

NOTRIVI

PROF. A. FRYDRYCH

BIOPEPTIDE COMPLEX

- Peptide Drink
Health & Beauty
- Revicoll Omega Plus
+ Vitamin K2 MK-7
- Vitamin C
- Good Life Vital Pro

EN



Health - today's challenge

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

Stress and changing environment

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

Stress is a constant part of everyday life. Sometimes it reaches the level and intensity that many of us do not cope with. Hence, so many cases of depression, the calamity of the 21st century. Specialists say that even 80% of current diseases are associated with the negative effects of chronic stress on our body.

Food and diet

Among these factors we should include diet, which nowadays is devoid of many nutrients necessary for the proper functioning of the body. The food we consume is heavily processed, purified, full of harmful preservatives and other synthetic substances. There are increasingly high levels of food that is genetically modified (GMO) whose real impact on the human body will only be able to be researched in a few decades.

Social and modern-age diseases

The co-interaction of the described phenomena

results in the so-called social and modern-age diseases, such as diabetes, respiratory and circulatory diseases, allergies, tumors, AIDS, Alzheimer's disease, as well as „escape syndromes“ (drug addiction, drug abuse, alcoholism, mental disorders). Environmental pollution has caused us to breathe in air whose standards differ greatly from the air we are genetically „programmed“ to inhale. Sudden cardiac arrhythmia is another issue, increasingly affecting modern people, regardless of age or sex.

The secret of nature

Providing the body with vital substances such as vitamins, bio-elements, amino acids or fatty acids is the basis for a long healthy life. For thousands of years, nature has been telling us how to achieve this state by relishing the best it can offer. Our grandparents and grand grandparents listened to its voice – they used valuable herbs and balanced their diets in such a way to prevent common illnesses which, in today's lifestyle, are extremely burdensome.

Unfortunately, the haste of life combined with the global degradation of the environment and the high urbanization of urban centers are making access to natural, unprocessed nutrients more and more difficult. Today's healthy food has become a luxury product, often inaccessible to the average person.

Wellu's answer

Restoring the missing „molecules of life“ and bringing the body back to a state of harmony

through daily supplements – these are the foundations of a breakthrough program developed by Wellu. Nutraceuticals derived from natural plant and animal extracts known to people for thousands of years as healthy and essential components of the daily diet are the tools of its realization. Their unique properties bring health and therapeutic benefits as a result of a holistic impact on the human body, greatly disturbed in modern times.

What we intend to do is derive from the achievements of the latest scientific knowledge and the wisdom of our ancestors. These sources show us that the only way to achieve our goals is nature and the power derived from its gifts.

Synergy and holism

What distinguishes our supplements is not only their natural ingredients, but also their careful, appropriate selection. This is important, because it allows for synergy, which is an extremely valuable interaction enhancing the effectiveness of individual components.

A holistic, or total impact on the body, is another advantage of our nutraceuticals over limited pharmaceuticals.

Providing the right natural ingredients in the diet can help improve the overall condition of the body, reduce the harmful effects of the contaminated, impoverished environment and excessive stress. It is a chance to once again enjoy a healthy life, improve its daily comfort and quality.





What is Biopeptide Complex and what makes it unique on a world scale?

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

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

To what extent Nutrivi supplements help restore deficiencies and what role do they play in our body?

First of all, it is worth mentioning about the unique technologies on which Nutrivi is based. They lead to obtaining essential active substances from different species of fish and combining them with other „life-giving substances”, which show amazing effects in, e.g. Biopeptide Complex. The first discoveries of WellU labora-

tories were based on obtaining collagen from selected species of freshwater fish. At the same time we obtained so-called peptide and amino acid residues. Being familiar with the effects of various amino acids and peptides, we started further studies which have been carried out since year 2003. We decided to separately isolate amino acids as well as short peptide chains from fish skin and concentrate them in order to obtain very unique preparations on a world scale.

What makes this process unique?

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

What distinguishes us from the rest of the world?

Nutrivi are the world's first products based on amino acids, peptides, collagen and other proteins derived exclusively from the skin of strictly selected fish species. We are the first and so far the only ones, what gives us a huge advantage when it comes to uniqueness on the market.

Why only from skins?

The skin contains the highest quality ingredients we are looking for. While the meat of fish contains a large amount of heavy metals, only trace amounts are found in the skin, many times below

the norm. That is why our „life-giving molecules” are obtained from the highest quality raw material. Nutrivi is made from the skin of freshwater and marine fish that live in temperate and warm climates. Among them are, for example, silver carp and white amur, which belong to the healthiest species. The first one eats plankton and the other algae. These are fish with very high content of meat and acids but also amino acids, peptides, collagen and other proteins. Nutrivi is also produced from Atlantic salmon, which is extremely rich in amino acids and peptides.

