

GUIDE TO THE USE OF THE PRODUCTS







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High-dose multivitamin and multimineral with antioxidants and enzymes





AMINOACIDI RAMIFICATI WITH VITAMIN B6



Pure branched chain amino acids with Vitamin B6



WHY	{ ? }}	Useful for reducing muscle damages caused by intense sporting activity, and promote rapid recovery.
WHEN	ססירם	Take in relation to body weight 5 to 7 capsules per day parted between before the session and immediately before going to bed in the evening
FORMAT		150 capsules

- 100% branched chain amino acids (BCAAs)
- L-leucine, l-isoleucine, l-valine ratio: 2:1:1
- Anti-catabolic and energetic function taken before and during physical activity
- Anabolic function if taken afterwards physical activity or pre-sleep

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AMINOACIDI RAMIFICATI WITH VITAMIN B6 AND MELATONIN



Pure branched chain amino acids with Vitamin B6 and Melatonin



WHY	{ ? }}	Useful for reducing muscle damages caused by intense sporting activity, and promote rapid recovery.
WHEN Take in relation to body weig capsules per day immediate going to bed in the evening		Take in relation to body weight 5 to 7 capsules per day immediately before going to bed in the evening
FORMAT		150 capsules

- 100% branched chain amino acids (BCAAs)
- L-leucine, l-isoleucine, l-valine ratio: 2:1:1
- Anti-catabolic and energetic function taken before and during physical activity
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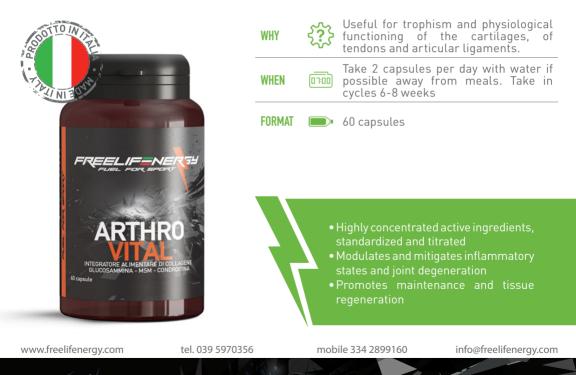
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ARTHRO VITAL

Collagen, Glucosamine, MSM and Chondroitin supplement





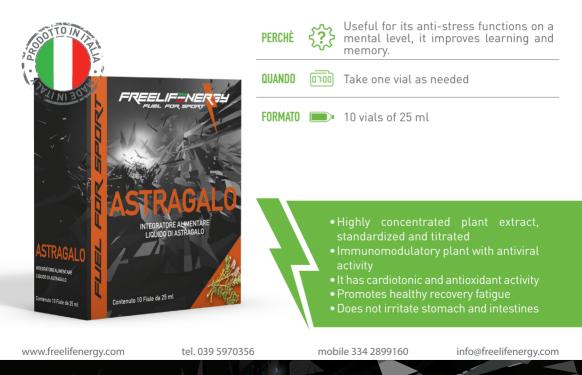


ASTRAGALO

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Liquid dietary supplement of Astragalus





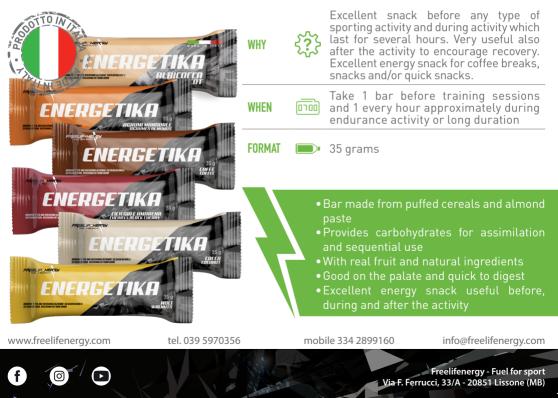


ENERGETIKA BARS

Bar high in sequential carbohydrates based on puffed cereals.



Apricot - Citrus fruits and Almonds - Coffee - Cherry and Black Cherry - Coconut - Walnuts





ENERGETIKA BARS

Bar high in sequential carbohydrates based on puffed cereals.



