addition, by increasing the levels of adiponectin and noradrenaline hormones, they contribute to the acceleration of the metabolism and regulation of glucose in the blood.

### THE FOOD SUPPLEMENT DOES NOT CONTAIN:

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

## PERFECT SLIM GUMMIES

FOOD SUPPLEMENT

- ▶ with natural extracts for a perfect figure
- ▶ contains top-quality raspberry ketones
- ▶ good for vegetarians

Take two gummies per day.

28 APPLE-FLAVOURED GUMMIES FOR ADULTS  
112 g | **801023**



PRODUCT AVAILABLE FROM 2019-04-01

## A NATURAL ROAD TO BEAUTY

Thanks to carefully selected plant extracts, the **PERFECT SLIM GUMMIES** will help you regain your beautiful and slender figure.

- chlorogenic acid contained in **green coffee extract** reduces the accumulated reserves of carbohydrates and fat in the body and facilitates the intensified burning of adipose tissue. That effect is additionally reinforced by caffeine, which stimulates the metabolism
- **Garcinia cambogia** extract, which is a source of hydroxycitric acid (HCA), slows down the production of fat in the body

### FOR WHOM?

For everyone who wants to **get slimmer and healthier** in a natural and enjoyable way.

# EYE PROTECT GUMMIES

## DELICIOUS GUMMIES FOR GOOD EYESIGHT:

- **Lutein and zeaxanthin** are the main pigments in the macula, which, among others, improve visual acuity and protect the retina against damage caused by blue light
- **Zinc** helps maintain good eyesight and the correct metabolism of vitamin A
- **Vitamins E and C** ensure additional protection of cells against oxidative stress, which help maintain your eyesight in good condition



## EYE PROTECT GUMMIES

FOOD SUPPLEMENT

- ▶ a perfect composition of active ingredients for good eyesight
- ▶ with lutein and zeaxanthin
- ▶ good for vegetarians

Take one gummy per day.

30 ORANGE-FLAVOURED  
GUMMIES FOR ADULTS  
90 g | **801022**

PRODUCT AVAILABLE FROM 2019-04-01

### THE FOOD SUPPLEMENT DOES NOT CONTAIN:

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

### FOR WHOM?

For people who want to take special care of their eyesight. Perfect for those who spend a lot of time in front of a computer screen, stay in artificial light and frequently experience discomfort connected with eye fatigue.

# PROBIOTIC GUMMIES

## FOR WHOM?

For persons **who suffer from problems relating to the digestive system** caused by, among others, stress, change of environment and diet or antibiotic treatment.

## THE FOOD SUPPLEMENT DOES NOT CONTAIN:

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

## PROBIOTIC GUMMIES

FOOD SUPPLEMENT

- ▶ **comprehensive restoration of the natural intestinal microflora in the body**
- ▶ **multiple positive effects on the body, especially on the digestive system**
- ▶ **good for vegetarians**

2.5 BILLION PROBIOTIC BACTERIA IN EACH GUMMY

Each gummy contains as many as 2.5 billion units of an identified strain of probiotic bacteria *Bacillus coagulans*. Thanks to its exceptional strength, it is resistant to stomach acid and is not digested, alleviating digestive system-related problems such as constipation or diarrhoea.

Take one gummy per day.

30 STRAWBERRY AND ORANGE-FLAVOURED GUMMIES FOR ADULTS  
60 g | **801020**

PRODUCT AVAILABLE FROM 2019-04-01

## PERFECT SUPPORT FOR YOUR BODY WHILE TRAVELING:

A change of environment and diet has a negative impact on intestinal bacterial flora. An upset balance in that area, the so-called dysbiosis, results in digestive problems, discomfort in the digestive tract and intolerance of the consumed food products. The application of **PROBIOTIC GUMMIES** while traveling will reduce the risk of the occurrence of those symptoms and, additionally, will facilitate the digestion of local food, letting you enjoy your travels to the fullest.

# O! MEGA-3 GUMMIES

## OMEGA-3 ACIDS ARE ESSENTIAL FOR THE PROPER FUNCTIONING OF YOUR BODY, AS THEY:

- support your nervous system and help maintain mental acuity
- contribute to maintaining good eyesight
- help take care of your circulatory system, including your heart
- regulate the cholesterol level in the blood
- play a positive role in enhancing your immune system

## FOR WHOM?

For people who need to supplement their diet with the essential unsaturated omega-3 fatty acids. Perfect for those who want to ensure positive effects on their body – **increase its immunity** and **facilitate the functioning of the nervous and circulatory systems**.

## O! MEGA-3 GUMMIES

FOOD SUPPLEMENT

The **alpha-linolenic acid (ALA)** is one of the essential unsaturated fatty acids (EFA) from the omega-3 group. They are crucial to the correct functioning of almost all body systems. Although they play such a significant role, the omega-3 acids are not produced by our body – they must be supplied in our diet. In addition, the alpha-linolenic acid is transformed in our body into EPA and DHA acids, which are also extremely precious to our health.

Children over 4 years of age: Take one gummy per day.

Adults: Take two gummies per day.

30 ORANGE-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS  
120 g | **801021**

PRODUCT AVAILABLE FROM 2019-04-01

## O! MEGA-3 IS IDEAL FOR VEGETARIANS

**Linseed oil** is the source of omega-3 acids and pectins give it the right consistency.

## THE FOOD SUPPLEMENT DOES NOT CONTAIN:

- pork gelatine
- peanuts, soy or milk
- artificial colourants, aromas or preservatives
- added sugar



# HEALTHY BONES GUMMIES



## WHAT DO WE OWE TO VITAMIN D?

- the correct level of calcium in our blood
- **strong bones and healthy teeth**
- effective functioning of our muscles
- correct functioning of the immune system
- more efficient cell division process
- appropriate absorption of calcium and phosphorus

## THE FOOD SUPPLEMENT DOES NOT CONTAIN:

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

## HEALTHY BONES GUMMIES

FOOD SUPPLEMENT

- ▶ **supplementation for the entire family**
- ▶ **an excellent source of vitamin D**
- ▶ **for healthy teeth and strong bones**
- ▶ **delicious citrus flavour**

Children over 4 years of age: Take one gummy per day.  
Adults: Take three gummies per day.