Such high accumulation of healthy elements may be the result of the very raw environment in which this species lives. A mixture of active substances from the above mentioned fish has the best nutritional effects, thanks to which our preparations are extremely effective in supporting a whole range of regeneration and healing processes in the body.

Are we sure of the origin of these fish?

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

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

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

They inhibit the activity of metalloproteinase – the aging enzyme

They inhibit the production of interleukins, which cause inflammations

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

They affect the transmission of stimuli between the nerve and muscle cells, which results in softening the facial wrinkles

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

They support the activity of zinc-copper dismutase

They stimulate or lower the melanogenesis process (they lighten age spots)

They stimulate the release of ATP from the cells reserve

Peptide Drink Health & Beauty contains amino acids in the following concentrations

GLYCINE 31.420 mg

The smallest and simplest of amino acids, which is a component of almost all proteins. It also has an important role in the metabolism process and is an important building block of bones, skin, tendons and teeth.

PROLINE 15.050 mg

This amino acid plays a special role in the process of creating collagen in the human body. It is present in the joints, skin and bones. It has an important function in ensuring the stability of artery walls. It has an impact on the overall performance of the body.

HYDROXYPROLINE 8.180 mg

An amino acid that occurs almost exclusively in collagen and extensin. It has a very important role in the stabilization of collagen.

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

What is the digestibility of the obtained substances?

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

What will the new Nutrivi generation look like?

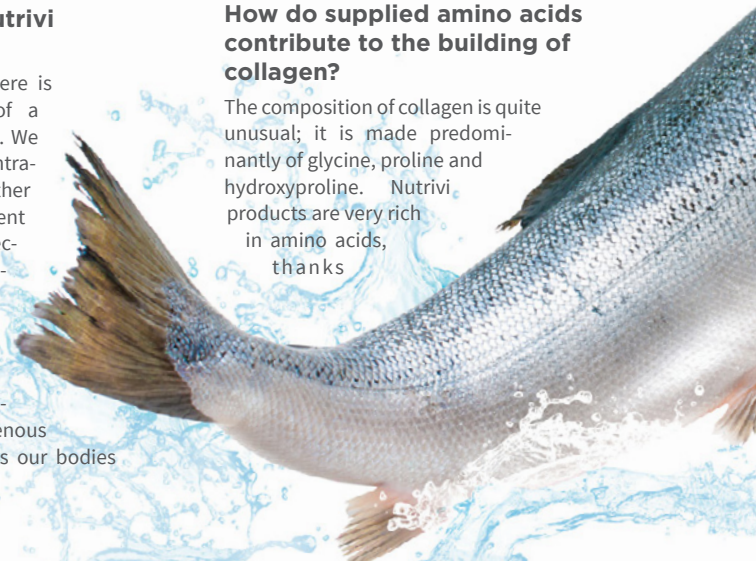
In Peptide Power Drink, there is very high concentration of a whole range of amino acids. We have increased the concentration by five times! It's another milestone in the development of our preparations. The recommended daily dose is 40-50 ml per day. Such quantity provides the body with a number of amino acids. We enumerate only some of the most important, exogenous and relatively endogenous elements, meaning the ones our bodies

are not able to synthesize themselves so we have to consume them with food or diet supplements. Relatively exogenous amino acids (conditionally indispensable) are compounds which can be produced within our body, however due to some physiological conditions their need significantly increases and it's necessary to consume them externally.

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

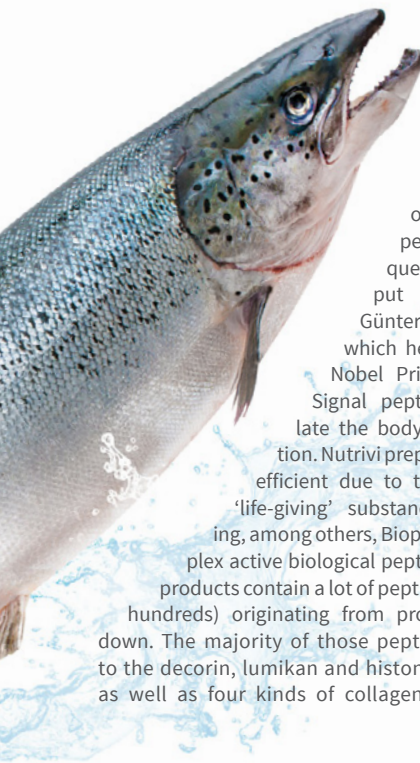
How do supplied amino acids contribute to the building of collagen?

The composition of collagen is quite unusual; it is made predominantly of glycine, proline and hydroxyproline. Nutrivi products are very rich in amino acids, thanks



to which they form the building blocks to rebuild collagen in our body, in all the organs, tissues and skin.

What are signal peptides present in the Nutrivi nutraceuticals?



The hypothesis of the existence of signal sequences (between other signal peptides sequences) was put forward by Günter Blobel, for which he received a Nobel Prize in 1999.

