



# bestdiet

Affordable preventive health &  
wellness for everyone







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## DOUBLE ACTION BILAYER TECHNOLOGY

### ¿WHAT IS BILAYER TECHNOLOGY?

Bilayer tablets have a bimodal release system.

- Bilayer technology enables a controlled release formulation where a combination of two or more active ingredients is developed in a single dosage form.
- Bilayer tablet is a two layered tablet where the first layer releases the active ingredients via immediate release, and the second layer releases the active ingredients via controlled release.
- It can combine separate ingredients that would be incompatible if formulated together.

First phase: immediate release



Second phase: sustained release



SUPPLEMENTS / INTESTINE

## LAXI PROTECT DOUBLE ACTION

**30 BILAYER** tablets of 900mg

### INGREDIENTS PER 1 TABLET

Bulking agent (Microcrystalline cellulose), Maltodextrin, Dry extract of Plantago (Plantago ovata Phil) 120mg, Glazing agent (Hydroxypropylmethylcellulose), Dry extract of Senna (Cassia angustifolia M. Vahl., 7% Sennosides) 96mg, Bulking agent ( Calcium phosphate), Kiwi dry extract (Actinidia chinensis Planch.) 38mg, Tindalized probiotic (Lactobacillus rhamnosus) 25mg 2.5x10<sup>9</sup> cells/tablet, Anti-caking agent (Magnesium salts of fatty acids and silicon dioxide), Tindalized probiotic (Lactobacillus plantarum) 2, 5mg 2.5x10<sup>8</sup> cells/tablet.

1 tablet per day.



## MELATONIN DOUBLE ACTION

30 **BILAYER** tablets of 900mg

### INGREDIENTS PER 1 TABLET

Magnesium Citrate 436.8mg (67.5mg Magnesium, 18% NRV\*), Bulking Agent (Microcrystalline Cellulose), Glucose Syrup, Glazing Agent (Hydroxypropyl Methylcellulose), GABA (Gamma-Aminobutyric Acid) 72mg, Dry Extract of Passionflower (*Passiflora incarnata* L., 2% Flavonoids) 50mg, Dry extract of Lavender (*Lavandula officinalis* L.) 25mg, Dry extract of Hops (*Humulus lupulus* L., 0.1% Rutin) 25mg, Anti-caking agents (Magnesium salts of fatty acids and Silicon Dioxide), Melatonin 1mg. \*% NRV: Nutrient Reference Values.

1 tablet per day.



## ANTISTRESS DOUBLE ACTION

30 **BILAYER** tablets of 900mg

### INGREDIENTS PER 2 TABLET

Magnesium Citrate 482.31mg (75mg Magnesium, 20% NRV\*), Bulking Agent (Microcrystalline Cellulose), Maltodextrin, L-Tryptophan 120mg, Glazing Agent (Hydroxypropyl Methylcellulose), Rose Rhodiola Dry Extract (*Rhodiola rosea* L., 3% Rosavins and 1.5% Salidroside) 90mg, Dry extract of Valerian (*Valeriana officinalis* L., 0.2% Valerenic Acid) 80mg, Dry extract of Green Tea (*Camellia sinensis* (L.) Kuntze, 40% L-Theanine and 5.5% EGCG (Epigallocatechin-3-Gallate)) 60mg, Dry extract of Siberian Ginseng (*Eleutherococcus senticosus* (Rupr. Et Maxim) Maxim, 0.8% Eleutherosides) 50mg, Dry extract of KSM-66 Ashwagandha (*Withania somnifera* (L.) Dunal) 40mg, Saffron dry extract (*Crocus sativus* L., 2% Safranal) 25mg, St. John's Wort dry extract (*Hypericum perforatum* L., 0.3% Hypericins) 20mg, Anti-caking agent (Magnesium salts of fatty acids and Silicon dioxide), Vitamin B6 (pyridoxine hydrochloride) 1.4mg (100% NRV\*). \*%VRN: Nutrient Reference Values.

2 tablets per day.