30 LEMON-FLAVOURED GUMMIES  
FOR CHILDREN AND ADULTS  
66 g | **801019**

PRODUCT AVAILABLE FROM 2019-04-01

## FOR WHOM?

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

## THE FOOD SUPPLEMENT DOES NOT CONTAIN:

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



**Vitamins B6, B12, biotin and folic acid**  
support the nervous system

**Vitamin A and zinc**  
support healthy eyes

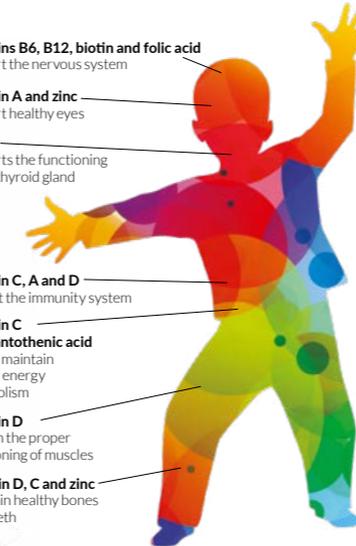
**Iodine**  
supports the functioning  
of the thyroid gland

**Vitamin C, A and D**  
- boost the immunity system

**Vitamin C  
and pantothenic acid**  
help to maintain  
proper energy  
metabolism

**Vitamin D**  
helps in the proper  
functioning of muscles

**Vitamin D, C and zinc**  
maintain healthy bones  
and teeth



## FOR WHOM?

For everyone who wants to supplement their daily diet with a complex of well-selected vitamins and minerals needed for proper functioning of the body.

## THE FOOD SUPPLEMENT DOES NOT CONTAIN:

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



\* NRV - % OF THE NUTRIENT REFERENCE VALUE  
- MEETING THE DAILY DEMAND FOR A GIVEN INGREDIENT

## VITA KIDS GUMMIES

FOOD SUPPLEMENT

- ▶ **delicious multivitamin gummies for growing bodies and minds**
- ▶ **ideal for bone health, immune and metabolism support, eye as well as overall health of children**
- ▶ **great taste guaranteed**
- ▶ **good source of vitamins for vegetarians**
- ▶ **produced in accordance with kosher and halal procedures**

Take 1 gummy a day.

30 MULTIVITAMIN GUMMIES FOR CHILDREN - CHERRY,  
STRAWBERRY AND ORANGE FLAVOUR  
75 g | **801006**

## FOR WHOM?

Created to cope with the needs of growing children bodies.

## VITA BOMB GUMMIES

FOOD SUPPLEMENT

- ▶ **extra nutrient power**
- ▶ **provide energy, antioxidant, heart, immunity, metabolism and overall health support**
- ▶ **good source of vitamins for vegetarians**
- ▶ **produced in accordance with kosher and halal procedures**

A vitamin bomb in the form of delicious gummies:

- **vitamin A** (75%)\* supports eye health
- **E** (112%) has antioxidant properties and as a result helps heart health and cardiovascular function
- **D** (100%) is good for your bone health
- **C** (38%) boosts immunity
- **B6** (71%) and **B12** (160%) support normal energy metabolism
- **folic acid** (100%) takes care of the nervous system
- **biotin** (150%) provides healthy hair and skin
- **pantothenic acid** (83%) takes care of your mental capacity
- **zinc** (25%) is beneficial for metabolism
- **iodine** (27%) affects the proper functioning of the thyroid gland

Take 1 gummy a day.

30 MULTIVITAMIN GUMMIES FOR ADULTS  
- CHERRY, STRAWBERRY AND ORANGE FLAVOUR  
75 g | **801007**

# COLLAGEN PRO FLEX STRENGTH SYSTEM

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

- a breakthrough mix of active ingredients created for people who want to take care of their physical fitness
- an innovative food supplement facilitating the movement of your joints in a number of ways – it has a positive impact on the articular cartilage, the muscles and the tendons that take part in the process
- contains natural, highly refined marine collagen distinguished by excellent bioavailability an ultra-advanced formula has been developed so as to ensure synergy of all of the ingredients, guaranteeing an extraordinary effectiveness of this supplement

## NATURAL MARINE COLLAGEN

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

## PRECIOUS PROPERTIES OF BAIKAL SKULLCAP

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

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

**Collagen** – the key building material for tendons and cartilages, which form our joints. Highly refined marine collagen, obtained in pharmaceutical standards, was used to create the supplement

**Vitamin C** – plays a supporting role in the correct production of collagen to ensure the proper functioning of the cartilage and bones

**Baikal skullcap** – a strong antioxidant effectively supporting the protection of joints, tendons and muscles

**Vitamin D** – supports the correct functioning of muscles, which significantly affects the functioning of the joints

**Calcium** – essential for healthy bones

**Glucosamine sulphate** – an important precursor of a number of biomolecules, including chondroitin, which is one of the main components of the articular cartilage



## COLLAGEN PRO FLEX STRENGTH SYSTEM

FOOD SUPPLEMENT

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

Take two capsules per day, with water.



