



# Care for You

Life Balance HealthCare Solutions



**Care for You**

Life Balance HealthCare Solutions



 **100% Vegan**

**100%  
VEGAN**  
FOOD  
SUPPLEMENT

**80  
TABLETS**  
1 TABLET  
PER DAY

**1,9 mg  
MELATONIN**  
PER  
TABLET

# Melatonin

**1,9 mg PER TABLET**

**\*MELATONIN CONTRIBUTES TO REDUCE THE TIME NECESSARY TO FALL SLEEP**

- THE BENEFICIAL EFFECT IS OBTAINED WITH AN INTAKE OF 1 MG OF MELATONIN SHORTLY BEFORE GOING TO SLEEP

## Did you know?:

Melatonin is involved in the regulation of circadian rhythms, both endocrine and non-endocrine, such as the sleep-wake rhythm. According to the International Melatonin Institute, the production of this, like many other hormones, decreases with age. Around the age of 55-65, the amplitude of the nocturnal peak of melatonin has been reduced by 40%, which makes it already sufficiently small. so as not to be well detected by cells, which results in the loss of their ability to regulate circadian rhythms, which gives rise to a process of internal desynchronization.

Melatonin is a fundamental hormone in the regulation of mitochondrial function, for the production of ATP, the form of energy that the cell uses for all its functions. It is a powerful antioxidant and anti-inflammatory.

## INFORMATION ACTIVE INGREDIENTS

Per service: 1 tablet.  
Dose per container: 80 Servings.

MG / TABLET

**MELATONIN** 1,9 MG

## FOOD SUPPLEMENT BASED ON MELATONIN.

**PRESENTATION:** 80 Tablets. **NET QUANTITY:** 10,8 g.

**RECOMMENDED DAILY DOSE:** 1 tablet per day.

**DIRECTIONS:** Take 1 tablet a day, half an hour to an hour before going to bed.

**INGREDIENTS:** Bulking agent (microcrystalline cellulose), stabiliser (calcium phosphate), stabiliser (magnesium salts of fatty acids) and melatonin.



## Care for You

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# Cholesterol

## COMPLEX PLUS

YOUR IDEAL ALLY TO REGULATE THE LEVELS  
HIGH LDL CHOLESTEROL

- WITH BERGAMOT, RED RICE YEAST, POLICOSANOL AND COENZYME Q10.  
WITH ADDED VITAMINS B6 AND B12

### Did you know?:

59% of Spaniards with hypercholesterolemia are unaware that their levels are higher than recommended. According to data from the Spanish Heart Foundation (FEC), many Spaniards suffer from this health risk factor. Hypercholesterolemia does not present symptoms, so its diagnosis can only be made through a blood test that determines cholesterol and triglyceride levels.

**Risk factors:** Poorly varied diet | Obesity | Lack of exercise | Genetic factors | Tobacco consumption | Stress

### Our composition has an exclusive formulation:

- **Bergamot Fruit Dry Extract:** Bergamot (extract) reduces total and LDL cholesterol levels (an effect accompanied by an elevation of HDL-C), triglyceride levels and a significant decrease in blood glucose. Furthermore, since bergamot inhibits the enzyme HMG-CoA reductase, it represents an effective phytotherapeutic approach to combat hyperlipidemia disorders.
- **Red Rice Yeast Dry Extract:** It is indicated to reduce the levels of lipoprotein-A or low-density blood cholesterol (LDL), the most harmful. It also makes the arteries more flexible and helps reduce blood pressure and triglyceride levels, thus reducing the risk of heart attacks.
- **Policosanol:** nutritional supplement intended to reduce LDL cholesterol (bad cholesterol) and increase HDL cholesterol (good or healthy cholesterol).
- **Coenzyme Q10:** Helps in the treatment of cardiovascular diseases.
- **Group B Vitamins:** Folic acid, vitamin B6 and vitamin B12 contribute to the normal metabolism of homocysteine.

#### INFORMATION ACTIVE INGREDIENTS

Per serving: 1 capsule.  
Dose per container: 30 Servings.

	MG / CAP
BERGAMOT FRUIT D.E.	100 mg
YEAST RED RICE D.E. 4% OF WHICH MONACOLINS	68 mg 2,9 mg
SUGAR CANE D.E. (POLICOSANOL) OF WHICH OCTACOSANOL	35 mg 21 mg
COENZYME Q10	10 mg
VITAMIN B6	1,4 mg (*100%)
FOLIC ACID	200 µg (*100%)
VITAMIN B12	2,5 µg (*100%)

\*NRV % (nutrients reference values)

#### FOOD SUPPLEMENT BASED ON PLANT, COENZYME Q10 AND VITAMINS.

**PRESENTATION:** 30 Capsules. **NET QUANTITY:** 15.8 g.

**RECOMMENDED DAILY DOSE:** 1 capsules per day.

**DIRECTIONS:** Take 1 capsule daily.

**INGREDIENTS:** Bulking agent (microcrystalline cellulose), dry extract of Bergamot (Citrus x bergamia, fruit), capsule (coating agent: hydroxypropylmethylcellulose), dry extract of red rice yeast (Monascus purpureus, 4% total monacolins), Dry cane extract sugar (policosanol), coenzyme Q10, anti-caking agent (magnesium salts of fatty acids), pyridoxine hydrochloride (vitamin B6), pteroylmonoglutamic acid (folic acid) and cyanocobalamin (vitamin B12).

100%  
VEGAN

FOOD  
SUPPLEMENT

30  
V-CAPSULES

1 CAPSULE  
PER DAY

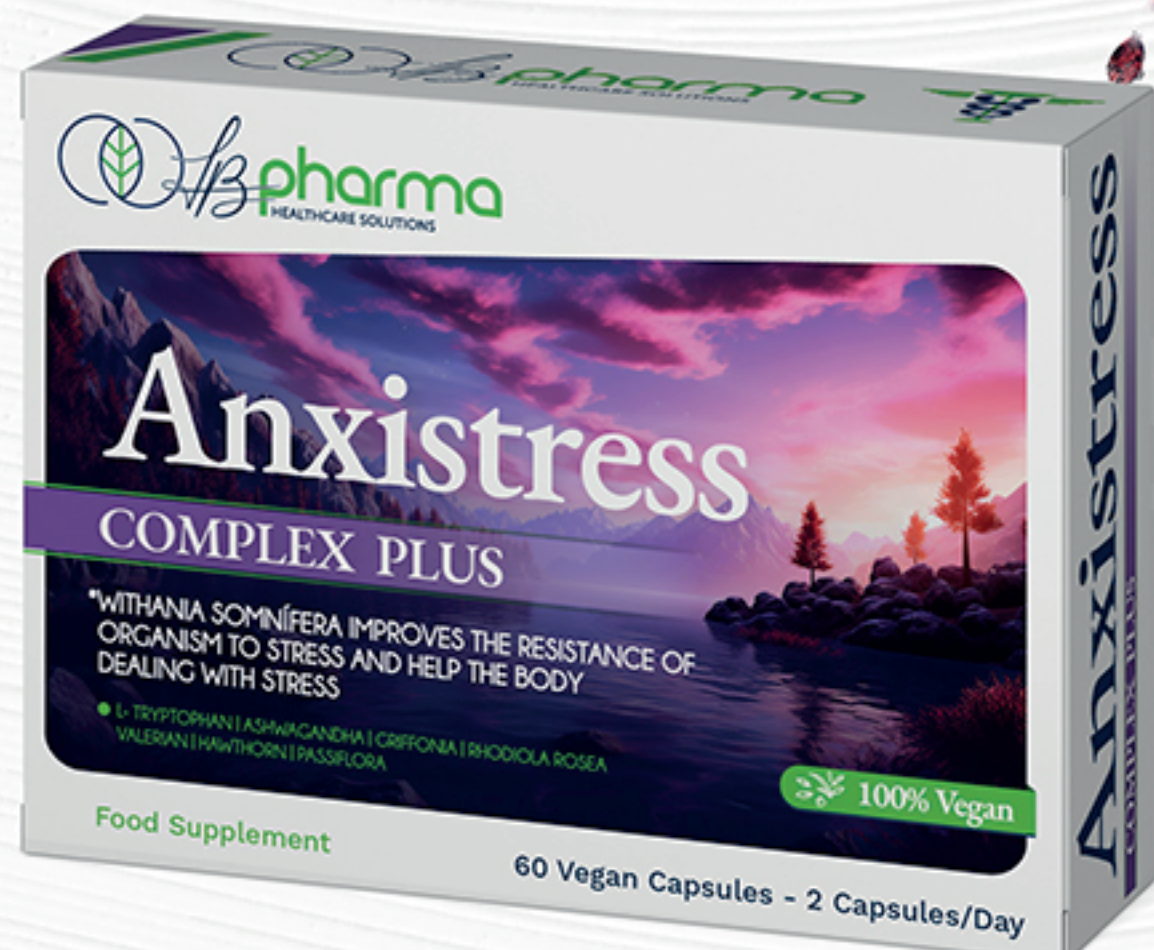
WITH  
BERGAMOT,  
RED RICE YEAST,  
POLICOSANOL,  
COENZYME Q10

VITAMINS  
B6 Y B12



## Care for You

Life Balance HealthCare Solutions



**100%  
VEGAN**

FOOD  
SUPPLEMENT

**60  
V-CAPSULES**

2 CAPSULES  
PER DAY

**WITH  
WHITANIA  
SOMNIFERA**

TRISTOPHAN  
ASHWAGANDHA  
RHODIOLA ROSEA  
VALERIAN...