Signal peptides stimulate the body's regeneration. Nutrivi preparations are efficient due to their natural 'life-giving' substances, including, among others, Biopeptide Complex active biological peptides. Nutrivi products contain a lot of peptides (at least hundreds) originating from protein breakdown. The majority of those peptides belong to the decorin, lumikan and histone A2 group, as well as four kinds of collagen. Literature

Concentration of amino acids in Peptide Drink Health & Beauty at the dose of 4 × 300 ml

Relatively exogenous amino acids

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

Exogenous amino acids

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



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

What is the function of peptides in the body?

Peptides are compounds widely formed by cells in living organisms. There are lots of physiologically active or antibacterial compounds among them. They have a ligand function for cell receptors; they are endogenous antibiotics and are ingredients of lung surfactant. Linear peptides act as a carrier of information transmitted by blood or lymph, a hormone, or a locally active substance, the mediator – e.g., oxytocin or adrenocorticotrophic hormone. In addition to their central role in the construction of the bone structure, extracellular matrices and the formation of chromatin (the main component of chromosomes), peptides have regulatory properties in relation to cells and tissues. This interaction occurs both by native proteins and its fragments. These potential features, which might be related to the peptides which we have discovered, regulate various processes. They influence regulation: proliferation, angiogenesis, metastasis, wound treatment, fibrosis, immunological and hormonal response. These features should be efficient in clinical effects on patients.

How are active peptides formed?

Years of research by WellU scientists has led to very interesting discoveries. We have proved that, in addition to high molecular proteins, collagen and elastin, acid preparations obtained from fish skin at a temperature lower than 16°C contain a meaningful amount of small peptides. They are composed of 7-29 amino acids coming from the above mentioned protein groups. The cold extraction method, which we then patented, has proved to be an unique way to extract fish collagen peptides while preserving their biological activity.

Are nutraceuticals the future of modern supplements?

Combining the theory, many years of practice in WellU laboratories, knowledge of the scientists under my lead, and a whole range of reports on the effectiveness of the relatively new Nutrivu gives us the confidence that the fascinating discoveries of WellU scientists will find their place in nutraceutical science. This new branch of medicine occupied with „life-giving” nutritional substances place before us new challenges which we accept. The above mentioned discoveries, innovative technologies and passion that we have for our work makes the products that we offer to our clients not only very efficient but even revolutionary and thrilling. We can easily say that thanks to Nutrivu we are currently opening a completely new dimension of supporting the regeneration and healing process in our body.



Nutrivi – the power of nature

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

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

Nutrivi supplements stand out with their natural ingredients and their appropriate selection. The adequate combination of the selected extracts leads to the synergy effect, which increases the effects of individual elements. In addition, the selected raw materials act holistically on the hu-

man body. Through proper supplement of the daily diet with indispensable ingredients contained in Nutrivi nutraceuticals, we give the possibility to enjoy a healthy life again, increasing its comfort and quality.

Peptide Drink Health & Beauty

Peptide Drink Health & Beauty is an unbeatable source of amino acids and fish collagen peptides, 100% natural, best-assimilated, derived from the patented, unique method of cold extraction from the skin of selected fish species. The regenerative, energizing and antioxidant effects of amino acids are compounded by the addition of synergistic conjugated natural extracts: vitamin C from acerola and high amount of horsetail silicon. Curcuma extract (the root of turmeric) is an extremely important ingredient – a source of curcumin known as nature’s way to fight cancer. Peptide Drink Health & Beauty is an unique, complete blend of active ingredients that could be called the ‘perfect supplement’.



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

Fish collagen peptides

Peptide Drink Health & Beauty contains a fish skin solution, rich in a wide range of amino acids, fish collagen peptides and decorin, lumican and histone peptides. The concentrated biopeptide

complex is a source of highly-assimilable (up to 98%) amino acids needed to rebuild proteins in the body and skin, such as collagen and elastin. They have regenerating, anti-inflammatory and analgesic properties, slow down the aging process and improve immunity.

Silicon - horsetail extract

Silicon extracted from horsetail plays an important role in the formation and functioning of bones, connective tissue and cartilage. This element affects the condition of the hair and nails. It also supports the treatment of inflammatory skin disorders, acne vulgaris and acne rosacea and, as a participant in the synthesis of collagen, accelerates the regeneration of the epidermis.



Natural vitamin C – acerola extract

Acerola extract is one of the richest sources of natural vitamin C, which is accompanied by synergistic bioflavonoids. Vitamin C, which is involved in the biosynthesis of collagen, has a significant effect on the skin: increases its density, stimulates blood circulation, brightens hyperpigmentation and slows down aging. It significantly speeds up healing and helps in the elimination of adult acne.

Curcumin

Curcumin, the active ingredient of the curcuma root is now one of the strongest and most promising natural anticancer substances. Its antioxidant, detoxifying, anti-inflammatory and lipophilic effects influence the treatment of inflammation in cancer therapy, accelerates the healing of wounds and ulcers. In Peptide Drink Health & Beauty the curcumin's active properties are strengthened by piperine, the extract of black pepper. According to known sources, such composition improves the absorption of curcumin even up to 1000 times.