2 x 30 CAPSULES  
A SYSTEM FOR 30 DAYS  
13,93 g, 15,22 g | **801018**

# IDEAL SHAPE

## A NATURAL ELIXIR FOR YOUTH AND A RICH SOURCE OF HEALTH:

- each capsule is a really healthy vitamin, amino acid and mineral bomb
- **young barley grass**, thanks to the high content of fibre reducing the absorption of fat and facilitating the digestive processes, is an irreplaceable aid to the body in the process of slimming and maintaining proper body weight
- **green tea** contributes to the improvement of health in general but also helps you lose weight. The high concentrations of theine and polyphenolic catechins accelerate the resting metabolism, which, in turn, allows you to burn more calories
- **marine collagen** – highly refined and obtained in pharmaceutical standards – optically reduces the visibility of wrinkles, slows down the skin ageing processes and improves hydration, making your skin soft and elastic
- **zinc** helps maintain the proper metabolism of carbohydrates along with the acid-alkaline balance and keeps your hair, skin and nails in good condition



## YOUNG BARLEY GRASS FOR THE ETERNALLY YOUTHFUL LOOK

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

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

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

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

## IDEAL SHAPE

FOOD SUPPLEMENT

This is an ideal dietary supplement for people who want to keep a slender figure and take good care of their health. Thanks to the perfect combination of carefully selected ingredients, it has a positive impact on the body's condition and, in conjunction with a low-calorie diet, helps you lose excess kilograms or maintain the correct body weight. **IDEAL SHAPE** will take care of you in a perfect and comprehensive way – supporting your health and improving your beauty.

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

60 CAPSULES  
A SYSTEM FOR 30 DAYS  
26,2 g | 801024



## GREEN TEA AND ZINC FOR YOUR HEALTH

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

# ACTIVE BURN FAT KILLER

## UNIQUE SUPPLEMENT TO SUPPORT EFFECTIVE SLIMMING:

- perfectly composed ingredients help you maintain a normal body weight, accelerating fat burning
- thanks to a synergistic combination of natural extracts, it supports the synthesis of collagen and elastin which is responsible for your skin's tension, elasticity and resilience
- it comes as a highly absorbant fluid, producing not only extremely effective results, but also helping you fight hunger during the day and develop healthy habits, such as drinking water regularly throughout the day



## L-CARNITINE – AN IRREPLACEABLE FAT BURNER

L-carnitine is an amino acid naturally found in our muscles. It is responsible for regulating our metabolism when it comes to fat in our bodies. It greatly contributes to our stamina – if its levels are insufficient, we feel tired even after very little activity. Despite the huge role it plays, the body only produces it in very small amounts. Taking a higher dose of L-carnitine is therefore extremely beneficial when trying to lose weight, because it significantly accelerates fat burning.

## PERFECT FIGURE AND YOUNG LOOK THANKS TO THE PERFECT COMBINATION OF VALUABLE INGREDIENTS:

- **L-carnitine** – a substance that is produced naturally in the body, it accelerates our fat metabolism
- **pineapple, papaya and guarana extract** – this improves the digestive processes by promoting the proper metabolism of fats and carbohydrates
- **dandelion root extract and milk thistle seeds** – supports the elimination of excess water along with the metabolic waste products that our bodies do not need, helping you maintain a healthy body weight
- **gotu kola extract and grapes** – supports the synthesis of collagen and elastin, which are responsible for the maintaining your skin's natural tension, elasticity and resilience
- **bitter orange extract** – a source of potassium and soluble fibre – due to its low glycemic index, it helps you maintain a normal rate of metabolism, especially when processing fats, and it works effectively to compliment the other ingredients above



THE PRODUCT COMES WITH A PRACTICAL MEASURING POT

## ACTIVE BURN FAT KILLER

FOOD SUPPLEMENT

A unique food supplement with perfectly composed ingredients, whose synergistic action will help you maintain a normal body weight, supporting the acceleration of fat burning and the elimination of excess water and metabolic waste products from the body. The perfect combination of herbal extracts improves your digestive processes by promoting the proper metabolism of fats and carbohydrates. The formula has a positive effect on the synthesis of collagen and elastin, increasing the your skin's natural tension, elasticity and resilience.

Measure out 15 ml of the formula and dissolve in 1.5 l of water.  
Drink in small, regular intervals throughout the day.

