

NOTRIVI

PROF. A. FRYDRYCH

**BIOPEPTIDE
COMPLEX**

- Revicoll Omega Plus
- Good Life
- Vitamin C
- Peptide Power Drink



Health - Today's Challenges

Modern human civilization has brought us many new solutions, both cultural and technological. These changes in the scale of human evolution have rolled out at blistering speeds. Despite the prolongation of human life and new discoveries made in the field of medicine, questions have arisen regarding the quality of these changes and the new threats that they bring.

Stress and changing environment

The frantic pace of life, stress and environmental pollution are just some of the factors affecting the quality of modern man's life. Changes in the way the people functioned in the last 100 years have separated our species from nature, and to make things worse - have not allowed him evolutionary adaptation.

Stress occurs daily in people living on today's Earth, sometimes reaching a level with which many of us cannot cope. The pace of life is so fast that unfortunately more and more people are experiencing excessive stress, which is harmful to the body, or even depression, which has become the nightmare of the 21st century. Both at work and at home we have to meet expectations that we are often not able to meet. We don't deal well with pressures from daily life and with stress related to our financial situation, which is ruining our health at an alarming rate. Experts say that up to 80% of diseases are currently associated with the negative impact of stress on our body.

Food and diet

Diet should be added to all previously mentioned factors, which nowadays is lacking many nutrients necessary for the proper functioning of the body. We eat food that is heavily processed, purified and in addition full of harmful preservatives and other synthetic substances. On top of this a growing part of the diet is composed of GMO genetically modified food. Its actual impact on the human body won't be known until a few decades from now.

Diseases of affluence and lifestyle

All those factors result in the development of so-called diseases of affluence and lifestyle. In this group we include diabetes, respiratory and circulatory system diseases, allergies, cancer, AIDS, Alzheimer's as well as "escape syndromes" (drug addiction, alcoholism and serious mental disorders). Moreover, increasing environmental contamination has caused that the air we breathe is very different from the standards that we are genetically "programmed" for. Recently, the cases described above also include one more group of cardiologic disorders: sudden cardiac dysrhythmia. This phenomenon affects both elderly and young people, male and female. An additional problem is that they are mainly unexpected.

The secret is in nature

For millenniums, nature has been giving us hints on how to live healthily using the best gifts it can offer us. Properly providing substances indis-

pensable for life, such as vitamins, bioelements, amino acids and lipid compounds are basic for a healthy and long life. Our grandparents and great grandparents knew how to benefit from the richness of herbs and how to balance their diet in a way to prevent common diseases that have become very burdensome in today's rhythm of life.

Availability of nature

Everyday worries and environmental contamination don't allow us to benefit directly from nature's blessings. The high urbanization of urban centers and the global degradation of the environment make access to natural, unprocessed foods increasingly difficult. Today's healthy food has become a luxurious product and is largely unavailable for the ordinary person.

WellU's answer

Based on recent scientific reports, WellU has compiled a revolutionary program that allows complementing the "molecule of life" in the daily diet, thanks to which we put our body in a state of indispensable molecular balance. This program is based on supplements stemming from natural plant and animal extracts known to man for millenniums as healthy and indispensable elements of the daily diet.

The unique properties of nutraceuticals bring health and therapeutic benefits through its holistic effects on the entire human body. The

essence of our achievements is using scientific knowledge, which shows us that the only way to succeed in the intended goals is using nature and the power of the ingredients hidden in its gifts.

The nutraceuticals we have compiled are a response to the lack of balance caused by civilization changes. Reestablishing the body's homeostasis through proper complementation of nutritional elements is the key element in the process of reducing environmental factors and

this has become possible thanks to us. Our supplements are distinguished by their natural ingredients as well as their selection. The adequate combination of the selected extracts leads to the synergy effect, which increases the effects of individual components. Moreover, the selected ingredients have a holistic effect on our body and not selective as with pharmaceuticals.

Providing proper natural elements in the diet can lead to the general improvement of the body's

condition, smoothing the harmful effects of the contaminated environment and excessive stress. By proper complementation of the daily diet with indispensable ingredients that are contained in our nutraceuticals, we give the possibility to again enjoy a healthy life, raising its comfort and quality.

Peptide Power Drink

The role of Nutrivi – WellU nutraceuticals, an interview with Prof. Andrzej Frydrychowski

Revolutionary discoveries based on an advanced technology combined with the teachings of Far East medicine and folk medicine: it's an absolutely innovative discipline, thanks to which Nutrivi nutraceuticals are created under the supervision of Prof. A. Frydrychowski (pseudonym: Prof. Frydrych). Thanks to him, we already know what an important role nutrients such as amino acids, peptides, collagen and other proteins play in our body.

To what extent are Nutrivi diet supplements helpful in complementing deficiencies and what is their role in our body?

Firstly, it's worth mentioning that Nutrivi preparations are based on unique technologies of obtaining substances indispensable for living from various fish species and combining them with other "life-giving substances", which show incredible effects in a complex, e.g. the Biopeptide Complex. The first discoveries of WellU labo-

ratories were based on obtaining collagen from selected species of freshwater fish. At the same time we obtained so-called peptide and amino acid residues. Being familiar with the effects of various amino acids and peptides, we started further studies which have been carried out for over 10 years. We decided to separately isolate amino acids as well as short peptide chains from fish skin and concentrate them in order to obtain very unique preparations on a world scale.



Amino acids, peptides and other proteins contained in our preparations are used in adequate proportions, exactly as they are present in nature. We don't isolate one, two or three amino acids or a specific peptide chain. Our role is limited to studying various fish species and creating relevant technologies of obtaining substances in its biologically active form which are extremely important for humans. The key matter is also its concentration. This is why our new preparations are highly concentrated: on average we make approximately 1 kg of concentrate of biologically active amino acids, peptides, collagen and other proteins from 10 kilograms of fish. Some of our technologies are patented but we don't want to patent others so as to not reveal everything.

What distinguishes us from the rest of the world?

We obtain all the amino acids, peptides, collagen and other proteins only and exclusively from skins of carefully selected fish species.

Why only skins?

The skins contain the most and the best quality ingredients that we are looking for. Heavy metals are deposited in fish meat while they are scarce in fish skin, many times below the norm. Thanks to this, we obtain our "life-giving molecule" from the highest class raw materials.

We make our Nutrivi preparations from freshwater and sea fish. Among them there are species like silver carp and grass carp which belong to the healthiest species. The first of them feeds on plankton and the other on seaweed. They have high quality meat, and contain acids as well

as amino acids, peptides, collagen and other proteins. We also use Atlantic salmon in Nutrivi preparations, a species which is very rich in amino acids and peptides. A probable reason for such an accumulation of healthy elements is the very severe environment in which these fish live. Grass carp and silver carp live most often in moderate and warm climates. A mixture of active substances from the above mentioned fish has the best nutritional effects, thanks to which our preparations are extremely effective in supporting a whole range of regeneration and healing processes in the body.

Can we be sure about the origin of these fish?

We only use the services of trust-

worthy suppliers.

Silver carp and grass carp come from farms where the fish are fed on plankton and seaweed. The Premium Atlantic salmon which we use comes from very clean regions of far north seas and feed mainly on shrimps. The price of this fish meat reaches even 40 GBP in stores!! Moreover, it's processed in special conditions and the producer has a BIO certificate.

Nutrivi preparations are the first products in the world based on amino acids, peptides, collagen

and other proteins obtained from fish. We are the first and so far the only one, which brings us a lot of benefit as being unique on the market.