Benefits of drinking peptide drinks regularly

They are antibacterial, anti-inflammatory and analgesic

They strengthen immunity and help fight colds

They inhibit the aging enzymes (metalloprotein)

They provide antioxidants to protect cells against free radicals

They strengthen nails and hair

They increase elasticity and hydration of the skin and even out skin tone

They slow down the aging process of skin, bones, joints, blood vessels and other organs

They strengthen joints, help regenerate cartilage

Revicoll Omega Plus + Vitamin K2 MK-7

A multifunctional preparation which is highly important for the cardiovascular blood system as well as the skeletal system. The new formula includes a 33% increase in Omega 3 fatty acids, amino acids, peptides and fish collagen, and the effects of calcium and vitamin D supplementation are supported by vitamin K2 MK-7 which is important for their proper functioning. Revicoll Omega Plus is a complementary supplement, rich in a whole range of minerals and elements that the body cannot synthesize itself and must supply via food from the outside.



Omega 3 acids

Especially DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) – two long chain fatty acids belonging to the essential fatty acids (EFAs). The human body does not have the capacity to synthesize them in sufficient quantities and therefore should obtain them through a diet. Omega 3 acids fulfill many important functions in the body, including:

- representing 60% of the fats necessary for proper brain function
- being essential for the construction of cell membranes
- being responsible for the correct function of the retina, serving as its fat base
- being essential in spermatogenesis (sperm mobility)
- affecting the reduction of harmful LDL cholesterol and triglycerides and increase of beneficial HDL cholesterol
- reducing blood clotting, which protects the heart and cardiovascular system
- Omega 3 acids from marine fish preventing Parkinson's and Alzheimer's
- being a tool against depression. There is a strong link between low levels of Omega 3 and the risk of depression
- playing a role in the treatment of rheumatoid arthritis and connective tissue degeneration

- playing an important role in cancer prevention
- preventing degenerative changes in the mucosa of the large intestine

Calcium

It is a building and regulating element in the body. The body of an adult human contains about 1000 grams of calcium, of which 99% is in the bones and teeth. The remaining 1% is in the blood plasma. Calcium resources in the non-bone cells of the human body are renewed up to 30 times a day. If these cells lack calcium and the nervous system is at risk, it is absorbed from the bones.

- calcium regulates the nervous system, improving the transmission of nerve impulses
- affects mood, good sleep, good humour, reduces nervousness
- controls the blood coagulation process
- reduces the fragility of blood vessels, increases their permeability
- is the main substance of bones, teeth, nails; prevents osteoporosis, reduces the risk of bone fractures
- reduces allergic reactions
- allows faster wound healing
- in combination with vitamin C, it protects the body from atherosclerosis and heart attacks – the most common modern-age diseases
- positively affects fertility and pregnancy
- helps remove heavy metals from the body

- is responsible for maintaining the proper functioning of the muscles – controls their contraction and relaxation, thereby reducing the risk of muscle fatigue
- lowers blood pressure
- is a strong antioxidant and anti-stress agent
- strengthens hair

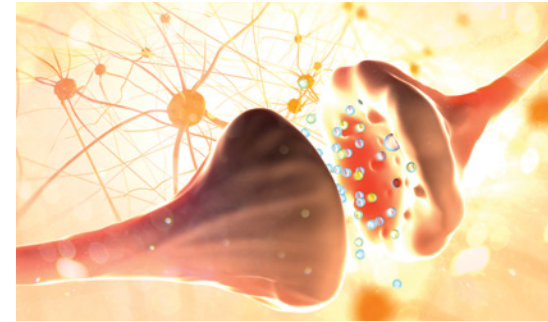
Calcium absorption

Healthy adults absorb 20% to 30% of calcium in food. Women after menopause absorb only a few percent of calcium. Digestibility increases in children, pregnant and lactating women and during certain diseases. The large supply of calcium in foods only slightly increases its absorption. This process is supported by vitamin D, lactates and citrates.

Reasons for weaker calcium absorption:

- intestinal barrier regulating the amount of calcium absorbed
- as a very active element, it does not occur in ionized form, only in various chemical compounds
- consumption of carbonated drinks, coffee, sugar and carbohydrates
- poor quality of today's dairy products, homogenization

Revicoll Omega Plus, thanks to its appropriate combination of calcium from fish, amino acids and fish peptides, meets the daily needs of our body for this element.



Vitamin K2 MK-7

The new generation of the product also contains vitamin K2 (K2 MK-7), whose role in regulating the circulatory and skeletal system is as important as vitamin D3's and calcium's.