30 DAY COURSE  
480 ml | 801015



# DEPURCONTROL

## PROFESSIONAL FORMULA TO CLEANSE YOUR BODY OF METABOLIC WASTE PRODUCTS:

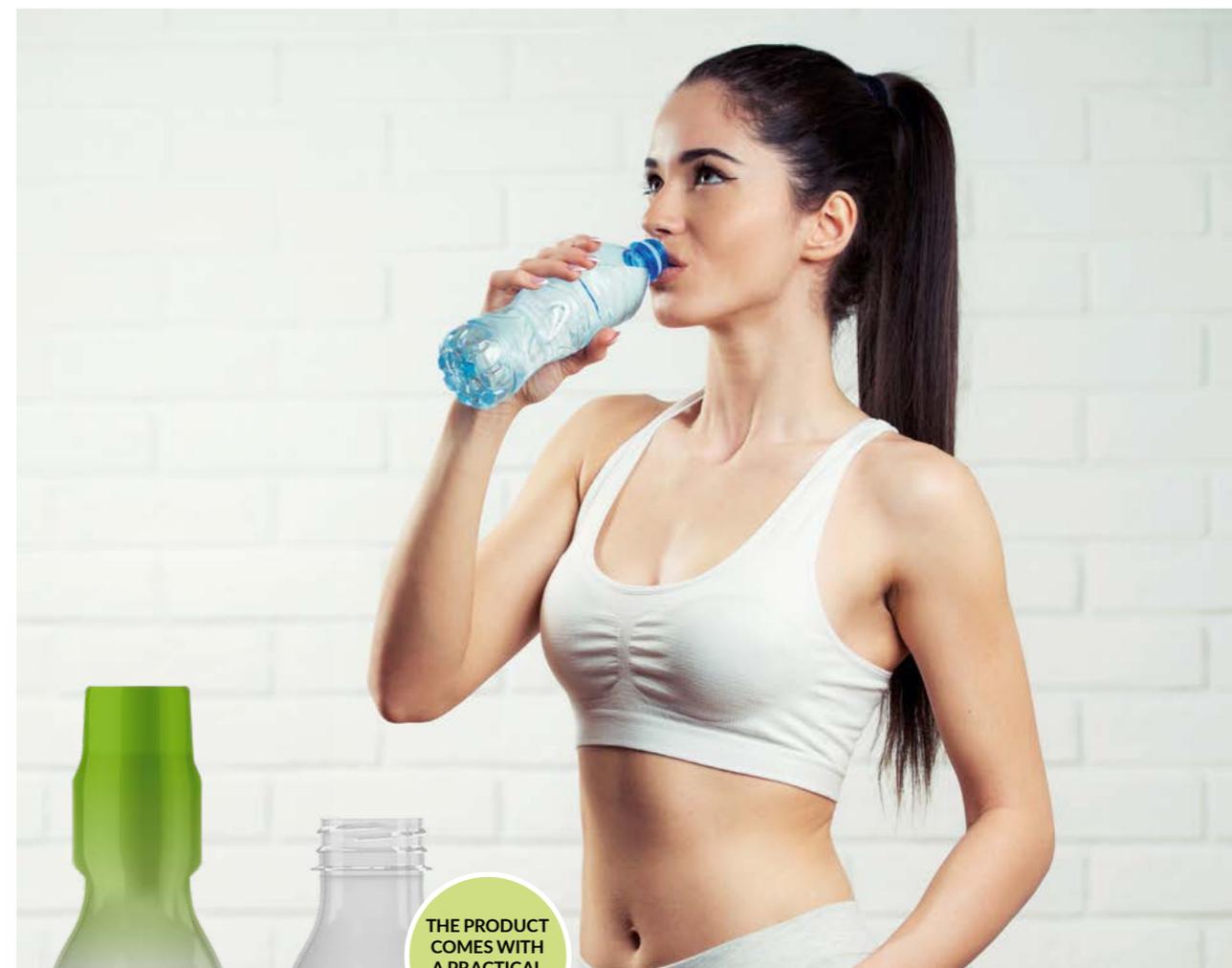
- the latest-generation supplement that contains the highest quality ingredients selected for people struggling with excess water retention in the body
- carefully selected extracts from plants with diuretic properties have a positive effect on the body's water balance
- natural extract from white birch bark helps your body remove toxins
- a formula that perfectly supports the body's water balance and expertly promotes detoxification in the body

## PERFECTLY COMPOSED PLANT EXTRACTS WITH DETOX PROPERTIES:

- **birch bark extract** cleanses the body of toxins and helps eliminate excess water from the body
- **horsetail herb extract** is perfect for removing excess urate, regulating and supporting your body's water balance
- **ortosyphon leaf** is one of the oldest medicinal plants and has natural diuretic properties
- **dandelion root extract** greatly supports liver and gall bladder function, promotes the removal of toxins from the body and improves digestion

## NATURAL CLEANSING

Excess water retention in the body can affect people of all ages. One of the reasons behind it may be too little fluid intake during the day. Hormones, heat, poor diet, and maintaining the same body position for a long time can also contribute to excess water retention. To combat this problem, it is often not enough to simply change your habits. DEPURCONTROL is the answer. This excellent dietary supplement contains everything you need in the often difficult fight against swelling caused by excess water in the body. It contains natural extracts from plants with diuretic and detoxifying properties, restoring your body's natural balance, helping you regain a positive outlook on life, a fresh appearance and, above all, good health.



THE PRODUCT COMES WITH A PRACTICAL MEASURING POT



## DEPURCONTROL

FOOD SUPPLEMENT

This is a formula that is unique in both its composition and its effect. It contains perfectly combined ingredients to support physiological diuresis, working effectively to eliminate excess water, along with metabolic waste products as needed. The phenolic acids and flavonoids, which are found in dandelion root and birch bark, promote proper kidney and liver function, and optimize metabolic processes. Similarly, the active compounds found in orthosyphon leaf and horsetail herb extracts support urination, while at the same time promoting the elimination of metabolic waste products contained in the urine.

*Measure out 15 ml of the preparation and dissolve in 1.5 l of water. Drink in small portions throughout the day.*

30 DAY COURSE  
480 ml | **801016**

# ANTI-CELLULITE

Cellulite is an increasingly common problem. Not only does it look rather unsightly, it also affects our health as it compresses the lymphatic and blood vessels, causing circulation problems and hampering toxin removal. Discover the innovative **ANTI-CELLULITE** tablets and put these problems behind you once and for all.

## INNOVATIVE WEAPON IN THE FIGHT AGAINST CELLULITE:

- carefully selected ingredients of the highest quality ensure multilevel action that supports the reduction of cellulite and improves health
- a unique combination of natural plant extracts offers perfect support for cleansing your body of toxins, maintaining a healthy body weight and proper rate of fat metabolism, and helping to minimize so-called "orange-peel skin"
- this special formula is composed to ensure that its ingredients complement each other, enhancing their performance and producing outstanding results
- a modern food supplement that will help restore your skin's natural firmness and elasticity.



## WHAT CAUSES CELLULITE?

Cellulite is a common, often troublesome problem that not only affects women, but increasingly also men. It usually appears around the breasts, stomach and thighs in the form of small fat deposits that can be felt on the surface of the skin. There are many reasons behind why it appears, some of which include:

- abnormal hormonal balance – when the body's oestrogen levels are elevated and there is a deficiency of progesterone at the same time
- sedentary lifestyle and lack of physical activity
- poor diet – excessive consumption of sugar and salt
- smoking
- genetic predispositions

## A WEALTH OF HERBAL COMPONENTS FOR FIRM AND SMOOTH SKIN:

- **turmeric extract** – supports body cleansing and maintains proper rates of fat metabolism, reducing signs of cellulite and hunger throughout the day
- **gotu kola extract** – helps to maintain your skin's natural firmness and elasticity, as well as proper structure in fat tissue
- **indian colesus extract** – contains forskolin, which enhances the processes behind fat metabolism, working effectively to help you maintain a normal body weight and visibly reducing the effects of so-called "orange-peel skin"
- **sweet clover and horse chestnut extract** maintains optimal blood supply, which is one of the key treatment methods for combating cellulite

## ANTI-CELLULITE

FOOD SUPPLEMENT

An innovative answer to the contemporary problem that is affecting not only women, but also men – so-called "orange-peel skin". It works in two ways, targeting both the source of the problem and combatting its negative effects. Carefully selected plant extracts cleanse the body of toxins and maintain proper fat metabolism, helping to reduce cellulite.

