



ecosupp

# Product Catalog

High Absorption Nutritional  
Supplements

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It's all About Absorption.





## Nice to meet you, we are Ecosupp.

A nutritional supplement company founded with one clear vision:

To make the best, most precise, and most advanced supplements in the world accessible - without compromise.

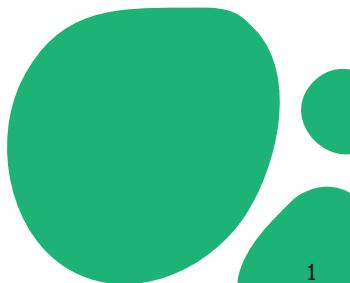
For over 15 years, we have been developing and marketing high-quality nutritional supplements and vitamins, based on selected raw materials, proven clinical ingredients, unique formulas, and the most advanced manufacturing technologies in the world - to ensure optimal absorption and beneficial results.

We work with the best global laboratories, use innovative patents and breakthrough technologies, and test every ingredient and every batch - to ensure that our quality meets international standards and redefines them.

Our guiding principles are simple: precise science, complete transparency, and exceptional service - personal, professional, and personalized care.

We believe everyone deserves uncompromising quality. This is why our products are designed to deliver real, measurable impact.

**Welcome to Ecosupp - the home of quality, innovation, and wise health.**





## Connecting Science and Nature - Research, Development, and Innovation

Ecosupp's nutritional supplements were developed from a deep understanding of how the physiological systems and mechanisms in the human body function. Our supplements are made from high-quality raw materials, combined with the most advanced scientific technologies, backed by international patents. They are free from animal ingredients, flavorings, sugar, food colorings, and artificial sweeteners.



## Committed to the Best Service

At Ecosupp, service is an integral part of the quality to which we are committed. Our training and service team is entirely composed of qualified professionals with knowledge, experience, and a genuine ability to guide, listen, and provide precise solutions for every need.

We insist on professional, personal, and accessible service, and operate an advanced training system that provides knowledge, up-to-date research, and practical content - for therapists, professionals, private customers, and stores.

You can reach us through any channel you prefer - whether by phone, email, social media, or our company website - to provide you with a continuous, clear, and accessible service experience.



## Committed to Quality

Ecosupp meets all global standards for manufacturing nutritional supplements. The production process of all products is supervised, meticulous, and at the forefront of quality control, so that all customers can have peace of mind knowing that they receive the highest quality nutritional supplements with every purchase.

A broad team of leading professionals in their field is responsible for the development of products and technologies, combining advanced medical, scientific, and technological knowledge. All raw materials in our products undergo rigorous laboratory testing to ensure the highest quality, clean products.



## Environmental Sustainability

We make sure to package our products in environmentally friendly packaging - some in high-quality recyclable glass bottles, and some in biodegradable paper packaging in accordance with the strictest standards of the ecological standard. This way, we reduce plastic consumption and contribute to a greener and healthier future.

The products are packed in reusable cloth bags, without unnecessary wrapping, and using environmentally friendly methods

# Ecosupp Products

## High Absorption Liquid Nutritional Supplement Series

### What are the advantages of liquid nutritional supplements?

- ✓ Liquid nutritional supplements are in a solution state - which allows for high bioavailability and rapid absorption through the digestive system into the bloodstream, without requiring degradation or conversion. They are especially convenient for use in cases of digestive sensitivity or swallowing difficulties, making them suitable for children, adults, and people with special nutritional needs.
- ✓ They do not undergo compression, binding, adhesion, or coating processes - processes that can inhibit absorption and even impair the bioavailability of active ingredients.
- ✓ Liquid supplements are particularly beneficial in cases of suboptimal digestive function - for example, in cases of inflammation, ulcers, or absorption problems - because the body is not required to degrade or dissolve the ingredients before absorption.
- ✓ Their liquid form makes them easy and convenient for children, adults, and people with difficulty swallowing capsules or tablets.
- ✓ Scientific literature references show that liquid supplements are absorbed faster and more efficiently compared to standard tablets and pills that are not based on advanced technologies. Thanks to their immediate availability, they offer an advantage in situations of digestive difficulty or the need for rapid absorption.



We are here for any question, advice, guidance, and explanation. The Ecosupp Team

# ACTIVE B12 & FOLATE

## New Formula

### Facts worth knowing

ACTIVE B12 & FOLATE is an advanced formula composed of two active derivatives - of vitamin B12 (methylcobalamin, 1000 mcg) and folic acid (methyl-folate patented Quatrefolic® at a dose of 400 mcg).

The combination of the two contributes to a variety of essential processes in the body, including: DNA biosynthesis, cell duplication, red blood cell production, and anemia prevention.

In addition, they help reduce homocysteine levels - thereby supporting heart health, and also participate in methylation processes that are important for brain function, memory, mood, and cognition.

### Key advantages

- Contains methylcobalamin - the natural and active coenzyme derivative of vitamin B12 at a dose of 1000 mcg.
- Contains Quatrefolic® methyl folate, the fourth and most advanced generation of active folic acid, providing improved bioavailability and high absorption at an enhanced and optimal dose of 400 mcg - the recommended daily dosage for pregnant women and throughout their fertility years.
- Methylcobalamin and methyl folate - contribute important methyl groups for essential processes in the body.
- Sublingual - for improved absorption.
- Free of sugar, artificial sweeteners, food colorings, or preservatives.
- With added natural raspberry flavor extract.

### Did you know?

Vitamin B12 in the form of methylcobalamin and folic acid in the form of methyl folate play an important role in epigenetics - a branch of biology that studies how environmental and nutritional changes affect gene expression, without altering the DNA sequence itself. Both components provide the body with methyl groups essential for the methylation process - a natural biochemical mechanism that helps regulate gene expression. Proper methylation can suppress the expression of harmful genes and encourage the expression of genes that contribute to good health, balanced mood, and optimal cognitive function.



### Instructions for use

Recommended daily dose: one full dropper = 1 ml (20 drops) = 1000 mcg methylcobalamin and 400 mcg methyl folate.

Press the dropper, dispense 1 ml of liquid under the tongue, and wait a few seconds before swallowing to allow for optimal absorption.

The product contains 60 servings.

# B12 ULTRA

## New Formula

A broad spectrum of the two active derivatives of vitamin B12: methylcobalamin and adenosylcobalamin.

### Key advantages

- Formula composed of active ingredients only - the two natural and active coenzyme derivatives of vitamin B12.
- Sublingual administration helps increase absorption potential.
- Free of sugar, artificial sweeteners, food colorings, or preservatives.
- With added natural raspberry flavor extract.

### What is the difference between B12 ULTRA and ACTIVE B12 & FOLATE?

ACTIVE B12 & FOLATE is a formula that combines two active derivatives: Vitamin B12 in the form of methylcobalamin and natural and active folic acid in the form of methylfolate (Quatrefolic®) - with exceptionally high bioavailability.

The formula is especially suitable for women of childbearing age and pregnant women, as well as for those who need support for methylation processes, memory, mood, and fertility.

ULTRA B12 is intended for those who prefer a B12 supplement only, without folate - but with a double advantage: a combination of the two active derivatives of vitamin B12 - methylcobalamin and adenosylcobalamin - for comprehensive support of the nervous system, energy, and blood.

### Did you know?

Methylcobalamin and adenosylcobalamin are the two most active derivatives out of the four derivatives of vitamin B12. They act as coenzymes, participate in critical processes in the body, and complement each other in a way that enhances the unique properties of each component.

While adenosylcobalamin is associated with cellular energy production, brain development, growth, and muscle development, methylcobalamin is associated with DNA biosynthesis and replication, red blood cell formation, and protection of the nervous system.

### Instructions for use

Recommended daily dose: one full dropper = 1 ml (20 drops) = 1000 mcg methylcobalamin and adenosylcobalamin.

Press the dropper, dispense 1 ml of liquid under the tongue, and wait a few seconds before swallowing to allow for optimal absorption.

The product contains 60 servings.



# BIO FOLATE

## Natural Folic Acid - Improved Formula

### Facts worth knowing

Vitamin B9, known as folic acid, is an essential component in cell division processes, DNA synthesis, and supporting the blood system and fertility - both female and male.

It participates in methylation processes in the body - a central biochemical mechanism that affects gene expression, nervous system function, and overall health.

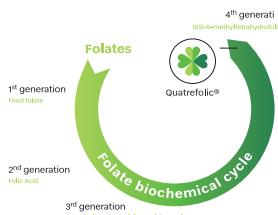
Folate is essential due to its critical role in the proper development of the fetus, and therefore is considered one of the most important vitamins for women of reproductive age and pregnant women.

But not only women need it - active folate has also been found to contribute to sperm quality and fertility in men.

In most dietary supplements, folic acid appears in a synthetic form that is not active in the body and requires conversion to its active form. This process is not always efficient - especially among people with a mutation in the MTHFR enzyme, who cannot perform the necessary conversion.

**BIO FOLATE** is based on the Quatrefolic® patent - the latest and most advanced generation of natural and active folate, which does not require complex conversion and provides high bioavailability and precise support from the moment of intake.

The illustration shows all types of folates. Quatrefolic® is the active derivative with the highest bioavailability currently available on the market.



### Key advantages

- ✓ Based on the patented Quatrefolic® ingredient - ensuring improved bioavailability and high absorption.
- ✓ The patented Quatrefolic® ingredient provides the active derivative methyl folate, which is a source of valuable methyl groups, important for a variety of essential biological processes in the body.
- ✓ The recommended daily dose of folic acid for pregnant women and throughout their reproductive years.
- ✓ With natural raspberry flavor extract.