# Anxistress

## COMPLEX PLUS

**\*WITHANIA SOMNIFERA IMPROVES THE BODY'S RESISTANCE TO STRESS AND HELPS THE BODY DEAL WITH STRESS**

● L- TRYPTOPHAN | ASHWAGANDHA | GRIFFONIA | RHODIOLA ROSEA  
VALERIAN | HAWTHORN | PASSIFLORA

### Did you know?:

Uncontrolled stress can contribute to many health problems. The constant stress in our society has increased anxiety disorders with the following symptoms:

- Headache and muscle pain
- Anxiety
- Irritability
- Frustration
- Insomnia
- Fatigue
- Low memory
- Lack of appetite
- Digestive problems
- Bruxism (teeth grinding)

**Our composition is one of the most complete on the market, composed of:**

**L-Tryptophan:** Essential amino acid that our body cannot produce on its own, a precursor to serotonin, helps control stress and anxiety.

**Aswagandha dry extract:** Medicinal plant with high effectiveness to combat anxiety and stress. Its adaptogenic effects are derived from natural active ingredients that act by balancing the nervous system, increasing physical and mental resistance, modulating the immune system and having inflammatory activity.

**Griffonia seed dry extract:** It has antidepressant, antimigraine and satiating action. Increases paradoxical sleep duration.

**Rhodiola Rosea root dry extract:** Increases energy, reduces stress, fights depression, increases cognitive ability, fights insomnia.

**Valeriana Officinalis dry extract:** Reduces nervousness and agitation, facilitates falling asleep and improves its quality.

**Dry extract of Hawthorn Flower:** Reduces anxiety, depression, palpitations and tachycardia.

**Passiflora dry extract:** Sedative, anxiolytic, muscle-relaxing, anti-migraine, hypotensive and antispasmodic plant.

### INFORMATION ACTIVE INGREDIENTS

Per service: 2 capsules. Dose per container: 30 Servings.

	MG / 1 CAP	MG / 2 CAPS
L- TRYPTOPHAN	200 MG	400 MG
ASHWAGANDHA D.E.	100 MG	200 MG
GRIFFONIA SEED D.E.	50 MG	100 MG
RHODIOLA ROSEA	50 MG	100 MG
VALERIANA OFFICINALIS D.E.	50 MG	100 MG
HAWTHORN FLOWER D.E.	20 MG	40 MG
PASSIFLORA D.E.	20 MG	40 MG

### FOOD SUPPLEMENT BASED ON L-TRYPTOPHAN AND PLANT EXTRACTS.

**PRESENTATION:** 60 Capsules. **NET QUANTITY:** 42.28 g.

**RECOMMENDED DAILY DOSE:** 2 Capsules per day.

**DIRECTIONS:** Take 2 capsules a day, preferably in the morning with a glass of water.

**INGREDIENTS:** L-tryptophan, bulking agent (microcrystalline cellulose), dry extract of ashwagandha (Withania somnifera, root), dry extract of griffonia (Griffonia simplicifolia, seed), dry extract of Rhodiola (Rhodiola rosea, root), dry extract of valerian (Valeriana officinalis, underground organs), capsule (coating agent: hydroxypropylmethylcellulose), dry extract of hawthorn (Crataegus Monogyna, flower), dry extract of passionflower (Passiflora Incarnata, aerial part) and anti-caking agents (magnesium salts of fatty acids)



## Care for You

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# LumboSciatic

R-ALA 300mg / Day

SYMPTOMATIC RELIEF OF BACK PAINS  
(LUMBALGIA - SCIATICA - CERVICAL)

\*HELP FOR FIBROMYALGIA CARE

- R-LIPOIC ACID | HARPAGOPHITE | TURMERIC | CITRUS AURANTIUM | PAPAIN  
VITAMINS B1 - C - B6 - B12

### Did you know?:

LumboSciatic offers a regenerative, analgesic and anti-inflammatory action against low back pain and sciatica. More than 600 million people in the world suffer from low back pain and it is the leading cause of disability in the world.

**Lumbago:** Pain located in the lower part of the back.

**Sciatica:** Pain that runs along the path of the sciatic nerve, from the lower back, through the hips, buttocks, until reaching each leg.

**Causas:** ● bad posture ● Lack of exercise ● Efforts ● Aging ● Overweight ● Medical conditions ● Trauma

### Our composition has an exclusive R-ALA formulation

- **R-Alpha Lipoic Acid:** R-LIPOIC Acid is also a powerful physiological antioxidant, which counteracts and reduces the consequences of free radicals, considered one of the most damaging factors for the integrity and functionality of tissues, with the consequent decrease in per-oxidation of the lipid constituents of cell membranes, aging and predisposition to develop pathologies. Fights peripheral neuropathy.
- **Harpagofito, Turmeric and Citrus:** Naturally helps in inflammatory processes.
- **Vitamins:** PROVIDES VITAMINS necessary for the body to combat the increase in free radicals and with this the causes of premature aging of the body, thanks to lipoic acid, which is a powerful antioxidant. In addition, it has all the vitamins that the body needs to function properly and keep you active all the time.
- **Vitamin B Complex:** The vitamin B complex intervenes in metabolic processes and improves the assimilation of nutrients in nerve cells.

#### INFORMATION ACTIVE INGREDIENTS

Per service: 2 capsules. Dose per container: 30 Servings.

	MG / 2 CAPS
R-LIPOIC ACID	300 MG
HARPAGOFITO ROOT D.E.	200 MG
TURMERIC RHIZOME D.E.	100 MG
CITRUS AURANTIUM FRUIT D.E.	100 MG
-BIOFLAVONOIDS	40 MG
VITAMIN B1	100 MG (9090% NRV)
VITAMIN C	80 MG ( 100% NRV)
PAPAIN	40 MG
VITAMIN B6	12 MG (856% NRV)
VITAMIN B12	100 µg (4000% NRV)

\*NRV%: NUTRIENT REFERENCE VALUES

#### FOOD SUPPLEMENT BASED ON R-LIPOIC ACID, PLANT EXTRACTS AND VITAMINS.

**PRESENTATION:** 60 Capsules.

**NET QUANTITY:** 42.5 g. **RECOMMENDED DAILY DOSE:** 2 capsules per day

**DIRECTIONS:** It is recommended to take 2 capsules a day with a glass of water.

**INGREDIENTS:** R-Lipoic Acid, bulking agent (microcrystalline cellulose), capsule (coating agent: hydroxy-propylmethylcellulose), dry extract of harpagophytum (Harpagophytum Procumbens, root), dry extract of turmeric (Curcuma Longa, rhizome), dry extract of Citrus aurantium (Citrus Aurantium, fruit, 40% bio-flavonoids), thiamine hydrochloride (Vitamin B1), L-ascorbic acid (vitamin C), papain, pyridoxine hydrochloride (vitamin B6), anti-caking agent (magnesium salts of fatty acids) and cyanocobalamin (b12 vitamin).