## TRIPLE OMEGA 3.6.9. GUMMIES

60 gummies of 2.2g

### INGREDIENTS FOR 1 GUMMY

Glucose syrup, Sugar, Water, Powdered flax seed vegetable oil (*Linum usitatissimum* L.) 50.6mg [Omega 3 (Alpha linoleic acid) 27.5mg, Omega 9 (Oleic acid) 8.25mg and Omega 6 (Linoleic acid) 6.6mg], Gelling agent (Pectin), Acid (Citric acid), Anti-caking agent (Carnauba wax), Flavor (Natural lime flavor), Coloring agents (Curcumin and copper complexes of chlorophylls and chlorophyllins) and Vegetable oil (Oil of Coconut).

1 gummy per day.

VEGAN 



## RELAX ASHWAGANDHA GUMMIES

60 gummies of 2.5g

### INGREDIENTS FOR 2 GUMMIES

Glucose syrup, Sugar, Water, Gelling agent (Pectin), Acid (Citric acid), Ashwagandha root dry extract (*Withania somnifera* (L.) Dunal) 50mg, Colors (Anthocyanins), Aroma, Acidity regulator (Sodium citrate), Vegetable Oil (Coconut Oil), Vitamin B6 (Pyridoxine Hydrochloride) 0.9mg (64.3% NRV\*), Anti-Caking Agent (Carnauba Wax), Vitamin B12 (Cyanocobalamin) 1.2µg (48% NRV\*). \*%VRN: Nutrient Reference Values.

2 gummies per day.

VEGAN 



## APPLE CIDER VINAGER GUMMIES

60 gummies of 3g

### INGREDIENTS FOR 2 GUMMIES

Glucose syrup, Sugar, Water, Apple cider vinegar 500mg, Gelling agent (Pectin), Acidifier (Citric acid), Acidity regulator (Sodium citrate), Color (Anthocyanins), Ginger rhizome dry extract (Zingiber officinale Roscoe) 10mg, Flavor (Apple Flavor), Anti-caking Agent (Carnauba Wax) and Vegetable Oil (Coconut Oil).

2 gummies per day.

VEGAN 





## SATIATING CHOCOLATE SHAKE

560g // 14 x 40g dose

### INGREDIENTS

Dissolve one scoop (40g) in 250ml of water. Take once a day 30min. before the main meal. **INGREDIENTS:** Inulin, maltodextrin, non-fat cocoa powder (contains soy)(13%), skimmed milk, glycine, fructose, chocolate flavour, tricalcium phosphate, bamboo fibre, whey protein (contains MILK and SOY), guar gum thickener, magnesium citrate, tricalcium citrate, organic carob powder, oat flour (gluten), dry extract of rockweed (*Fucus vesiculosus* L.), iron gluconate, L-Ascorbic Acid (Vitamin C), zinc gluconate, dry extract of green coffee seed (*Coffea Canephora*, 45% chlorogenic acid), choline bitartrate, sweetener (sucralose), DL-alpha-tocopheryl acetate (Vitamin E), nicotinamide (Niacin), manganese gluconate, calcium D-pantothenate (pantothenic acid), copper gluconate, retinal (Vitamin A), riboflavin (Vitamin B2), pyridoxine hydrochloride (Vitamin B6), thiamine hydrochloride (Vitamin B1), chromium picolinate, pteroylmonoglutamic acid (Folic acid), potassium iodide, sodium selenite, phyloquinone (Vitamin K), D-Biotin (Biotin), cholecalciferol (Vitamin D), Cyanocobalamin (Vitamin B12).

Take 1 shake 30 minutes before main meal.