### Did you know?

Quatrefolic® - is an advanced version of folic acid - stable, bioavailable to the body, and excellently absorbed.

Unlike older versions, it is bound to glucosamine and not calcium - which improves absorption. It comes in its active form (5-MTHF), without the need for conversion in the liver - and is therefore also suitable for those who have difficulty biotransforming synthetic folic acid.



### Instructions for use

Recommended daily dose: one full dropper = 1 ml (20 drops) = 400 mcg methyl folate.

Can be dropped directly into the mouth and swallowed or mixed in a glass of water / juice and drunk.

The product contains 60 servings.

# B-COMPLETE

## B Vitamin Complex

### Facts worth knowing

B vitamins are involved in hundreds of physiological processes that occur in the body. This is a family of 8 types of vitamins that participate in metabolic processes and energy production in the body and are essential for women, men, and children in growth stages. Studies show that B vitamins are necessary for normal cell division, for the proper development and function of the nervous system, and for supporting the health of skin, hair, and nails.

### Did you know?

The B vitamin complex significantly contributes to reduction of symptoms associated with stress, excessive irritability, anxiety, and fluctuating moods, mainly due to the presence of B12, folic acid (B9), and B6, which have a significant effect on mental function.

B vitamins participate in the production processes of neurotransmitters such as serotonin, dopamine, and noradrenaline, which are related to normal cognitive and mental function, and also in the production of melatonin - also known as the sleep hormone, which is associated with the regulation of the wake-sleep mechanism.

### Key advantages

- ✓ Liquid product - for optimal absorption.
- ✓ Improved formula containing vitamin B3 without the flush effect (Non-Flush Niacin) and the rest of the B vitamins in their active derivatives: vitamin B12 (methylcobalamin), vitamin B9 (folic acid methyl folate), vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B5 (pantothenic acid), vitamin B6 (coenzyme pyridoxal 5 phosphate P5P), vitamin B7 (biotin).
- ✓ Free of sugar, artificial sweeteners, food coloring, or preservatives.
- ✓ With natural berry flavor extract.

### Instructions for use

Recommended daily dose: 5 ml, once a day (measuring cup included on the cap).

Can be taken directly or diluted in water/natural juice.

The product contains 50 servings.



# IRON MAX

## Gentle Iron

### Facts worth knowing

MAX IRON is an advanced liquid iron supplement, based on iron bisglycinate with TRAACS® technology - a patented complex designed explicitly for high absorption and optimal digestive comfort.

This form of iron allows for efficient absorption of iron at the protein absorption sites in the digestive system - thereby supporting exceptionally high bioavailability.

Studies indicate that iron bisglycinate may be absorbed up to 4 times more than other forms of iron.

In addition to general iron levels, this type of iron also supports indicators such as ferritin and transferrin.

Ferritin is the iron store, while transferrin indicates the body's ability to transport iron to cells.

### Did you know?

Iron deficiency is one of the most common nutritional deficiencies in the world, and it can appear mainly among women of childbearing age, children, adolescents, vegans, athletes, and people with occult bleeding.

Iron is essential for oxygen transport to body cells, proper immune system function, red blood cell production, supporting energy levels, and preventing fatigue.



### Instructions for use

Recommended daily dose: two droppers per day.  
Two droppers - 2 ml (40 drops) = 30 mg iron bisglycinate.

It is recommended to drop the liquid directly into the throat and swallow or dilute in a glass of water / juice and drink with a straw.

The product contains 30 servings, according to the daily dosage.

Keeping sufficient supplies helps promote energy, concentration, and a balanced daily routine.

### Key advantages

- ✓ 4 times higher absorption than common iron forms, as research proves.\*
- ✓ Convenient to use - reduced need to keep away from dairy products, caffeine, or calcium supplements - significantly easing intake.
- ✓ Easy to digest.
- ✓ Combined with vitamin C for improved absorption, with natural blueberry flavor extract.
- ✓ Free of sugar, food coloring, or preservatives.

# L-GLUTAMINE

## L-Glutamine Powder With Prebiotics

Improved formula

### Key advantages

- ✓ Improved formula – a combination of pure glutamine with prebiotic inulin to support the digestive tract lining.
- ✓ Supports tissue repair, strengthens the immune system, and balances bowel function.
- ✓ Free from artificial sweeteners, food colorings, or preservatives.
- ✓ Formula with a natural and delicate taste thanks to Fruit Monk – a natural sweetener of the highest quality, with a very low glycemic index.
- ✓ Suitable for daily use, even during periods of exertion, recovery, or nutritional deficiencies.

### Did you know?

Glutamine is the most common free amino acid in blood and muscle, contributing to tissue repair, immune system function, antibody production, acidity balance, and a sense of calm.

During strenuous physical activity, glutamine consumption in muscles increases significantly, and sometimes a decrease of up to 50% in its levels in the body is observed, which is why athletes and intensive trainers need to support the maintenance of glutamine stores.

Ecosupp's new formula has been upgraded with the addition of inulin - a prebiotic fiber that supports the integrity of the intestinal lining, nourishes friendly bacteria, and strengthens the digestive environment.

This combination provides dual support - both for maintaining glutamine levels in the body and for digestive system health.

### Instructions for use

Recommended daily dose: 4g = 2 teaspoons (2 grams) once a day.  
Dissolve in a glass of water and drink, once a day, on an empty stomach.  
The product contains 60 servings.



# All You Need To Know About Liposomes

## What Is Liposomal Technology?

Liposomal technology was first developed as part of medical and pharmaceutical research, to improve drug delivery in the body and provide targeted and controlled release of active ingredients.

Thanks to their ability to "encapsulate" essential components within a fatty membrane-like cell envelope – Liposomes have become an effective tool for improving the stability, protection, and absorption of essential components.

## Liposomal Technology And Its Effect On Absorption In The Body

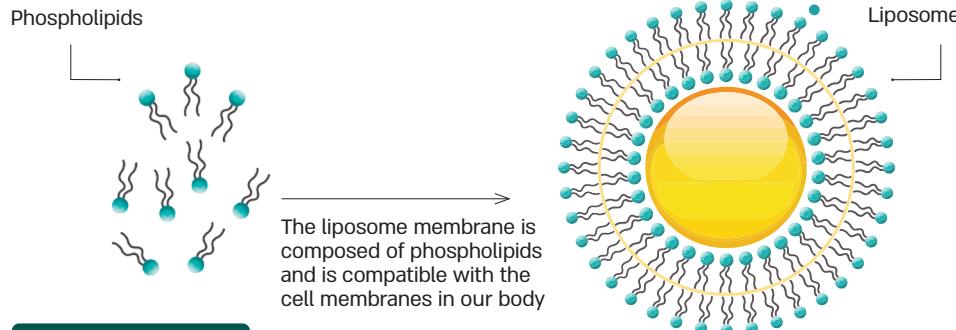
Liposomes are microscopic spheres composed of layers of phospholipids - fatty molecules identical to those that build the cell membranes in our body.

This structure allows the liposome to integrate naturally into the body, recognize the biological environment, and improve the bioavailability of vitamins, minerals, and fatty acids.

Ecosupp was the first company to introduce liposomal technology to the nutritional supplements market in Israel.

Since then, we have been working with advanced global laboratories and conducting regular liposomal quality tests for all our products - to ensure that our customers receive a genuine, high-quality liposomal product that has been examined under an electron microscope.

Test results are available for viewing on the website.



## Studies Prove

Vitamin D is an example of a fat-soluble vitamin that is highly hydrophobic (tends to repel water). For this reason, vitamin D has difficulty moving in the aqueous environment of the digestive system and penetrating the mucous tissue layer to be absorbed into cells and raise its concentration in the blood. However, a recent clinical study\* (2022) demonstrated that liposomal technology can effectively increase the concentration of

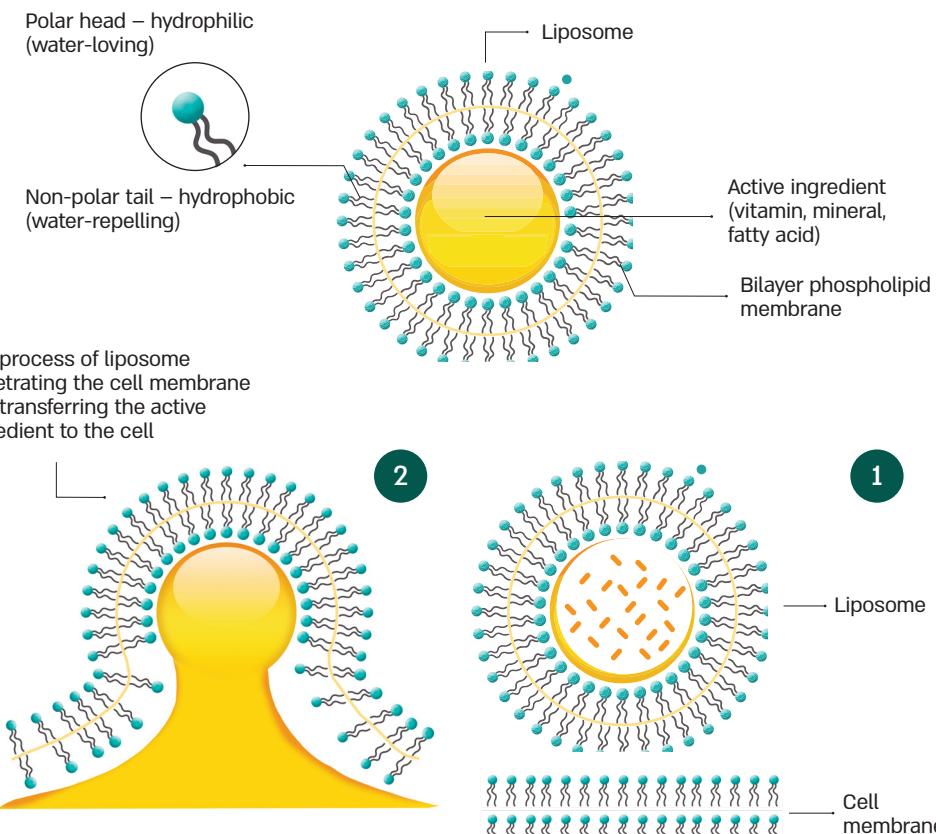
vitamin D (calcidiol) in the blood when taking liposomal vitamin D3. This effect, which was even faster in people with severe vitamin D deficiency, was not observed when taking non-liposomal vitamin D3. The researchers noted that the rapid increase in vitamin D (calcidiol) concentration in the blood is very important, because severe vitamin D deficiency can have serious health consequences.