100%  
VEGAN

FOOD  
SUPPLEMENT

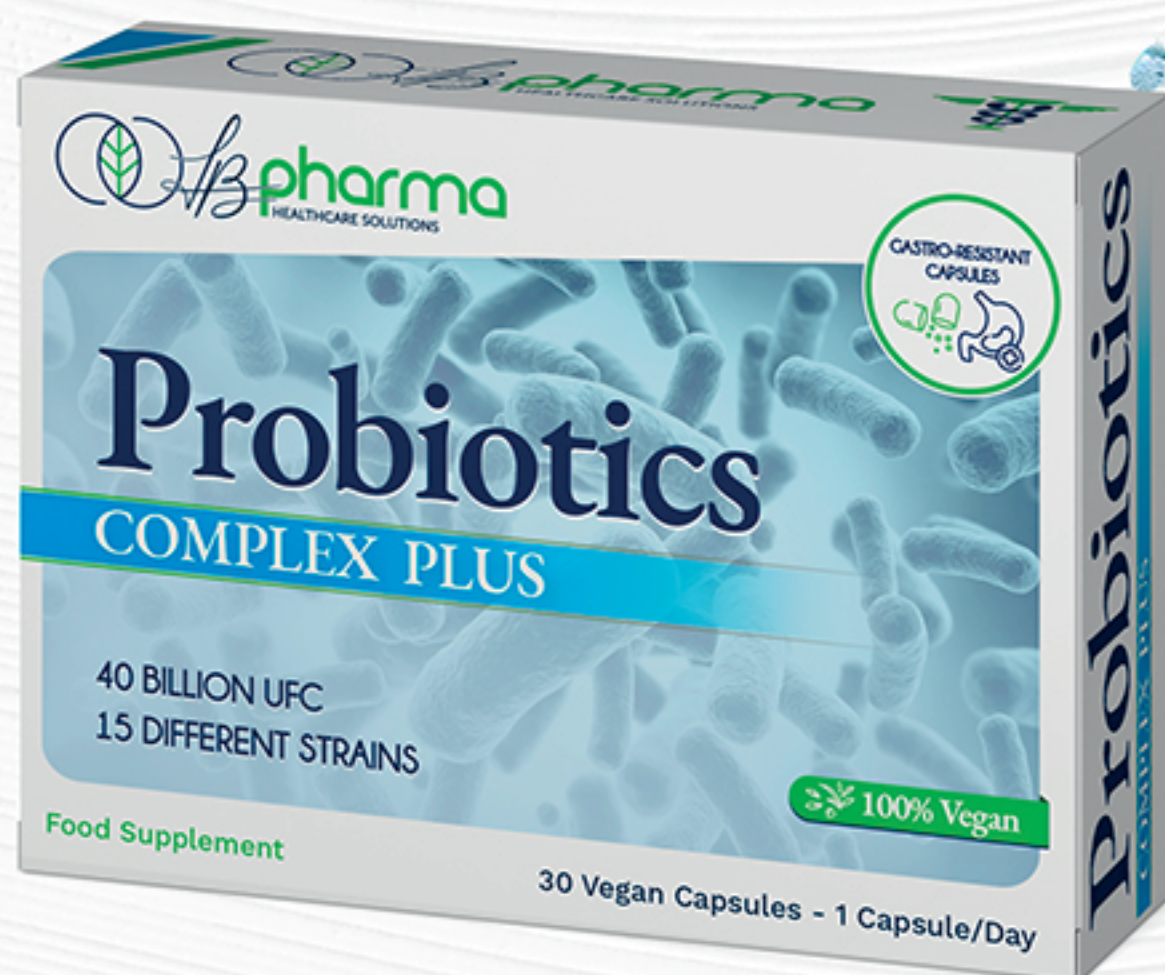
60  
V-CAPSULES

2 CAPSULES  
PER DAY

WITH  
R-LIPOIC  
ACID

HARPAGOPHITE  
CITRUS AURANTIUM  
TURMERIC | PAPAIN  
VITAMINS B1-  
C-B6-B12





100%  
VEGAN  
FOOD  
SUPPLEMENT

30  
V-CAPSULES  
1 CAPSULE  
PER DAY

40  
BILLONES UFC  
15 CEPAS  
DIFERENTES

# Probiotics

## COMPLEX PLUS

ACTIVATING OUR IMMUNE SYSTEM THROUGH OF THE MICROBIOTA

- WITH 40 BILLION CFU AND 15 DIFFERENT STRAINS

### Did you know?:

Our microbiota contains approximately 3 trillion cells, 10 times more than the number of human cells.

**Functions of the Microbiota:** Modulation of the CNS (gut-brain axis) | Fermentation of dietary fibers in AGCC | Fat storage | Intestinal angiogenesis | Development of the immune system | Vitamin synthesis | protection against pathogens

### Indications and clinical applications of probiotics:

- Antibiotic-associated diarrhea
- Diarrhea of viral origin
- Diarrhea associated with clostridium difficile
- Constipation
- Helicobacter pylori
- Irritable bowel syndrome
- Functional Dyspepsia
- Bacterial overgrowth
- Vulvovaginal infections
- Lactational mastitis
- Anxiety - Depression
- Atopic dermatitis
- Immune disease, infections
- Cardiovascular and metabolic disease
- Urinary tract infections

Our composition is one of the most complete on the market:

### INFORMATION ACTIVE INGREDIENTS

Per serving: 1 capsule.  
Dose per container: 30 Servings.

MIXTURE 15 PROBIOTIC STRAINS	266 MG
	1 CAPSULE (UFC)
BIFIDOBACTERIUM ANIMALIS SSP LACTIS LMG 18314	7,9 10 <sup>9</sup>
BIFIDOBACTERIUM BIFIDUM LMG 25628	3,9 10 <sup>9</sup>
BIFIDOBACTERIUM LONGUM LMG26652	8,0 10 <sup>9</sup>
LACTOBACILLUS ACIDOPHILUS LMG 8151	8,0 10 <sup>9</sup>
LACTOBACILLUS CASEI LMG 6904	3,9 10 <sup>9</sup>
LACTOBACILLUS FERMENTUM LMG 6902	3,9 10 <sup>9</sup>
LACTOBACILLUS GASSERI LMG 26661	3,9 10 <sup>9</sup>
LACTOBACILLUS HELVETICUS LMG 26307	3,9 10 <sup>9</sup>
LACTOBACILLUS PARACASEI LMG 7955	2,6 10 <sup>9</sup>
LACTOBACILLUS PLANTARUM LMG 26655	8,0 10 <sup>9</sup>
LACTOBACILLUS REUTERI LMG 9213	3,9 10 <sup>9</sup>
LACTOBACILLUS RHAMNOSUS LMG 25626	3,9 10 <sup>9</sup>
LACTOCOCCUS LACTIS LMG 27352	5,3 10 <sup>9</sup>
SACCHAROMYCES BOULARDII MUCL 53837	3,9 10 <sup>9</sup>
BACILLUS SUBTILIS NATTO LMG S-29373	3,9 10 <sup>9</sup>

### FOOD SUPPLEMENT BASED ON PROBIOTICS.

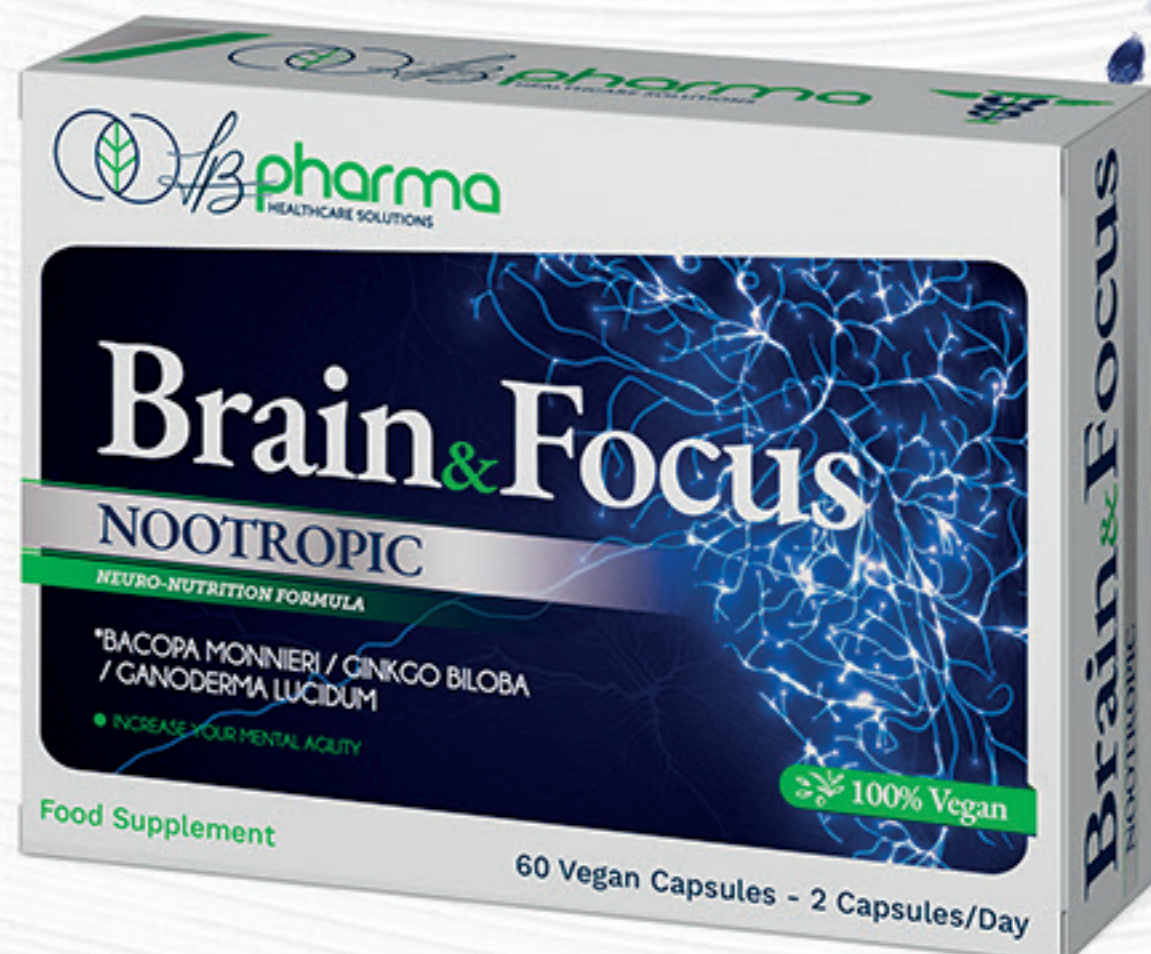
**PRESENTATION:** 30 Capsules. **NET QUANTITY:** 19.35 g.

