

NUTRICO:DE

Regain the life balance

All your actions are motivated by your needs. We live in incredibly intense times - High levels of stress, fatigue and pollution are inevitable companions of our daily lives. Add to this the difficulty in accessing natural, nutrient-rich products and the busyness of our lives and we have the ingredients to develop bad eating habits: Irregular meals, irregular sleep and a sedentary lifestyle. At Nutricode we care about you and we understand this new lifestyle. That's why we've joined forces to provide you with food supplements that will help you to regain your body's balance and normal functioning.



NEW



ASHWAGANDHA GUMMIES

FOOD SUPPLEMENT

- contains Ashwagandha, an adaptogenic plant, which supports resistance to stress, anxiety and insomnia
- contains vitamin D, which contributes to normal bones and the normal functioning of the immune system

120 g | 801065 | 30 GUMMIES

ESPRESSO SHOT GUMMIES

FOOD SUPPLEMENT

- combines taurine with caffeine, these two ingredients act in synergy, like an energy shot, to increase overall energy levels and improve physical and mental
- contains vitamin B12, which contributes to normal functioning of the nervous system (including the brain)

120 g | 801061 | 30 GUMMIES

NEW



APPLE CIDER GUMMIES

FOOD SUPPLEMENT

- contains apple cider vinegar and Ceylon cinnamon bark
- supports the proper functioning of the digestive system

120 g | 801059 | 30 GUMMIES

NEW



NEW



GINGERBIOTIC GUMMIES

FOOD SUPPLEMENT

- combines ginger with turmeric
- contributes to the normal functioning of the immune system
- turmeric is known to be a natural anti-inflammatory while ginger has bactericidal and antimicrobial properties

120 g | 801066 | 30 GUMMIES

NEW



HAIR SKIN NAILS GUMMIES

FOOD SUPPLEMENT

- vitamin B12, which plays a role in cell division (including skin cells)
- riboflavin, which, together with niacin, contributes to normal skin
- vitamin B6 supports the normal synthesis of cysteine, a crucial component found in the supplement, essential for collagen and keratin formation, vital for maintaining healthy skin, nails, and hair. Additionally, selenium aids in maintaining nail health and slows down the aging process

120 g | 801063 | 30 GUMMIES

SLEEP WELL GUMMIES

FOOD SUPPLEMENT

- contains melatonin
- melatonin helps regulate the circadian cycle and is essential for inducing sleep
- reduces the time it takes to fall asleep

120 g | 801064 | 30 GUMMIES

NEW



NUTRICOODE



COMFY RIDE GUMMIES

FOOD SUPPLEMENT



- helps reduce motion sickness
- suitable for use when traveling
- can be used by children from 6 years of age

120 g | 801062 | 30 GUMMIES



HEALTHY BONES GUMMIES

FOOD SUPPLEMENT



- contains vitamin D, which helps in the adequate absorption of calcium and phosphorus and maintaining normal blood calcium levels
- supports the maintenance of healthy bones and teeth
- suitable for children from 4 years of age

120 g | 801070 | 30 GUMMIES



O!MEGA GUMMIES

FOOD SUPPLEMENT

- contains ALA acid, which helps maintain normal blood cholesterol levels
- flaxseed oil is rich in Omega 3 and 6, which in addition to being natural anti-inflammatory, are essential for the development and maintenance of the central nervous system
- They are also important for reducing the symptoms of menopause and premenstrual syndrome

120 g | 801071 | 30 GUMMIES



VIT-D3 GUMMIES

FOOD SUPPLEMENT



- vitamin D3 is essential for the proper functioning of the human body
- can be used in children over 4 years of age
- contributes to the normal formation of healthy bones, essential especially during phases of intense growth

120 g | 801067 | 30 GUMMIES





STRONG MUSCLE GUMMIES

FOOD SUPPLEMENT

- combines BCAAs with vitamin D
- while vitamin D promotes hormonal balance and normal muscle function, amino acids provide energy to the muscles
- a perfect combination to increase muscle performance
- source of essential amino acids: Leucine, Isoleucine, Valine