## Key Advantages Of Liposomal Technology

- ✓ Improves absorption and bioavailability of active ingredients.
- ✓ Protects sensitive components inside the liposome from premature degradation during their passage through the digestive system.
- ✓ Reduces gastrointestinal side effects.

## Not All Liposomes Are The Same! Advantages Of Liposomal Technology In Ecosupp Products:

- ✓ The liposomal technology in Ecosupp products is based on high-quality phospholipids from natural sources, identical to the components that build the human cell membrane, and without the use of synthetic ingredients.
- ✓ The use of this coating helps maintain the stability of the active ingredient and allows for more efficient penetration through cell walls - leading to high biological absorption.
- ✓ The unique solution is based on an innovative LIPO-L system, which maintains the stability of the active ingredient and prevents its release before reaching its target in the body.
- ✓ The unique technology is based on nano-liposomes (especially small), to improve their stability in digestive system conditions to allow for maximum absorption.



# VITAMIN C

## Liposomal Vitamin C

### Facts worth knowing

Vitamin C is a powerful antioxidant that fights free radicals - unstable molecules that can damage cells and accelerate inflammation and aging.

Thanks to its central role in collagen production, it contributes to cellular protection, supports the immune system, and helps maintain healthy, flexible, and radiant skin.

Vitamin C also participates in iron absorption in the body, supports nervous system function, and contributes to reducing feelings of fatigue and exhaustion.

The body does not produce vitamin C on its own - so it is important to get it from food or high-quality dietary supplements. Liposomal Vitamin C from Ecosupp is based on advanced technology, which allows for increased absorption and high bioavailability – giving the body what it truly needs.

### Vitamin C - the peak of health



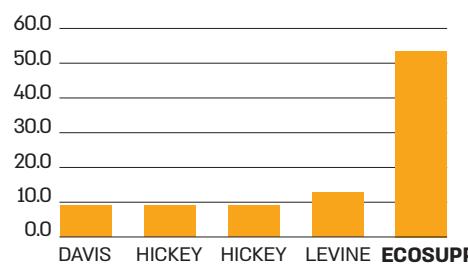
### Key advantages

- ✓ 6.6 times higher absorption than non-liposomal Vitamin C tested in a clinical study on the product.
- ✓ Contains non-acidic Vitamin C.
- ✓ Easy and comfortable to digest and reduces side effects typical of other supplements.
- ✓ With added natural orange flavor extract.
- ✓ The new generation of liposomes! Based on LIPO-L technology to prevent leakage of the active ingredient and prevent its oxidation.

### Did you know?

One of the most prominent roles of Vitamin C is supporting the immune system. A clinical study on Vitamin C in the context of the common cold found that it may contribute to reducing the duration of the common cold when taken regularly and even reduce the severity of symptoms. In other words, taking Vitamin C over time was found to be more effective in shortening the duration of the illness.

\*Comparative study: Maximum blood concentration levels of Ecosupp's liposomal Vitamin C compared to non-liposomal Vitamin C



### Instructions for use

Recommended daily dose: 5 ml = 500 mg Vitamin C, once a day (measuring cup included on the cap).

Can be taken directly or diluted in water/natural juice.

The product contains 50 servings.

# VITAMIN D3

## Liposomal Vitamin D3

### Facts worth knowing

Vitamin D3 is one of the most essential and researched vitamins - and is linked to the proper health of many body systems.

It contributes to proper absorption of calcium and phosphorus, maintenance of bone density, proper functioning of the immune system, and reduction of the risk of fractures, inflammation, and fatigue.

Despite its importance, vitamin D deficiency is very common - mainly due to insufficient sun exposure, unsuitable diet, old age, or the use of certain medications.

**Ecosupp's liposomal Vitamin D3 is based on advanced technology for improved absorption**, and is considered one of the most stable and absorbable vitamins in its category.

The formula combines high-quality liposome components with a natural and delicate taste - and is suitable for convenient and effective daily use.

### Key advantages

- ✓ The world's first and only non-animal source of Vitamin D3.
- ✓ Active Vitamin D3 (Cholecalciferol) – the natural and most effective form for absorption in the body.
- ✓ Based on a unique solution based on the innovative LIPO-L system, which maintains the stability of the active ingredient and prevents its release before reaching its target in the body.
- ✓ With added natural lemon-lime extract.
- ✓ Liposomal and highly absorbable.
- ✓ Liposomal D3 does not require a fatty meal.

### Did you know?

Vitamin D functions in the body as a hormone involved in cell differentiation and the secretion of hormones, such as parathyroid hormone and even insulin. In addition, Vitamin D is essential for calcium absorption in the body and for maintaining the balance of calcium and phosphorus levels - minerals important for the building, growth, thickness, and density of bones.

A new study\* from 2022 shows that liposomal Vitamin D3 has higher bioavailability and absorption than non-liposomal Vitamin D3. This advantage is reflected in a rapid and effective increase in calcidiol levels (the absorbable form of Vitamin D) in the blood. The researchers emphasized the particular importance of this improvement in the context of supporting immune system activity, especially in people suffering from Vitamin D deficiency.

### Instructions for use

Recommended daily dose: one full dropper = 1 ml (20 drops) = 1000 IU Vitamin D3.

Can be dropped directly into the mouth and swallowed or mixed in a glass of water/juice and drunk.

The product contains 60 servings.



# OMEGA 3

## Liposomal Omega 3

### Facts worth knowing

Omega 3 is a general name for essential fatty acids that the body cannot produce on its own - so it is important to obtain them through diet or high-quality supplements.

The two main components of Omega 3 are DHA and EPA, which are known for their contribution to the proper functioning of the heart, blood vessels, brain, nervous system, and immune system.

Omega 3 contributes to inflammatory balance, improving blood lipid levels, supporting memory and concentration, and overall body health.

**Ecosupp's Omega 3 is extracted from marine microalgae** - a plant-based, clean, and environmentally friendly source.

It is based on advanced liposomal technology, which allows for the protection of active ingredients and exceptionally high biological absorption – for an effective and precise effect in the body.



### Did you know?

Ecosupp's liposomal Omega 3 is derived from plant-based sea algae, thereby promoting a minimal environmental footprint. Overfishing affects the entire marine ecosystem and disrupts the delicate marine ecological balance.

In addition, the fatty acid extraction process in the product is an innovative water-based process, which does not involve heating at any stage, where fatty acids can oxidize.

### Instructions for use

Recommended daily dose: 5 ml = 200 mg DHA and 100 mg EPA, once a day (measuring cup included on the cap).

Can be taken directly or diluted in water/natural juice.

The product contains 50 servings.

### Key advantages

- ✓ Contains the 2 essential fatty acids – DHA and EPA.
- ✓ Omega 3 from microscopic sea algae, which are not genetically modified (*Schizochytrium*), grown in dedicated cultivation facilities, under strict control.
- ✓ Free of heavy metals and contaminants subject to laboratory tests.
- ✓ Fatty acid extraction is performed using an innovative water-based process and controlled temperature to maintain the stability of the fatty acids.
- ✓ With added Vitamin E as an antioxidant.
- ✓ With added natural pineapple flavor extract.
- ✓ Does not contain animal ingredients.
- ✓ The new generation of liposomes! Based on LIPO-L technology to prevent leakage of the active substance from them and prevent its oxidation.

# LIPO TURMERIC

## Liposomal Turmeric

### Facts worth knowing

Turmeric is one of the most researched medicinal plants in the world - thanks to its anti-inflammatory, antioxidant, and immune system-supporting effects. Its main active ingredient, curcumin, may contribute to inflammatory balance, pain reduction, maintaining proper joint function, and broad cellular health.

But there's a problem: regular curcumin is hardly absorbed by the body, and therefore many supplements fail to deliver their expected effect. Its significant drawback is the difficulty in absorbing the oil-soluble active ingredient - curcumin, in the aqueous environment of the digestive system, as well as its rapid decomposition rate.