**RECOMMENDED DAILY DOSE:** 1 capsule per day.

**DIRECTIONS:** Take 1 capsule a day with a glass of cold water.

**INGREDIENTS:** bulking agent (microcrystalline cellulose), mixture of 15 probiotic strains (Bifidobacterium animalis ssp lactis, Bifidobacterium bifidum, Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus fermentum, Lactobacillus gasseri, Lactobacillus helveticus, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus reuteri, Lactobacillus rhamnosus, Lactococcus lactis, Saccharomyces boulardii, Bacillus subtilis natto), capsule (bulking agent: hydroxypropylmethylcellulose) and anti-caking agent (magnesium salts of fatty acids).





# Brain & Focus

## NOOTROPIC

**\*BACOPA MONNIERI / GINKGO BILOBA  
/ GANODERMA LUCIDUM**

● **INCREASE YOUR MENTAL ACUITY**

### Did you know?:

Nootropics, also known as memory stimulants or cognitive enhancers, are dietary supplements that elevate certain human mental functions (the functions and capabilities of the brain) such as cognition, memory, intelligence, creativity, motivation, attention and concentration. They include peripheral vasodilator substances, vasoactive agents, brain activators, neurotransmitter activators, neuroprotectors, neuroregenerators, neuropeptides, hormones and vitamins. Nootropics work by altering the availability of neurochemical supplies in the brain (neurotransmitters, enzymes, and hormones), by improving or activating brain metabolism, or by stimulating neuronal growth (neurogenesis).

### Brain & Focus Benefits:

- **NOURISHES THE BRAIN:** 100% of natural origin for cognitive functions such as concentration, memory and motivation, the ideal morning boost to optimize your daily life.
- **FOR MEMORY:** A synergy of medicinal plants and herbs with known amino acids that help your cognitive abilities and learning and memory functions, providing everything your brain needs to perform intensely.
- **ATTENTION AND MENTAL CLARITY:** Greater mental activity, energy and effectiveness throughout the day, so that you can solve complex, difficult tasks and get the best out of yourself.
- **SUPPORTED BY SCIENTIFIC LITERATURE:**
  - **Bacopa Monnieri:** against stress and for cognitive agility.
  - **Ginkgo Biloba:** for memory, prevents aging and clots, and gives energy
  - **L-theanine:** for the production of alpha waves in the brain, concentration and relaxed energy

### INFORMATION ACTIVE INGREDIENTS

Per service: 2 capsules. Dose per container: 30 Servings.

	MG / 2 CAPS
LION'S MANE D.E. (HERICIUM ERINACEUS)	200 MG
GREEN TEA D.E. -L-TEANINE	250 MG 100 MG
BACOPA D.E.	400 MG
GINGKO BILOBA	240 MG
ANHYDROUS CAFFEINE	20 MG
VITAMIN B6	1,4 MG (NRV 100%)
VITAMIN B12	0,00125 MG (NRV 100%)
ASHAWAGANDHA D.E.	100 MG
REISHI D.E. (GANODERMA LUCIDUM)	100 MG

%NRV: NUTRIENT REFERENCE VALUES

### FOOD SUPPLEMENT BASED ON PLANT EXTRACTS AND VITAMINS.

**PRESENTATION:** 60 Capsules. **NET QUANTITY:** 49,6 g.

**RECOMMENDED DAILY DOSE:** 2 Capsules per day

**DIRECTIONS:** Take 2 capsules a day, preferably in the morning with a glass of water.

**INGREDIENTS:** Lion's Mane dry extract (Heridium erinaceus, mushroom), Green tea dry extract 40% teamina, Bacoba dry extract (Bacopa monnieri, herb), Ginkgo Biloba dry extract, leaf, Caffeine anhydrous, Vitamin B6 (pyridoxine hydrochloride), Vitamin B12 (cyanocobalamin), Antiaggregant (Microcrystalline cellulose), Antiaggregant (Magnesium stearate), Ashawagandha dry extract, root, REISHI dry extract (Ganoderma lucidum), Vegetable Capsule ( Bulking agent: hydroxypropylmethylcellulose)

**100%  
VEGAN**

FOOD  
SUPPLEMENT

**60  
V-CAPSULES**

2 CAPSULES  
PER DAY

**WITH  
BACOPA  
MONNIERI,  
GILKGO BILOBA &  
GANODERMA  
LUCIDUM**



## Care for You

Life Balance HealthCare Solutions



# Collagen **Collective®**

HYALURONIC ACID  
AND COENZYME Q10

WITH ELASTIN THAT PROVIDES RESISTANCE, FIRMNESS AND ELASTICITY TO THE SKIN

● HYDROLYZED MARINE COLLAGEN WITH HYALURONIC ACID AND COENZYME Q10

### Did you know?:

Marine collagen is nothing more and nothing less than a protein that we can find in the skin and scales of fish. It is essential for creating and regenerating skin and cartilage and has a multitude of benefits for our body. The most common way to add marine collagen is through hydrolysis, forming so-called "hydrolyzed collagen". That is, miniature collagen molecules so that they can be easily assimilated by our body. Each type of collagen can be used for different purposes, with marine collagen being the most used in terms of aesthetics and skin care.

### Benefits of Hydrolyzed Collagen with Elastin:

The main property of marine collagen is that it acts as a supplement to strengthen our dermis, hair and nails. But without a doubt, its star property is helping to combat the wrinkles that begin to appear on our skin. As we age, our dermis loses natural collagen and this causes the appearance of these expression lines. Marine collagen is a powerful ingredient to firm the skin and make it look smooth and beautiful. What are its properties then?

- Improves skin elasticity
- Provides firmness, combating sagging
- Moisturizes and nourishes in depth
- Regenerates our skin, restoring strength to the dermis
- Delays skin aging

In addition to our skin, marine collagen has many benefits for our hair and nails. Moisturizes hair from roots to ends, restoring vitality and strength. It keeps nails healthier, strengthens and gives flexibility, which prevents them from breaking easily.

#### INFORMATION ACTIVE INGREDIENTS

Per service: 3 capsules. Dose per container: 30 Servings.

	MG / 3 CAPS
COLLECTIVE® HYDROLYZED COLLAGEN	1800 MG
VITAMIN C	78 MG
COENZYME Q10	30 MG
HYALURONIC ACID	18,99 MG

\*NRV%: NUTRIENT REFERENCE VALUES

FOOD SUPPLEMENT BASED ON COLLAGEN AND ELASTIN  
PRESENTATION: 90 Capsules.

NET QUANTITY: 74,16 g.

RECOMMENDED DAILY DOSE: 3 Capsules per day

DIRECTIONS: Take 3 capsules a day, preferably in the morning with a glass of water.

INGREDIENTS: Hydrolyzed collagen of marine origin with COLLECTIVE® elastin, Vitamin C (Ascorbic acid), Coenzyme q10, Hyaluronic Acid, Microcrystalline cellulose, Magnesium stearate, Vegetable capsule (Charging agent: hydroxypropylmethylcellulose)

**MARINE  
ORIGIN**  
HYDROLYZED  
COLLAGEN

**90  
V-CAPSULES**  
3 CAPSULES  
PER DAY

**WITH  
HYALURONIC  
ACID AND  
COENZYME Q10**  
WITH ELASTIN  
**Collective®**



## Care for You

Life Balance HealthCare Solutions



# Vitamin D3

4000 IU (Cholecalciferol\*)

CONTRIBUTES TO THE MAINTENANCE OF THE NORMAL FUNCTION OF THE BONES AND JOINTS

SUPPORTS THE NORMAL FUNCTION OF THE IMMUNE SYSTEM

CONTRIBUTES TO IMPROVE CALCIUM ABSORPTION AND ITS BLOOD LEVELS

### Did you know?:

Does vitamin D3 affect our well-being and our mood? In it may lie the secret to obtaining a somewhat longer and better quality life, given that there are many beneficial properties that this nutrient provides us.

### Our composition:

- **VITAMIN D3 (CHOLECALCIFEROL):** Vitamin D3 is a nutrient belonging to the group of vitamins D. It is a fat-soluble vitamin that our skin generally synthesizes when exposed to the sun, although it can also be obtained through dietary supplements that compensate for the lack of this vitamin in the body. Its role is very important in the body, since without this vitamin the correct absorption of calcium or optimal blood coagulation is not possible.