## SATIATING CAPPUCCINO SHAKE

560g // 14 x 40g dose

### INGREDIENTS

Maltodextrin, Inulin, skimmed milk, glycine, fructose, decaffeinated instant coffee, tricalcium phosphate, bamboo fibre, whey protein (contains SOYA), guar gum thickener, magnesium citrate, tricalcium citrate, cappuccino flavouring, organic carob powder, oat flour (gluten), dry extract of *Fucus* stem (*Fucus vesiculosus* L.), L-Ascorbic acid (Vitamin C), zinc gluconate, dry extract of green coffee seed (*Coffea canephora*, 45% chlorogenic acid), choline bitartrate, sweetener (sucralose), DL-alpha-tocopheryl acetate (Vitamin E), nicotinamide (Niacin), manganese gluconate, calcium D-pantothenate (pantothenic acid), retinyl acetate (Vitamin A), riboflavin (Vitamin B2), pyridoxine hydrochloride (Vitamin B6), thiamine hydrochloride (Vitamin B1), chromium picolinate, pteroylmonoglutamic acid (Folic acid), potassium iodide, sodium selenite, phyloquinone (Vitamin K), D-Biotin (Biotin), cholecalciferol (Vitamin D), cyanocobalamin (Vitamin B12).

Take 1 shake 30 minutes before main meal.



SUPPLEMENTS / WEIGHT CONTROL



## SPIRULINA

NEWW

100 capsules of 457mg

### INGREDIENTS PER 1 CAPSULE

Organic spirulina powder 2.16g (Spirulina platensis, 55% protein 1.4g and 0.20% carotenoids). Vegetable capsule (coating agent (hydroxypropyl methylcellulose)).

6 capsules per day





## ARTICHOKE PLUS

30 capsules of 556mg

### INGREDIENTS PER 1 CAPSULE

Artichoke dry extract (*Cynara scolymus* L., 10% Cinarina) 148mg, Mint dry extract (*Mentha x piperita* L., ratio 10:1) 124mg, Nebulised boldo extract (*Peumus boldus* Molina, > 0,05% Boldina) 124mg, Nebulised fumaria extract (*Fumaria offi cinalis* L.) 29mg, Bulking agent (Microcrystalline cellulose) and Anti-caking agents (Magnesium stearate and Silicon dioxide). Capsule (Gelatin).

1 capsule per day.



## CAPTOFAT

30 capsules of 423.4mg

### INGREDIENTS PER 2 CAPSULES

Cocoa Fibre (*Theobroma cacao* L.) 100mg, Orange Fibre (*Citrus sinensis* (L.) Osbeck) 100mg, Bulking agent (Fosfato tricálcico), Chicory Fibre (Inulina) 30mg, Anti-caking agents (Magnesium stearate and Magnesium silicate). Capsule (Gelatin).

2 capsules per day.



## LAXI PLUS

30 capsules of 725mg.

### INGREDIENTS PER 2 CAPSULES

Dry Extract of Senna (*Cassia angustifolia* M. Vahl., 7% Sennosides) 215mg, Dry Extract of Plantago (*Plantago ovata* Phil) 200mg, Bulking Agent (Microcrystalline Cellulose), Glazing Agent (Gelatin), Dry Extract of Plum (*Prunus domestica* L.) 20mg, Anti-caking Agents (Magnesium salts of fatty acids and Silicon Dioxide).

2 capsules per day.





## MEAL REPLACEMENT CHOCOLATE SMOOTHIE

5 sachets of 46g

### INGREDIENTS PER ONE ENVELOPE

Skimmed MILK powder, 80% MILK whey protein, cocoa powder, mixed fat powder (sunflower oil) (contains MILK and SOY), maltodextrin, chocolate flavouring, sodium citrate, potassium bicarbonate, tricalcium phosphate, dipotassium phosphate, thickener (guar gum), magnesium oxide, thickener (xanthan gum), L-Ascorbic acid (Vitamin C), sweetener (sucralose), DL-alpha tocopherol acetate (Vitamin E), Ferric saccharide, nicotinamide (Niacin), zinc oxide, Calcium D-Pantothenate (Pantothenic Acid), Manganese Sulfate, Copper Sulfate, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Hydrochloride (Vitamin B1), Retinyl Acetate (Vitamin A), Pteroylmonoglutamic Acid (Folic acid), potassium iodide, menaquinone (Vitamin K), sodium selenite, D-Biotin (Biotin), cholecalciferol (Vitamin D), cyanocobalamin (Vitamin B12).