120 g | 801069 |
30 GUMMIES

New design



EYE PROTECT GUMMIES

FOOD SUPPLEMENT

- contributes to normal vision
- we increasingly depend on our smartphone, tablet, or PC. Our vision suffers from excessive exposure to blue light. This supplement offers a combination of antioxidants that neutralise the effect of free radicals while nourishing the essential components for good vision
- contains Aztec Calendula that relieves eye inflammation

120 g | 801073 |
30 GUMMIES



ENERGY KICK GUMMIES

FOOD SUPPLEMENT

- combines caffeine with L-carnitine
- the synergistic action of these two ingredients results in greater energy
- reduction of immediate fatigue, greater physical and mental performance

120 g | 801068 |
30 GUMMIES



FIT LINE GUMMIES

FOOD SUPPLEMENT

- contains biotin, which contributes to the proper metabolism of nutrients
- contains CLA which has a thermogenic effect, increases metabolism and strength

120 g | 801075 |
30 GUMMIES



PROPOLIS GUMMIES

FOOD SUPPLEMENT

- contains vitamin C, which contributes to the normal functioning of the immune system
 - contains Equinacia, Elderberry, Propolis, and vitamin C
- contains a combination of ingredients known to strengthen the immune system and effective in treating colds and flu
 - can be used as an adjuvant in the treatment of respiratory infections



120 g | 801076 |
30 GUMMIES

PERFECT SLIM GUMMIES

FOOD SUPPLEMENT

- contains chromium, which helps maintain normal nutrient metabolism and normal glucose levels
- combines green coffee with Malabar tamarind, raspberry ketones, and chromiums
- a combination of ingredients that promote the burning of body fat mass, accelerates metabolism, and weight loss

120 g | 801074 |
30 GUMMIES



VIT-COMPLETE GUMMIES

FOOD SUPPLEMENT

- contains vitamins B complex
- vitamin C, which contributes to the proper functioning of the immune system
- niacin, which helps maintain healthy skin
- vitamin B12, which helps maintain normal mental function

120 g | 801072 |
30 GUMMIES



BEAUTY DETOX NEW GENERATION

NEW



44,7 g | 801079 |
60 CAPSULES

FOOD SUPPLEMENT

- new formula, now enriched with the benefits of Kelp, Chlorella, and Hyaluronic Acid..
- KELP extract can reduce the absorption of carbohydrates and fat, while providing micronutrients that promote the proper functioning of the immune system. It also has anti-inflammatory properties.
- chlorella is algae rich in micronutrients such as potassium, iron, calcium, magnesium and zinc; vitamins A, C, E, K1, B complex vitamins and carotenoids. It is a superfood that helps improve performance, delays fatigue and tiredness, reduces inflammation and swelling.
- hyaluronic acid is important for keeping the skin young and healthy, as it hydrates, provides more elasticity, and reduces wrinkles.
- an increase in Spirulina content. Spirulina helps control hunger, while providing a wealth of essential antioxidants to control oxidation in the body. Improves vitality and reduces the feeling of fatigue and tiredness.
- collagen was replaced by the hydrolysed version, which allows better absorption. It is an essential ingredient to preserve the good condition of the joints and the firmness of the skin.
- vitamin C, from a natural source, contributes to the normal functioning of the skin and promotes the natural production of collagen.



IDEAL SHAPE NEW GENERATION

NEW



26,2 g | 801078 |
60 CAPSULES

FOOD SUPPLEMENT

- new formula! Without stimulant substances, a safe and effective thermogenic!
- enhanced blend with the addition of Chromium, Ceylon Cinnamon, Vitamin B6, and L-Carnitine
- chromium contributes to the normal metabolism of macronutrients and the maintenance of normal blood glucose levels. It also helps reduce your appetite for sweet foods
- Ceylon cinnamon's hypoglycaemic properties assist in lowering blood sugar levels, which promotes faster burning of body fat
- vitamin B6 helps control hunger associated with peaks of anxiety and stress
- L-Carnitine promotes energy production at the expense of fat utilisation. This accelerates fat burning even at rest and promotes better energy levels
- Zinc is a strong natural antioxidant and anti-inflammatory that helps keep the body younger and in metabolic balance. It is also important in hormonal balance

NEW

NUTRICODE



SLIM BODY SYSTEM NEW GENERATION

FOOD SUPPLEMENT

This new version includes: Vitamin B6 which promotes the proper functioning of the nervous system and thus reduces the need for emotional compensation/hunger. The chromium dosage was adjusted to promote the reduction of cravings (appetite for sweets). Glucmannan originates from natural sources, enhancing its tolerance, digestion, and effectiveness in reducing physical hunger by filling the stomach.