This is where LIPO TURMERIC comes in - a groundbreaking product offering a rare combination of scientific depth and advanced technology:

- Based on a complete extract from the turmeric root, including all active curcuminoid groups as they exist in nature, and other health-benefiting components in the turmeric root, including: complex carbohydrates, dietary fiber, proteins, volatile oils.
- Produced with PNS (Polar Non Polar Sandwich) technology - to maintain optimal stability and activity in the aqueous environment of the digestive system.
- Encapsulated in an advanced liposomal shell for significant improvement in absorption and bioavailability in the body.

LIPO TURMERIC is a unique combination of full-spectrum turmeric root and advanced technology and proven liposomal absorption.

### Key advantages

- ✓ LIPO TURMERIC - liposomal turmeric - represents a breakthrough in curcumin supplements. The product is based on a combination of 2 advanced technologies to enhance its bioavailability - 16.5 times compared to a non-liposomal product as found in a clinical study on the product.
- ✓ Contains curcumin integrated into a complete complex of ingredients from the turmeric root.
- ✓ The whole turmeric root is extracted using a traditional method and without synthetic materials.
- ✓ The new generation of liposomes! Based on LIPO-L technology to prevent leakage of the active substance from them and prevent its oxidation.

### Did you know?

The LIPO TURMERIC product combines 2 advanced technologies: PNS technology (encapsulating curcumin in a matrix of ingredients from the turmeric root), and liposomal technology (where the liposome serves as a carrier for the active ingredients in the turmeric root to improve their absorption). This is a unique combination that significantly improves curcumin absorption.

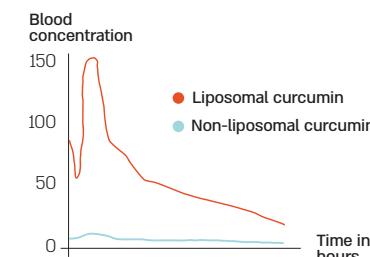
In the diagram: Comparison of regular and liposomal curcumin absorption.

In a clinical study on the product\*\* researchers compared the bioavailability of a liposomal curcumin supplement and the bioavailability of a standard (non-liposomal) curcumin supplement. The comparison was made after taking 5 ml of liquid-liposomal turmeric extract containing 500 mg of curcumin, compared to taking a standard curcumin supplement (95% curcumin at a dose of 500 mg which is not liposomal). The study results demonstrated an improved bioavailability of approximately 16.5 times for liposomal curcumin compared to non-liposomal curcumin.

\* World patent pending no. CHE/2013/3646

\*\* Ecosupp, Bioavailability Study of Liposomal Curcumin. Curosupport.

<https://enxnfqghs3sexactdn.com/wp-content/uploads/2019/06/Curosome.test-Results.pdf>



### Instructions for use

Recommended daily dose: 5 ml = 250 mg of turmeric extract components (measuring cup included on the cap) Can be taken directly or diluted in water/natural juice. The product contains 25 servings.



# LIPO MAG

## Liposomal Magnesium Glycinate

### Facts worth knowing

Magnesium is an essential mineral involved in over 300 biochemical processes in the body - including energy production, stress regulation, nerve and muscle function, bone health, and the immune system.

Despite its importance, magnesium deficiency is very common - mainly due to industrial diets, chronic stress, coffee and alcohol consumption, or the use of certain medications.

LIPO MAG from Ecosupp is based on a combination of high-quality magnesium glycinate with TRAACS® technology alongside an advanced liposomal coating.

TRAACS® technology is based on binding magnesium to two glycine amino acids (Bisglycinate), which allows it to be absorbed into the body through a protein absorption mechanism - and not as a mineral.

This combination of TRAACS® technology and liposomal technology bypasses digestive barriers, contributes to particularly efficient absorption, and is considered as an efficient biological delivery pathway.

### Key advantages

- ✓ Easy to digest and reduces the chance of gastrointestinal side effects typical of taking magnesium supplements.
- ✓ Has higher absorption than magnesium oxide, as studied in research.\*
- ✓ Maximum convenience - reduced need to keep the supplement away from foods and drinks that inhibit its absorption.
- ✓ Neutral taste, with no added sugar, artificial sweeteners, or flavorings.
- ✓ The new generation of liposomes! Based on LIPO-L technology to prevent leakage of the active ingredient and prevent its oxidation.

### Did you know?

The LIPO MAG product contains magnesium that allows for maximum ease of use without the need to keep the supplement away from foods and drinks that inhibit magnesium absorption.

An absorption study that compared the bioavailability of magnesium bisglycinate supplement to magnesium citrate and magnesium oxide supplements found that magnesium bisglycinate has higher bioavailability\*.

\*Hartle J, et al. FASEB J. 2016;30(S1):128.6.

### Instructions for use

Recommended daily dose: 10 ml = 1200 mg magnesium, of which 120 mg elemental magnesium (a measuring cup is included on the cap).

Can be taken directly or diluted in water/natural juice.

The product contains 30 servings.



Clearly Healthy.



## BEADLETS

Liposomal Capsules With Sustained Release Mechanism

# The Next Generation of Nutritional Supplements

## Beadlets Technology For Sustained And Controlled Release

### The Wisdom Of The Capsule: When Absorption And Convenience Meet In One Technology

BEADLETS technology is an innovative development that combines the advantages of liposomes with a sustained-release system. In this technology, active ingredients are encapsulated in tiny liposomes, which are contained within small spheres ("beadlets") packed in a plant-based capsule.

### Structure of BEADLETS: Three Smart Layers

**The Core:** The inner part containing the active ingredient within a liposomal powder shell.

**Liposome Powder:** Surrounds the core - provides protection for the active ingredient and enhances its absorption.

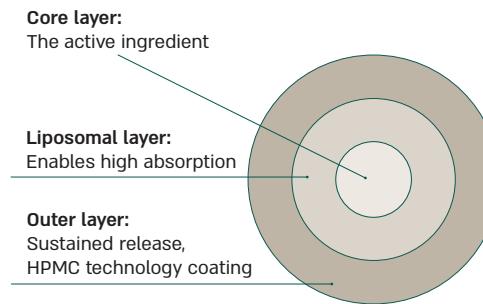
**The Outer Layer:** HPMC plant polymer layer - protects the core, controls the release rate, and improves stability.

### Sustained Release = Smart Absorption

Instead of the components breaking down immediately in the stomach, they are released gradually - over several hours - thus maintaining high availability and prolonged effect in the body.

#### Why is this good?

The formula is released exactly when needed – not too early, not too late – for ideal long-term absorption.



### Advanced BEADLETS technology offers



**Double protective layer**  
Both the liposome and the polymer coating protect the substance



**Controlled release**  
Continuous delivery of active ingredients



**Optimal absorption**  
Increased bioavailability thanks to liposomal technology



**Ease of use**  
In capsules – easy and convenient to swallow



**High stability**  
Long shelf life without refrigeration



**Reduced gastrointestinal discomfort**  
Protection against gastrointestinal irritation

# VITAMIN C BEADLETS

Vitamin C Beadlets Capsules - Smart Release, High Absorption

### Composition per capsule

Vitamin C Beadlets Capsules - Smart Release, High Absorption

### Benefits

- ✓ Powerful antioxidant, supports the immune system
- ✓ Essential for collagen production for healthy, radiant skin
- ✓ Improves iron absorption and reduces fatigue

### Release Profile

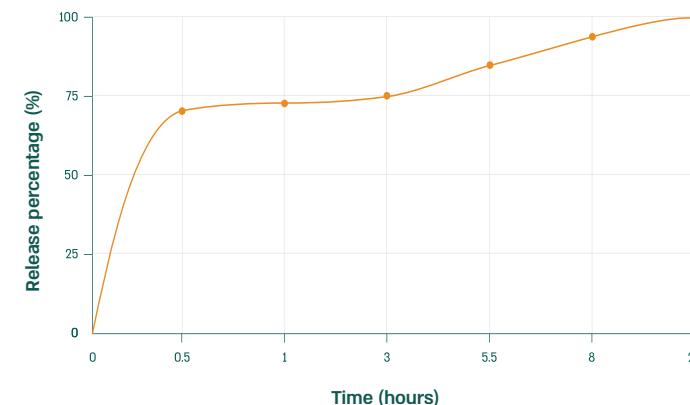
Thanks to BEADLETS technology, Vitamin C is released in two stages:

- 75% immediate availability - for a rapid initial response
- An additional 25% – released gradually for up to 24 hours

This results in a prolonged, moderate, and effective action.