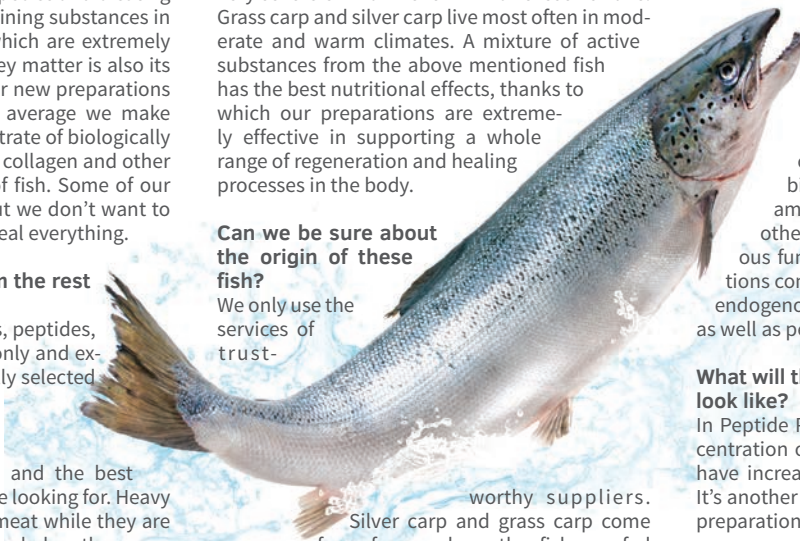
What is the digestibility of the obtained substances?

The active substances coming from fish belong to the most bioavailable, digestible substances for people. Moreover, thanks to its origin they are couple of times more beneficial for the human body when compared to anything synthetic. The biologically active cocktail of natural amino acids, peptides, collagen and other proteins is fundamental for numerous functions in our body. Nutrivi preparations contain 17 various, both exogenous and endogenous amino acids, indispensable for life as well as peptides, collagen and other proteins.

What will the new Nutrivi generation look like?

In Peptide Power Drink, there is very high concentration of a whole range of amino acids. We have increased the concentration by five time! It's another milestone in the development of our preparations.

We recommend consuming at least 2 bottles monthly, 300 ml each. Consuming such an amount we give our body a whole range of amino acids. We enumerate only some of the most important, exogenous and relatively endogenous elements, meaning the ones our bodies are not able to synthesize themselves so we have to consume them with food or diet supplements. Relatively exogenous amino acids (conditional-



ly indispensable) are compounds which can be produced within our body, however due to some

physiological conditions their need significantly increases and it's necessary to consume them externally.

Concentration of amino acids in Peptide Drink at the dose 4 x 300 ml.

HISTIDINE 1.980 mg	Plays an important role in the synthesis of compounds containing iron, such as hemoglobin and certain enzymes. Has a large impact on the supply of oxygen to cells and has a positive effect on the immune system. Researchers have also observed the role of histidine in the treatment of rheumatism, allergies and AIDS.
ARGININE 11.220 mg	An amino acid which plays a very important role in the construction of cells, which is very important for the immune system. Arginine is also used in men with erectile dysfunctions and fertility problems. Also improves skin circulation and therefore significantly delays hair loss.
TYROSINE 1.060 mg	Plays an important role in human hormone metabolism and the synthesis of neurotransmitters such as tyramine, dopamine and adrenaline.

Essential amino acids, i.e. amino acids, which the body cannot synthesize itself, must therefore be provided in the diet, in contrast to endogenous amino acids. Poor nutrition dietary intake of essential amino acids may lead to pathological disorders.

THREONINE 3.300 mg	Threonine deficiency causes fatigue, lack of appetite, weight loss and inhibits the bone reconstruction process. The compound is a building block of antibodies responsible for our immunity, supporting white blood cells in fighting infections and cancer cells.
VALINE 2.770 mg	Responsible for the construction and operation of the muscles and balance between muscle mass and fat reserves.
METHIONINE 1.980 mg	An amino acid responsible for many vital processes and functions. Methionine is necessary for the synthesis of proteins and hormones, such as carnitine, adrenaline and melatonin. It also acts on fats, reducing their storage in the liver.
ISOLEUCINE 1.850 mg	Similar to leucine and valine it is responsible for the construction and operation of the muscles.
LEUCINE 3.560 mg	As valine, it is responsible for the construction and operation of the muscles as well as balance between muscle mass and fat reserves.
PHENYLALANINE 2.900 mg	Plays an important role in human hormone metabolism. Posses pain relieving properties. Plays an important role in the synthesis of many neurotransmitters.
LYSINE 4.750 mg	An amino acid as a component of enzymes. Lysine deficiency reduces immunity and increased susceptibility to virus infections.

How do supplied amino acids contribute to the building of collagen?

The composition of collagen is quite unusual; it is made predominantly of glycine, proline and hydroxyproline. Nutrivi products are very rich in amino acids, thanks to which they form the building blocks to rebuild collagen in our body, in all the organs, tissues and skin.

Peptide Power Drink contain the listed amino acids in the following concentrations:

GLICINE 31.420 mg	The smallest and simplest of amino acids, which is a component of almost all proteins. It also has an important role in the metabolism process and is an important building block of bones, skin, tendons and teeth.
PROLINE 15.050 mg	This amino acid plays a special role in the process of creating collagen in the human body. It is present in the joints, skin and bones. It has an important function in ensuring the stability of artery walls. It has an impact on the overall performance of the body.
HYDROKSYPROLINE 8.180 mg	An amino acid that occurs almost exclusively in collagen and extensin. It has a very important role in the stabilization of collagen.

**Developed based on research carried out in December 2013 and January 2014 accredited international laboratories HAMILTON.*

What are signal peptides present in the NUTRIVI nutraceuticals?

The hypothesis of the existence of signal sequences (between other signal peptides sequences) was put forward by Günter Blobel, for which he received a Nobel Prize in 1999. Signal peptides stimulate the body's regeneration. Nutrivi preparations are efficient due to their natural 'life-giving' substances, including, among others, Biopeptide Complex active biological peptides. Nutrivi products contain a lot of peptides (at least hundreds) originating from protein breakdown. The majority of those peptides belong to the decorin, lumikan and histone A2 group, as well as four kinds of collagen. Literature indicates that all of the above

proteins not only have their widely known structural function (in whole or in the form of peptides that originate from them), and features of signal and immunity molecules, related to the regeneration of damaged tissues.

What is the function of peptides in the body?

Peptides are compounds widely formed by cells in living organisms. There are lots of physiologically active or antibacterial compounds among them. They have a ligand function for cell receptors; they are endogenous antibiotics and are ingredients of lung surfactant. Each of these functions corresponds to first, second and third lev-



el structure of specific peptides. Linear peptides are carriers of information included in blood or lymph, hormones or locally active substances, in other words a mediator, e.g. oxytocin, adrenocorticotrophic hormone.

These proteins, aside from their basic function of forming intercellular matrix and chromatin, also have regulator properties for cells and tissues. This interaction occurs both by native proteins and its fragments. These potential features, which might be related to the peptides which we have discovered, regulate various processes. They influence regulation: proliferation, angiogenesis, metastasis, wound treatment, fibrosis, immunological and hormonal response. These features should be efficient in clinical effects in patients.

How are active peptides formed?

Years of research by WellU scientists has led to very interesting discoveries. We have proved that, in addition to high molecular proteins, collagen and elastin, acid preparations obtained from fish skin at a temperature lower than 16°C contain a meaningful amount of small peptides. They are composed of 7-29 amino acids coming from the above mentioned protein groups.

Are nutraceuticals the future of modern supplements?