5 sachets = 5 meals





## L-CARNITINE MAXI

12 sticks of 10ml

### INGREDIENTS PER 1 STICK

Water, L-Carnitine base 1.053g, Flavouring (Strawberry flavouring), L-Carnitine tartrate 526.32mg, Choline bitartrate 451.86mg (185.26mg Choline), Acidity correctors (Citric acid and Malic acid), Preservative (Potassium Sorbate), Sweetener (Sucralose), Vitamin B6 (Pyridoxine Hydrochloride) 2.11mg (150.71%NRV\*) and Thiamine (Thiamine Hydrochloride) 1.47mg (133.63%NRV\*).

\*%NRV: Nutrient Reference Values.

1 stick per day.





## COLLAGEN

+ MAGNESIUM

250g powder

### INGREDIENTS PER 12G

Hydrolysed porcine collagen 10g, Magnesium citrate 1,25g (202mg Magnesium, 54%NRV\*), Red fruits flavouring, Acidity corrector (Citric acid), Maltodextrin, Vitamin C (L-ascorbic acid) 40mg (50%NRV\*), Colouring (Beet Red), Sodium hyaluronate 25mg, Sweetener (Sucralose) and Vitamin D (Colecalciferol, 100.000 IU) 0,6mg (1,5µg Vitamin D, 30%NRV\*). \*%NRV: Nutrient Reference Values.

1 scoop per day (12g).

**RED FRUITS  
FLAVOUR**



## COLLAGEN

+ ORGANIC SILICON

+ MAGNESIUM

120 tablets of 832mg

### INGREDIENTS PER 6 TABLETS

Hydrolysed porcine collagen 3600mg, Magnesium carbonate 462mg (131,67mg Magnesium, 35,11%NRV\*), Calcium carbonate 348mg (132,24mg de Calcium, 16,5%NRV\*), Bulking agent (Microcrystalline cellulose), Magnesium hydroxide 120mg (50mg Magnesium, 13,3%NRV\*), Anti-caking agent (Stearate Magnesium), Vitamin C (L-ascorbic acid) 60mg (75%NRV\*), Anti-caking agent (Silicon dioxide), Bamboo dry extract (Bambusa arundinacea (Retz.) Willd., 70% Silicic Acid) 30mg and Vitamin D (Colecalciferol) 4,88µg (97,6%NRV\*).

\*%NRV: Nutrient Reference Values.

6 tablets per day.



## ARTI-BONES

NEW

30 capsules of 503,30mg

### INGREDIENTS PER 1 CAPSULE

Vegetable capsule [Coating agent (hydroxypropyl methylcellulose and gellan gum)], Dry extract of Devil's Claw (Harpagophytum Procumbens, root) 150 mg of which 3mg harpagosides, Dry extract of Boswellia (Boswellia Serrata, Resin) 100 mg of which 65 mg boswellic acid, Dry extract of Turmeric (Curcuma Longa L, 95% Curcuminoids, Rhizome) 50 mg of which 47, 5 mg Curcuminoids, Dry extract of Willow (Salix alba L, Bark) 50mg of which 2.5mg Salicin, Sodium Hyaluronate 30 mg, Dry extract of Bambusa (Bambusa Arundinacea, Stem) 20mg of which 14mg silica, Vitamin C (L-ascorbic acid) 12 mg (15% NRV\*), Anti-caking agent (magnesium salts of fatty acids) and Vitamin D3 (Cholecalciferol) 0.75 µg (15% NRV\*). \*NRV: Nutrient Reference Values.

1 capsule per day



## TURMERIC

NEW

30 capsules of 376mg

### INGREDIENTS PER 1 CAPSULE

Turmeric dry extract (Curcuma longa, 95% curcuminoids, rhizome) 210.52 mg of which 200 mg Curcuminoids, capsule (gelatine), maltodextrin, anti-caking agents (magnesium salts of fatty acids and silicon dioxide) and manganese sulphate 3.077 mg (1 mg Manganese 50%NRV\*).