Apple - Mint and Chocolate - Blueberry - Lemon Cream - Red Fruits



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PROTEIKA BARS

Bar with high protein content

Soy and Cocoa - Coconut and Cocoa - Hazelnut and Cocoa







PROTEIKA BARS

Bar with high protein content

Hazelnut - Vanilla and Almond - Yogurt and Red Fruits - Pistachio





Via F. Ferrucci, 33/A - 20851 Lissone (MB)



BRAIN PLUS

Food supplement based on NADH, PS, ALA and CoQ10





WHY {?	
שיים WHEN	
FORMAT 📖	

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VITAMIN C-1000

High quality Vitamin C





	WHY	{ ? }}	Useful for optimal operation of immune system and cellular protection from oxidative stress.		
WHEN ספידם Take 1 tablet per day with water the meal		Take 1 tablet per day with water during the meal			
	FORMAT		60 tablets		

- High quality Vitamin C
- Contributes to normal function of the immune system
- Adjuvant for the protection of cells from oxidative stress

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CALCIO-MAGNESIO

Food supplement based on Calcium and Magnesium





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CARNITIN

Carnitine food supplement







CHOLES FREE PLUS

Policosanol, Choline, Cinnamon and Coenzyme Q10 supplement





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CLIMAX DONNA

Dried herbal extract supplement with Vitamin B6 and Melatonin





	WHY	{ ? }}	menopausal disorders and the menstrual cycle disorders, promote joint functionality and regularity gastro-intestinal.			
WHEN Take 1 during th		ספירס	Take 1 capsule per day with water during the meal			
FORMAT 🗩 60 capsules		60 capsules				



Useful plant cupplement to counteract

- Promotes physical energy, balance nervousness and mood, functionality circulatory and cardiocirculatory
- Supports gastrointestinal function, digestive, joint and mineralization bone

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CREATIN POWER+ WITH VITAMIN E

Pure creatine monohydrate CREAPURE® with Vitamin E



A THE DOTTO IN THE DOTTO INTERNET.	WHY WHEN		reserve in mu the natural inc muscle mass. Take 4 capsulo	aintaining the energy uscle cells. Promotes rease of strength and es or 2 level scoops or fruit juice per day, or 30 minutes se workout
		AT 🗩	• 150 capsules • 210g - 70 dose	
	BASE DI CREATINA E VITANNE		Addition of vitamin Pre-dosed and pro ncreases physic	tected from oxidation cal performance in e activities of high
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f o D		5	Via F. Fe	Freelifenergy - Fuel for sport rrucci, 33/A - 20851 Lissone (MB)



DETOX

Supplement based on Milk Thistle, Reduced Glutathione and ALA





WHY	{ ? }}	Useful for promoting the function purifying and detoxifying, the mobilization and metabolism of fat, liver health, function digestive, an antioxidant and anti-aging effect.	
WHEN	ססירס	Take 1 or 2 capsules per day with water during the meal	
FORMAT		60 capsules	



• Plant extract and high active ingredients concentration, standardized and titrated

- Principles with purifying properties, antioxidant and lipotropic
- Promotes the metabolism of lipids and carbohydrates
- Supports function and protects tissue of the liver

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DIMA PLUS

Food supplement based on green coffee and chromium picolinate





ELEUTEROCOCCO PLUS

Eleutherococcus Senticosus supplement





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ENDURANCE

Energy supplement based on Cyclodextrins (Cluster Dextrin®), branched chain amino acids and Guarana.



nrolongod



WHY	;; ;}	duration work leads to exhaustion of glycogen stores. BCAA reduce muscle catabolism. The extract of Guarana supports the body in conditions of physical and mental stress.
WHEN	ססירס	Take 50 gr. of product dissolved in 500 ml of water during long lasting physical activity
FORMAT		500 gr.

lleaful when

• Maintenance of energy metabolism during the activity

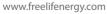
mucolo

- Reduction of the risk of contractures e muscle accidents
- Increased physical tolerance to intense effort
- Support of correct cardiac function
- Support for the mental approach to fatigue
- Without colourants, Flavorings and Sweeteners

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ENERGY MAN

Food supplement based on tonic plants and amino acids



Plants



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WHY		useful for their tonic properties, in case of physical and mental tiredness. Promote the functionality of the deep blood circulation and microcirculation, of the urinary tract and digestive system.
WHE	N ספירס	Take 2 tablets per day better in the morning
FOR	MAT 🗩	60 tablets
PLANTE TWO		Promotes physical energy, tone mood and normal functioning of the male genital system Promotes circulatory function cerebral and peripheral Promotes mental clarity and mnemonic readiness Counteracts psycho-physical stress
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Plant-based supplement.