The connection of theory, many years of practice in WellU laboratories and knowledge of scientists led by Prof. Andrzej Frydrychowski MD, PhD (pseudonym: prof. Frydrych) as well as a whole range of communication about the efficiency of the new Nutrivi preparation assures us that the fascinating discoveries of WellU scientists will find

Cyclic peptides, where the amino acids form a ring, have the following functions in the body:

they stimulate the production of matrix: collagen, elastin and hyaluronic acid glycosaminoglycans,

they inhibit the activity of metalloproteinase – the aging enzyme,

they inhibit the production of interleukins, which cause inflammations,

they are analgesics, soothing the influence of a rigid climate or mechanical and chemical environment factors,

they stimulate the release of ATP from the cells reserve,

they chelate transition metal ions, preventing the production of hydroxyl radicals,

they support the activity of zinc-copper dismutase,

they stimulate or halt the melanogenesis process (they lighten age spots),

a highly significant place in the field of nutraceuticals. This new branch of medicine occupied with “life-giving” nutritional substances place before us new challenges which we accept. The above mentioned discoveries, innovative technologies and passion that we have for our work makes the products that we offer to our clients not only very efficient but even revolutionary and thrill-

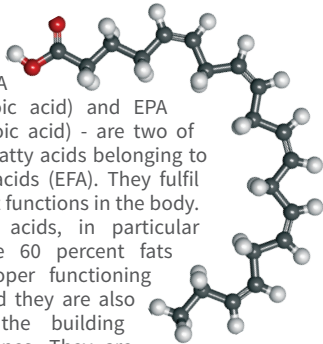
ing. We can easily say that thanks to Nutrivi we are currently opening a completely new dimension of supporting the regeneration and healing process in our body.

Revicoll Omega Plus

A multifunctional preparation which is highly important for the cardiovascular blood system as well as the skeletal system. Revicoll Omega Plus means higher concentration of amino acids, peptides and fish collagen. The amazing generation of the preparation includes a whole range of minerals which the body is unable to synthesize by itself and must be supplied in food from the outside.

Omega 3 fatty acids

particularly DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) - are two of the long-chain fatty acids belonging to essential fatty acids (EFA). They fulfil many important functions in the body. Omega-3 fatty acids, in particular DHA, constitute 60 percent fats needed for proper functioning of the brain and they are also necessary in the building of cell membranes. They are also responsible for the proper functioning of the retina. It is precisely these two fatty acids which are its base of fat. The appropriate amount of Omega-3 fatty acids is essential for spermatogenesis processes. They are needed for sperm to retain their mobility. The absorption of Omega 3 acids reduces harmful LDL cholesterol and triglycerides as well as increases beneficial HDL cholesterol and reduces blood coagulation which has positive impact on the heart and circulatory system. Omega-3 fatty acids from marine fish prevent



Parkinson's and Alzheimer's disease. The presence of Omega-3 fatty acids also fights depression: the more acid, the less risk of depression. Omega-3 fatty acids also play a role in treating rheumatoid arthritis and degenerative diseases of connective tissue. They play an important role in the prevention against cancer. They also prevent degenerative changes in the lining of the colon.

Omega-3 fatty acids belong to the group of unsaturated fatty acids, which should be provided in the diet, because the human body does not have the capacity to synthesize them in adequate quantities.

Calcium

Calcium is the building and regulatory element in the body. In the human adult body is approximately 1000 grams of calcium, of which 99 percent is in the bones and teeth. The rest, i.e. the remaining 1% is located in blood plasma. Calcium regulates the nervous system, improving the transmission of nerve impulses and above all controls the blood coagulation process. Calcium resources in non-bone human cells are renewed

up to 30 times a day. If it is missing in these cells and the functioning of the nervous system is threatened, it is taken from the bones.

When calcium is maintained at an appropriate level, we have strong bones, healthy teeth and correct blood coagulation. The proper concentration of this element also means functioning muscles, relaxed nerves, healthy sleep and a cheerful mood with a feeling of happiness. It also beneficially affects the faster healing of wounds.

Sources of Calcium

In healthy people, from 20% to 30% of calcium in the diet is absorbed. Postmenopausal women absorb only a few percent of calcium. In children, pregnant and women during the lactation period, and in the case of certain diseases, the percentage of calcium absorption is increased.

A large supply of calcium in foods only slightly increases its absorption. The reason for this is the existence of intestinal barriers regulating the amount of calcium absorption. Calcium absorption in the digestive tract is assisted by vitamin D,

lactates and citrates.

Calcium is a very active element and does not occur in the ionized form, but only in different chemical compounds, and therefore it is hard to absorb in the body. In addition, carbonated drinks, coffee, sugars and carbohydrates reduce its absorption.

The properties of CALCIUM:

regulates blood coagulation
reduces vascular fragility, increasing their permeability
reduces allergic reactions
controls the contraction and relaxation of muscles
regulates the nervous system, improving the transmission of nerve impulses
supports the working of many very important enzymes
positively affects fertility and pregnancy
helps in the removal of heavy metals from the body
is an essential element of bones, teeth and nails
strengthens the hair
prevents osteoporosis
lowers blood pressure
a powerful antioxidant and anti-stress element

It is more difficult to find calcium in the products considered in past as its main source. Research shows that the market is dominated by highly processed milk-like products which have very little in common with the source of calcium absorbed by humans. Today's milk comes from cows fed a completely different food than fresh grass. Production is focused on quantity not quality. Milk homogenization also adversely affects its digestion and assimilation by our bodies.

Revicoll Omega Plus, through the appropriate combination with calcium from fish, amino acids and fish peptides, meets the daily needs for this element in our body.

In addition, calcium in connection with **vitamin C** protects the body against atherosclerosis and heart attacks - the most common diseases of civilization.

Vitamin A

Included in the group of fat-soluble vitamins. It is one of the more than one thousand compounds known collectively as retinoids, most of which are produced synthetically. The functions of vitamin A in the body are numerous: It affects the correct state and functioning of the skin, hair and nails. Regulates growth and development of epithelial tissue. It affects proper night vision (especially at night) by participating in the reception of visual stimuli registered by the eye's retina. By regulating bone tissue activity it affects the growth and development of the body, and thus ensures the proper functioning of bones and teeth. It is responsible for hormone production. Displays strong antioxidant properties, through which it has anti-cancer effects.

Bile acids and vitamin E (tocopherol) are involved in the process of vitamin A absorption in the digestive tract.

Vitamin E

Is part of a group of compounds known as tocopherols. It is the main antioxidant present in cells. It is an important protection against free radicals, protecting cells against oxidation. It plays an important role in delivering cell components to the body's cells. Inhibits the oxidation of LDL cholesterol, which counteracts the formation of atheromatous plaque. It also prevents the formation of blood clots in the blood vessels, therefore it is recommended for persons with high blood cholesterol and in prophylaxis of myocardial infarction. It is also useful in treating male infertility and is called the "youth vitamin".

Vitamin D

It is produced in plants exposed to UV light, is formed in human and animal skin and as one of the few vitamins, the body itself produces it under the influence of sunlight, transforming in the human body pro-vitamin D3 into active vitamin D. Vitamin D plays an important role in regulating transformations of calcium and phosphorus as well as bone formation. It stimulates the absorption of calcium and phosphorus from the intestines, and also inhibits the amount of calcium excreted from the body. This vitamin is a real elixir of life - it protects against a variety of civilization diseases and also protects against cancer. It is also needed for proper skeletal formation, indirectly favourably affects the nervous system and muscular contractions in the heart.