Take 1 capsule per day



## CIRCULA ACTIV

30 capsules of 487mg

### INGREDIENTS PER 2 CAPSULES

Horse chestnut dry extract (*Aesculus hippocastanum* L., 20% Escin) 370.58mg, Grape dry extract (*Vitis vinifera* L., 95% Proanthocyanidins) 211.76mg, Ruscus dry extract (*Ruscus aculeatus* L., 3% Ruscogenin) 123.52mg, Anti-caking agent (magnesium salts of fatty acid), Vitamin C (L-ascorbic acid) 21.18mg (26.5%VRN\*) and Anti-caking agent (silicon dioxide). Capsule (Gelatine). \*%NRV: Nutrient Reference Values.

2 capsules per day.



## OUTCOLEST

30 capsules of 725mg

### INGREDIENTS PER 1 CAP.

Garlic dry extract (*Allium sativum*, 1% allicin) 300mg, Bulking agent (microcrystalline cellulose), Gelatine, Red rice yeast (*Monascus purpureus*, 2.9mg total monacolins) 58mg, Yeast beta-glucan *Saccharomyces cerevisiae* (min 70% beta-glucan) 50mg, Anti-caking agent (magnesium salts of fatty acids), Anti-caking agent (silicon dioxide), Coenzyme Q10 1.25mg.

1 capsule per day.





## OMEGA 3

60 pearls of 721.3mg

### INGREDIENTS PER 1 PEARL

FISH Oil [1.8% EPA (Eicosapentaenoic Acid) and 12% DHA (Docosahexaenoic acid)] 500mg [90mg of EPA (Eicosapentaenoic) and 60mg of DHA (docosahexaenoic acid)] and Vitamin E natural (D-alpha-tocopherol, 67%) 1.5mg (10mg of Vitamin E, 83.33% NRV\*). Pearl (Gelatin and Moisturizer (Glycerin)). \*%NRV: Nutrient Reference Values.

1 pearl per day.



## PRIMROSE

30 pearls of 680.1mg

### INGREDIENTS PER 1 PEARL

Evening Primrose Oil (Oenothera biennis L., 10% GLA (Gamma-linoleic)) 500mg and natural Vitamin E 67% (D-alpha-tocopherol) 5mg (3.35mg of Vitamin E, 27.92% NRV \*). Pearl (Gelatin and Moisturizer (Glycerin)). \*%NRV: Nutrient Reference Values.

1 pearl per day.



## DIGESTIF

NEW

30 capsules of 535mg

### INGREDIENTS PER 1 CAPSULE

Dry extract of Fennel (*Foeniculum vulgare* Miller, seed) 108mg, Vegetable capsule [coating agent (hypromellose)], Dry extract of Caraway (*Carum carvi*, fruit) 75mg, Dry extract of Paeoniae (*Paeonia lactiflora*, root) 75mg, Dry extract of Black cumin (*Nigella sativa*, seed) 64mg, Dry extract of Chamomile (*Matricaria chamomilla* L., flower) 54mg, Dry extract of Aniseed (*Pimpinella anisum*, seed) 32mg, Anti-caking agents (magnesium salts of fatty acids, silicon dioxide).

1 capsule per day.



## ANTIACID

30 tablets of 2200mg

### INGREDIENTS PER 2 TABLETS

Calcium carbonate 1052.63 mg (800 mg of Calcium – 100% NRV\*); Glucose Syrup, Maltodextrin; Magnesium Citrate 485.40 mg (75mg Magnesium 20% NRV\*), Color (Beetroot Red); Fennel dry extract (*Foeniculum vulgare* miller) 120.00mg, Aroma fruits of the forest; Magnesium stearate (anti-caking agent); Sucralose (sweetener) and Ginger dry extract (*Zingiber officinale* roscoe, 5% gingerols) 1.00mg.

\*%NRV: Nutrient Reference Values.

Up to 2 tablets per day.