Vitamin K2 MK-7 influences the functioning of osteocalcin – the protein synthesized in osteoblasts, cells responsible for bone formation. The role of osteocalcin is to bind calcium in the bones. Vitamin K2 deficiency causes osteoclastin to be inactive and thus unable to perform its function. This can lead to a decrease in bone mass, osteoporosis, and consequently to an increased risk of fractures.

Vitamin K2 is also important in the prevention of cardiovascular diseases. One of the causes of cardiovascular diseases is the loss of elasticity of blood vessels due to the deposition of calcium-

phosphate salts in them. Vitamin K2 prevents vascular calcification. There is a protein called MGP located in the blood serum that binds calcium-phosphate salts and thus prevents them from settling in the blood vessels. Its function is dependent on vitamin K2 – in its deficiency, the MGP protein is inactive and cannot prevent calcification. The correlation of vitamin K2 MK-7 with fish calcium, vitamin D3 and amino acids and fish peptides protects against osteoporosis and guarantees healthy bones, joints, tendons and skin and proper functioning of the cardiovascular system.

Vitamin A

Included in the group of fat soluble vitamins. It is one of over a thousand compounds commonly known as retinoids, most of which are synthetically produced.

The functions of vitamin A in the body are numerous:

- it affects the condition and functioning of the skin, hair and nails
- regulates growth and development of epithelial tissue
- affects normal vision (especially at night) by taking part in receiving visual stimuli recorded by the retina
- regulates the bone tissue – affects the normal growth and development of the body, ensures proper functioning of bones and teeth
- is responsible for hormone production

- has strong antioxidant properties, which prevent tumors

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

Vitamin E

It belongs to a group of compounds called tocopherols.

- it is the main antioxidant in cells
- provides important protection against free radicals
- plays an important role in the delivery of cellular components to the cells
- inhibits the oxidation of LDL cholesterol, thereby preventing the formation of atherosclerotic plaque
- prevents the formation of blood clots in blood vessels, thus is recommended to people with high blood cholesterol levels and in prevention of myocardial infarction
- is useful in the treatment of male infertility, is called „the vitamin of youth”

Vitamin D

It is produced in plants exposed to ultraviolet rays, is present in human and animal skin and is one of the few vitamins, which is produced by the body under the influence of sunlight, which transforms provitamin D3, found in human skin, into active vitamin D. According to research,

around 90% of Poles have vitamin D deficiency. Its supplementation is therefore an absolute necessity, just look at the role it plays in the body:

- it plays an important role in the regulation of calcium and phosphorus metabolism and bone formation
- stimulates the absorption of calcium and phosphorus from the intestine, and also inhibits the amount of calcium excreted from the body
- protects against a number of modern-age diseases, including cancer
- is necessary for proper formation of the skeletal system
- indirectly affects the nervous system and muscle contractions, including the heart.

Amino acids, elements, micronutrients

Revicoll Omega Plus + Vitamin K2 MK-7 contains a rich array of amino acids, elements, minerals and micronutrients: histidine, tyrosine, glycine, arginine, glutamic acid, aspartic acid, threonine, proline, valine, alanine, methionine, cysteine, phenylalanine, isoleucine, tryptophan, hydroxyproline, molybdenum, phosphorus, copper, cobalt, sodium, iron, potassium, zinc, manganese, selenium, lysine and leucine. These components are extremely valuable because their action is important for the proper functioning of the human body. The body is not able to synthesize them itself, so it must supply them via food from the outside.

Benefits of using Revicoll Omega Plus + Vitamin K2 MK-7 regularly

Rebuilds collagen in bones, joints, tendons and skin

Strengthens the skeletal system, protects against osteoporosis and reduces the risk of fractures

Accelerates the regeneration of injuries and fractures

Strengthens joints, helps regenerate cartilage

Inhibits the aging enzymes (metalloprotein), slowing down aging of skin, bones, joints, blood vessels and other organs

Provides additional antioxidants to protect body cells

Has analgesic, anti-inflammatory and antibacterial properties

Invaluable in the prevention of heart and cardiovascular diseases

Prevents vascular calcification

Strengthens the artery walls, reduces the risk of thrombosis and coronary artery disease

It decreases bad cholesterol (LDL) and increases good HDL cholesterol

Strengthens the immune system, helps against colds

Positively affects the nervous system, prevents mood swings and depression

Enhances metabolism

Strengthen nails and hair



Vitamin C

Many scientific studies prove the unique properties of natural vitamin C. Thanks to our work, we created, based on our formula, the unique Nutrivi - Vitamin C nutraceutical. This product provides an unique, naturally derived „molecule of life”, as vitamin C was called by its discoverer, a Nobel Prize winner in medicine – Albert Szent-Gyorgyi.



Unlike most animals, the human body is unable to produce or store even a milligram of vitamin C. We need to provide it via food. Its total lack in the diet has fatal consequences, as evidenced by hundreds of thousands of sailors who have lost their lives in the past not due to warfare, but because of scurvy caused by the absence of vitamin C.