Amino acids contained in capsule of REVICOLL OMEGA PLUS

Histidine	Is a precursor of histamine, an important building block of myoglobin (storing oxygen in muscles). It is involved in the synthesis of nucleic acids, participates in the synthesis of haemoglobin and is involved in protecting the body against UV radiation.
Tyrosine	An amino acid necessary for the production of many hormones and maintaining the proper metabolic rate, reduces the appetite and maintain the fat stored in the body.
Glycine	Delays muscle degeneration by supplying additional creatine. It is very important when building red blood cells and supplying amino acids to the body, and also the synthesis of glucose and creatine.
Arginine	An amino acid necessary for the implementation of most physiological processes, including the production of growth hormone and the removal of harmful waste products from the body. It is considered a key substance in regards to increase of muscle mass because it contains nutrients for athletes.
Glutamic acid	Is a neurotransmitter in the central nervous system. It has the ability to cause depolarization of postsynaptic membranes. Glutamic acid is present in the brain, cerebellum and spine. It is a stimulant acting on NMDA receptors (calcium channels). It participates in the formation of engrams (memory traces).
Aspartic acid	Builds a barrier against immunoglobulin and antibodies of the immune system, it is very important for carbohydrate metabolism in muscular energy.
Threonine	Is located in the heart, the central nervous system and the muscles. It is very important in building collagen and elastin, supports the liver and maintains protein balance in the body.
Proline	An amino acid needed for protein synthesis. It is an important component of connective tissue, particularly collagen, which is necessary for the proper activity of joints and tendons as well as is responsible for the skin's elasticity. It participates in the immune response of the body. Is involved in antioxidant reactions.
Valine	An amino acid that is responsible for the proper biosynthesis of pantothenic acid, meaning vitamin B5. It is necessary for the production of energy in the muscles, maintaining hormone balance - affects the level hormone growth, regulates metabolism, in particular the biosynthesis of carbohydrates and stimulates muscle growth. Necessary for the proper functioning of the nervous system, tissue reconstruction after illness, injuries, etc. and the correct operation of the immune system.
Alanine	An endogenous amino acid involved in the metabolism of the liver and muscles, regulation of the blood sugar level, organic acid metabolism and the production of antibodies.
Methionine	An important regulator for the nervous and muscular system, particularly important for maintaining the good growth and condition of these tissues. Neutralizer of free radicals, thus it stabilises DNA and protects against cancers. It adjusts the activity of the thyroid as well as prevents the growth of urinary stones and gallstones if regularly taken. Favourably affects the skin, hair and nails.
Cysteine	An amino acid with antioxidant properties. Cysteine is important for maintaining strong muscles, bones as well as strong hair and nails. It plays an important role in the synthesis of taurine which is important for the proper function of the nervous, digestive and blood system.
Phenylalanine	A precursor of another amino acid - tyrosine, as well as hormones and neurotransmitters such as adrenaline, noradrenaline and dopamine, and also a neuromodulator - phenylethylamine. The proper dose of phenylalanine is essential for the proper functioning of the central nervous system.
Isoleucine	Regulates the sugar level in the blood, it is involved in the synthesis of proteins in the liver and muscles. It is essential for the synthesis of haemoglobin, takes part in the blood coagulation process. It accelerates the regeneration of tissues, muscles, skin and nails as well as improves the healing of wounds. For children it also participates in the production of growth hormone.
Tryptophan	An amino acid necessary for sight. Its lack may increase the risk of cataracts. It is necessary for proper lactation, regulates metabolism and favourably affects the carbohydrate metabolism in the system. It increases resistance, its contribution is necessary for the production of muscle tissue and in children it participates in the production of growth hormone.
Hydroxyproline	Is the precursor of collagen synthesis and supports the regeneration of elastin fibres. It prevents stretch marks and effectively removes those already existing. It supports the removal of toxins by stimulation of the lipolysis process. It tightens the epidermis.

Elements contained in capsule of REVICOLL OMEGA PLUS

Molybdenum	It takes part in important metabolic processes (including carbon, nitrogen and sulphur transformation cycles). It affects the achievement of proper growth and is necessary for excreting products of metabolism such as uric acid and sulphur compounds. This element can prevent certain cancers.
Phosphorus	Near 85% of phosphorus is present in bones and teeth as hydroxyapatite (calcium salt and phosphorus), the rest is involved in important biochemical reactions, i.e. the production of intracellular energy, the synthesis of DNA, enzymes, hormones, maintaining of constant pH, oxygen transfer by erythrocytes as well as the creation of cell membranes. This element plays an important role in the metabolism of carbohydrates, proteins and fats.
Copper	A microelement which plays a significant role in the formation of red blood cells. It is included in haemocyanin, has a positive impact on the membranes which surround nerve cells and participates in the transfer of nerve impulses. It is a part of the superoxide dismutase enzyme which protects cell membranes against free radicals. In addition, it participates in the creation of connective tissue (cross-linking of collagen and elastin molecules catalysed by lysyl oxidase) and the synthesis of prostaglandins, compounds called local hormones affecting, among other things, heart activity and arterial blood pressure.
Cobalt	A trace element which is the component of vitamin B12 as well as inorganic cobalt. It is present in all tissues of the organism. Its highest concentration is in liver, kidneys and bones. An element that stimulates the synthesis of red blood cells and has an inhibitory effect on tumours. Cobalt's presence in the organism is essential for the creation of new blood cells, the myelin sheath of the nerve cells and the regeneration of the genetic code in newly emerging cells necessary for the creation of neurotransmitters.
Sodium	Regulates water balance in the body. Is responsible for the hydration of cells and tissues as well as plays an important role in maintaining the proper excitability level of nerve and muscle cells. Together with potassium is responsible for maintaining proper osmosis pressure in blood. It protects the organism against excessive fluid loss.
Iron	Is a component of haemoglobin, which transports oxygen. In addition, it is necessary for the proper growth, development and regeneration of tissues. Iron stimulates immunity, helps in the fight against free radicals and reduces fatigue. Iron is necessary for pregnant women as it determines the proper development of the foetus and prevents anaemia.
Potassium	It takes part in the transport of nutrients into the cells. It plays an important role in the regulation of water management, controls the blood pressure and the kidney's activity. It is a basic component of electrolytic in human body cells. Potassium easily passes through cell membranes and provides cells with nutrients as well as removes unnecessary metabolic products. It stimulates the secretion of insulin, participates in burning carbohydrates and proteins. It is necessary for the proper functioning of the nervous system, muscles, it is involved in brain oxidation, improves ability to think and concentrate.
Zinc	It takes part in the metabolism of carbohydrates, the decomposition of alcohol and the synthesis of nucleic acids. It is necessary for the preservation of fertility, in a large extent it prevents congenital defects. It is one of the factors which determines the growth of the organism, it co-operates with Vitamins B6 and B12. Zinc neutralises toxic influence of cadmium and copper in the organism. Zinc has a significant impact on the proper function of gonads and especially men's prostate.
Manganese	A trace element included in many tissues such as the pancreas, brain, kidneys and lungs as well as many enzymes involved in the synthesis of proteins, nucleic and fatty acids. It plays a significant role in the formation of connective tissue and bones. It takes part in the activities of the brain and pancreas. It is necessary in reproductive processes and participates in the production of red blood cells. It is effective in treating schizophrenia. It is necessary for proper digestion and absorption of nutrients.
Selenium	Has anti-inflammatory actions. It has a beneficial effect on blood vessels and protects against atherosclerosis. This element activates antineoplastic agents, prevents cardiovascular diseases as well as displays anti-proliferative and anti-inflammatory activity. It prevents cataract and macular degeneration. It also prevents from harmful deposits of heavy metals and certain toxic compounds. Protects the body against the activities of free radicals. It is also indirectly involved in the transformation of fatty acids and affects the synthesis of thyroid hormones. It plays an important role in the synthesis of DNA and RNA. It delays the ageing of cells and tissues as well as helps to maintain their flexibility by co-activity with vitamin E.
Lysine	An amino acid necessary for the construction of all proteins. It assists the assimilation of calcium and plays an active part in the formation of antibodies, hormones, enzymes and collagen. It rebuilds muscle tissue and skin, thus it is useful after surgery. However, the biggest advantage of lysine is the control of cancer metastases, the level of triglycerides and the reconstruction of damaged artery walls. It moderates symptoms of colds, flu and herpes simplex. It improves concentration.
Leucine	an amino acid protecting from catabolism, which is the breakdown of muscles. It is responsible for the reduction of fatigue during physical effort.

GOOD LIFE

Good Life is another revolutionary nutraceutic from the Nutrivi line. Its unique function is based on specifically chosen natural extracts from plants that have been known for their healing properties for centuries. Listed below are confirmed actions of individual ingredients of nutraceutic Good Life.