- New image
- Improved flavour
- Greater efficiency

360 g | 801158 |
90 SACHETS



FIT6
NUTRICODE



INNER BALANCE NEW GENERATION

FOOD SUPPLEMENT

- **SACHETS FOR THE DAY:** The product was enriched with Vitamin B6. Vitamin B6 helps to keep the balance in the nervous system. As a result, you feel less "emotional" hunger by reducing the compensation needs associated with peaks of stress or anxiety. Dosages of other components were also adjusted, such as centifolia rose extract and nettle extract, which promote greater product tolerability and effective results.
- **EVENING SACHETS:** The old capsules were replaced by sachets to dissolve in water. This concept improves the absorption and use of the product ingredients. We adjust ingredients such as magnesium, which is important for promoting quality sleep. Associated with jasmine, a plant known for its calming properties. A quality sleep is essential when the goal is to balance your metabolism.

- New image
- More compact packaging
- Product in individual sachets, which makes it more practical

405 g | 801157 |
90 SACHETS

THE ANSWER TO ALL YOUR BODY'S NEEDS

ALOE VERA

FOOD SUPPLEMENT

Reduce chronic tiredness and fatigue with the mildness and power of aloe vera encapsulated in Aloe Vera Nutricode. Perfectly selected and combined ingredients can also improve the functioning of the immune and nervous systems, as well as maintain psychological functions.

- A composition of aloe vera concentrate, proteolytic enzyme - papain and a complex of carefully selected vitamins
- Active compounds of vitamin C, niacin, pantothenic acid, riboflavin, vitamin B6, and vitamin B12 support energy metabolism, reducing tiredness and fatigue
- Vitamin C and B vitamins help care for the immune and nervous systems
- ALOE VERA reduce the constipation. It helps lubricate the intestine, which promotes normal bowel function

29 g | 801156 | 60 CAPSULES



MACA

FOOD SUPPLEMENT

This supplement may improve the maintenance of proper testosterone levels in the blood and protect against oxidative stress. It supports fertility and reproductive functions.

- Maca root powder, also known as Peruvian ginseng, as well as oyster concentrate and royal jelly
- The powerful antioxidant Vitamin E supports the reduction of oxidative stress
- Zinc, affects the maintenance of adequate testosterone levels

36 g | 801155 | 60 CAPSULES



RED CLOVER

FOOD SUPPLEMENT



Capsules are packed with the full potency of red clover, providing benefits for healthy hair, skin, and nails! The capsules contain red clover extract, an excellent source of isoflavones, also known as phytoestrogens.

- A perfect composition of ingredients that cares for the health of your hair, skin, and nails
- Contains zinc, selenium, and biotin, which provide strong support for hair, skin, and nails
- Vitamin B5 contributes to the reduction of tiredness and fatigue
- Helps reduce symptoms of hormonal imbalances such as premenstrual symptoms or during the menopause phase

17 g | 801154 | 30 CAPSULES

THE ANSWER TO ALL YOUR BODY'S NEEDS



VITAMINS B COMPLEX

FOOD SUPPLEMENT

- includes thiamine, niacin, and vitamins B6 and B12. These support the nervous system function
- folic acid and pantothenic acid reduce tiredness and weariness
- riboflavin supports good vision
- biotin helps maintain healthy skin and hair

18 g | 30 CAPSULES
801144 |



VIT-D3

- supports the immune system, reducing susceptibility to bacterial and viral infections
- plays an important role in preventing depression and insomnia
- helps maintain healthy teeth and bones and a healthy weight