BERRIES FLAVOUR  
TABLET



## PROBIOTIC

30 capsules of 327mg

### INGREDIENTS PER 1 CAPSULE

Maltodextrin, Microbial powder (Bifidobacterium bifidum 2.80x107CFU, Bifidobacterium animalis ssp. lactis 2.80x107CFU, Lactobacillus acidophilus 2.80x107CFU, Lactobacillus bulgaricus 2,80x107CFU, Lactobacillus paracasei 2,80x107CFU, Lactobacillus rhamnosus 2,80x107CFU and Streptococcus thermophilus 2,80x107CFU) (MILK) 50mg and Anti-caking agent (Magnesium stearate). Capsule (Gelatin).

1 capsule per day.



## PROPOLIS

30 chewable tablets of 815mg

### INGREDIENTS PER 3 TABLETS

Glucose syrup, Maltodextrin, Propolis dry extract (2.5% Flavonoids) 240mg, Bromelain 240mg, Aroma (Honey-lemon flavour), Vitamin C (L-ascorbic acid) 57.60mg (72% NRV \*), Anti-caking agent ( Magnesium stearate), Honey powder 48mg, Dry extract of Marshmallow (Althaea officinalis L.) 48mg and Zinc sulfate 20.64mg (7.51mg of Zinc, 75% NRV \*).

\*% NRV: Nutrient Reference Values.

1-3 tablets per day.

LEMON FLAVOUR  
TABLET



## VITAMIN C

50 capsules of 841 mg

### INGREDIENTS PER 1 CAPSULE

Vitamin C (L-Ascorbic acid) 693.55mg (866.94%NRV\*), Capsule (Coating agent: hydroxypropyl methylcellulose and colouring agent E172), Anti-caking agents (magnesium salts of fatty acids and silicon dioxide). \*%NRV: Nutrient Reference Values.

1 capsule per day.





## MULTI VITAMINS

60 capsules of 546mg

### INGREDIENTS PER 2 CAPSULES

Calcium Carbonate 200mg (80mg Calcium, 10%NRV\*), Vitamin C (L-Ascorbic Acid) 160mg (200%NRV\*), Magnesium Oxide 120mg (72mg Magnesium, 19.2%NRV\*), Agent of Cargo (Cellulose), Maltodextrin, Anti-caking Agent (Magnesium Salts of Fatty Acids), Potassium Chloride 40mg (20.98mg Potassium, 1%NRV\*, 18.83mg Chlorine, 2.35%NRV\*), Ferric Pyrophosphate 35mg (7.35 mg Iron, 52.5% NRV\*), Niacin (Nicotinamide) 32mg (200% NRV\*), Anti-caking Agent (Silicon Dioxide), Vitamin E (33.56% DL- $\alpha$ -tocopherol) 24mg ( 8.05 mg  $\alpha$ -TE =67.12% NRV\*), Ferrous Fumarate 20mg (6.38mg Iron, 45.55%NRV\*), Zinc Oxide 18mg (14.4mg Zinc, 144%NRV\* ), Manganese gluconate 4mg (0.46mg Manganese, 22.82% NRV\*), Vitamin B6 (Pyridoxine Hydrochloride)

2.8mg (200% NRV\*), Vitamin B2 (Riboflavin) 2.8mg (200% NRV\*), Vitamin B1 (Thiamine) 2.2mg (200% NRV\*), Cupric Sulfate 2mg (800 $\mu$ g Copper, 80% NRV\*), Vitamin A (Retinol Acetate) 1.6 mg (240 $\mu$ g RE = 30% NRV\*), Folate (Pteroylmonoglutamic Acid) 400 $\mu$ g (200% NRV\*), Potassium Iodide 0.19mg (145.3  $\mu$ g of Iodine, 96.84% NRV\*), Sodium Selenite 0.11mg (49.2 $\mu$ g of Selenium, 89.40% NRV\*), Biotin (D-Biotin) 100 $\mu$ g (200% NRV\* ), Chromium Chloride 80  $\mu$ g (15.54 $\mu$ g Chromium, 38.84% NRV\*), Pantothenic Acid (Calcium D-Pantothenate) 0.012mg (0.2% NRV\*), Vitamin D (Cholecalciferol) 10 $\mu$ g (200% NRV\*) and Vitamin B12 (Cyanocobalamin) 10 $\mu$ g (400% NRV\*). Capsule (Gelatin). \*%VRN: Nutrient Reference Values.