The product also promotes a normal body weight, while at the same time working to restore your skin's natural firmness and elasticity.

Take 1 tablet with water twice a day.

60 COATED TABLETS  
30 DAY COURSE  
33,6 g | **801017**



# BEAUTY DETOX

Beauty and health closed in a single capsule? This is now possible thanks to **BEAUTY DETOX**. An innovative **combination of spirulina algae** and **collagen** will allow you to take care of the perfect condition of the body as well as its appearance.

## SPIRULINA ALGAE

– GREEN SUPERFOOD

Unique algae, classed among the top ten products containing three times more protein than meat (ca. 70%) and more calcium than milk. It is one of the richest sources of chlorophyll, beta-carotene and nucleic acids from among all new animal and plant food. It purifies the liver and kidneys from toxins, deacidifies the body and reduced the level of bad cholesterol. Thanks to phenylalanine, it improves digestion and reduces appetite. It is a pure "green gold" for our body.

### DID YOU KNOW THAT SPIRULINA ALGAE PROVIDES:

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

## ACTIVE COLLAGEN

– OCEAN TREASURE

Natural, sea collagen obtained from wild salmon – a component of exceptional purity and concentration – which is comprised in the **BEAUTY DETOX** supplement, guarantees the delaying of skin aging, its improved hydration and reduced wrinkles. Additionally, it inhibits inflammatory conditions that could lead to injury, pain and loss of functionality of the joints. Beautiful, hydrated and young-looking skin plus perfect joint condition – from now on this unusual combination is within reach.

### SUPERIOR QUALITY COLLAGEN:

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

## BREAKTHROUGH IN SUPPLEMENTATION FOR HEALTH AND BEAUTY

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

## BEAUTY DETOX

FOOD SUPPLEMENT

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

Take 2 capsules a day with water.



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

# MAGNESIUM 24 H SYSTEM TRIPLEX POWER

## THE ONLY SUPPLEMENT OF ITS TYPE ON THE MARKET

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

## THE SIGNS OF A LOW MAGNESIUM LEVEL ARE:

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

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



### 1. ONE TABLET IN THE MORNING

*A perfect combination of ingredients to start your day*

The product contains **guarana** which has nearly 3 times more caffeine than ordinary coffee or **ginseng extract**. This exceptional combination stimulates the metabolism while invigorating and enlivening the body. In addition, it puts you in a good mood and strengthens your physical and intellectual fitness.

**Vitamin B6** takes care of the proper functioning of the body and, additionally, reinforces the effect of magnesium and stimulates immunity.



### 2. AFTERNOON TABLET

*Plenty of ingredients for your active day*

Enriched with a natural extract from **bacopa monnieri**, which strengthens the body in the event of the loss of vitality and power – it helps concentrate and makes you recover the incredible energy potential to act. Its properties are strengthened by pantothenic acid, which helps restore the body's balance while eliminating stress and fatigue.



### 3. EVENING TABLET

*A set of ingredients for a good night*

It contains **lemon balm** and **withania somnifera**, which alleviates nervous excitation, irritation and stress. The ingredients have a sedative effect, relax the body and mind thus enabling you to fall asleep faster. They also improve mood and have a positive effect on the body's regeneration during the night. **Vitamin B6** strengthens the effect of magnesium and has an influence on the body's balance. You wake up in the morning full of energy.



## MAGNESIUM 24 H SYSTEM TRIPLEX POWER

FOOD SUPPLEMENT

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

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



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

# VITAMINS FOR HER

## PERFECT RESPONSE TO FEMALE NEEDS:

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



## CAREFULLY DESIGNED COMPOSITION:

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

## VITALITY POTION

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

## LIFE-GIVING COMPONENT

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



## VITAMINS FOR HER

FOOD SUPPLEMENT

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

Take 2 tablets a day with water.

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



## EXCEPTIONAL JUST LIKE WOMEN

Women need plenty of energy to keep up with the pace of everyday life. Each day brings new, exciting challenges but is also a considerable burden for the body. We know how much is on the mind of a contemporary woman. Inspired by their exceptional nature,

we have developed a unique dietary supplement, which will be an invaluable support every day. **VITAMINS FOR HER** is a rich supply of the group B vitamins which support proper energy management within the body while maintaining an adequate sugar level throughout the day. This is a truly nutritive blend in just one tablet.

# VITAMINS FOR HER 50+

## PROFESSIONAL SUPPLEMENTATION FOR MATURE WOMEN:

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



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

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



## VITAMINS FOR HER 50+

FOOD SUPPLEMENT

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

Take 3 tablets a day with water.

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



## TRIFOLIUM FOR LUCK

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

## ESSENTIAL VITAMINS AND MINERALS

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

# VITAMINS FOR HIM

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

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

## NATURAL VITALITY

\***Tribulus terrestris** is a unique plant used in Chinese and Indian medicine for thousands years. It is particularly appreciated for its body strengthening properties and especially important for men because it regulates testosterone synthesis with the body by which it contributes to an increased libido and intensification of sexual experiences. Tribulus terrestris extract is an herbal extract which has a beneficial effect on the entire body.