Curcuma – Turmeric extract

Called also Indian saffron, is one of the most powerful natural anticancer ingredients

The spice of life

Curcuma is a spice used in Indian cuisine for millenniums. Hindus have been using it for so long especially because of its healing properties and this is why it is used in Ayurveda, Tai, Indian, Japanese and Indonesian medicine. During the last few years we have been observing a huge interest in the healing actions of this substance also in western countries. Curcuminoides, making 90% of curcuma, are very strong antioxidants. This explains why medicine recommends this substance so often. This ingredient influences the treatment of various inflammations which occur along with cancer, as well as rheumatological pains, joint or menstrual pains. Moreover, curcuma is also used to accelerate the treatment of ulcers, wounds and lesions caused for example by eczema. The digestibility / bioavailability of curcumin (the main active healing ingredient of curcuma) is very low without a proper companion. You should choose preparations which also contain black pepper or

chili pepper extracts that contain bromelain or piperine in their ingredients. The combination of turmeric with black pepper and chili pepper is more efficient, for according to acknowledged sources, such composition boosts the availability of curcumin by 1000 fold.

Anticancer effect

Scientific proofs show that today curcumin is one of the strongest and most promising cancer fighting ingredients. Nearly 300 articles acknowledging its unique features have been published. Scientists from Cancer Research Centre in Houston proved, among others, that people who daily consume even small amounts of curcuma suffer from kidney cancer up to 10 times less often, and lung and breast cancer 8 times less often.

Many oncologists confirm the efficiency of curcuma in the battle against cancer. Dr. Saraswati Sukumar, a remarkable oncologist from the John Hopkins University in Baltimore, USA, conducted research about the ingredients and features of curcumin for many years. She made extremely interesting discoveries in this area, confirming

curcuma's efficiency in treating diabetes, inflammations and cancer. Research published in "Proceedings of the National Academy of Science" in 2011 confirms that even 25% of all types of cancer are caused by chronic inflammation. Moreover, according to the MD Anderson Cancer Center, curcumin influences 75% of cancers. It has been proved that it searches for malignant cancer cells and while passing over healthy cells, contrary to pharmaceuticals, including aggressive oncologic chemotherapy.

Bright mind

Curcuma also influences Alzheimer's disease or other forms of dementia. There are several studies, medical research and publications on the subject. Japanese scientists have proved in three independent researches that curcuma has incredible healing features. Not only does it relieve dementia but it also improves the general functions of the body.

Broad impact

The authors of the studies published in 2008 in "Annals of Indian Academy of Neurology" con-

The impact of CURCUMA:

inhibits symptoms caused by type 2 diabetes,
lowers cholesterol,
inhibits platelet aggregation,
inhibits the formation and growth of tumors,
prevents rheumatoid arthritis (RA),
inhibits thrombosis,
prevents sclerosis,
protects against cataracts,
accelerates the treatment of ulcers,
prevents myocardial infarction,
inhibits HIV infection and replication,
protects against liver damage,
enhances bile secretion, protects against cataract formation, dramatically speeds up digestion,
influences the oxidation of lipoproteins / prevents oxidation of low-density lipoprotein,
inhibits Alzheimer's disease and other forms of dementia.
accelerates the healing of wounds,
inhibits the development of multiple sclerosis,
has strong antioxidative activity (scavenging free radicals),



firm curcumin's antioxidant, detoxicological, anti-inflammation and lipophilic features. To sum up, 50 years of studies and nearly 300 scientific

publications acknowledge today that curcumin, the main ingredient of curcuma, called turmeric, nourishes the entire body.

Paprika

Paprika is widely used spice and food ingredient. The secret behind its use is based on combining it with other spices, through which a very powerful synergy effect is achieved. It significantly improves the bioavailability of curcumin, among others. Paprika is also a rich source of vitamin C, improves digestion and prevents the calcification of blood vessels. The Aztecs knew that paprika inhibits aging processes, thereby promoting longevity.



Black pepper

Black pepper, which originated in India, is today cultivated in many tropical countries. In its composition can be found traces of protein, fat, fiber and minerals, such as iron, calcium and magnesium. Pepper contains a large quantity of phenols, making it a strong antioxidant. There are many reports on the medicinal properties of black pepper. Currently, detailed studies are conducted to confirm these observations. In the »Journal of Agricultural and Food Chemistry« a study was published which shows that black pepper has an influence on the natural metabolism of body fat. Scientists have confirmed that the piperine contained in this plant interferes with the genes responsible for the formation of new fat cells, affecting their quality.

Scientific research is conducted on the effects of BLACK PEPPER regarding :

- supporting periodontal treatment,
- stimulating the appetite,
- improving digestion,
- reducing the feelings of pain,
- reducing inflammation,
- significant improvement in the absorption of curcumin, selenium, B group vitamins and beta-carotene.

ginger root

is widely used in Chinese medicine, Eastern medicine and increasingly in western countries. We are all familiar with the warming properties of ginger, which helps blood circulation. It is highly recommended for persons who are lethargic and slow as well as for the prevention of colds.

Scientific studies prove the therapeutic action of this plant. Researchers from the University of Michigan in the USA have conducted experiments on ovarian cancer grown in the laboratory which shows that ginger destroys cancer cells. Other research conducted at the University of Minnesota has shown that ginger inhibits the growth of rectal cancer cells.

A group of researchers from the University of Tikrit in Iran conducted an experiment with 75 married men suffering from fertility disorders, who during the three-month study took ginger. They observed that the quality of their sperm improved - there was an increase in the sperm's motility and amount respectively by 47.3 % and 40.7%. In addition, it visibly increased the level of LH hormone by 43.2% and testosterone by 17.7%.

Studies have undeniably confirmed the excellent antioxidant properties of ginger. It has a very broad and largely documented therapeutic effect, making it ideal as an element of a dietary supplement.



GINGER is most commonly recommended for :

improving blood circulation,
supporting digestion processes,
supporting treatment of colds, prophylactic actions and relieving joints thanks to the richness of anti-inflammatory substances,
anti-edematous actions,
protection against the creation of blood clots - decreasing aggregation (agglomeration) of blood platelets,
increasing concentration and mental performance,
antioxidative activity,
improving the quality of sperm in men, in Asia it is recommended as a natural aphrodisiac.



Garlic

A natural antibiotic. Well known and appreciated, indispensable in the daily diet.

Garlic is widely used in treatments and most of us are perfectly aware of it. It should also be consumed daily prophylactically. Garlic contains allicin, which has an antibacterial effect, diallyl trisulfide, which shows similar properties and volatile sulfur compounds, which help combat respiratory and digestive system diseases. Garlic also contains vitamin C and B group vitamins as well as microelements such as potassium, magnesium, iron, phosphorus, zinc, manganese, iodine, sodium, selenium and chromium. The studies on garlic were conducted by New Zealand chemist Rex Munday from the Ruakura Research Centre in Hamilton and his co-workers as well as scientists from the Pennsylvania State University, Philadelphia, USA. During the experiments they were conducting, diallyl disulfide damaged large bow-

el cancer cells, which were obtained from people and planted in mice. The animals were given 1 gram of the substance weekly. The positive results of the therapies appeared after two weeks. This compound also led to the destruction of cancer cells cultured in the laboratory, obtained from people suffering from malignant colon, skin and lung cancer. "Although much is yet to be explained, most of us have no doubts that garlic improves the human immune system", Munday says. "It is a key matter in the fight against cancer. The stronger the organism, the more efficiently it can destroy cancer cells. Some even think that garlic should be used not only preventively but even as a medicine", adds the scientist.

Every now and then there are new scientific reports about how garlic delays the aging process and helps to fight cancer. However, recent studies have been focused mostly on its beneficial effect on the heart and circulatory system.

Rhodiola rosea – the golden root of Siberia

"Extract from the yellow roots of *Rhodiola rosea* might appear to be the best medicine for anxieties during a crisis", Newsweek, Jan. 4, 2009.