### Vitamin C Beadlets - Release Profile



# IRON BEADLETS

Smart Iron With High Absorption - In Advanced Beadlets Technology

## Composition per capsule

Iron (fumarate) 15 mg  
Vitamin C (ascorbic acid) 80 mg to aid iron absorption

## Benefits

- ✓ Essential for red blood cell formation and preventing anemia.
- ✓ Essential for energy production in cells, supports cognitive function.
- ✓ With added Vitamin C – helps improve absorption and reduce digestive side effects

## Release Profile

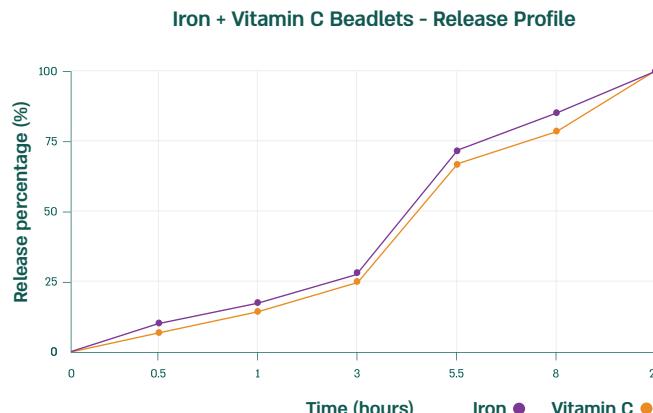
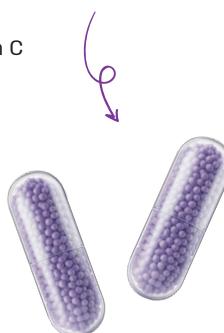
The smart release of iron occurs in 3 stages:

Stage 1 (0-3 hours): Gentle release begins - 30% of iron and 28% of Vitamin C

Stage 2 (3-8 hours): Gradual release - 75% of iron, 85% of Vitamin C

Stage 3 (8-24 hours): Full release - 100% of iron and Vitamin C

**The result:** continuous availability, fewer side effects, and more health



The release graph shows how iron and Vitamin C levels are maintained throughout the day.

# ZINC BEADLETS

Smart Zinc That Absorbs Better, Acts Longer

## Composition per capsule

20 mg Zinc (zinc oxide)

## Benefits

- ✓ Supports the immune system and the health of skin, hair, and nails
- ✓ Supports wound healing and cell regeneration
- ✓ Supports normal metabolism and metabolic balance
- ✓ Unique technology – no stomach side effects typical of regular zinc intake

## Release Profile

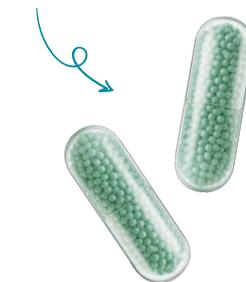
Gradual release profile - for perfect absorption throughout the day:

0-3 hours: 45% of zinc is released

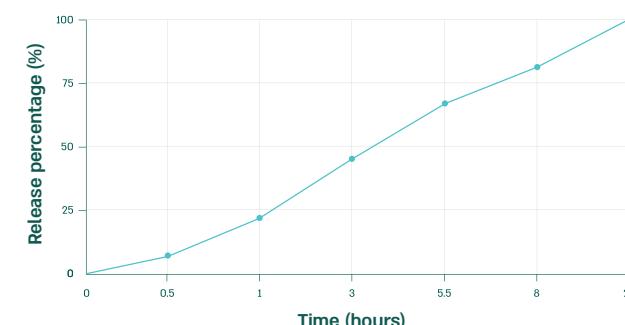
3-8 hours: Gradual release - up to 85%

8-24 hours: Full release - 100% bioavailability

**The result:** stable zinc levels in the body throughout the day



## Zinc Beadlets - Release Profile



The release graph shows how zinc is released in a controlled manner, providing the body with a steady supply throughout the day, without burdening the digestive system

# VITAMIN C, ZINC & D3 BEADLETS

Smart Daily Support – Three Ingredients In One Capsule:  
Vitamin C, Zinc, Vitamin D

## Composition per capsule

Vitamin C (ascorbic acid): 250 mg

Vitamin D3 - 500 IU

Zinc (oxide): 7.5 mg

## Benefits

- ✓ Comprehensive immune system support
- ✓ Support for bone and muscle health
- ✓ Combined efficacy of the various ingredients

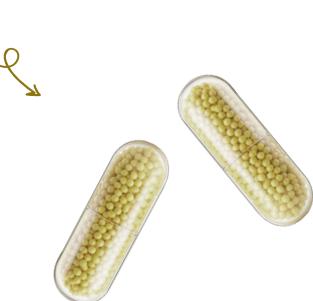
## Release Profile

Tailored release profile – for each of the components:

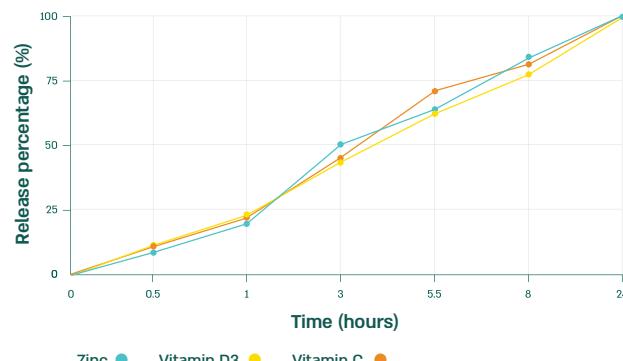
50% of the substance is released in the first 3 hours

Gradual release up to 90% within 8 hours

Full and controlled release up to 24 hours



Vitamin C + Vitamin D + Zinc Beadlets - Release Profile



Each component – Vitamin C, Zinc, and D3 – has a long action time, stable blood levels, and optimal absorption.

Backed by Clinical Studies –  
Technology that Delivers Results

### Bioavailability Study (2023):

A randomized controlled study examined the bioavailability of Vitamin C in different formulations.  
(*Nutrients*. 2023;15(13):3073)

### Release Profile Study (2022):

A comprehensive review examined controlled-release systems and their impact on mineral absorption.  
(*Nutrients*, 2022;14(16):3321)

### Controlled-release zinc study (2021):

A study that investigated the effects of controlled-release zinc on various physiological parameters.  
(*Biol Trace Elem Res*, 2011;139(1):1-9)



## Why Choose BEADLETS



Technological innovation that suits today's pace of life

- ✓ Advanced liposomal Beadlets technology - a new generation of smart nutritional supplements
- ✓ Improved absorption thanks to liposomal coating and sustained release throughout the day
- ✓ High bioavailability and optimal utilization of active ingredients
- ✓ Gradual release of active ingredients according to the body's needs throughout the day



Ease of use

- ✓ Convenient once-a-day intake
- ✓ Flexibility in intake times - can be taken in the morning, evening, or during the day
- ✓ Reduced digestive side effects
- ✓ An ideal solution for a dynamic lifestyle: easy to take anywhere, including holidays and trips
- ✓ Does not require refrigeration, stable for a long time



Quality and reliability

- ✓ Manufactured under strict pharmaceutical standards and rigorous quality control
- ✓ Innovative development backed by research\*
- ✓ Ensures stability, safety, and uniformity between each capsule
- ✓ Represents the brand's values: transparency, scientific accuracy, and uncompromising innovation

Suitable for advanced protocols:  
Smart Wellness & Longevity  
Protocols

Smart combination of essential ingredients with gradual release - for daily support of key body systems:

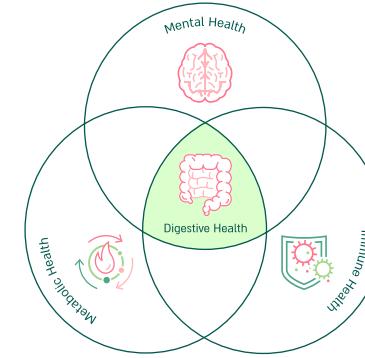
Immune system, nervous system, cell renewal, digestion, energy, and recovery.  
Clearly Healthy - because smart health starts with smart absorption.

\*Diguet S et al, US Patent 8,211,471 B2, 2012

Listen to Your Gut.



## The Advanced Probiotic Series



### What Is The Microbiome?

The microbiome is a complex collection of trillions of good bacteria, viruses, and microorganisms living in the human body. This vital system is involved in a variety of important processes in our bodies.

The human microbiome, known as the "second brain" of our body, is a complex system that significantly affects all aspects of our health. Recent scientific findings continue to reveal its significant roles and its crucial impact on a wide range of body systems.

The microbiome plays vital roles in the body, from digestion and nutrient absorption through the breakdown of complex food, the production of essential vitamins like K and B, and improved mineral absorption. It supports the immune system by strengthening the gut barrier, protecting against pathogens, and regulating the immune response.

In addition, the microbiome has a significant impact on mental health through communication on the gut-brain axis, the production of neurotransmitters, and balancing stress levels in the body.