Nutrivi Vitamin C is a natural extract from dog rose, acerola and hippophae – plants in which vitamin C is present in several times larger concentrations than in citrus fruits, commonly considered as its rich source. Numerous scientific studies described below prove the properties of natural vitamin C which are unique for health. The formula we have compiled delivers an exceptional „molecule of life” coming directly from nature. The dog rose, acerola and hippophae extract in Nutrivi Vitamin C is a perfect combination of natural ingredients which help us to stay healthy.



Rose hip

Its fruit, dog rose hip, has been known and used for a long time as one of the richest sources of vitamin C. One to three fruits is enough to cover the adult's daily requirement for this vitamin. Primal humans treated dog rose hip as daily food. Scientists have discovered that dog rose hips contain

about 130 compounds which have a beneficial effect on the human body. In addition to vitamin C, they also contain vitamins A, B1, B2, E, K, folic acid, ellagic acid, gallic acid, tannins, flavonoids, carotenoids, sugars and pectin.

A genuine revolution in the attitude towards dog rose hips was caused by the discovery of Danish scientists who demonstrated the anti-inflammatory effects of galactolipid which dog rose (*Rosa canina*) fruits contain as well as its proven efficiency in treating osteoarthritis. The mechanism of their anti-inflammatory effect consists in impeding leukocyte chemotaxis, lowering the concentration of C-reactive proteins (CRP) and creatinine in urine.

Wild rose hip is used to replenish vitamin deficiencies and improve the body's immunity. The fruit of this plant is observed to have an anti-inflammatory compound – galactolipid (GOPO). It is recommended for convalescence, general weakness, fatigue and stress, excessive capillary brittleness and permeability, and cold. Preparations containing rose hips are also recommended for pregnant and breastfeeding women as well as for those suffering from various rheumatoid diseases.

Dog rose has found use, inter alia, in the treatment of infectious diseases, cardiovascular disorders, metabolic disorders and allergies. Due to the polyphenols R. fructus it has a relaxant, diuretic and diaphoretic action. Flavonoids, anthocyanins, pectin and organic acids affect

the increase of absorption, exponentiation of operation and protection against the degradation of vitamin C contained in raw material. The anti-bacterial, anti-inflammatory, astringent, anti-diarrheal and hemostatic material is due to tannins.

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

Acerola

Acerola (*Malpighia glabra L.*) is native to the Caribbean and Central America. It is believed that the Indians of the Caribbean islands brought seeds or plants during migration between islands and used the beneficial properties of acerola in times before Columbus arrived. Acerola, containing almost 100 times more vitamin C than citrus fruits, also defeats black currant, which has more than 10 times less. One fruit weighing 4.5 g has as much vitamin C as a kilogram of lemons. One small glass (180 ml) of acerola juice contains as much vitamin C as 14 liters of orange juice. One or two acerola fruits, depending on the size and level of vitamin C, provide the recommended daily dose of this vitamin.



In addition, the fruit also has a large quantity of provitamin A and thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin PP), calcium, phosphorus and iron. Other substances contained in acerola include: vitamin A (very much, even 4300-12500 international units per 100 g), protein, magnesium, manganese and malic acid. This unique composition triggers synergy – according to recent knowledge, the accompanying substances increase the effect of vitamin C in our body, increase the production of antibodies and significantly support antioxidants.

In folk medicine acerola was also used in the treatment of diarrhea and liver disease. It has proved to be helpful in treatment of the digestive tract, due to the properties of malic acid, phenolic acids and tannins (substances of so-called health promoting activity displaying a very high antioxidant activity).



Sea buckthorn

Sea buckthorn (*Hippophae rhamnoides L.*) – a large shrub with decorative orange berries. Apart from its distinct appearance, it is a plant with unique therapeutic and cosmetic advantages. The most valuable are the orange fruits that remain on the bush throughout the winter, and gain even more sweetness after freezing. They contain a large portion of vitamin C. Unlike many other fruits, vitamin C does not decompose in sea buckthorn during thermal treatment, because the plant does not have enzymes responsible for the elimination of ascorbic acid. Sea buckthorn is also a very rich source of vitamin E, protecting cells from oxidants and harmful free radicals. The orange berries have four times more vitamin E than sunflower seeds.

Hippophae should be used by people who need vitamin A and those who need to lower cholesterol levels and support the functioning of the circulatory system. The fruit of sea-buckthorns contains three times more vitamin A than carrots. As one of the few plants, hippophae provides us with vitamin B12, the deficiency of which vegans may suffer. It is also rich in flavonoids (it has strong antioxidative action and anticancer activities, removes free radicals from the

body, which can damage tissues and accelerate the body's aging process), organic acids (mainly maleic and oxalic) and free amino acids. Hippophae also contains important elements such as phosphorus, iron, manganese, boron, calcium and silicon. The fruit extract of this plant is excellent for strengthening the body resistance, especially in autumn and winter. It helps fight infections, improves circulation, lowers cholesterol, regulates digestive function and metabolism, prevents inflammation, improves brain and nervous system function. It also improves mood, adds energy and acts as an antidepressant. It increases sexual potency and extends sperm life.