VIT-D3 CAPSULES

FOOD SUPPLEMENT

11 g | 30 CAPSULES
801107 |



CALCIUM

FOOD SUPPLEMENT

- Assists in the proper functioning of the nervous system
- Improves blood clotting processes
- supports muscle function

89 g | 120 CAPSULES
801141 |



MAGNESIUM FORTE 400 MG

FOOD SUPPLEMENT

- supports muscle function, strengthening by day and relaxing at night
- helps maintain healthy teeth and bones
- improves energy metabolism, reducing the feeling of weariness
- improves nervous system function, promotes well-being

22 g | 30 CAPSULES
801106 |

THE ANSWER TO ALL YOUR BODY'S NEEDS



HIGHEST QUALITY
KANEKA UBIQUINOL™
DERIVED FROM YEAST
FERMENTATION

Q10 UBIQUINOL

FOOD SUPPLEMENT

- contains coenzyme Q10 in the active form of ubiquinol
- supports circulatory, immune, and nervous system function
- improves metabolism
- has anti-ageing properties

18 g | 30 CAPSULES
801149 |



OMEGA-3

FOOD SUPPLEMENT

- supports the nervous system and maintains mental fitness
- contributes to the maintenance of proper vision
- supports the circulatory system, including the heart
- regulates blood cholesterol levels
- helps strengthen the immune system

82 g | 60 CAPSULES
801142 |



FOR SHARP VISION

VISION

FOOD SUPPLEMENT

Supports the proper functioning of vision.

- lutein, zeaxanthin, and coenzyme Q10 improve visual acuity during the day, acting as a natural filter, while extracts of chokeberry, bilberry, and Chinese schisandra as well as beta-carotene help after dark, when tiredness can weaken and impair vision
- vitamin C improves the synthesis of collagen - a building component of the vitreous of the eye
- zinc and vitamin B2 help maintain good eyesight, supported by L-arginine with properties that improve circulation and blood sugar levels

41,5 g | A 30-DAY SYSTEM
60 CAPSULES | 801113 |



FOR A STRONG HEART AND CIRCULATORY SYSTEM



CHOLESTEROL

FOOD SUPPLEMENT

- taurine helps reduce total cholesterol, LDL cholesterol, and triglycerides
- turmeric and chokeberry extracts support proper liver function
- L-arginine reduces weight and blood pressure
- inositol, lipoic acid, coenzyme Q10, and B vitamins improve metabolism

45,7 g | A 30-DAY SYSTEM
60 CAPSULES | 801111 |



HEMOGLOBIN

FOOD SUPPLEMENT

- nettle and fenugreek extracts, riboflavin, methionine, and iron help in the proper production of red blood cells, copper and manganese improve red blood cell circulation
- chokeberry extract improves blood circulation
- rosehip extract strengthens blood vessels
- red beet extract with spirulina ease anaemia
- folic acid and vitamins B2, B6, and B12 have a positive effect on the metabolism of homocysteine

43,5 g | A 30-DAY SYSTEM
60 CAPSULES | 801112 |



REISHI EXTRACT

FOOD SUPPLEMENT

- a comprehensive food supplement based on ancient Chinese medicine that is still used today
- carefully selected ingredients strengthen immunity, improve the functioning of the circulatory system, and help maintain the proper level of cholesterol

26 g | 60 CAPSULES
801143 |



ASTAXANTHIN

FOOD SUPPLEMENT

- effective in preventing cardiovascular diseases and disorders
- vitamin E is an important antioxidant, helps to protect cells against oxidative stress

20 g | 30 CAPSULES
801140 |

TO MAINTAIN A GOOD PSYCHOPHYSICAL CONDITION AT ALL TIMES



GOOD MORNING

FOOD SUPPLEMENT

- rhodiola rosea, magnolia berry and Siberian Ginseng improve brain function, concentration, memory, learning, and increase resistance to stress
- highly absorbable organic magnesium and B vitamins support proper psychophysical activity during the day

23,9 g | A 30-DAY SYSTEM
30 CAPSULES | 801114 |



GOOD NIGHT

FOOD SUPPLEMENT

- L-tryptophan is used in insomnia and for gloominess
- magnesium and vitamin E relieve tension and fatigue
- valerian, passion flower, and extracts of lavender flowers and hop cones soothe and relax