### What Is Probiotics?

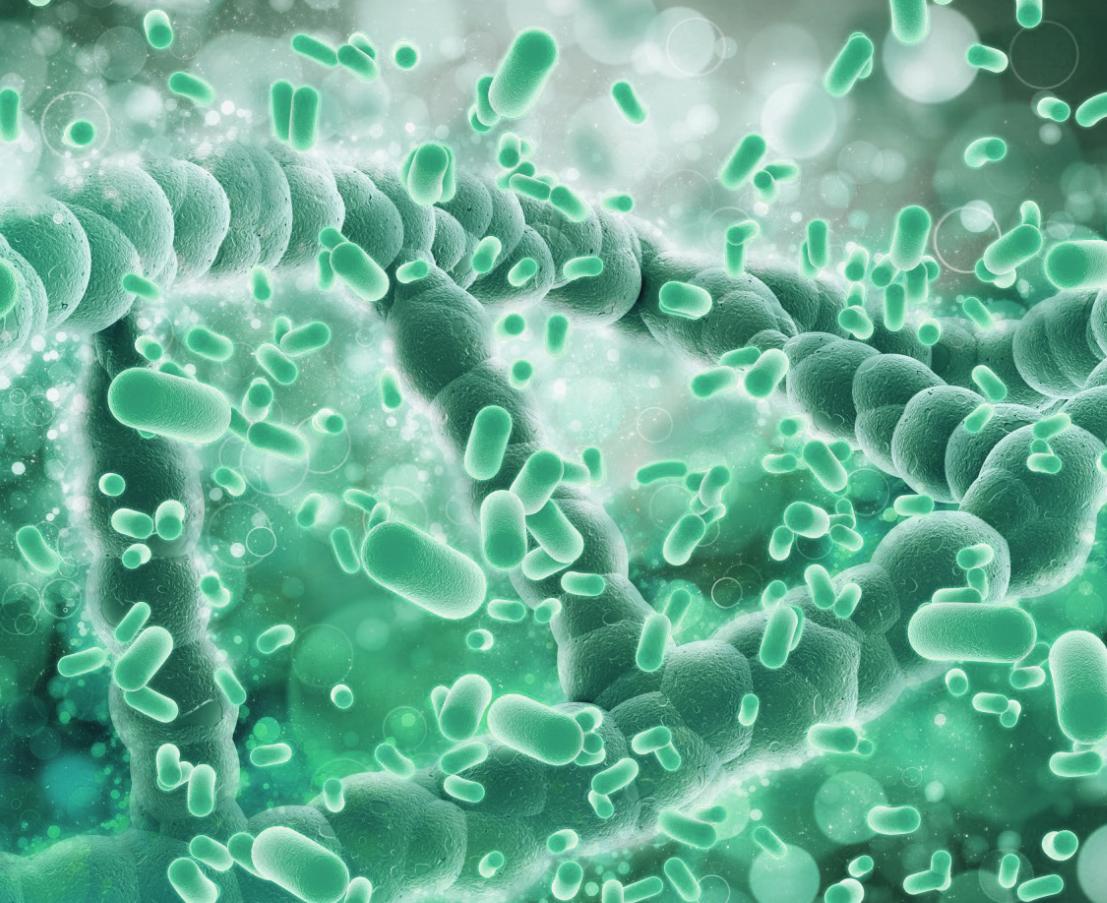
An important part of the microbiome are the living microorganisms that confer a health benefit on the host, when administered in adequate amounts. These are called 'probiotics' - friendly living bacteria that have beneficial health effects. These effects have been at the center of many studies\* in recent decades.

### Multi-Strain Probiotics - The Power Of Diversity

Studies\*\* show that formulas combining several probiotic strains create a significant synergistic effect. A well-considered combination of different strains and sub-strains, scientifically studied and proven, allows for the creation of a comprehensive and balanced formula. The advantage of this approach is that each strain and sub-strain contributes its unique properties, and together they work in harmony to support the microbiome.

### Under The Microscope: How To Identify Quality Probiotics

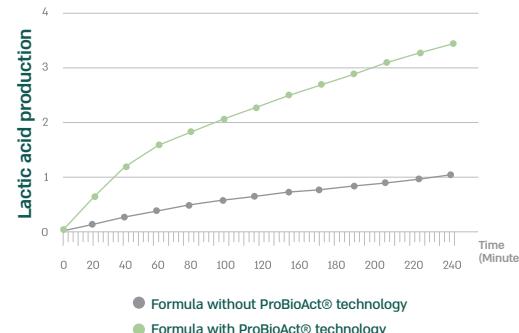
When choosing a quality probiotic supplement, it is important to understand that each bacterium has a unique "identity card" that includes three components: the genus name - for example (Lactobacillus), the species name - for example (salivarius), and the specific strain designation (such as W24). This complete identification is essential, as different strains of the same bacterial species may exhibit completely different unique properties and benefits and act in different areas along the digestive system. In our probiotic products, we make sure to state the whole identity of each bacterium, so you know for sure that you are getting the exact strains that have been studied and found effective in clinical trials.



### ProBioact® Technology - Innovation In Probiotics

ProBioAct® technology represents a significant breakthrough in the field of probiotics. It provides increased stability for bacteria and improves their survival during digestion, while maintaining their optimal quantity and metabolic activity.

The technology, developed in collaboration with the Maastricht University Medical Center, is based on a unique protective coating composed of complex carbohydrates, prebiotic fibers (FOS, inulin) and a supportive mineral complex. The supporting components are carefully adapted to the unique bacterial strains in each formula.



The graph demonstrates the effectiveness of ProBioAct technology in maintaining the activity of probiotic bacteria. Activity is measured by the level of lactic acid produced by the bacteria - an indicator of their vitality. The more active and vital the bacteria, the higher the level of lactic acid they produce.

## BASE IT

Advanced Probiotics To Support The Digestive System And Microbiome Balance



IT BASE is a unique formula containing 8 beneficial bacterial strains, carefully selected to support digestive system health. Each strain contributes uniquely to gut function: some help strengthen the gut's natural barrier, others help balance sensitivity and reduce discomfort, and some strains that produce beneficial substances that contribute to a healthy gut environment and support the immune system.

The formula particularly excels in its ability to help in maintaining a healthy balance of gut bacteria, and includes the unique Lacosap strain – E. faecium W54, which has been found particularly effective in supporting the digestive system and inhibiting pathogen growth.\*

### Dedicated development

BASE IT is a unique powder-based probiotic, developed in collaboration with the Swiss pharmaceutical company "Mepha" and manufactured to the highest standards, meeting the most stringent regulations in the field of sensitive probiotic products.



- B. lactis W51
- B. lactis W52
- E. faecium W54
- L. acidophilus W22
- L. paracasei W20
- L. plantarum W21
- L. salivarius W24
- Lc. lactis W19



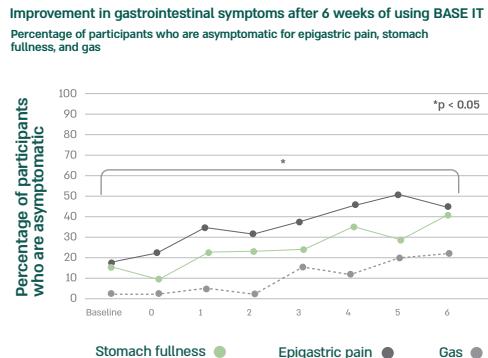
### Clinical Study – BASE IT

An observational study conducted on 40 adults with gastrointestinal problems showed promising results after 6 weeks of using the product.

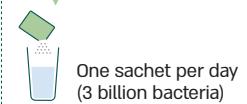
- ✓ Significant reduction in the overall rating of gastrointestinal symptoms: gas, bloating, and abdominal pain
- ✓ 66% of participants reported a significant improvement in their quality of life

### BASE IT - Key Benefits

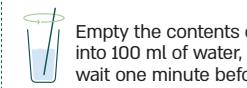
- ✓ Multi-strain formula containing 8 selected strains of probiotic bacteria
- ✓ Produced with ProBioAct® technology to ensure bacterial survival, optimal activity, and effectiveness
- ✓ Supports gut flora, the immune system, and microbiome balance
- ✓ Helps alleviate various digestive symptoms such as bloating, gas, and abdominal pain, as proven by research\*\*
- ✓ Contains FOS - a unique prebiotic based on dietary fibers, which serves as natural food for good bacteria and enhances their metabolic activity.



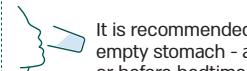
### Instructions for use



One sachet per day  
(3 billion bacteria)



Empty the contents of the sachet into 100 ml of water, stir gently, and wait one minute before taking.



It is recommended to take on an empty stomach - after waking up or before bedtime.

\*Can also be mixed with plant-based milk/regular milk/natural yogurt

\*The product contains 28 servings

Storage instructions: Store in a cool, shaded, and dry place

# REBALANCE

## Probiotics For Rebalancing The Microbiome As A Supplement To Antibiotic Treatment

Antibiotics, despite their criticality in treating infections, pose a significant challenge to gut health. The use of antibiotics can disrupt the delicate balance of gut bacteria and cause unpleasant digestive issues such as diarrhea and abdominal pain.

### Antibiotics and the Microbiome: From Imbalance to Gut Restoration

Despite its effectiveness in treating infections, the use of antibiotics significantly harms the beneficial bacterial population in the gut and disrupts the delicate balance of the digestive system. Damage to good bacteria weakens the gut's natural barrier and can lead to unpleasant digestive symptoms. Studies\* show that the recovery process of good bacteria is gradual and can take a long time, so it is important to support the gut's natural healing process and help restore the healthy balance of the microbiome.





## REBALANCE - Key Benefits

- ✓ Multi-strain formula containing 9 unique strains of probiotic bacteria.
- ✓ Significant reduction in diarrhea and other antibiotic-related side effects as proven by research\*.
- ✓ Faster restoration of natural flora as proven by research\*\*.
- ✓ Reduction of antibiotic-dependent diarrhea among a group of adults hospitalized after surgery as proven by research\*\*\*.
- ✓ Produced with ProBioAct® technology to ensure bacterial survival, optimal activity, and effectiveness.
- ✓ Contains FOS - a unique prebiotic based on dietary fibers, which serves as natural food for good bacteria and enhances their metabolic activity.

### Instructions for use

#### During and after antibiotic treatment



2 sachets per day  
(10 billion bacteria)



Empty the contents of the sachet into 100 ml of water, stir gently, and wait one minute before taking. It is recommended to take the product approximately 2-3 hours before or after taking antibiotics.



It is recommended to take on an empty stomach - after waking up and before bedtime

**For microbiome restoration:** After completing antibiotics, it is recommended to continue taking 2 sachets per day for an additional two weeks.

\*Can also be mixed with plant-based milk/regular milk/natural yogurt

\*The product contains 14 servings.