Rhodiola rosea contains a lot of valuable substances for our body, such as phenol alcohol, glycosides, salidroside, rosarin, rosavin, rosin, numerous flavonoids, phenolic acids, organic acids (amber, lemon, apple and oxalic), tannins, lipids, wax, stearin and oxicumarin. Currently, using modern research methods, 29 active elements of *Rhodiola rosea* have been isolated.

Tibetan books, even as old as 1000 years, mention the beneficial effect of this plant on health. It was used mainly to improve bad mood, chronic fatigue and to increase work efficiency.

In the 20th century *Rhodiola rosea* became of interest to scientists. The first studies were conducted as early as at the end of the 1960s in the former Soviet Union. Since then, 180 scientific researches about this plant's effects have been published. The raw material was classified as an adaptogen, a natural substance which increases the body's ability to adapt to variable environment conditions.

Broad impact

Some authors believe that the effect of adaptogens is their influence on the regulatory systems in various tissues and organs, through immune, hormonal, cardiovascular and muscular systems, etc. They also indicate the fact that adaptogens



correct disorders caused by stress provoked by various factors, through activating the body's defense system and the effects on the hypothalamic-pituitary axis as well as its effects on the adrenergic system.

The positive effects of *Rhodiola rosea* activity was observed on a group of patients suffering from symptoms of asthenia and neurosis. During the treatment, ranging from 10 days to 4 months, with a dose of 50 mg of the extract three times a day, the feelings of fatigue, weakness and irritability decreased, while improved concentration was noted as well the disappearance of headaches and other negative vegetative symptoms. The improvement of the patient's health was assessed on the basis of psychological tests and physical efficiency examinations.

The effects of RHODIOLA ROSEA:

it restores internal balance in the body (homeostasis), increasing its immunity to diseases,

it improves sexual vitality, it supports the prevention of sexual disorders,

it reduces stress and its harmful effects on health, facilitating a quick return to normal after the stress factors have disappeared,

it strengthens the body's immunity,

it has cardio-protective effects: it prevents heart arrhythmia, decreases local ischemia and regulates blood pressure,

it protects the liver from the harmful effects of toxins, it decreases the side effects of drugs,

it is a strong antioxidant, moreover, it prevents damages caused by free radicals and it accelerates regeneration of changes that are already present in genetic material (DNA).



Spirulina - richness of proteins, vitamins, minerals and acids from nature

Spirulina is seaweed that is very small, of microscopic size. It has a high content of full value proteins and they are a source of vitamins easily digestible for the human body, especially those of the B group as well as vitamin E, beta-carotene, fatty acids and nucleic acids as well as many other substances considered in plants as extremely rich in nutrients. Theoretically, we could eat only those algae without disturbing the basic functions of our body.



Spirulina is considered an incredible and very rich source of proteins, an indispensable element of our daily diet. The preparations available on the market contain up to 60% of proteins. There are also reports that the dyes contained in spirulina support the detoxification of our body. Spirulina is highly rich in chlorophyll, it contains up to 10 times more than in green leafy vegetables, thanks to which it excellently purifies the blood. Chlorophyll contained in spirulina supports red blood cells production, cleanses the body from redundant metabolism products, regulates bowel functioning and it is a source of an easily digestible form of magnesium.

This incredible alga also helps to regenerate damaged DNA cells. The first studies on animals have already been conducted and they suggest that spirulina can increase the production of antibodies, which fight infections and chronic diseases.

Synephrine

Synephrine belongs to the group of natural stimulants and substances which support losing weight. It is obtained from bitter orange. Consuming synephrine is justifiable but only in small doses. Consumed in large amounts, especially combined with a daily dose of caffeine, it can be very dangerous. Synephrine is an excellent stimulant, it's not called in vain a "natural ephedrine". Its effect is similar to the effect of red wine, it acts like a medicine in small doses, in big doses it's a poison which causes heart arrhythmia.

VITAMIN C - the molecule of life

Nutrivi Vitamin C is a natural extract from dog rose, acerola and hippophae - plants in which vitamin C is present in concentrations several times more than in lemons. Numerous scientific studies described below prove the properties of natural vitamin C which are unique for health. The formula we have compiled delivers an exceptional “molecule of life” coming directly from nature. The dog rose, acerola and hippophae extract in Nutrivi Vitamin C is a perfect combination of natural ingredients which help us to keep healthy.

Dog rose

Its fruit, dog rose hip, has been known and used for a long time as one of the richest sources of vitamin C. As little as 1-3 fruits can meet the daily requirements of an adult. Primal humans treated dog rose hip as daily food. Scientists have discovered that dog rose hips contain about 130 compounds which have a beneficial effect on the human body. In addition to vitamin C, they also contain vitamins A, B1, B2, E, K, folic acid, ellagic acid, gallic acid, tannins, flavonoids, carotenoids, sugars and pectin.

A genuine revolution in the attitude towards dog rose hips was caused by the discovery of Danish scientists



who demonstrated the anti-inflammatory effects of galactolipid which dog rose (*Rosa canin*) fruits contain as well as its proven efficiency in treating osteoarthritis. The mechanism of their anti-inflammatory effect consists in impeding leukocyte chemotaxis, lowering the concentration of C-reactive proteins (CRP) and creatinine in urine. Of particular note are the antioxidant properties of rose extracts. The study of water extract from the flowers of *Rosa rugosa* demonstrated its high antioxidant effects, at the same time demonstrating that the gallic acid derivatives and polysaccharides contained in the extract are responsible for this effect.

The presence of the anti-inflammatory compound GOPO is also observed in dog rose hip. Dog rose hip is used for the purpose of supplementing vitamins and increasing immune deficiency. Indicated for: convalescence, general weakness, fatigue and stress, excessive tenderness and permeability of capillaries as well as colds. Preparations containing rose hips are also recommended for pregnant and breastfeeding women as well as

for those suffering from various rheumatoid diseases.

Dog rose has found use, inter alia, in the treatment of infectious diseases, cardiovascular disorders, metabolic disorders and allergies. Due to the polyphenols *R. fructus* it has a relaxant, diuretic and diaphoretic action. Flavonoids, anthocyanins, pectin and organic acids affect the increase of absorption, exponentiation of operation and protection against the degradation of vitamin C contained in raw material. The anti-bacterial, anti-inflammatory, astringent, anti-diarrheal and hemostatic material is due to tannins.

The sufficiently high level of vitamin C in dog rose hip protects against poisoning of various medicines and harmful substances in the air, water and food. A very valuable advantage of this vitamin is inhibiting so-called nitrosamines from forming in the digestive tract. They are carcinogenic compounds, forming in the digestive tract as a result of eating vegetables grown using an over excessive amount of nitrogen fertilizers.

Acerola - natural vitamin C

Acerola, also called the Barbados cherry, is record-holder in terms of vitamin C. One of its fruit weighing 4.5 g has as much vitamin C as 1 kilogram of lemons. One small glass (180 ml) of acerola juice may contain as much vitamin C as 14 liters of orange juice.

The plant originates from the Caribbean and Central America. It is believed that the Indians of the Caribbean islands brought seeds or plants during migration between islands and used the beneficial properties of acerola in times before Columbus arrived.

Acerola contains almost 100 times more vitamin C than citrus fruit. In this competition it also wins over blackcurrants, which has 10 times less. One or two acerola fruits, depending on the size and level of vitamin C, provide the recommended daily dose of this vitamin. In addition, the fruit also has a large quantity of provitamin A and thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin PP), calcium, phosphorus and iron. Other substances contained in acerola include: vitamin A (very much, even 4300-12500 international units per 100 g), protein, magnesium, manganese and malic acid. This unique composition at the current state of knowledge increases the activity of vitamin C in our body, and promotes the production of antibodies as well as significantly enhances the effects of antioxidants.

In folk medicine acerola was also used in the treatment of diarrhea and liver disease. It has proved to be helpful in treatment of the digestive

tract, due to the properties of malic acid, phenolic acids and tannins (substances of so-called health promoting activity displaying a very high antioxidant activity).