### Benefits of vitamin D3:

Vitamin D3 provides us with numerous benefits for our health, starting with well-being and improving mood, areas in which it has a great impact. But in addition to this, this vitamin provides other benefits such as: Improves cognitive well-being / Helps the health of joints and bones / Prevents the appearance of osteoporosis / Reduces the risk of suffering from bone fractures.

### What vitamin D3 is for:

Broadly speaking, we could specify that vitamin D3 serves to: Control blood pressure / Regulate the functioning of the immune system / Monitor cell duplication and death (to combat aging) / Stabilize the transmission of nerve impulses / Assimilate and maintain the calcium and phosphorus in the skeletal system (bones and teeth) / Work on optimal blood coagulation.

100%  
VEGAN

FOOD  
SUPPLEMENT

30  
V-CAPSULES

1 CAPSULE  
PER DAY

4000 UI

(CHOLECALCIFEROL)

#### INFORMATION ACTIVE INGREDIENTS

Per service: 1 capsule.  
Dose per container: 30 Servings.

	MG / CAPSULE
VITAMIN D3	100 µg - 4000 UI (2000% NRV)

#### FOOD SUPPLEMENT BASED ON VITAMIN D3

**PRESENTATION:** 30 Capsules. **NET QUANTITY:** 13,5 g.

**RECOMMENDED DAILY DOSE:** 1 capsule per day.

**DIRECTIONS:** Take 1 capsule a day, preferably in the morning.

**INGREDIENTS:** Vitamin D3, Microcrystalline cellulose, Magnesium stearate and vegetable capsule (Bulking agent: hydroxypropylmethylcellulose).



## Care for You

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 **100% Vegan**

# Vitamin C

1g per Capsule

PROMOTES THE PROPER FUNCTIONING OF THE IMMUNE SYSTEM

IMPORTANT BIOLOGICAL ANTIOXIDANT

COUNTERACTS FATIGUE

### Did you know?:

Vitamin C is one of the best known nutrients. Popularly associated with the prevention of colds, it is a vitamin that offers important contributions to our health, in addition to being an essential nutrient for the metabolization of other vitamins and for many of our bodily processes.

### Our composition:

- **VITAMIN C:** Vitamin C is an essential nutrient for the proper functioning of our body and to enjoy an optimal state of health and protection against infections and diseases.

### Benefits of vitamin C:

One of the reasons why vitamin C is so important is because it participates in numerous essential processes for our body. One of the most important is healing, adequate consumption of vitamin C promotes skin healing due to the link of this nutrient with the production of collagen.

Due to its high antioxidant content, vitamin C is one of the most important allies in combating premature aging, due to its antioxidant capacity it helps combat the formation of free radicals. For this reason it is one of the most important vitamins for the skin and the general health of our body.

**100%  
VEGAN**  
FOOD  
SUPPLEMENT

**30  
V-CAPSULES**  
1 CAPSULE  
PER DAY

**1mg  
VITAMIN C**  
PER CAPSULE

#### INFORMATION ACTIVE INGREDIENTS

Per service: 1 capsule.  
Dose per container: 30 Servings.

	MG / CAPSULE
VITAMIN C	1000 MG (1250% NRV)

%NRV- Nutrient reference values

#### FOOD SUPPLEMENT BASED ON VITAMIN C.

**PRESENTATION:** 30 Capsules. **NET QUANTITY:** 33,9 g.

**RECOMMENDED DAILY DOSE:** 1 capsule per day.

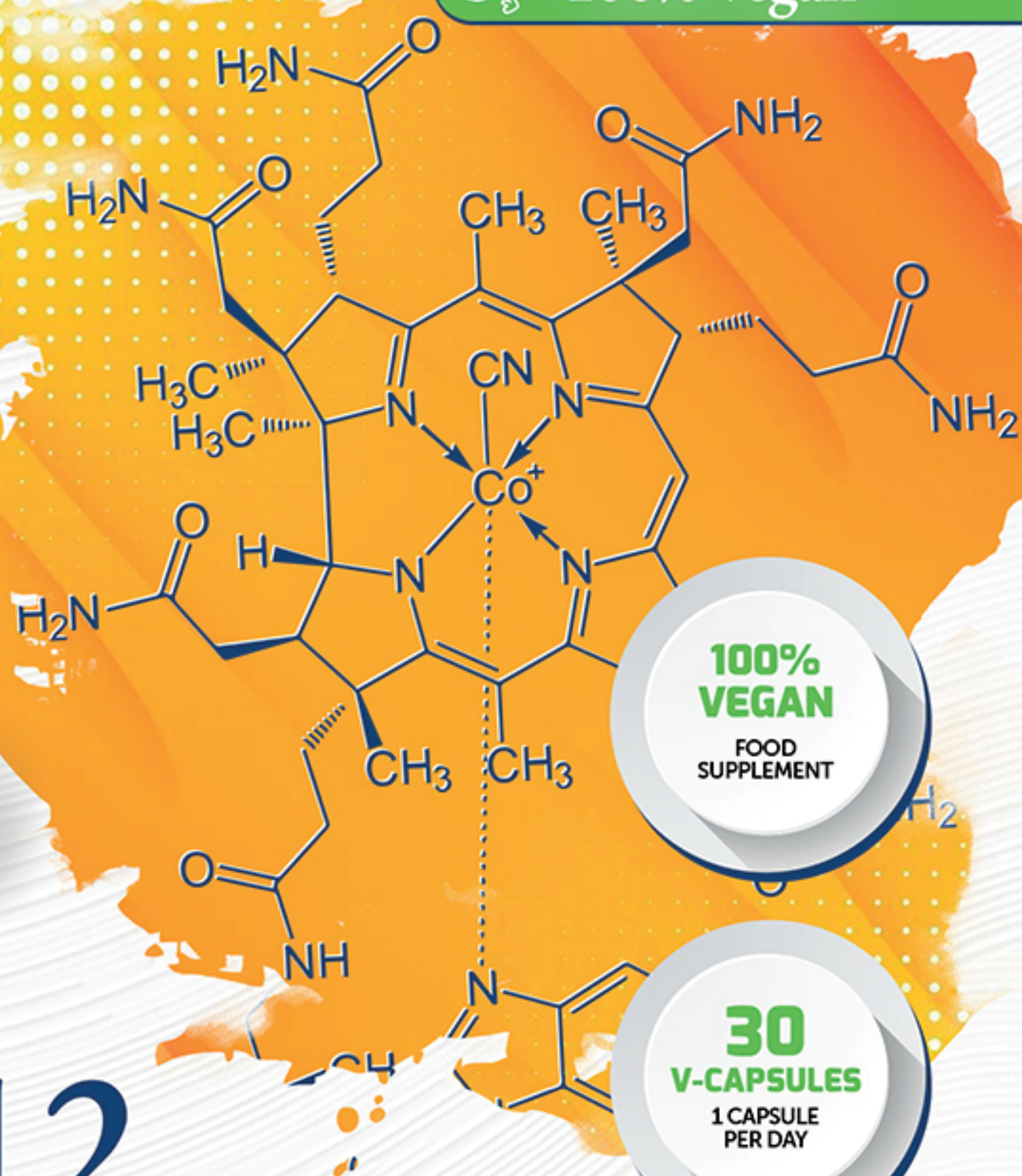
**DIRECTIONS:** Take 1 capsule a day, preferably in the morning.

**INGREDIENTS:** Ascorbic acid (Vitamin C), Magnesium stearate and vegetable capsule (Bulk-ing agent: hydroxypropylmethylcellulose).



**Care for You**

Life Balance HealthCare Solutions



 **100% Vegan**

**100%  
VEGAN**  
FOOD  
SUPPLEMENT

**30  
V-CAPSULES**  
1 CAPSULE  
PER DAY

**1000mcg  
VIT B12**  
PER CAPSULE

# Vitamin B12

**1000mcg / (METHYLCOBALAMIN)**

- \*MAINTAINS ENERGY LEVELS
- \*KEEPS NERVE CELLS HEALTHY
- \*CARDIOPROTECTOR

## Did you know?:

Vitamin for Tiredness, Fatigue, Immune System and Red Blood Cell Formation - Vitamin B12 contributes to normal energy metabolism, the immune system, normal nerve function, normal red blood cell formation, and the reduction of fatigue and fatigue. Properties confirmed by the European Food Safety Authority (EFSA).

## Benefits of vitamin B12:

- Helps reduce tiredness and fatigue
- An extra boost of energy for your daily life
- Suitable for vegans and vegetarians
- Take one (1) tablet a day, preferably in the morning or as directed by your specialist. The daily dose expressly recommended for this product should not be exceeded.
- Gluten-free, sugar-free and salt-free. Contains no starch, yeast, wheat, soy or dairy derivatives and is formulated without preservatives, flavorings or artificial colors

### ACTIVE INGREDIENTS

Per serving: 1 capsule.  
Serving per container: 30 Servings.