ENZIMI DIGESTIVI

Food supplement based on digestive enzymes ENZIMIX





WHY WHY WHY type of food. Recomm develops enzymatic of inefficiencies digest constipation or abdom		£	Useful to facilitate digestion every type of food. Recommended to whom develops enzymatic deficiencies and inefficiencies digestive problems, constipation or abdominal bloating.
		ססירס	Take 2 capsules with water during the meal
	FORMAT		60 capsules



• Enzimix mixture of supported enzymes on maltodextrin

- Support for food digestion and the consequent assimilation
- Promotes the smooth running of intestinal function
- Reduces fermentation gas formation in the intestine

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FERROLIP

Liposomal Iron Supplement with Vitamin C and Minerals







FITOGAMBE

Food supplement of Bromelain, Hesperidin, Rutin and Quercetin





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GINSENG COMPLEX

Tonic and stimulating blend of plants



A DOTTO MILE	WHY	Useful as a tonic, energetic and adaptogen. Promotes resistance to fatigue, temperature variations and altitude variations. Recommended during periods of intense psychophysical stress.
	WHEN	Take 1 vial in the morning before breakfast
	FORMAT	10 vials of 25 ml
CONTINUE DE 250 MI C		 Liquid blend of high quality plant extracts, standardized and titrated Tonic and adaptogenic plants: Ginseng, Eleutherococcus and Astragalus Promotes adaptation skills, resistance to stress and fatigue, recovery condition of tiredness and fatigue Eliminates the risk of overtraining

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GLUTAMMINA

Food supplement based on L-Glutamine





HYDRORACE EVOLUTION – ORANGE

Orange flavor hypotonic saline supplement with Magnesium, Potassium, Vitamin C and Vitamin E





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HYDRORACE EVOLUTION **PINK GRAPEFRUIT**

Pink Grapefruit flavor hypotonic saline supplement with Magnesium, Potassium, Vitamin C and Vitamin E

Useful for giving back to the body the precious mineral salts lost due to the TOIA intense sweating. Easily digestible and rapid assimilation. Without dyes and WHY chemical sweeteners Take 1 sachet or 1 level scoop (20 gr.) in 1/2 liter of water during or after WHEN sporting activity or after intense INTEGRATORE ALIMENTA sweating • 14 sachets of 20 grams FORMA • 600 gram iar Utile per il riequilibri HYDRORACE nya di intenea GUSTO PC • Highly assimilable magnesium and potassium added with vitamin C and vitamin E INTEGRATORE AL IMENTARE A BASE DI CARBOIDRATI

- Without dyes, without chemical flavorings and without chemical sweeteners
- No gastrointestinal consequences
- intense sweating

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SALI MINERALI E VITAMINE SENZA COLORANTI E ASPARTAME

HYDRORACE

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IMMUNO MAX

Betaglucans, Echinacea and Uncaria supplement





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KARBO GEL

Rapidly absorbed carbohydrate blend: high-quality maltodextrins and dextrose







MELATONINA COMPLEX

Melatonin supplement and relaxing plants





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MG 375

Highly concentrated magnesium





WHY	{ ? }}	Useful for reducing the sense of fatigue and muscle tiredness, prevent contractures and cramps.	
WHEN	ססירם	Take 2 tablets per day with a large sip of water during the meal	
FORMAT		100 tablets	

- Highly concentrated magnesium
- •Essential for energy production, nerve transmission, protein synthesis and carbohydrate metabolism
- Helps nervous and psychological balance

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MIND RELAX

Food supplement based on Gaba, Griffonia and Theanine





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 WHY
 Image: Second s

• Relaxes and rebalances the nervous system, counteracting anxious states

Food supplement which, as a modulator

- Promotes calm, concentration and mental clarity
- Promotes a natural deep and restful sleep
- Regulates food craving's and counteract's sugar cravings

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OMEGA 3

OMEGA 3 fatty acids





WHY	۲ ؟ ؟؟	Useful for the antioxidant effect and anti-inflammatory effect on tissues.
WHEN	ססירם	Take 2 pearls per day with a large sip of water during the meal
FORMAT		100 pearls

- Highly concentrated fish oil of EPA and DHA
- Modulation of stress and inflammation
- Contributes to reducing the incidence of risks of cardiovascular disorders

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OXY PLUS

Food supplement based on Antioxidants





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POTAXIUM

Highly concentrated and assimilated potassium





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PROBIO DEFENCE

Highly concentrated mixture of Probiotics with addition of gluconate Magnesium





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PROTEIN POWER 90% Soy isolate proteins