23,4 g | A 30-DAY SYSTEM
30 CAPSULES | 801115 |



GOOD MOOD TEA

FOOD SUPPLEMENT

DAY WELL-BEING

- caffeine contained in guarana naturally energises
- ginseng, Japanese ginkgo, and small-leaved bacopa synergistically support proper circulation, brain function, and cognitive abilities, including memory and concentration
- peppermint supports digestive processes and reduces discomfort after eating
- ginger, green tea, rowan, and liquorice alleviate inflammatory responses by strengthening the immune system

NIGHT CALM

- lemon balm and lavender soothe nervous tension and irritability, making it easier to fall asleep
- verbena, nettle, and fennel reduce digestive discomfort at the end of the day and support the removal of unnecessary metabolic products from the body
- hawthorn supports the circulatory system, and hibiscus, chamomile, and cistus support the immune system

2 x 62,5 g | TEA Eco Bags:
25 x DAY WELL-BEING
25 x NIGHT CALM
801109 |



TO MAINTAIN A GOOD PSYCHOPHYSICAL CONDITION AT ALL TIMES



GINKGO BILOBA

FOOD SUPPLEMENT

- ginkgo biloba extract improves blood flow to the brain and is considered a strong antioxidant
- improves memory and concentration
- supports cognitive functions
- supports the nervous system and the proper functioning of the eyes and ears

11 g | 801148 |
30 CAPSULES



GINSENG 500 MG

FOOD SUPPLEMENT

- Panax ginseng root extract is known for its amazing effect on vitality and the immune system
- reduces the feeling of tiredness and weariness
- supports the maintenance of physical and mental fitness

15 g | 801151 |
30 CAPSULES



MEMORY

FOOD SUPPLEMENT

- created from valuable amino acids, plant extracts, and micronutrients
- improves concentration, well-being, and cognitive functions
- allows for the control of key neurotransmitters
- supports the work of the nervous system

18 g | 801123 |
30 CAPSULES



ASHWAGANDHA 500 MG

FOOD SUPPLEMENT

- reduces stress and anxiety
- improves fertility and sexual performance
- supports cognitive functions, such as perception, memory, and concentration
- visibly increases the body's performance and accelerates its regeneration

17 g | 801108 |
30 CAPSULES



FOR PROPER DIGESTION



PROBIOTIC PROTEIN COCKTAIL

FOOD SUPPLEMENT

- combination of high-quality protein concentrate and bacteria with probiotic properties
- supports the natural bacterial flora and improves the digestibility of nutrients and reduces the feeling of hunger
- suitable for individuals engaged in strength and endurance sports

180 g | 1 SACHET - 18 G |
10 SACHETS | 801152 |



DIGESTIVE

FOOD SUPPLEMENT

- contains enzymes obtained in the fermentation process - amylase, protease, cellulase, lactase, and lipase - which supports the digestion of sugars, proteins, and fats, breaking them down into an easily digestible form, guaranteeing a feeling of lightness even after a meal
- improves digestive comfort
- provides support for digestive syndromes and food intolerances

36,5 g | 801122 |
90 CAPSULES

TO STRENGTHEN IMMUNITY



COLOSTRUM EXTRA IMMUNITY

FOOD SUPPLEMENT

- lactoferrin provides nutrients and antibacterial protection
- proline-rich peptides (PRP) support the development of the immune system, while vitamins B6, C, and D and zinc support its proper functioning
- proteins contain essential amino acids, a building block of the immune system
- immunoglobulins alleviate the progress of many systemic diseases and support active immunity to protect against infections
- spirulina is characterised by a high content of complete protein, organic micronutrients, including the valuable γ -linolenic fatty acid (GLA) and bioavailable iron

19.4 g, 22.2 g | A 30-DAY SYSTEM
2 x 30 CAPSULES | 801034 |



SILVER PRO ADVANCED FORMULA

- use of colloidal silver for health purposes dates back to the 19th and 20th centuries
- due to its bactericidal, antiviral, and antifungal properties, it was used primarily in the treatment of diseases caused by microorganisms