Hippophae

Sea-buckthorns, sandthorn, sallowthorn, seaberry and hippophae - a spreading shrub with decorative orange berries. It has many names, but one thing is certain: this is a plant with exceptional therapeutic and cosmetic benefits.

Vitamin bomb

The most valuable are the orange fruits, which are best to pick between August and October, although they remain on shrub throughout the winter, and after freezing become even sweeter. They have a large portion of vitamin C which increases immunity. In contrast to many other fruits during heat treatment it does not easily degrade, because this plant does not have the enzymes responsible for the elimination of ascorbic acid. Hippophae is also a very rich source of vitamin E, protecting cells against oxidants and free radicals. The orange fruit has four times more vitamin E than sunflower seeds. Štyrikrát viac ako napr. v semenách slnečnice.

More vitamin A than in carrots

Hippophae should be used by people who need vitamin A and those who need to lower cholesterol levels and support the functioning of the circulatory system. The fruit

of sea-buckthorns contains three times more vitamin A than carrots. As one of the few plants, hippophae provides us with vitamin B12, the deficiency of which vegans may suffer. It is also rich in flavonoids (it has strong action antioxidative and anticancer activities, removes free radicals from the body, which can damage tissues and accelerate the body's aging process), organic acids (mainly maleic and oxalic) and free amino acids. Hippophae also contains important elements such as phosphorus, iron, manganese, boron, calcium and silicon.

For eating and drinking

Hippophae fruit can be eaten raw, added to cakes or used to make jams, jellies, marmalades, wine and liqueurs. They are very aromatic and



combine the taste of citrus, peach and pineapple. Some people use the dried leaves of Hippophae to prepare a delicious infusion that successfully replaces tea.

Juice full of value

In health food stores you can easily find juice, which is considered to be the most valuable product from Hippophae. Mixed with water or other fruit juices; (e.g. apple or orange) is a great addition to your daily diet. The benefits are many. It is ideal for strengthening immunity, especially during autumn and winter. It helps to fight infections, improves circulation, lowers cholesterol, regulates the digestive system and metabolism, prevents inflammation, improves the operation of the brain and nervous system. The juice also improves mood, boosts energy and acts as an antidepressant, which is why it should be used especially in autumn and winter. It increases potency and extends the life of sperm.

Properties of natural vitamin C

The discoverer of vitamin C, Albert Szent-Györgyi, who received the Nobel Prize in medicine, called it the „life-giving molecule“ and proposed for this substance a different name - Vitamin P - from the English word protective. His scientific achievements have been recognized by world bodies. Albert Szent-Györgyi defended his PHD thesis at Cambridge, where he had a scholarship from the Rockefeller Foundation. In 1947 he moved to the USA, where he was a professor at the prestigious Princeton University.

„Is vitamin C the molecule of life?“



Double Nobel Prize winner, a pioneer of orthomolecular medicine, Dr. Linus Pauling devoted his entire life to research on vitamin C. His interdisciplinary knowledge of biochemistry and physics resulted in a number of discoveries in evolutionary biology, physics, chemistry and medicine. The achievements of Dr. Pauling are appreciated around the world, and in the United States there is a department named after him - the Linus Pauling Institute at Oregon State University, conducting research on the properties of the life-giving molecule.

Properties of the life-giving molecule

Studies conducted throughout the world confirm the thesis that vitamin C is very important for our health and regulates a number of mechanisms of human body functioning.

Cofactor in enzymatic reactions

Vitamin C is involved in collagen biosynthesis - an important compound responsible for, inter alia, the construction of blood vessels, cartilage, bones, gums as well as the elasticity and flexibility of the skin. Another important function of vitamin C is its participation in the synthesis of carnitine and catecholamines. These enzymes are necessary for the energy processes of our body. Thanks to these substances the human body can burn fats, providing an adequate level of energy. Vitamin C is also involved in cholesterol metabolism in bile acids. An additional effect of taking the molecule of life is to increase the assimilation of iron, important in the building process of hemoglobin - the basic component of red blood cells.

Antioxidant

One of the main reasons for the aging of cells, and at the same time the body, are so-called free radicals and reactive oxygen species (ROS), which can damage (oxidize) the endings of DNA and RNA chains. Vitamin C is the most effective antioxidant, preventing the activity of harmful substances. It also is involved in regeneration of other antioxidants and repairs vitamin E which is important for the body. Aside from protecting the basic building block of our body it also protects chains of necessary organic particles such as proteins and lipids. Its effect of reducing oxidative stress should be appreciated above all by smokers..

Health benefits

Vascular system

Regular use of natural vitamin C has an impact on the functioning of the human body. Since it is involved in the synthesis of our body's building blocks, the molecule of life has an impact on a number of systems. This vitamin reduces the risk of cardiovascular diseases, including atherosclerosis. Research has shown that a consistent use of vitamin C leads to improved vasodilation in people with ischemic heart disease as well as those with variant angina pectoris, used for heart failure, diabetes, high cholesterol and high blood pressure. Through its interaction with the vascular system, vitamin C also protects the brain against a stroke.

Cancer

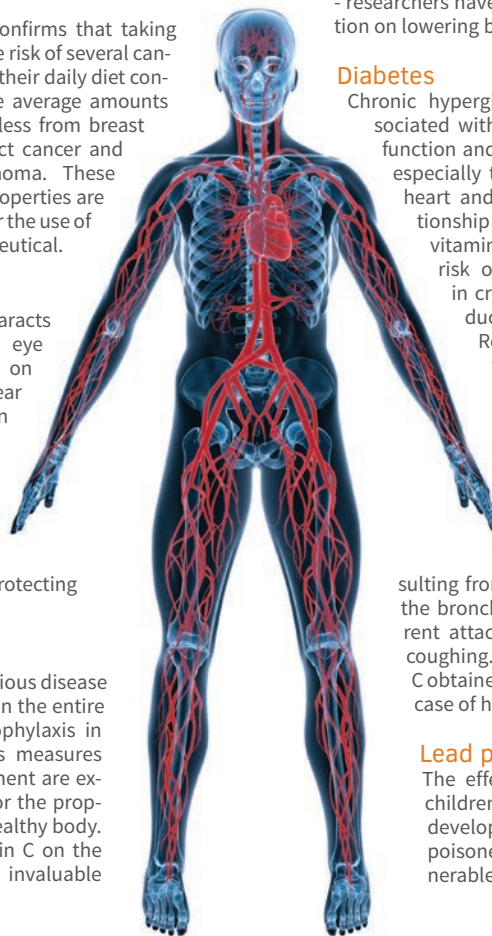
Scientific research confirms that taking vitamin C reduces the risk of several cancers. Persons who in their daily diet consume more than the average amounts of vitamin C, suffer less from breast cancer, digestive tract cancer and non-Hodgkin lymphoma. These unique anticancer properties are another argument for the use of vitamin C as a nutraceutical.

Cataracts

The cause of cataracts are changes in the eye lens that focuses on light, creating a clear and sharp image on the retina. Scientists on the basis of cross-sectional studies say that vitamin C reduces the risk of cataract formation, thereby protecting our vision.

Hypertension

Hypertension is a serious disease that has an impact on the entire body, therefore, prophylaxis in this area as well as measures directed at its treatment are extremely important for the proper functioning of a healthy body. The effects of vitamin C on the vascular system are invaluable



- researchers have stated its therapeutic action on lowering blood pressure.

Diabetes

Chronic hyperglycemia (diabetes) is associated with damage as well as dysfunction and failure of various organs, especially the eyes, kidneys, nerves, heart and blood vessels. The relationship between the amount of vitamin C in the blood and the risk of diabetes was observed in cross-sectional studies conducted in the United States. Researchers found that with the higher the concentration of vitamin C in the blood, the risk of diabetes was lower.

Asthma

Asthma is a chronic, inflammatory disease of the airways, resulting from hyperresponsiveness of the bronchioles that leads to recurrent attacks of breathlessness and coughing. Administration of vitamin C obtained better results than in the case of half of the control group.