Properties of natural vitamin C

The discoverer of vitamin C Albert Szent-Györgyi, who received the Nobel Prize in medicine, called it a „life-giving molecule” and proposed another name for it – vitamin P – from the English word „protective”. His scientific achievements gained recognition from the world's elites. Also dedicated to the study of vitamin C was the double Nobel Prize winner, pioneer of orthomolecular medicine, Linus Pauling.

Is vitamin C „the molecule of life”?

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

Reactor in enzymatic reactions

Vitamin C is involved in the biosynthesis of collagen – one of the most important proteins in the human body, responsible for the formation of blood vessels, cartilage, bones, gums and the elasticity of the skin. Another important function of vitamin C is its contribution to the synthesis of carnitine and catecholamines. These are the enzymes essential for our body's energy processes. Thanks to these substances, the human body can burn fats, providing the right amount of energy. Vitamin C is also involved in the metabolism of cholesterol to bile acids. An additional effect of the life-giving molecule is the increased absorption of iron, important in the process of building hemoglobin – the primary component of red blood cells.

Antioxidant

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

Vascular system

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

Cancer

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

Cataracts

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



Hypertension

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

Diabetes

Chronic hyperglycemia (diabetes) is associated with damage as well as dysfunction and failure

of various organs, especially the eyes, kidneys, nerves, heart and blood vessels. The relationship between the amount of vitamin C in the blood and the risk of diabetes was observed in cross-sectional studies conducted in the United States. Researchers found that with the higher the concentration of vitamin C in the blood, the risk of diabetes was lower.

Asthma

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

Lead poisoning

The effects of lead poisoning in children result in poor growth and development. Moreover, children poisoned by lead are more vulnerable to difficulties in learning, behavior disorders and have lower IQ's. In adults, lead toxicity may cause kidney damage, high blood pressure and anemia. Vitamin C reduces lead toxicity, reducing its negative effects on the body.

Why use natural vitamin C?

The synthetic form is very poorly absorbed. Natural vitamin C never occurs alone like its chemical counterpart. It is always accompanied by a bioflavonoid complex that increases its absorption into cells and use by the body.

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

What dose to take?

The human body, just like all primates, is not able to independently synthesize vitamin C, therefore providing it in the daily diet is necessary for proper functioning. Animals that are able to synthesize vitamin C, produce it in quantities starting from several grams per day, which allows us to refer to human needs. It is known that biochemist Dr. Linus Pauling, two-time Nobel Prize winner, consumed around 18,000 mg, i.e. 18 grams of vitamin C per day for more than 30 years. During that period he did not suffer adverse effects, living to the age of 94.

In today's world, full of chemicals and exposed to stress, even a conservative approach would indicate a desired dosage of 300-400 mg of vitamin C. The officially recommended consumption of 60 mg in many countries is only enough to prevent the teeth from falling out due to scurvy. On the basis of the above data, we have to consider whether we will be content only with avoiding scurvy by using a preventive dose of 60 mg or rather choose wide antioxidant protection in a much larger dose of the molecule of life.



Natural vitamin C when used regularly contributes to

creating collagen thus stimulates collagenase processes in order to ensure the proper functioning of the capillaries, skin, gums and teeth as well as bones and cartilage

reducing tiredness and fatigue

maintaining the proper energy metabolism

Natural vitamin C helps in

the proper functioning of the nervous system

the proper functioning of the immune system

maintaining proper psychological functions

protection of cells against oxidative stress

regeneration of the reduced form of vitamin E



Good Life Vital Pro

Good Life Vital Pro is based on 100% natural plant extracts. The beneficial effect of each of them on the human body has been known for thousands of years in Chinese, Indian or folk medicine. By combining them into a unique composition from carefully selected sources, an unique product has been created on the market to stimulate, increase vitality and well-being, restore balance and improve brain function. The extracts contained in the capsules contribute to the creation of synergies, i.e. mutually reinforcing the actions of individual components.



Curcumin

A turmeric extract, also called curcuma. Contains curcumin, one of the most powerful natural anticancer ingredients. Known for its healing properties, it is used in Ayurvedic, Thai, Indian, Japanese and Indonesian medicine. Curcuminoids, making 90% of curcuma, are very strong antioxidants. This explains why medicine recommends this substance so often. This ingredient influences the treatment of various inflammations which occur along with cancer, as well as rheumatological pains, joint or menstrual pains. Moreover, curcuma is also used to accelerate the treatment of ulcers, wounds and lesions caused for example by eczema. The absorption of curcumin without proper supplements is infinitesimal. You should also choose products that contain black pepper

or hot pepper extracts with piperine or bromelin, as known sources claim this will improve the absorption of curcumin by as much as 1000 times.