250 ml | 501023 |

TO STRENGTHEN IMMUNITY



LIPOSOMAL VITAMIN C

FOOD SUPPLEMENT

- created using a unique technology developed in order to increase longevity and efficiency as well as absorption without loss through of biological membranes
- contains the most absorbable form of vitamin C (coated with plant phospholipids), which is perfectly absorbed, reaching the target cells directly

48 g | 60 CAPSULES
801146 |



IMMUNITY

FOOD SUPPLEMENT

- quercetin and flavones in the Baikal skullcap have anti-inflammatory properties and regulate the work of the immune system
- adaptogenic rhodiola rosea extract improves the body's ability to react to stress
- black pepper and angelica extracts increase the effectiveness of the individual ingredients in the substance and have a bacteriostatic effect

43,9 g | A 30-DAY SYSTEM
60 CAPSULES | 801110 |

ETERNAL YOUTHFULNESS OF SKIN AND ATTAINMENT OF YOUR DESIRED BODY



SLIM BODY SYSTEM

FOOD SUPPLEMENT

- glucomannan expands in the stomach, giving a feeling of fullness, when used with a low-calorie diet, supports the loss of excess kilograms
- chromium contributes to the maintenance of normal blood glucose levels and improves metabolism of macronutrients

360 g | A 30-DAY SYSTEM
90 SACHETS | 801104 |



INNER BALANCE

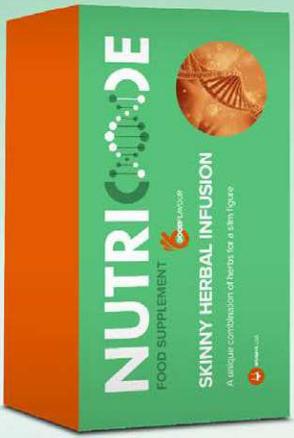
FOOD SUPPLEMENT

- Centifolia rose flower extract supports the physiological processes of elimination of metabolic products and helps maintain the acid-base balance
- zinc strengthens the immune system and protects cells against oxidative stress
- calcium is responsible for proper energy metabolism and the functioning of digestive enzymes
- magnesium and iron reduce the feeling of tiredness and fatigue
- potassium and copper support the nervous system
- nettle extract supports the elimination of excess water from the body
- extracts of lemon balm and hops help you fall asleep, and by providing a good night's sleep, contribute to further reducing the acidity of the body

270 g, 30 g | A 30-DAY SYSTEM
60 SACHETS + 60 CAPSULES
801301 |



ETERNAL YOUTHFULNESS OF SKIN AND ATTAINMENT OF YOUR DESIRED BODY

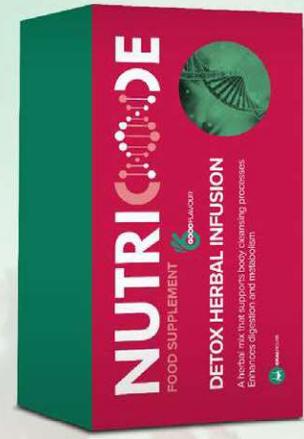


SKINNY HERBAL INFUSION

FOOD SUPPLEMENT

- dandelion root supports liver function and digestive processes
- corn silk, spine root and the hibiscus flower support the removal of excess water from the body, and with it unnecessary metabolic products, supporting the strive for a slim figure
- rose hip is a rich source of vitamin C

75 g | 801102 |



DETOX HERBAL INFUSION

FOOD SUPPLEMENT

- hibiscus flower supports the proper metabolic process and the removal of excess water from the body
- green tea leaf is an excellent antioxidant, also supports digestive enzymes, and improves metabolism
- Asian pennywort and sea buckthorn fruit support the circulatory system and improve body function
- cranberry fruit supports proper cleansing of the body of unnecessary metabolic products