Storage instructions: Store in a cool, shaded, and dry place

## Proven Efficacy In Clinical Studies

### Ecologic®

The Ecologic® quality seal represents a clear symbol of scientific excellence and clinical reliability. Every formula bearing this logo has undergone a comprehensive and in-depth research process, including pre-clinical and placebo-controlled clinical studies. This process is carried out in collaboration with leading research institutions worldwide, combining their expertise in probiotics and the microbiome with a deep understanding of diseases and patient populations. Only after the formula scientifically and significantly proves its efficacy and safety, it earns the ®Ecologic seal, which indicates that the product is supported by comprehensive scientific research and meets the highest standards of quality and reliability.

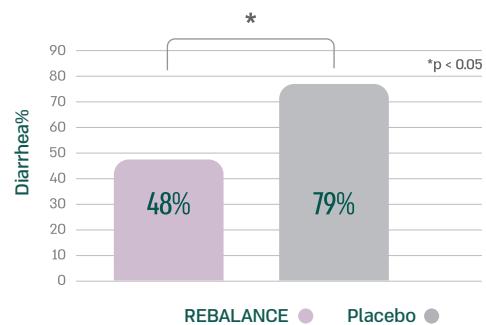


### Clinical Studies – REBALANCE

#### 1. The probiotic that helps restore the digestive system after antibiotics

The efficacy of REBALANCE was tested in a clinical study that included healthy adults after taking antibiotics. The results demonstrated a significant reduction in symptoms such as diarrhea, nausea, and abdominal pain - thanks to a precise combination of probiotic strains selected for this purpose.

**Significant reduction in diarrhea with REBALANCE during antibiotic treatment compared to placebo**



#### Clinical Study

Reduction of antibiotic-associated diarrhea in a healthy population.

#### Results

REBALANCE significantly reduced diarrhea and other side effects associated with antibiotic use.

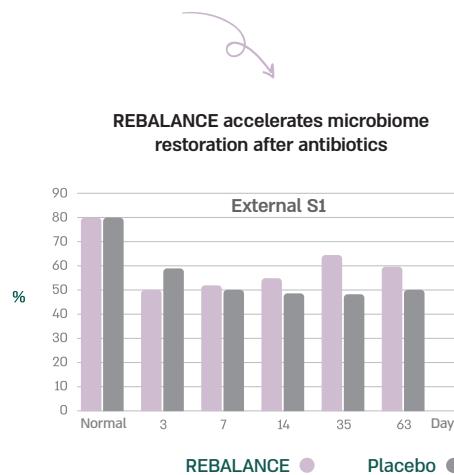
2. Another clinical study showed that using REBALANCE significantly accelerates the restoration of gut flora after antibiotics.  
Users of REBALANCE returned to balance faster compared to the placebo group.

#### Clinical Study

Restoration of gut flora after antibiotics

#### Results

Over time, taking REBALANCE contributed to a faster balance of gut flora compared to placebo



3. In a large-scale clinical study, REBALANCE reduced the rate of antibiotic-associated diarrhea to only 0.5% – compared to 49% and above in the control groups.

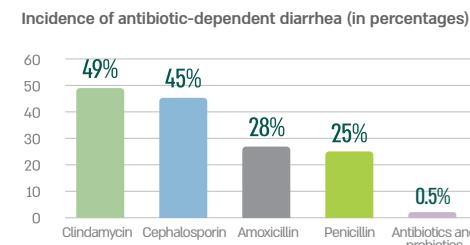
#### Clinical Study

Reduction of antibiotic-dependent diarrhea in post-surgery patients

#### Results

REBALANCE contributed to reducing the incidence of antibiotic-dependent diarrhea compared to data in the medical literature

The proven solution for reducing diarrhea during antibiotic treatment, even among hospitalized post-surgery patients



Only 0.5% – a breakthrough result!

# ZEN

## Good Bacteria For A Good Mood



### ZEN - Dedicated development and unique composition

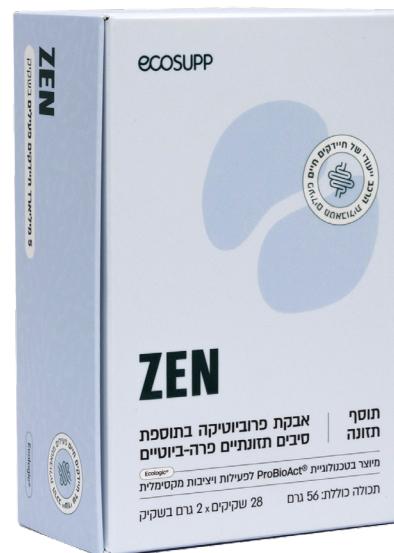
ZEN is a multi-strain probiotic formula developed in collaboration with Leiden University, based on the most advanced research in psychobiotics - the innovative science dealing with the connection between gut bacteria and mood and cognition. The formula was specifically designed to support proper communication between the gut and the brain and is intended to support the microbiome during periods of stress.

The strains in the formula were carefully selected based on pre-clinical and clinical studies due to their proven ability to support the nervous system and cognitive functions through various mechanisms such as regulating the immune response, strengthening the gut barrier, and reducing systemic inflammatory processes that affect mood.

### Psychobiotics - The science behind the gut-brain connection

This innovative research field aims to understand how diet and probiotic supplements affect the gut bacterial population and the direct connection this has to mental well-being. It is now known that psychobiotics work through several combined mechanisms through which they influence mental states such as stress, anxiety, and depression.

Research\* in the field of the Gut-Brain-Axis continues to develop, and we are learning about the great value psychobiotics may have as a practical therapeutic tool, by utilizing the beneficial effect that probiotic bacteria have on the central nervous system.



- Bifidobacterium bifidum W23
- Bifidobacterium lactis W51
- Bifidobacterium lactis W52
- Lactobacillus acidophilus W37
- Lactobacillus brevis W63
- Lactobacillus casei W56
- Lactobacillus salivarius W24
- Lactococcus lactis W19
- Lactococcus lactis W58



## ZEN – Key Benefits

- ✓ Multi-strain formula containing 9 unique strains of probiotic bacteria
- ✓ The formula significantly decreased cognitive reactivity to depression and reduced negative thoughts in healthy adults, as scientifically proven\*
- ✓ The formula improved cognitive reactivity to depression even in adults diagnosed with mild to moderate symptoms of depression, as shown by scientific evidence\*\*
- ✓ The formula improved cognitive functions under stress as scientifically proven\*\*\*
- ✓ Manufactured with ProBioAct® technology to ensure bacterial survival, optimal activity, and efficacy
- ✓ Contains unique prebiotics based on dietary fibers, which serve as natural food for good bacteria and improve their metabolic activity

## Instructions for use



One sachet per day  
(5 billion bacteria)



Empty the contents of the sachet into 100 ml of water, mix gently, and wait one minute before taking



It is recommended to take on an empty stomach - after waking up or before bedtime.

\*Can also be mixed with plant-based milk/regular milk/natural yogurt

\*The product contains 28 servings

Storage instructions: Store in a cool, shaded, and dry place

## Proven Efficacy In Studies

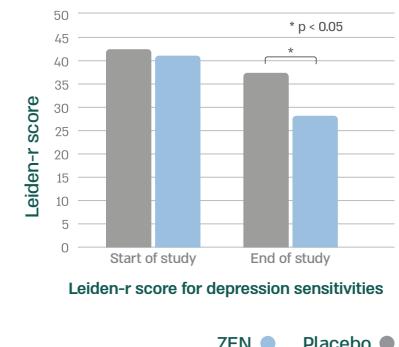
### Ecologic®

The formula carries the Ecologic® quality seal, which indicates comprehensive research including placebo-controlled pre-clinical and clinical studies. The formula receives the seal only after scientifically significant proof of efficacy and safety in collaboration with leading research institutions worldwide, confirming its adherence to the highest standards.

In several controlled clinical studies, the formula was found to lead to a significant reduction in LEIDS-r scores (a validated measure for assessing depression sensitivity) and a reduction in intrusive thoughts and aggressive behavior. In addition, an improvement in working memory performance and a strengthening of mental resilience in stressful situations were observed, leading to an overall improvement in daily quality of life.

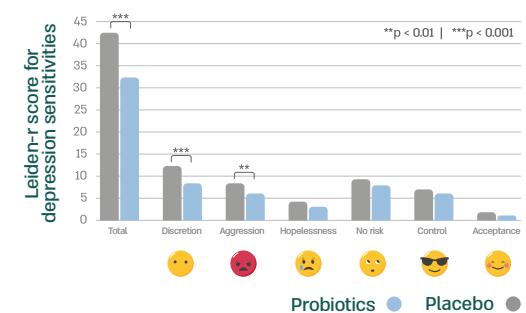
## Clinical Studies - ZEN

1. In a groundbreaking triple-blind, placebo-controlled, randomized study\*, the effect of the ZEN formula on mental and cognitive measures was investigated. The study included 40 healthy participants divided into two equal groups: the study group that received the ZEN formula and a control group that received a placebo, for a period of 4 weeks. Participants were tested before and after the intervention using the revised Leiden Depression Sensitivity Scale (LEIDS-r).