## VITAMINS FOR HIM

FOOD SUPPLEMENT

A unique food supplement developed specifically for men. An innovative combination of carefully selected ingredients will offer comprehensive support to the health and will have a positive effect on sexual performance. This perfect composition provides vitamins and minerals essential for the proper functioning of the body. Due to the tribulus terrestris extract, the supplement regulates the level of testosterone, hence improves sexual potency. **VITAMINS FOR HIM** improves physical, intellectual and sexual fitness.

Take 2 tablets a day with water.

2 x 30 COATED TABLETS

A 30-DAY SYSTEM

2 x 33 g | **801010**



## MEN'S ALLY

Testosterone is one of the key male hormones. It plays a vital role in various bodily functions. Not only does it increase the sexual drive, but also it affects the growth of muscle mass and strengthens bones. A testosterone shortage results in a diminished libido, reduced muscle and skeletal mass and even lowers the mood and ability to concentrate. In order to provide a suitable amount of nutritive components to the body, it is vital to understand what it needs. The **VITAMINS FOR HIM** composition design was a lengthy and diligent process so that the resulting preparation could satisfy the male demand for vitamins and minerals to the best possible extent. Thanks to **VITAMINS FOR HIM** men can now enjoy an excellent bodily condition and a full sexual life.



## THE BEST SUPPLEMENT TO CATER FOR ALL MALE NEEDS:

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

# VITALITY BOOST & MAGNESIUM POWER

Thanks to the convenient, liquid form of the product, the body absorbs all the ingredients very quickly. In addition, **VITALITY BOOST & MAGNESIUM POWER** has a delicious, refreshing flavour, which makes the product not only beneficial for the body but turns using it into a sweet pleasure. It is an injection in a liquid form.

## COMPREHENSIVE DOSE OF ENERGY IN TWO STEPS

1.

### NUTRICODE VITALITY BOOST – a nutritive injection

Drink one serving of **VITALITY BOOST** daily.

During an intensive day at work, at University or during an exhausting physical activity, the overtired body uses up its energy resources. Therefore, our well-being is reduced – we feel tired, exhausted and drowsy. Thanks to guarana and green tea extracts, **NUTRICODE VITALITY BOOST** perfectly stimulates the body for further action. Nutritive ingredients contained in the product regulate the functioning of the nervous and muscular system, restore concentration and improve mood.

- **guarana extract** contains a substantial amount of **caffeine**, which has a beneficial effect in the case of physical and mental exhaustion, boosts energy, eliminates drowsiness and tiredness, improves concentration and memory
- **niacin, pantothenic acid, and riboflavin** are responsible for the proper functioning of the nervous system – they manage the body's energy, alleviating nervous stress, have a positive effect on mood and mental performance
- **green tea extract** is a natural anti-oxidant supporting the body's fight with free radicals

2.

### NUTRICODE MAGNESIUM POWER – ideal balance

Two hours after drinking **VITALITY BOOST**, take 1 dose of **MAGNESIUM POWER**

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

- **magnesium** is responsible for maintaining the electrolyte balance of the body, supports it during physical and mental effort, is responsible for the proper functioning of the nervous and cardiovascular system as well as monitors proper muscular work
- **vitamin B6** is an ally of magnesium – it boosts its absorption and also supports psychological functions and is responsible for proper energy metabolism in our body

### VITALITY BOOST & MAGNESIUM POWER

This is an innovative food supplement consisting of six containers full of vitality and energy. The liquid form enables the best absorption and almost immediate action of the product. **VITALITY BOOST** is an injection of nutritive ingredients which prevent exhaustion of the body, while **MAGNESIUM POWER** supplements the body with magnesium, which is extremely important for the proper functioning of the nervous, cardiovascular and muscle system.

The composition of **VITALITY BOOST & MAGNESIUM POWER** was designed so as to ensure that the ingredients supplement and reinforce their properties.

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

3 x NUTRICODE VITALITY BOOST  
3 x NUTRICODE MAGNESIUM POWER  
6 x 25 ml | **801013**



## INNER BALANCE

FOOD SUPPLEMENT

### FOR WHOM?

Ideal for all who lead a stressful lifestyle, experience fatigue and eat products that acidify the body, such as sugar, coffee, alcohol and heavily processed foods.



### Night capsules

Night capsules, which contain **lemon balm extract and hops**, facilitate falling asleep, and by providing the proper sleep they contribute to further de-acidification of the body.

Take 2 capsules a night. Follow with drinking plenty of water (at least 1 glass).



### Sachets containing soluble powder administered during the day with an orange flavour

Based on a **Rosa Centifolia flower extract**, which supports physiological processes of metabolic waste products elimination and helps to maintain the acid-base balance. **Zinc** favourably affects the functioning of the immune system, **magnesium** and **iron** help to reduce tiredness and fatigue, whereas the **nettle herb extract** supports elimination of water from the body.

Dissolve the sachet content in 200 ml of water. Take 1 sachet 2 times a day.



## INNER BALANCE

FOOD SUPPLEMENT

- ▶ maintains the acid-base balance
- ▶ source of crucial microelements

Monthly day-night system, 24-hour care to maintain the acid-base balance of the body.

60 SACHETS + 60 CAPSULES  
240 g + 30 g | **801001**



## SLIM EXTREME

FOOD SUPPLEMENT

### FOR WHOM?

For all in need of support with rational weight loss, who wish to get their dream body without constantly feeling hungry.

Cooking recipes, blog, the BMI and BMR calculators, support in achieving the goals – all this and more can be found on our website. Meet the Nutricode mobile app. For more information go to [nutricode.fmworld.com](http://nutricode.fmworld.com).



### Coated tablets

Based on an innovative ingredient – **glucomannan** – which, when combined with a low calorie diet, affects weight loss. Chromium helps maintain normal blood glucose levels by reducing cravings for sweets and the desire to snack between meals. **Garcinia cambogia extract**, in turn, is a source of hydroxycitric acid (HCA), which slows down the formation of body fat.