75 g | 801101 |



ETERNAL YOUTHFULNESS OF SKIN AND ATTAINMENT OF YOUR DESIRED BODY



DRENA PLUS

FOOD SUPPLEMENT

- white bean fruit extract supports the removal of excess water from the body and urinary system function
- extracts of birch leaf and dandelion root (supports liver and gall bladder function) help to cleanse the body of unnecessary metabolic products
- horsetail herb extract perfectly regulates and supports the body's water balance
- orthosiphon leaf is one of the most famous herbs in folk medicine, it regulates the removal of excess water from the body

480 ml | A 30-DAY SYSTEM
801201.02 |



ACTIVE BURN FAT KILLER

FOOD SUPPLEMENT

- L-carnitine is a substance that occurs naturally in the body and speeds up the fat burning process
- pineapple, papaya, and guarana extracts aid digestion through the proper metabolism of fats and carbohydrates
- dandelion root and milk thistle seed extracts help to remove excess water along with metabolic waste products that are unnecessary for the body, aids in maintaining a healthy body weight
- Asiatic Pennywort herb and grape extracts support the synthesis of collagen and elastin responsible for proper firmness and elasticity of the skin
- bitter orange extract - a source of potassium and soluble fibre - due to its low glycaemic index, it maintains a normal, physiological metabolic rate, especially of fats, complementing the action of all the above-described ingredients

480 ml | A 30-DAY SYSTEM
801412 |



IDEAL SHAPE

FOOD SUPPLEMENT

- young barley, thanks to its high fibre content reduces the absorption of fats and supports digestion, an irreplaceable support for the body in the process of losing weight and maintaining a healthy weight
- green tea contributes to the improvement of general health, but also helps to lose weight - the high concentrations of theine and catechin polyphenols, accelerate the metabolic rate during rest, which in turn allows you to burn more calories
- marine collagen - highly purified and obtained in pharmaceutical standards - visually reduces wrinkles, slows down the ageing process of the skin and improves hydration, making the skin soft and elastic
- zinc aids in maintaining proper metabolism of carbohydrates and a balance of the acid-base, also contributes to the good condition of hair, skin, and nails

26.2 g | A 30-DAY SYSTEM
60 CAPSULES | 801024 |



BEAUTY DETOX

FOOD SUPPLEMENT

- spirulina is a unique algae, included in the top 10 super-products, which contains 3 times more protein than meat (approx. 70%) and more calcium than milk; it is one of the richest sources of chlorophyll, beta-carotene, and nucleic acids among all foods of both animal and plant origin - it cleans the liver and kidneys of toxins, deacidifies the body, and lowers the level of bad cholesterol, and its phenylalanine content improves digestion and reduces appetite
- natural sea collagen obtained from non-farmed salmon - an ingredient of exceptional purity and concentration - guarantees the delay of skin ageing, improves skin hydration, and reduces the visibility of wrinkles; additionally inhibits inflammation that often leads to damage, pain, and loss of joint functionality

44.7 g | A 30-DAY SYSTEM
60 CAPSULES | 801014 |

ETERNAL YOUTHFULNESS OF SKIN AND ATTAINMENT OF YOUR DESIRED BODY



HAIR

FOOD SUPPLEMENT

- an excellent aid in hair revitalisation
- bioactive ingredients support hair growth, nourishment, and strengthening
- highly recommended for weak hair prone to hair loss

46,6 g | 801150 | 60 CAPSULES

CELLUFIGHT

LASTS UP TO 4 MONTHS

FOOD SUPPLEMENT

- turmeric extract supports cleansing the body and maintaining proper fat metabolism, which reduces the signs of cellulite and increases the feeling of satiety
- Asiatic Pennywort extract helps keep the skin supple and elastic, as well as maintains the proper structure of adipose tissue
- Indian nettle extract contains forskolin, which, by influencing the metabolic processes of fats, supports the maintenance of a healthy body weight and visibly reduces the look of orange peel skin
- melilot and horse chestnut extracts maintain optimal blood circulation, which is one of the key conditions for smoothing cellulite