90% Soy isolate Proteins - OGM FREE - with Digestive Enzymes

SUDTO IN FREELIG			They contribute to grow maintenance of muscle mass snack to supplement a deficient meal.	s. Protein
FREELIF-NER'S	COME 2		Can be used in milkshakes, si diluted in water, soy milk, n milk, almond or coconut, fro soups and vegetable purees.	milk, rice
FREELIF NER 34	WHEN (<u>םם:רם</u>	Take 30 g per day	
IN	FORMAT		400 grams. Available in neut or coconut flavors.	ral, cocoa
PROTEINE ISOLATE DELLA SOLA LOVA POTEINE ISOLATE DELLA SOLA LOVA CON ENZIMIO DIOESTIVIE VITAMINA BO		• H • /	100% OGM Free Soy Prote High purity vegetable protein Addition of digestive enzyme and vitamin B6	ns
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FREELIF NERGE ®

PROTEIN WHEY OPTIPEP

Hydrolysed whey proteins (Optipep® certified), isolated by microfiltration (WPI certified) with Vitamin B6 and Digestive Enzymes



	WHY C??	They contribute to growth and maintenance of muscle mass. Protein snack to supplement a protein- deficient meal.
Optipep	COME 🚝	Can be used in milkshakes, smoothies, diluted in water, soy milk, milk, rice milk, almond or coconut, fruit juices, soups and vegetable purees.
		Take 30 g per day
Optipep'	OLATE WPI MINA B6	400 grams. Available in neutral, cocoa or coconut flavors.
SILVER IN THE ARCHITECTURE AND		Hydrolysed whey proteins Optipep® certified Whey proteins isolated by WPI certified microfiltration Addition of digestive enzymes and Vitamin B6
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RE-BALANCE

Rhodiola and Withania supplement





WHY	۲ ? }	mental clarity, ability learning, nervous balance and mood. Increase mental and psychic stress tolerance, particularly useful in case of stress from study or mental work prolonged over time.
WHEN	ססירס	Take 1 to 2 capsules per day with a large sip of water during the meal
FORMAT		60 capsules



Useful for promoting and maintaining

- Promotes cognitive functions: mental clarity, memory and learning
- Supports the nervous system: tone mood and sleep-wake cycle
- Improves tolerance to psychophysical stress

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RECUPERO FAST

Food supplement based on highly branched cyclodextrins ${\tt Dextrin}^{\circledast}$ quality and Kiowa quality L-Glutamine



SOITTO IN CATELIF NERS	FREELIF NERSY	WHY	۲ : ۲: ۲:	Promotes post-activity recovery rapid detoxification of the muscle from waste produced during effort and regeneration of glycogen stores. It does not create any gastro-intestinal discomfort.
DRTIM THE OSIO	RECIPER	WHEN	ססירם	To be used within 30 minutes after physical activity. For medium-duration activity: 1 sachet or 1 1/2 level scoops. For intense or prolonged activity: 2 sachets or 3 level scoops.
	PRODUTO PER SPORTM A BASE DI COLOCESTRIVE CLISTERDERTINI, FRUTTOSO DESTROSIO, L-BULTAMIMA DOSTROSIO, L-BULTAMIMA	FORMAT		 16 single-dose sachets of 25 grams 600 gram jar
RECUPERO ALIMENTARE A BASE DI CICLODESTRIE MITIGRATORE ALIMENTARIA ALIMENTARIA A DI CICLODESTRIE MITIGRATORE ALIMENTARIA ALIMENT				Based on highly branched cyclodextrins Dextrin® cluster, fructose and dextrose Sequential assimilation carbohydrates without glycemic peaks or drops or swings insulin With Kiowa high quality L-Glutamine Absence of chemical flavorings and dyes
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SUPER ENERGY

Rapidly assimilated energetic. Liquid mixture of carbohydrates rapidly absorbed: glucose, dextrose, fructose







VITAMINA D3+K2

Vitamin D3 and Vitamin K2 supplement





WHY	{ ? }}	distribution of calcium in bones and teeth, promote vascular health and muscle function, support the immune system.				
WHEN	ססירס	Take 1 capsule per day with water during the meal				
FORMAT		90 capsules				

Usoful for maintaining an ontimal

- Vitamin D3 + vitamin K2 in correct ratio 1000 IU / 100mcg
- Promotes healthy bones and teeth
- Promotes good functioning muscular and cardiovascular
- Supports the immune system

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