2 capsules per day.



## HAIR, SKIN AND NAILS

60 capsules of 660mg

### INGREDIENTS PER 1 CAPSULE

Hydrolyzed Collagen 150mg, Brewer's Yeast Powder 90mg, Horsetail Dry Extract (Equisetum arvense L., 1% Silicon Acid) 75mg, Microcrystalline Cellulose (bulking agent), Zinc Gluconate 37.12mg (5mg Zinc, 50 % NRV\*), Ferrous Gluconate 34.57mg (4.2mg Iron, 30% NRV\*), Vitamin C (L-ascorbic Acid) 25mg (31.25% NRV\*), Taurine 25mg, Yeast enriched with Selenium 10mg ( Selenium 22µg, 40% NRV\*), Vitamin E (DL-alpha-tocopheryl acetate) 50% 10mg (5mg vitamin E 42% NRV\*), Niacin (Nicotinamide) 9.12mg (57% NRV\*), Pantothenic Acid (Calcium

D-Pantothenate) 3mg (50% NRV\*), Vitamin B6 (Pyridoxine Hydrochloride) 0.98mg (70% NRV\*), Riboflavin (Vitamin B2 ) 0.80mg (57%NRV\*), Thiamin (Thiamine Hydrochloride) 0.70mg (64%NRV\*), Vitamin A (Retinyl Acetate) 424µg (53%NRV\*), Folic Acid (Pteroylmonoglutamic Acid) 94µg ( 47% NRV\*) and Biotin (D-Biotin) 0.5µg (1% NRV\*). Capsule (Gelatin).

\*%VRN: Nutrient Reference Values.

1 capsule per day.

SUPPLEMENTS / NERVOUS SYSTEM



## INTELECT FORTE

60 capsules of 476mg

### INGREDIENTS PER 1 CAPSULE

Ginkgo dry extract (Ginkgo biloba L., 24% Ginkgol flavonoides) 150mg, Maltodextrin, Bacopa dry extract (Bacopa monnieri (L.) Pennell, 20% Bacosides) 60mg, Anti-caking agents (Silicon dioxide and Magnesium stearate), Zinc oxide 7mg (5.53mg Zinc, 55.3% NRV\*), Pantothenic Acid (Calcium D-Pantothenate) 3mg (50% NRV\*) and Vitamin B6 (Pyridoxine Hydrochloride) 0.7mg (50% NRV\*). Capsule (Gelatin). \*%NRV: Nutrient Reference Values.

1 capsule per day.

SUPPLEMENTS / NERVOUS SYSTEM



## MELATONIN

60 chewable tablets of 500mg

### INGREDIENTS PER 2 TABLETS

Glucose syrup, Maltodextrin, Flavouring (Strawberry), Anti-caking agent (Magnesium stearate), Acidity corrector (Citric acid), Colouring (Beet red), Vitamin B6 (Pyridoxine hydrochloride) 1.4mg (100% NRV\*), Melatonin 1mg and Sweetener (Sucralose). \*%NRV: Nutrient Reference Values.

2 tablets per day.

VEGAN

STRAWBERRY FLAVOUR  
TABLET

## OTHERS RELEASES



### PROPOLIS SPRAY

HEARD, PEPPERMINT,  
CLOVE AND GINGER



### IODIDE POTASSIUM

Iodine contributes to the normal function of the NERVOUS SYSTEM, to the MAINTENANCE of normal SKIN and to the normal production of THYROID HORMONES and normal thyroid function.



### VITAMIN D3

Vitamin D contributes to the normal functioning of the immune system and to the maintenance of normal bones. bones in normal condition.



### JALEA REAL ROYAL JELLY

PROPOLIS, ROYAL JELLY, SHITAKE, VITAMIN C AND D, GROUP B VITAMINS. Vitamin C contributes to the normal functioning of the immune system.





# bestdiet

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