46,9 g | A 120-DAY SYSTEM
120 COATED TABLETS
801036.02 |

FOR MEGA STRENGTH AND SUPER ENERGY



COLLAGEN PRO FLEX STRENGTH SYSTEM



FOOD SUPPLEMENT

- highly purified marine collagen, obtained in pharmaceutical standards, is the main building material of the tendons and cartilage that make up the joints
- vitamin C helps in proper collagen production
- Baikal skullcap is a strong antioxidant, effectively supports the protection of joints, tendons and muscles
- vitamin D supports muscle function, which plays a significant role in joint function
- calcium is needed to maintain healthy bones
- glucosamine sulphate is an important precursor to a number of biomolecules, including chondroitin, one of the main components of joint cartilage

13.93 g, 15.22 g | A 30-DAY SYSTEM
2 X 30 CAPSULES | 801018 |



VITALITY BOOST

FOOD SUPPLEMENT

- chromium helps maintain proper glucose levels in the blood
- selenium helps protect cells against oxidative stress
- Iron plays a role in the transportation of oxygen throughout the body
- black pepper piperine supports digestion and absorption of nutrients
- niacin, pantothenic acid, and riboflavin, strengthened with guarana caffeine and green tea then, contribute to reducing the feeling of tiredness and fatigue
- pantothenic acid aids mental fitness
- B vitamins take care of the nervous system
- thiamine is responsible for the proper heart function
- vitamin E helps protect cells against oxidative stress

300 g, 48 g | A 30-DAY SYSTEM
30 SACHETS + 60 COATED TABLETS | 801302 |



An innovative **DIET PROGRAMME**
natural weight loss without the yo-yo effect

REVOLUTION IN THE WORLD OF WEIGHT LOSS

The FIT6 programme is an innovative method of weight reduction, which has been created by the specialists in clinical dietetics. The aim of the Programme is not only to lose excess pounds but also to enhance the comfort of life, improve your health and your physical and mental state.

GUARANTEE OF THE SUCCESS

Check the spectacular metamorphoses at the following website: fit6-pl.fmworld.com

THE MOBILE
COMPANION
OF WEIGHT LOSS



FIT6 App

6 STEPS to an ideal figure

The programme consists of **three stages** divided into **six steps** of weight loss and one additional step transitioning into the stabilization phase. Each step lasts a month. The more kilograms you have to lose, the more steps you need to go through. You can give up the diet phase and start **maintenance** at any time.



INDISPENSABLE NUTRIENTS

Losing weight is a difficult process for your body even if you do not feel it physically. That is why one of the goals of the FIT6 Programme is to supply the body with top-quality nutrients in the form of NUTRICODE innovative food supplements. Each step of the weight loss process has an ascribed set of products ideally tailored to solve the body's problems occurring at that stage.

SHARE, MOTIVATE

We know that support and motivation are essential. It is the lack of those factors, that often makes us stop the weight loss process. Resigned and feeling helpless, we return to our old, unhealthy habits. With that in mind, the community was created along with the Programme – a space where all participants can share their problems, reflections and results

PROFESSIONAL SUPPORT

Throughout the programme, you can contact our clinical dietitian who will help you dispel any doubts and mobilize you to action. You don't have to make appointments and go to meetings – you can contact them online whenever you need it.

A TREASURY OF RECIPES

In addition, we have a website full of nutritional inspirations for you, as well as Instagram and Facebook accounts, which are filled to the brim with interesting facts about diets. By joining the FIT6 community, you will see that losing weight has never been more enjoyable, easier and... tastier.

GOALS OF THE INDIVIDUAL STAGES

1

PREVENTING INFLAMMATION

- minimising the body's inflammation
- waist circumference reduction
- weight loss
- improved well-being
- feeling light and satisfied
- improved overall health

2

WEIGHT LOSS

- the continuing detoxification and cleansing of the body
- weight loss
- preventing the loss of body firmness
- reducing the visibility of cellulite
- preservation of muscle mass
- improved well-being and vitality
- supplying the body with the necessary nutrients

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TONING

- stimulation of muscles to facilitate their growth

MAINTENANCE

- stabilisation of the weight without the yo-yo effect
- preservation of healthy eating habits
- gradual preparation of the body to receive food of all kinds
- making the body more "tolerant" to be able to apply less restrictive dietary principles
- avoiding the formation of oedema and fluid retention to normalise its metabolism