MCG / CAPSULE

**VITAMIN B12** 1000 µg VITAMIN B12 (40.000%NRV)

%NRV-nutrient reference values

### FOOD SUPPLEMENT BASED ON VITAMIN B12.

**PRESENTATION:** 30 Capsules. **NET QUANTITY:** 12,6g

**RECOMMENDED DAILY DOSE:** 1 capsule per day.

**DIRECTIONS:** Take 1 capsule a day, preferably in the morning.

**INGREDIENTS:** Bulking agent (microcrystalline cellulose), vegetable capsule (coating agent: hydroxypropylmethylcellulose), anti-caking agent (magnesium salts of fatty acids) and Methylcobalamin (Vitamin B12).



## Care for You

Life Balance HealthCare Solutions



# Vitamin E

268mg/400IU (DL ACETATE ALPHA TOCOPHERYL)

- \*FIGHTS INFECTIONS
- \*POWERFUL ANTIOXIDANT
- \*PROMOTES HEALING

### Did you know?:

Vitamin E is a series of fat-soluble substances with antioxidant effects. Thanks to its high bioavailability, the body absorbs it better and faster. According to the EFSA (European Food Safety Authority), vitamin E helps protect cells from stress oxidative.\*

### Benefits of vitamin B12:

- It is an antioxidant
- Help keep the immune system strong against viruses and bacteria.
- Helps form red blood cells and widens blood vessels to prevent blood from clotting inside them
- Helps the body use vitamin K

#### ACTIVE INGREDIENTS

Per serving: 1 cápsula.  
Serving per container: 30 Servings.

	MG / CAPSULE
VITAMIN E	268 MG VITAMIN E (2,223% NRV)

%NRV-Nutrient reference values

#### FOOD SUPPLEMENT BASED ON VITAMIN E.

**PRESENTATION:** 30 Capsules. **NET QUANTITY:** 22,2 g.

**RECOMMENDED DAILY DOSE:** 1 capsule per day.

**DIRECTIONS:** Take 1 capsule a day, preferably in the morning.

**INGREDIENTS:** Bulking agent (microcrystalline cellulose), vegetable capsule (coating agent: hydroxypropylmethylcellulose), anti-caking agent (magnesium salts of fatty acids) and DL-Alpha-Tocopheryl Acetate (vitamin E).

100%  
VEGAN  
FOOD  
SUPPLEMENT

30  
V-CAPSULES  
1 CAPSULE  
PER DAY

268mg  
VITAMIN E  
400IU  
PER CAPSULE



## Care for You

Life Balance HealthCare Solutions



# MultiVita

## Full Spectrum

\*WITH RESVERATROL (E.S. POLYGONUM CUSPIDATUM)

FORMULA WITH 13 VITAMINS AND 9 MINERALS

VITAMINS AND MINERALS HELP REDUCE TIREDNESS AND FATIGUE

METABOLIC ACTIVE FORMULA OF VITAMINS B1 - B2 - B6 - B12 AND FOLIC ACID

### Did you know?:

A multivitamin is a food supplement with a nutritional composition that contributes to the proper performance and functioning of the body.

The mission of these food supplements is to cover the vitamin deficiencies that a person presents at a specific time in their life. However, we must not forget that diet is key when it comes to satisfying them and multivitamins should only be used as a mere complement to add to a varied and balanced diet.

### When should you take multivitamins?:

Vitamin and mineral deficiency states, weight loss or vegetarian diets, lack of appetite, convalescence, situations of extraordinary wear and tear. To obtain optimal health and good physical shape we recommend a balanced diet, adequate rest, sports or physical activity. To obtain good physical shape and optimal health, the most important thing is to play sports, have a balanced diet and have adequate rest. However, sometimes it is necessary to add a vitamin complex when the person has suffered a mineral or vitamin deficiency for some reason.

### As a general rule, the intake of vitamin supplements is recommended in the following cases:

- Pregnant women and women who are breastfeeding due to iron deficiency
- When the person has followed a very restrictive diet with little caloric intake
- Growing adolescents and older people may need supplements to strengthen bones.
- In the case of vegetarians, vegans and people with allergies who avoid eating certain foods and cannot eat such a varied diet.
- Children who have a calcium and vitamin D deficiency
- Athletes who are subjected to hard training may need to consume some supplement to perform better.

#### INFORMATION ACTIVE INGREDIENTS x 1 CAP (mg)

Calcium carbonate (160 mg Ca) - 335mg (20% NRV) / Magnesium Oxide (75 mg Magnesium) - 113mg (20% NRV) / DL Acetate - alpha tocopherol (12 mg Vitamin E) - 24mg (100% NRV) / Vitamin C - Ascorbic acid - 80mg (100%VRN) / Ferrous sulfate (14 mg of Iron) - 40mg (100%VRN) / Zinc oxide (10 mg of Zinc) - 12.5mg (100%VRN) / Vitamin B3 - Niacin - 32mg (200% NRV) / Resveratrol (dry extract polygonum cuspidatum) - 20mg / Manganese Sulfate (2 mg manganese) - 7mg (100% NRV) / Vitamin B5 - AC. Pantothenic - 12mg (200% NRV) / Retinyl Acetate - Vitamin A (800 micro) - 5mg (100% NRV) / Copper sulfate (1 mg copper) - 2mg (100% NRV) / Sodium selenite (27.5 micrograms selenium) - 0.005mg (50% NRV) / Vitamin B6 (pyridoxine hydrochloride) - 2.8mg (200% NRV) / Folic acid (pteroylmonoglutamic acid) - 0.4mg (200% NRV) / Vitamin B12 (Cyanocobalamin) - 0.005mg (200% NRV) / Biotin - 0.05mg (100% NRV) / Vitamin B2 (Riboflavin) - 2.8mg (200% NRV) / Vitamin B1 (Thiamin) - 2.2mg (200% NRV) / Vitamin D (Cholecalciferol) - 0.005mg (100% NRV) / Vitamin K (Phylloquinone) - 0.0075mg (100% NRV) / Chromium Picolinate (Chromium 40 micrograms) - 0.3mg (100% NRV) / Potassium Iodide (Iodine) 150 micrograms) - 0.2mg (100% NRV).

#### FOOD SUPPLEMENT BASED ON VITAMINS AND MINERALS.

**PRESENTATION:** 30 Capsules. **NET QUANTITY:** 24,42 g.

**RECOMMENDED DAILY DOSE:** 1 capsule per day.

**DIRECTIONS:** Take 1 capsule a day, preferably in the morning.

**INGREDIENTES:** Calcium carbonate (160 mg Ca), Magnesium Oxide (75 mg Magnesium), DL Acetate - alpha tocopherol (12 mg Vitamin E), Vitamin C - Ascorbic acid, Ferrous sulfate (14 mg Iron), Zinc oxide (10 mg of Zinc), Vitamin B3 - Niacin, Resveratrol (dry extract polygonum cuspidatum), Manganese Sulfate (2 mg manganese), Vitamin B5 - AC. Pantothenic, Retinyl Acetate - Vitamin A (800 micro), Copper sulfate (1 mg of copper), Sodium selenite (27.5 micrograms selenium), Vitamin B6 (pyridoxine hydrochloride), Folic acid (Pteroylmonoglutamic acid), Vitamin B12 (Cyanocobalamin), Biotin, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Vitamin D (Cholecalciferol), Vitamin K (Phylloquinone), Chromium Picolinate (Chromium 40 micrograms), Potassium Iodide (Iodine 150 micrograms), Anti-caking Agent (Chromium Sterate magnesium) and Vegetable Capsule (Bulking agent: Hydroxypropylmethylcellulose).

100%  
VEGAN

FOOD  
SUPPLEMENT

30  
V-CAPSULES  
1 CAPSULE  
PER DAY

13  
VITAMINS  
9  
MINERALS



## Care for You

Life Balance HealthCare Solutions



**FISH OIL**

56% EPA + 23% DHA

**60 PEARLS**

1 - 4 PEARLS PER DAY

**NO REFLOW**

1G FISH OIL PER PEARL

# Omega 3

56% EPA + 23% DHA

EPA + DHA CONTRIBUTES TO THE MAINTENANCE OF LEVELS NORMAL TRIGLYCERIDES IN BLOOD AND NORMAL FUNCTIONING OF THE HEART.

DHA CONTRIBUTES TO THE MAINTENANCE OF FUNCTION NORMAL BRAIN

● 1G FISH OIL PER CAP / NO REFLOW

### Did you know?:

Omega-3 fatty acids are a type of polyunsaturated fat. We need these fats to strengthen neurons and for other important functions. These acids help keep the heart healthy and protected against stroke. They also help improve heart health if you already have heart disease.