### The results were impressive:

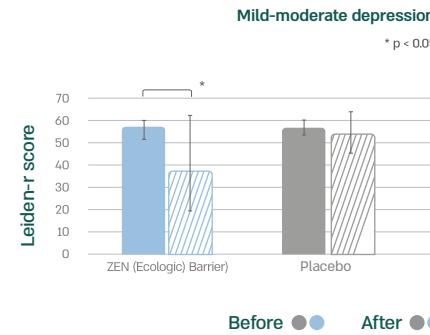
Participants who received the ZEN formula showed significant improvement compared to the placebo group, with a notable decrease in cognitive reactivity to low mood, especially in reducing intrusive and aggressive thoughts. The study's conclusions indicate that the ZEN formula may be an effective tool in reducing negative thoughts associated with low mood, and offer a promising direction for further research in the field of depression prevention.



2. In another comprehensive study\*\*, the efficacy of the ZEN formula was examined in 71 adult participants with symptoms of depression who were not receiving medication.

The study found a significant difference in the cognitive reactivity index (sensitivity to depression), with only participants who took the ZEN formula showing a significant reduction in this index, especially those suffering from mild to moderate depression. This finding highlights the unique efficacy of ZEN in reducing the tendency to develop negative thoughts and emotions, beyond the placebo effect, and indicates its significant ability to reduce sensitivity to depression.

ZEN contributes to a reduction in clinical depression symptoms among diagnosed patients, compared to placebo



3. A third clinical study\*\*\* showed that the ZEN formula improved cognitive functions under stress.

The study examined the effect of the ZEN formula on cognitive-emotional functions and the ability to cope with stressful situations using fMRI. The study included 58 healthy participants tested before and after a 28-day intervention. While no significant effects were observed under normal conditions, in stressful situations, the probiotic group showed an improvement in cognitive performance as was also observed in the test. The study results emphasize that the ZEN formula shows a neuro-cognitive effect in stressful situations and helps prevent the negative effects of stress on cognition.

ZEN helps maintain cognitive function (memory, attention, and response) under stress, compared to placebo



## Instructions for Use



### VITAMIN C BEADLETS

Liposomal Vitamin C Capsules

\*One capsule once a day, with water.

\*Intended for adults aged 18 and over. The age restriction is due to the form (capsule) and not the dosage of active ingredients - this is due to a possible risk of unsafe swallowing in children.

\*The product contains 60 servings.

Storage instructions: Store in a cool, shaded, and dry place.



### ZINC BEADLETS

Liposomal Zinc Capsules

\*One capsule once a day, with water.

\*Intended for adults aged 18 and over. The age restriction is due to the form (capsule) and not the dosage of active ingredients - this is due to a possible risk of unsafe swallowing in children.

\*The product contains 60 servings.

Storage instructions: Store in a cool, shaded, and dry place.



### IRON BEADLETS

Liposomal Iron Capsules

\*1-2 capsules per day (according to the instructions of a healthcare professional), with water.

\*Intended for adults aged 18 and over. The age restriction is due to the form (capsule) and not the dosage of active ingredients - this is due to a possible risk of unsafe swallowing in children.

\*The product contains 60 servings.

Storage instructions: Store in a cool, shaded, and dry place.



### VITAMIN C, D3 & ZINC BEADLETS

Liposomal Vitamin C, D3 & Zinc Capsules

\*One capsule once a day, with water.

\*Intended for adults aged 18 and over. The age restriction is due to the form (capsule) and not the dosage of active ingredients - this is due to a possible risk of unsafe swallowing in children.

\*The product contains 60 servings.

Storage instructions: Store in a cool, shaded, and dry place.

## B12 ULTRA

### Vitamin B12

- » From 4 to 5 years old - 5 drops, once a day.
- » From 5 to 10 years old - half a dropper = 10 drops, once a day.
- » From 10 to 15 years old - 15 drops, once a day.
- » From 15 years old and above - a full dropper (up to the 1 ml line) = 20 drops, once a day.
- \*Drip under the tongue, wait a few seconds, and swallow.
- \*The product contains 60 servings.



## IRON MAX

### Easily Digestible Iron

- » From 3 to 15 years old - a full dropper (up to the 1 ml line) = 20 drops, once a day.
- » From 15 years old and above - 2 droppers (2 ml) = 40 drops, once a day.
- \*Drip directly into the throat or dilute in a glass of water/juice and drink with a straw.
- \*Reduced need to distance from iron absorption inhibitors such as milk and dairy products, coffee/tea.
- \*The product contains 30 servings, according to the daily dosage.
- Storage instructions: Store in a cool and shaded place.



## L-GLUTAMINE

### L-Glutamine

- » From 4 to 6 years old: Half a measuring spoon (1 gr), once a day.
- » From 6 to 13 years old: One measuring spoon (2 gr), once a day.
- » From 13 years old and above: 2 measuring spoons (4 gr), once a day.
- \*The product contains 60 servings.
- Notes - Dilute in a glass of cold, non-carbonated drink. Take on an empty stomach.



## ACTIVE B12 & FOLATE

### Vitamin B12 and Natural Folic Acid

- » From 4 to 5 years old - 5 drops, once a day.
- » From 5 to 10 years old - half a dropper = 10 drops, once a day.
- » From 10 to 15 years old - 15 drops, once a day.
- » From 15 years old and above - a full dropper (up to the 1 ml line) = 20 drops, once a day.
- \*Drip under the tongue, wait a few seconds, and swallow.
- \*The product contains 60 servings.



## BIOFOLATE

### Natural Folic Acid

- » From 4 to 7 years old - 7 drops, once a day.
- » From 7 to 11 years old - 8 drops, once a day.
- » From 11 to 15 years old - 10 drops, once a day.
- » From 15 to 17 years old - 12 drops, once a day.
- » From 17 years old and above - a full dropper (up to the 1 ml line) = 20 drops, once a day.



## B-COMPLETE

### Vitamin B Complex

- » From 4 to 10 years old - 2.5 ml once a day.
- » From 10 years old and above - 5 ml once a day.
- \*The product contains 50 servings.



Storage instructions:  
Store in a shaded place.

## Instructions for Use

\*For products where no dosage instruction is specified for ages 1 to 4 years - consult a qualified healthcare professional for dosage adjustment for this age group.

\*\*Pregnant women, nursing mothers, people taking prescription medications, and children - consult a qualified healthcare professional before starting use.

## Did you know?

You can mix all the liquids into a health shake and enjoy all the goodness at once - except for B12 and iron, which prefer to remain solo.

Measuring cup included on the cap

## VITAMIN C

### Liposomal Vitamin C

- » From 1 to 3 years old - 2.5 ml, once a day.
- » From 3 years old and above - 5 ml, once a day. \*If necessary, can be taken up to 4 times a day.



## LIPO MAG

### Liposomal Magnesium

- » From 4 years old and above - 10 ml, once a day.

Measuring cup included on the cap



## OMEGA 3

### Liposomal Omega 3

- » From 4 to 5 years old - 2.5 ml, once a day.
- » From 5 to 15 years old - 2.5 ml, once a day.
- » From 15 years old and above - 5 ml, once a day.

Measuring cup included on the cap



## LIPO TURMERIC

### Liposomal Turmeric

- » From 4 years old and above - 5 ml, once a day.

Measuring cup included on the cap



- \* The product contains 50 servings.
- \* Storage instructions:  
Before opening, store in a shaded place at a temperature of up to 25 degrees Celsius (can also be stored in the refrigerator). After opening, store in the refrigerator and consume within 8 weeks.

## VITAMIN D3

### Liposomal Vitamin D3

- » From 1 to 12 years old - 12 drops, once a day.
- » From 12 years old and above - a full dropper (up to the 1 ml line) = 20 drops, once a day.



- \* Liposomal D3 does not require a fatty meal, but may benefit from.

- \* The product contains 60 servings.

- \* Storage instructions:  
Before opening, store in a shaded place at a temperature of up to 25 degrees Celsius (can also be stored in the refrigerator). After opening, store in the refrigerator and consume within 8 weeks.

# The Advanced Probiotic Series

## BASE IT



Advanced probiotics to support the digestive system and balance the microbiome

- » One sachet per day (3 billion bacteria)
- » Empty the contents of the sachet into 100 ml of water, stir gently and wait one minute before taking.
- » It is recommended to take on an empty stomach - after waking up or before bedtime.

\* Can also be mixed with plant-based milk / regular milk / natural yogurt.

The product contains 28 servings.

Storage instructions: Store in a cool, shaded and dry place.

## ZEN



Good bacteria for a good mood

- » One sachet per day (5 billion bacteria)
- » Empty the contents of the sachet into 100 ml of water, stir gently and wait one minute before taking.
- » It is recommended to take on an empty stomach - after waking up or before bedtime.

\* Can also be mixed with plant-based milk / regular milk / natural yogurt.

The product contains 28 servings.

Storage instructions: Store in a cool, shaded and dry place.

## REBALANCE

Probiotics for rebalancing the microbiome as a supplement to antibiotic treatment

During and after antibiotic treatment



- » Empty the contents of the sachet into 100 ml of water, stir gently and wait one minute before taking.

» It is recommended to take the product approximately 2-3 hours before or after taking antibiotics.

» It is recommended to take on an empty stomach - after waking up and before bedtime.

» For microbiome restoration: After finishing antibiotics, it is recommended to continue taking 2 sachets per day for an additional two weeks.

\* Can also be mixed with plant-based milk / regular milk / natural yogurt.

The product contains 14 servings.

Storage instructions: Store in a cool, shaded and dry place.

Listen to Your Gut.



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Pregnant women, breastfeeding women, children and those taking prescription medications - consult a doctor before using dietary supplements.

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