Lead poisoning

The effects of lead poisoning in children result in poor growth and development. Moreover, children poisoned by lead are more vulnerable to difficulties in learn-

ing, behavior disorders and have lower IQ's. In adults, lead toxicity may cause kidney damage, high blood pressure and anemia. Vitamin C reduces lead toxicity, reducing its negative effects on the body.

Natural vitamin C

Why use natural vitamin C? Synthetic vitamins are poorly absorbed. The whole secret lies in the atomic structure, which differs depending on the compound's origin. Synthetic vitamin C is a so-called dextrorotatory isomer, while natural - a levorotatory isomer. In addition, the natural molecule of life never occurs alone as compared to its chemical equivalent. It is always accompanied by a bioflavonoid complex that increases its absorption into cells and use by the body.

A natural source of bioflavonoids is dog rose hips. In this manner the effect of natural vitamin C is compounded many times - there is a synergy effect between the bioflavonoids and the vitamin itself. Natural vitamin C extracted from fruit with a bioflavonoid complex does not acidify the body, as is the case of synthetic vitamin C!

What dose to take?

The human body, just like all primates, is not able to independently synthesize vitamin C, therefore providing it in the daily diet is necessary for proper functioning. Animals that are able to synthesize vitamin C, produce it in quan-

ties starting from several grams per day, which allows us to refer to human needs. It is known that biochemist Dr. Linus Pauling, two-time Nobel Prize winner, consumed around 18,000 mg, i.e. 18 grams of vitamin C per day for more than 30 years. During that period he did not suffer adverse effects, living to the age of 94.

In today's world, full of chemicals and exposed to stress, even a conservative approach would indi-

cate a desired dosage of 300-400 mg of vitamin C. The officially recommended consumption of 60 mg in many countries is only enough to prevent the teeth from falling out due to scurvy. On the basis of the above data, we have to consider whether we will be content only with avoiding scurvy by using a preventive dose of 60 mg or rather choose wide antioxidant protection in a much larger dose of the molecule of life.



NUTRIVI - the power of nature

The creation of Nutrivi nutraceuticals was inspired by the original nature of human experience collected over thousands of years. Exploring the secrets of Far East and folk medicine, we rediscover the POWER OF NATURE and the power latent in it. Wellu's goal is for man to return to his roots, in order to draw life force directly from the benefits of nature.

Nutrivi Nutraceuticals are based on scientific research, creating a groundbreaking programme that allows supplementing the „molecule of life” in your daily diet. It is based on supplements obtained from natural extracts known to man for millenniums as healthy and indispensable elements of the diet.

Nutrivi supplements stand out with their natural ingredients and their appropriate selection. The adequate combination of the selected extracts leads to the synergy effect, which increases the effects of individual elements. In addition, the selected raw materials act holistically on the human body. Through proper supplement of the daily diet with indispensable ingredients contained in Nutrivi nutraceuticals, we give the possibility to enjoy again a healthy life, increasing its comfort and quality.

**BIOPEPTIDE
COMPLEX**

Revicoll Omega Plus

A multifunctional preparation which is highly important for the cardiovascular blood system as well as the skeletal system. Revicoll Omega Plus means higher concentration of amino acids, peptides and fish collagen. The amazing generation of the preparation includes a whole range of minerals which the body is unable to synthesize by itself and must be supplied in food from the outside.

Properties of Revicoll Omega Plus when used regularly:

- Antibacterial action
- Anti-inflammatory action
- Pain-relieving action
- Strengthens immunity and helps to fight colds
- Inhibits the activity of ageing enzymes (metalloprotein)
- Strengthens nails and hair
- Provides additional antioxidants to protect cells
- Increases elasticity and moisturization of the skin
- Slows down the ageing process in bones, joints, blood vessels and other organs
- Strengthens joints, help regenerate cartilage



120 Cap.

60 Cap.

Good Life

Nutrivi Good Life source is natural plant extracts. The properties of the vegetable substances have been known for thousands of years and are widely used in folk and Eastern medicine. The unique composition of carefully selected plants creates a unique product, the only such type on the market. The extracts contained in the capsules contribute to the creation of synergies, i.e. mutually reinforcing the actions of individual components.

Properties of Nutrivi Good Life ingredients when used regularly:

Paprika

- stimulates the appetite
- improves digestion
- prevents the calcification of blood vessels

Rhodiola rosea

- Favourably affects the cardiovascular and nervous systems
- Improves performance and responsiveness of the brain
- Supports psychological functions
- Supports the body, protecting it from stress
- Positively affects the body during fatigue and decline in work productivity

Ginger

- Enhances the effects of spirulina
- Contributes to improving the body's vitality
- Possesses toning and stimulating properties
- Increases immunity

Synephrine

- gently stimulates
- reduces the appetite
- supports burning calories

Spirulina

- Helps strengthen the body's vitality
- Participates in the regeneration of energy resources
- Recommended in chronic fatigue

Garlic

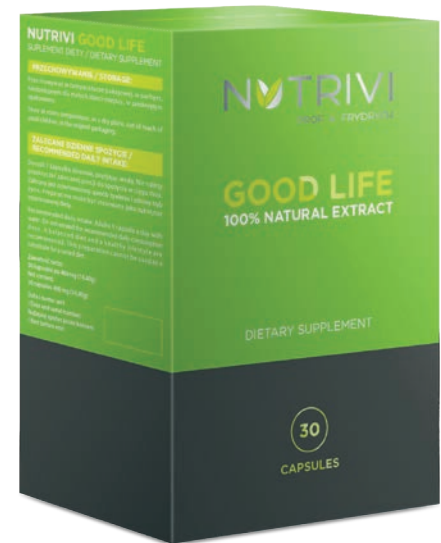
- displays antibiotic, antifungal and antioxidant activities
- lowers blood pressure and the level of bad cholesterol
- reduces the blood sugar level
- soothes headaches

Turmeric

- Supports the nervous system
- Helps reduce the risk of heart attack
- Supports natural detoxification processes

Black pepper

- improves digestion
- speeds up metabolism
- has a relaxant action, lowers blood pressure and oxygenates tissues



Vitamin C

Nutrivi Vitamin C is an extract from dog rose, acerola and hippophae - a plant in which vitamin C is present in concentrations several times more than for example in lemons. The developed formula provides the exceptional "molecule of life" - vitamin C, originating directly from nature. The wide action of vitamin C is well-known both in the world of science as well as the traditional methods of increasing immunity.



Natural Vitamin C when used regularly contributes to:

- Creating collagen thus stimulates collagenase processes in order to ensure the proper functioning of the capillaries, skin, gums and teeth as well as bones and cartilage
- Reducing the feelings tiredness and fatigue
- Maintaining the proper energy metabolism

Natural Vitamin C helps in:

- The proper functioning of the nervous system
- The proper functioning of the immune system
- Maintaining proper psychological functions
- Protection of cells against oxidative stress
- Regeneration of the reduced form of vitamin E

Peptide Power Drink

**BIOPEPTIDE
COMPLEX**

Nutrivi Peptide Power Drink is the only nutraceutical available on the market containing the highest concentration of collagen, peptides and amino acids. Peptides and amino acids contained in Peptide Power Drink play an important role in the metabolism of the body, by providing it with essential nutrients. The composition of peptides and amino acids makes the tissues of the joints stronger and flexible. The drink also has a positive influence on ligament, tendon and bone tissues.

Properties of Peptide Power Drink when used regularly:

- Antibacterial action
- Anti-inflammatory action
- Pain-relieving action
- Strengthens immunity and helps to fight colds
- Inhibits the activity of ageing enzymes (metalloprotein)
- Provides additional antioxidants to protect cells
- Increases elasticity and moisturization of the skin
- Slows down the ageing process in bones, joints, blood vessels and other organs
- Strengthens joints, help regenerate cartilage





Your personal distributor

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