### EPA Benefits

Particularly, EPA has positive effects on lipid metabolism, inflammatory processes, oxidative load, platelet aggregation, cell membrane functionality, vascular health, coronary health and the immune system, both innate and adaptive.

- **Lipid metabolism:** EPAs help maintain balanced levels between the different forms of cholesterol and maintain triglycerides at adequate levels.
- **Inflammation:** EPA has been shown in several clinical trials to reduce key markers of acute inflammation, including high-sensitivity C-reactive protein.
- **Antioxidant effects:** EPA stimulates the action of two antioxidant enzymes: Paraonase 1 and 2. This effect is particularly relevant in modulating the oxidation of lipids circulating in the blood.
- **Antiplatelet effects:** EPA directly influences correct blood coagulation, avoiding unnecessary thrombi.
- **Functionality and stability of the cell membrane:** EPA in particular helps preserve the structure of the membrane, promoting the normal distribution of cholesterol.
- **Regulation of the innate and adaptive immune system:** EPA is a precursor of metabolites such as resolvins 1-2-3-4, 18-hydroeicosapentaenoic acid or 12-17-18 epoxyeicosatetraenoic acid.

**What is DHA:** DHA is a fatty acid that is stored mainly in the phospholipids of cell membranes, and in particular neuronal membranes.

**Its participation in the nervous tissue:** DHA throughout pregnancy and the first years of life actively participates in the constitution and development of the nervous system. In recent years, it has been demonstrated that DHA plays a fundamental role in the preservation of nervous tissue, especially during aging.

### ACTIVE INGREDIENTS

Per service: 1-4 pearls.

	MG / 1 PEARL	MG / 4 PEARL
<b>FISH OIL</b>	1000 MG	4000 MG
OF WHICH EPA	560 MG	2240 MG
OF WHICH DHA	230 MG	920 MG

### FOOD SUPPLEMENT BASED ON OMEGA 3.

**PRESENTATION:** 60 Pearls.

**NET QUANTITY:** 74,16 g.

**RECOMMENDED DAILY DOSE:** 1 to 4 pearls.

**DIRECTIONS:** Take 1 to 4 capsules a day, preferably in the morning with a glass of water.

**INGREDIENTS:** Concentrated **FISH** oil standardized in Omega 3 (82%), edible gelatin (capsule shell); firming agent: glycerol; Antioxidant: extract rich in tocopherols.



## Care for You

Life Balance HealthCare Solutions



**OMEGA 3 +  
COENZYME Q10**  
56% EPA + 23% DHA  
+ 2,5% Q10

**60  
PEARLS**  
1 - 4 PEARLS  
PER DAY

**NO  
REFLOW**  
1G FISH OIL  
PER PEARL

# Omega Q10

OMEGA 3 + COENZIMA Q10  
56% EPA + 23% DHA + 2,5% Q10

EPA + DHA CONTRIBUTES TO THE MAINTENANCE OF LEVELS  
NORMAL TRIGLYCERIDES IN BLOOD AND  
NORMAL FUNCTIONING OF THE HEART.

COENZYME Q10 CONTRIBUTES TO PRODUCING ENERGY SO THAT  
CELLS GROW AND STAY HEALTHY

- 1G FISH OIL + 25MG Q10 PER CAP / NO REFLOW

### Did you know?:

Omega-3 fatty acids are a type of polyunsaturated fat. We need these fats to strengthen neurons and for other important functions. These acids help keep the heart healthy and protected against stroke. They also help improve heart health if you already have heart disease.

### EPA Benefits

Particularly, EPA has positive effects on lipid metabolism, inflammatory processes, oxidative load, platelet aggregation, cell membrane functionality, vascular health, coronary health and the immune system, both innate and adaptive.

- Lipid metabolism:** EPAs help maintain balanced levels between the different forms of cholesterol and maintain triglycerides at adequate levels.
- Inflammation:** EPA has been shown in several clinical trials to reduce key markers of acute inflammation, including high-sensitivity C-reactive protein.
- Antioxidant effects:** EPA stimulates the action of two antioxidant enzymes: Paraonase 1 and 2. This effect is particularly relevant in modulating the oxidation of lipids circulating in the blood.
- Antiplatelet effects:** EPA directly influences correct blood coagulation, avoiding unnecessary thrombi.
- Functionality and stability of the cell membrane:** EPA in particular helps preserve the structure of the membrane, promoting the normal distribution of cholesterol.
- Regulation of the innate and adaptive immune system:** EPA is a precursor of metabolites such as resolvins 1-2-3-4, 18-hydroeicosapentaenoic acid or 12-17-18 epoxyeicosatetraenoic acid.

**What is DHA:** DHA is a fatty acid that is stored mainly in the phospholipids of cell membranes, and in particular neuronal membranes.

**Its participation in the nervous tissue:** DHA throughout pregnancy and the first years of life actively participates in the constitution and development of the nervous system. In recent years, it has been demonstrated that DHA plays a fundamental role in the preservation of nervous tissue, especially during aging.

**Benefits of Coenzyme Q10:** Coenzyme Q10 (CoQ10) is an antioxidant that the body produces naturally. Your cells use CoQ10 for growth and maintenance. The body's CoQ10 levels decrease as you age. CoQ10 levels have also been found to be lower in people with certain conditions, such as heart disease, and in those taking cholesterol-lowering medications called statins.

### ACTIVE INGREDIENTS

Per service: 1-4 pearls.

	MG / 1 PEARL	MG / 4 PEARLS
FISH OIL	1000 MG	4000 MG
OF WHICH EPA	560 MG	2240 MG
OF WHICH DHA	230 MG	920 MG
COENZYME Q10	25 MG	75 MG

### FOOD SUPPLEMENT BASED ON OMEGA 3.

**PRESENTATION:** 60 Pearls.

**NET QUANTITY:** 74,16 g.

**RECOMMENDED DAILY DOSE:** 1 to 4 pearls.

**DIRECTIONS:** Take 1 to 4 capsules a day, preferably in the morning with a glass of water.

**INGREDIENTS:** Concentrated **FISH** oil standardized in Omega 3 (82%), capsule; jelly ; hardener: glycerin; colorant: iron oxides and hydroxides; coenzyme Q10; antioxidant: extract rich in tocopherol; emulsifier: lecithins.



## Care for You

Life Balance HealthCare Solutions



**100%  
VEGAN**  
FOOD  
SUPPLEMENT

**30  
V-CAPSULES**  
1 CAPSULE  
PER DAY

**250MG  
MAGNESIUM  
PER CAP**  
MAGNESIUM  
CITRATE

# Magnesium

250 mg / Cápsula (Citrato de Magnesio)

\*HELP THE RELAXATION AND NATURAL CONTRACTION OF THE MUSCLES

\*FOR THE NERVOUS SYSTEM IT WORKS AS A RELAXANT AND IN STRESS AND ANXIETY, IT IMPROVES SYMPTOMATOLOGY AND REDUCES INSOMNIA

### Did you know?:

Magnesium is necessary for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, supports a healthy immune system, keeps the heartbeat steady, and helps bones stay strong. It also helps adjust blood glucose levels. Helps in the production of energy and protein

### Properties and benefits

- **Magnesium for bones:** This nutrient contributes to their maintenance under normal conditions. Hence, magnesium is often used for bone pain or in conditions of wear and inflammation of bone structures. In this sense, some studies point to the possible benefits of magnesium for osteoarthritis. It has also been observed that people with a higher intake of this nutrient have more bone density, a determining factor in reducing the risk of bone fractures and osteoporosis.
- **Magnesium for teeth:** Magnesium and teeth are closely linked due to the role that this mineral plays, along with calcium, in their formation. In that sense, it is known that this nutrient contributes to the maintenance of teeth in normal conditions.
- **Magnesium for the brain:** Among the effects of magnesium on the brain, the fact that it is a vital mineral for normal psychological function stands out. That is, to be able to carry out cognitive processes such as attention, perception, memory, thinking, language and learning.
- **Magnesium for sleep:** Different studies suggest that magnesium helps you sleep and achieve a deep and restful rest. This is because this mineral contributes to the normal functioning of the nervous system and activates the mechanisms to calm and relax the body and mind.

#### ACTIVE INGREDIENTS

Per serving: 1 capsule.  
Serving per container: 30 Servings

	MCG / CAPSULE
MAGNESIUM SALT OF ACID CITRUS (MAGNESIUM CITRATE) (MIN. 30% MAGNESIUM)	250 MG MAGNESIUM (65.2% NRV*)

%NRV-nutrient reference values

#### FOOD SUPPLEMENT BASED ON MAGNESIUM.

**PRESENTATION:** 30 Capsules. **NET QUANTITY:** 28,8 g.

**RECOMMENDED DAILY DOSE:** 1 capsule per day.

**DIRECTIONS:** Take 1 capsule a day, preferably in the morning.

**INGREDIENTS:** Magnesium Salt of Citric Acid (Citrate Magnesium) (Min. 30% Magnesium), Acacia Gum (Acacia seyal Delile), Anti-caking Agent (Magnesium Salts of Acids Fatty), Transparent Vegetable Capsules No 00 [Hydroxypropylmethylcellulose (HPMC)].