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



### Effervescent tablets – grape flavour

Intend to supplement the vitamins and minerals which are lost by reducing the daily food intake. Created to let you keep beautiful skin. **Vitamin C** supports formation of collagen, whereas biotin and **vitamin B2** help maintain a healthy complexion. **Calcium** has an effect on the proper functioning of digestive enzymes.

Dissolve 1 tablet in a glass (200 ml) water a day. Drink before a meal.

### GLUCOMANNAN – APPETITE KILLER

Glucomannan is a dietary fibre soluble in water, extracted from the *Amorphophallus Konjac* plant. As it expands in stomach, glucomannan fills it and as a result sends a signal to the satiety centre, in the hypothalamus of your brain, that you are not hungry. This helps to cut the number and size of meals. Research shows that the use of glucomannan, along with a reduced calorie diet, decreases body weight in overweight people by an average of 3 kg per month<sup>1</sup>. For glucomannan to do its job, make sure that you take the tablets with plenty of water.

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



## SLIM EXTREME

FOOD SUPPLEMENT

- ▶ supports weight loss, reduces appetite
- ▶ contains glucomannan, which is highly effective in reducing body weight
- ▶ lose weight and keep your skin looking beautiful

**Nutricode Slim Extreme** is a composition of ingredients supporting weight loss by reducing appetite. The unique "All Day Weight Control" system has been designed for all who wish to reduce weight rationally. It also allows to maintain beautiful skin when using weight loss diets. Product suitable for vegetarians and vegans.

180 COATED TABLETS + 30 EFFERVESCENT TABLETS  
2 x 103,5 g + 2 x 67,5 g | **801002**

## VITALITY BOOST

FOOD SUPPLEMENT

### FOR WHOM?

Support for all who experience lack of energy, fatigue and distraction and wish to give rhythm to their lives. Recommended also to all who practice sports and work out.



### Night tablets

Rich source of vitamins and minerals. The tablet ingredients, by increasing metabolism, help you relax at night and as a result enhance energy during the day. **Chromium** contributes to the maintenance of normal blood glucose levels, **selenium** helps protect the cells from oxidative stress, and **iron** participates in the normal oxygen transport in the body. **Piperine** from **black pepper** supports digestion and absorption of nutrients.

Take 2 tablets a night. Consume with water.

### Day liquid sachets – orange flavour

Your daily dose of energy. Niacin, pantothenic acid and riboflavin, additionally reinforced with caffeine contribute to the reduction of tiredness and fatigue. Pantothenic acid additionally affects brain efficiency. B group vitamins take care of the nervous system, whereas thiamine is responsible for the normal function of the heart. Vitamin E contributes to the protection of cells from oxidative stress.

Consume the content of 1 sachet per day. Product suitable for vegetarians and vegans.



## VITALITY BOOST

FOOD SUPPLEMENT

- ▶ a daily dose of energy for your body & mind
- ▶ vitality rejuvenation

A composition of perfectly matched ingredients, which affect the flow of physical and mental energy throughout the day and the sleep at night.

30 SACHETS + 60 COATED CAPSULES  
300 g + 48 g | **801003**

## FOR WHOM?

For all who dream of a flawless complexion, thick and healthy hair as well as strong nails.

## HAIR SKIN NAILS

FOOD SUPPLEMENT

- ▶ Pro-Beauty formula
- ▶ pomegranate extract

The perfect composition of ingredients to achieve strong, shiny hair, velvety skin and healthy nails. The **Pro-Beauty Formula** contains **copper** which affects the proper hair pigmentation, **iron**, which cares for their proper growth, **zinc** which provides the building blocks for growing strong nails, as well as **vitamin E** and **pomegranate extract**. The complex has been enriched i.e. with **brewer's yeast**, **vitamins A, B2, B6, B12, C**, as well as **biotin** and **amino acids**.

56 COATED TABLETS  
44,8 g | **801005**

Take 1 tablet a day. Consume with water.



## FOR WHOM?

Especially recommended for all who suffer from colds frequently and wish to improve their immunity. It is also a perfect solution for people who work physically and work out.

## IMMUNO

FOOD SUPPLEMENT

- ▶ 100% natural vitamin C
- ▶ formula with zinc added which supports the proper functioning of the immune system

**Vitamin C** derived solely from natural extracts and acerola fruits. Acerola, called the Barbados cherry, is a super fruit, which has 30 times more vitamin C than a lemon. Wild rose, in turn, is also rich in bioflavonoids, which are natural antioxidants. Regular intake of vitamin C helps to take care of immunity, has a favourable effect on teeth, skin, bones and nervous system as well as protects the cells from oxidative stress. Product suitable for vegetarians and vegans.

60 LOZENGES – ACEROLA AND CHERRY FLAVOUR  
72 g | **801004**

Take two lozenges a day. Suck slowly.



# NUTRICODE

## MULTIFUNCTIONAL NUTRICODE BRACELET

FITNESS TRACKER

### DOWNLOAD THE APP

Nutricode is a modern mobile app which helps introducing healthy eating habits and shows you how to stay active. Thanks to the daily activity log you will easily achieve your goals. Motivational badges will encourage further effort and help you celebrate daily successes.

- ▶ by using the app you can do daily tracking of your progress on the weight chart and plan your diet with our delicious meal proposals for any time of the day
- ▶ the app will also calculate and present your BMR and WHR values and show you your individual stats in a clear way



### MULTIFUNCTIONAL NUTRICODE BRACELET PREMIUM

FITNESS TRACKER PREMIUM

Multifunctional NUTRICODE bracelet designed for active people. Available functions include heart rate monitor, watch, calories calculator, step counter, alarm clock, incoming call notification. It connects to the smartphone/Nutricode app using Bluetooth technology. Compatible with Android and iOS systems.