## Care for You

Life Balance HealthCare Solutions



 **100% Vegan**

**100%  
VEGAN**

FOOD  
SUPPLEMENT

**90  
V-CAPSULES**

3 CAPSULES  
PER DAY

**1853MG  
POTASSIUM  
PER 3 CAPS**

GLUCONATE

# Potassium

**1853 mg/3Caps (Gluconate)**

**\*HELPS THE FUNCTION OF THE NERVES AND THE CONTRACTION OF THE MUSCLES AND HELP YOUR HEART RATE REMAIN CONSTANT**

**\*HELPS THE GOOD FUNCTIONING OF THE KIDNEY AND THE HEART, THE MUSCLE CONTRACTION AND NERVOUS TRANSMISSION**

### Did you know?:

Potassium is one of the most important electrolytes in your body, it is involved in blood pressure, nerves, muscle function and having a balanced balance of potassium in your body is very important.

### Properties and benefits

- **HIGH DOSAGE AND HIGH BIOAVAILABILITY:** Potassium gluconate is very well accepted by your body and your stomach tolerates it perfectly.
- **STUDIES:** Recent studies offer preliminary evidence that increasing potassium can prevent hardening of the arteries, a contributing factor to serious heart disease.
- **SUPPORTS NORMAL MUSCLE FUNCTION, NERVOUS SYSTEM AND BLOOD TENSION:** Potassium is a vital mineral and one of the most important electrolytes in the body. Much of the potassium is found in the muscles. According to EFSA, Potassium contributes to the maintenance of normal blood pressure, normal functioning of the nervous system and normal muscle function.\*
- **100% VEGAN AND WITHOUT ADDITIVES:** Our potassium capsules are made without additives, without genetic engineering and without ingredients of animal origin. Without magnesium stearates, separating agents, flavorings, colorants or stabilizers. Without gluten.

#### ACTIVE INGREDIENTS

Per serving: 3 capsules. Serving per container: 30 Servings.

MG / 3 CAPS

POTASSIUM GLUCONATE (MIN. 16.19% POTASSIUM)	1853,01 MG 300 MG POTASSIUM (15% VRN*)
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\*NRV%: NUTRIENT REFERENCE VALUES

#### FOOD SUPPLEMENT BASED ON POTASSIUM.

**PRESENTATION:** 90 Capsules. **NET QUANTITY:** 78,3 g.

**RECOMMENDED DAILY DOSE:** 3 Capsules per day.

**DIRECTIONS:** Take 3 capsules a day, preferably in the morning with a glass of water.

**INGREDIENTS:** Potassium Gluconate (Min. 16.19% Potassium), Bulking Agent (Microcrystalline Cellulose), Transparent Vegetable Capsules No 00 [Hydroxypropylmethylcellulose (HPMC)], Anti-caking Agent (Magnesium Salts of Fatty Acids) and Anti-caking Agent (Silicon Dioxide).





Care for You  
Life Balance HealthCare Solutions



ADVANCED  
FORMULA  
DIETARY  
SUPPLEMENT

30  
VEGAN  
CAPSULES  
1 CAPSULE  
PER DAY

SUPPORTS  
STRONGER,  
LONGER AND  
THICKER  
HAIR

# Vithair

## Beauty Series

**VITHAIR** is a daily, doctor-formulated hair nourishing supplement with clinically studied vegan ingredients to help keep hair stronger, longer and looking thicker. **VITHAIR** contains a blend of essential vitamins, minerals and herbs ideal for hair, plus a powerful super antioxidant complex that synergistically helps promote healthy hair growth, retention and follicle strength from the inside out.

**Suggested use:** Take one capsule daily or as directed by a healthcare professional. Suitable for people over 13 years old. Keep out of the reach of children.

**What's inside:** Clinical Strength 5000 mcg Biotin // Super Antioxidant Complex with Turmeric // Black Pepper Seed, Cayenne, Aloe Vera // Horsetail Extract // Rosemary // Stinging Nettle // Bacopa Monnieri Leaf Extract // Vitamin A, C, D3, B1, B2, B3, B5, B6, B12 // Niacinimide // Folic Acid // Zinc // Selenium

**Benefits:** Clean, effective, just 1 a day // Helps promote stronger, longer, thicker-looking hair // Can reduce hair shedding & thinning // May help improve follicle strength // Helps promote healthy scalp for optimal growth // Helps improve nail & skin health // Formulated for both women & men // For all hair types / textures + all ethnicities



## Care for You

Life Balance HealthCare Solutions



# Ubiquinol

## Q10 & B-COMPLEX

THE UNIQUE COMBINATION OF COENZYME Q10 AND GROUP B VITAMINS OFFERS A BOOST FOR GENERAL HEALTH AND OFFERS SUPPORT COMPLETE METABOLIC AND ENERGETIC.

### • ANTIOXIDANT WITH MAXIMUM ABSORPTION

Coenzyme Q10 and B vitamins are essential nutrients that play crucial roles in cellular metabolism and energy production.

Ubiquinol and ubiquinone are two forms of coenzyme Q10, ubiquinol can be more easily absorbed by the body, especially in older people or people with absorption problems. Coenzyme Q10 (CoQ10) and the B vitamins are essential nutrients that play crucial roles in cellular metabolism and energy production.

### Benefits of Ubiquinol:

- **Energy production**
- **Antioxidant**
- **Cardiovascular health**
- **Metabolism of carbohydrates, fats and proteins**
- **Nervous Function**
- **Suitable for vegan and vegetarian diets**
- **Athletes with high energy demands**

The unique combination of Coenzyme Q10 and B vitamins offers a boost to overall health and offers complete metabolic and energy support.

### Coenzyme Q10 (CoQ10): Energy Boost and Recovery

- **Energy Production:** Coenzyme Q10 is essential for energy production in the mitochondria, where most ATP, the form of energy used by cells, is generated.
- **Antioxidant:** Acts as an antioxidant, protecting cells from damage caused by free radicals.
- **Cardiovascular Health:** Plays a role in cardiovascular health by supporting heart function and improving circulation.

### Group B Vitamins: Metabolic and Energy Support

**Metabolism:** B vitamins, including B1, B2, B3, B5, B6, B7, B9 and B12, are essential for the metabolism of carbohydrates, fats and proteins.

**Energy Production:** They participate in the metabolic pathways that generate energy from nutrients.

**Nervous Function:** Several B vitamins are essential for the nervous system and neurotransmitter synthesis.

**Coenzyme Q10 and Group B Vitamins: The perfect combo.** The joint presence of Coenzyme Q10 and group B vitamins together offer complete metabolic and energy support. This unique combination maximizes energy efficiency, promoting sustained athletic performance, faster recovery and greater overall well-being, essential for any athlete seeking to consistently achieve their goals.

CoQ10 and B vitamin supplementation may be considered in cases of deficiency or specific needs, but should always be done under the supervision of a health professional. Both groups of nutrients play complementary roles in the body and are essential for overall health.

### ACTIVE INGREDIENTS

Per serving: 1 Capsule. Serving per container: 30 capsules.

	MG / 1 CAP
COENZYME Q10 UBIQUINOL 30%	222 MG
OF WHICH COENZYME Q10	66,6 MG
CHOLINE BITARTRATE 40%	50 MG
INOSITOL	50 MG
NIACIN	50 MG NE (*312,5%)
VITAMIN B6	12 MG (*857%)
VITAMIN B1	11 MG (*1000%)
PANTOTHENIC ACID	6 MG (*100%)
VITAMIN B2	1,4 MG (*100%)
FOLATE	200 µg (*100%)
VITAMIN B12	25 µg (*1000%)

\*NRV%: NUTRIENT REFERENCE VALUES

### FOOD SUPPLEMENT BASED ON COENZYME Q10 AND VITAMINS PRESENTATION: 30 Capsules.

**NET QUANTITY:** 74,16 g.

**RECOMMENDED DAILY DOSE:** 1 Capsule per day

**DIRECTIONS:** Take a capsule on an empty stomach

**INGREDIENTS:** Coenzyme q10 ubiquinol 30%, choline bitartrate, inositol, niacin, vitamin b6, vitamin b1, pantothenic acid, vitamin b2, folate, vitamin b12, Vegetable capsule (Charging agent: hydroxypropylmethylcellulose)

**Q10 +  
B-COMPLEX**  
FOOD  
SUPPLEMENT

**30  
CAPSULES**  
1 CAPSULE  
PER DAY

**ANTIOXIDANT  
WITH  
MAXIMUM  
ABSORPTION**