920084 | BLACK

### MULTIFUNCTIONAL NUTRICODE BRACELET STANDARD

FITNESS TRACKER STANDARD

Multifunctional NUTRICODE bracelet has been designed for active people. Available functions include: watch, calories calculator, step counter, alarm clock, incoming call notifications. It connects to the smartphone/Nutricode app using Bluetooth technology. Compatible with Android and iOS systems.

920082 | BLACK  
920083 | WHITE



## NUTRICODE bracelets will be your guide to the body of your dreams.

Combine the spirit of sport with modern technology for excellent results.

Leading a healthy lifestyle has never been so easy.



**NUTRICODE**  
DOWNLOAD THE APP

# FIT6 PROGRAMME

FIT6 PROGRAMME – AN INNOVATION IN THE WORLD OF SLIMMING – NATURAL LOSS OF WEIGHT WITHOUT THE YO-YO EFFECT



Dreaming of an ideal figure?

..., but you find it difficult to find time and motivation for regular exercise? Perhaps you lack knowledge about how to balance your diet – what to eat and what to avoid? You can stop worrying now. We have created a programme which will change your life once and for all. Learn about **FIT6** and join us.

**FIT6** is the only in the world, unique slimming programme designed based on in-depth understanding of the manner of life of the 21st century. It is a system developed by a clinical dietitian – **doctor Lídia Marrão** – assuming reduction of fat tissue and slimming down of your body thanks to a healthy and well-balanced diet and innovative NUTRICODE food supplements. The purpose of the programme is not only to lose a few extra kilos but also to improve the comfort of your life, health, and well-being.

**FIT6** – finally the dream about an ideal figure becomes reality.

Clinical dietitian **Lídia Marrão**,  
Author of **FIT6** programme

## NECESSARY NUTRITIVE INGREDIENTS

Slimming is a difficult process for the body, even if you do not feel it physically. Therefore, FIT6 assumes supplying the body with the superior quality nutrients in the form of innovative NUTRICODE supplements. Each slimming stage has a different set of products, ideally responding to the body's needs at each step of the way.

## PROFESSIONAL SUPPORT

Throughout the duration of FIT6 programme, each participant shall be able to use advice of a professional dietitian who will monitor and analyse the results, offer adequate guidelines and clarify any doubts.

## SHARE AND MOTIVATE

We know how important it is to have support and motivation. Due to lack of them, we often stop dieting with a sense of helplessness and resignation and return to our old, unhealthy habits. Therefore, together with the programme, a FIT6 community was created – a site where every participant may share their difficulties, thoughts and achievements.

## ACHIEVE YOUR GOAL

Use a healthy and efficient slimming method. We guarantee that an ideally balanced 6-step plan will allow you to lose some extra kilos easily and safely. Thanks to FIT6 you will not only enjoy a slim figure, but also a perfect health and well-being.

## JOIN FIT6 TODAY

### 6 STEPS TO AN IDEAL FIGURE

Each step lasts one month. The duration of the diet depends on how much weight you want to lose. The more you want to lose, the more steps you have to take. You can quit at any time.

#### COUNTERACTING INFLAMMATIONS

- 1 ▶ An inadequate diet leads to inflammatory conditions in your body. The first step helps the body to restore its natural balance
- ▶ The purpose of the first step is not only the weight loss but also body's detox and purification, as well as improved well-being and general health

#### WEIGHT LOSS

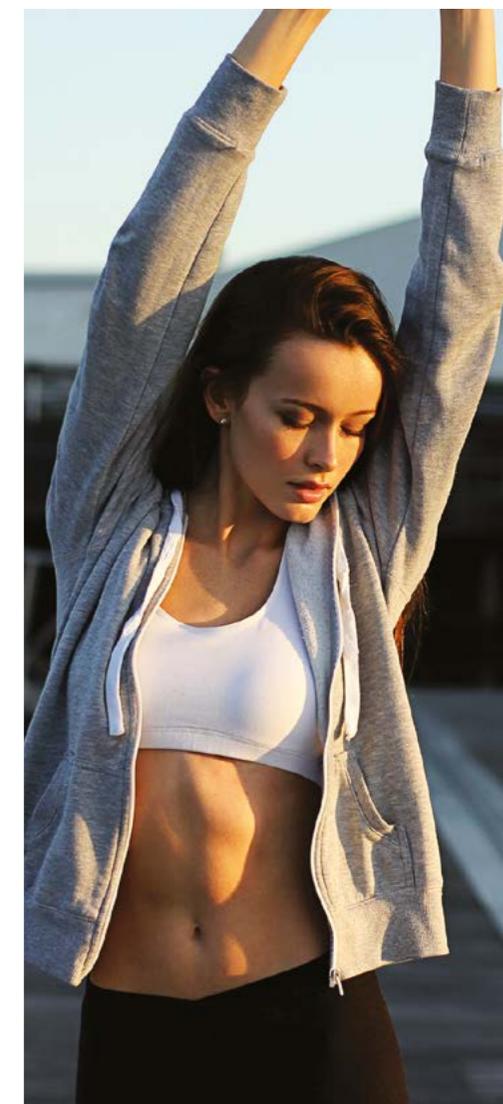
- 2 ▶ This stage is divided into four phases
- ▶ Its main purpose is the loss of fatty tissue while maintaining energy and vitality
- 3 ▶ With NUTRICODE food supplements we support our bodies in a comprehensive way providing them with necessary nutritive elements
- 4 ▶ Further detox and purification of the body have a beneficial effect on our well-being
- 5 ▶ We preserve our muscle mass, which prevents the loss of the body's firmness
- ▶ We gradually lose excessive kilograms
- ▶ Visible cellulite reduction is accomplished

#### TONIFICATION

- 6 ▶ This step is aimed at stimulating muscles to boost their growth

#### KEEPING THE RESULTS

- ▶ The goal has been achieved. In this step we apply a balanced diet ensuring long-term body stabilisation and preventing the yo-yo effect.





### QUERIES? WRITE TO US!

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