Anticancer effect

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

Many oncologists confirm the efficiency of curcuma in the battle against cancer. Dr. Saraswati Sukumar, a remarkable oncologist from the John

Hopkins University in Baltimore, USA, conducted research about the ingredients and features of curcumin for many years. She made extremely interesting discoveries in this area, confirming curcuma's efficiency in treating diabetes, inflammations and cancer. Research published in „Proceedings of the National Academy of Science“ in 2011 confirms that even 25% of all types of cancer are caused by chronic inflammation. Moreover, according to the MD Anderson Cancer Center, curcumin influences 75% of cancers. It has been proved that it searches for malignant cancer cells and while passing over healthy cells, contrary to pharmaceuticals, including aggressive oncologic chemotherapy.

Broad impact

The authors of the studies published in 2008 in „Annals of Indian Academy of Neurology“ confirm curcumin's antioxidant, detoxicological, anti-inflammation and lipophilic features. To sum up, 50 years of studies and nearly 300 scientific publications acknowledge today that curcumin, the main ingredient of curcuma, called turmeric, nourishes the entire body.

Rhodiola rosea

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

In the 20th century Rhodiola rosea became of

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

„ Extract from the yellow roots of Rhodiola rosea might appear to be the best medicine for anxieties during a crisis “



The impact of curcumin

Inhibits inflammation

Inhibits thrombosis and platelet aggregation

Accelerates the healing of wounds

Accelerates the treatment of ulcers

Inhibits symptoms caused by type 2 diabetes

Lowers cholesterol

Inhibits thrombosis

Inhibits HIV infection and replication

Protects against cataracts

Inhibits the development of multiple sclerosis

Protects against liver damage, increases bile secretion

Significantly accelerates digestion

Influences the oxidation of lipoproteins

Supports the nervous system, inhibits Alzheimer's and other types of senilities, prevents sclerosis

The effects of Rhodiola rosea

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

Improves sexual vitality, it supports the prevention of sexual disorders

Protects against the harmful effects of stress on health, facilitates rapid recovery after the stress factors have subsided

Strengthens the body's immunity

Has a beneficial effect on the body in a state of fatigue and a decrease in labor productivity

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

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

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

Golden root contains many valuable substances such as phenol alcohol, glycosides, salidoside, rosarin, rosavin, rosin, many flavonoids, phenol acids, organic acids (succinic, citric, malic, oxalic), tannins, fats, waxes, steroids, oxycoumarin. At present, 29 active ingredients from golden root have been isolated using modern test methods. The University of Pennsylvania and Frederiksberg University Hospital perform clinical trials on the use of golden root in the treatment of depression and its effects on general psychophysical fitness.

The versatility of adaptogens

It is believed that adaptogens influence regulators located in different tissues and organs – via the immune, hormonal, cardiovascular, muscular system, etc. Research also indicates that adaptogens treat stress disorders of different origins by activating the body's defense system and influencing the hypothalamus-pituitary axis and affecting the adrenergic system.

Positive effects of golden root were observed in patients with asthenia (physical and mental weakness) and symptoms of neurosis. During treatment from 10 days to 4 months at a dose of 50 mg three times a day, there was a decrease in fatigue, weakness, irritability, improvement of concentration and headache relief, and other adverse vegetative symptoms. The improvement of patients' health was determined on the basis of psychological and physical performance tests.



Synephrine

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

Properly dosed synephrine:

- gently stimulates
- reduces the appetite
- supports the burning of calories

Cordyceps

Cordyceps sinensis (also known as *Ophiocordyceps sinensis*) is a wild fungus growing in Tibet and Nepal, known for centuries, initially as an energy boosting and illness preventing delicacy of Tibetan yaks and goats, then as the remedy of Chinese emperors and finally in Chinese medicine. The modern world became interested after the tremendous success of Chinese athletes at the 1993 World Championships (9 gold medals), especially the record long-distance runner's achievements. Doping was suspected, but quickly removed, as the coach of the athletes explained their success as a result of regular consumption of cordyceps, which had a positive effect on the endurance of the runners and the elimination of fatigue. Research has shown that the fungus is rich in valuable bioactive substances: polysaccharides, peptides, beta-glucans, vitamins (E, K, B1, B12) and microelements, phytosterols, flavones, nucleosides and cordycins. Thanks to them, we can observe and use their beneficial effects (confirmed by clinical studies) on mood, energy level, cardiovascular system as well as kidney and liver disease.

Energy and vitality

Cordyceps' active ingredients increase ATP, adenosine triphosphate, a high energy compound that greatly improves the oxygen utilization of the body. Hence, the significant proper-

ties of this mushroom, which improve the fitness level of the body, enhance the physical strength not only in athletes and climbers, but also in elders and people with active, including professional, lifestyles. What is more, clinical studies confirm the usefulness of cordyceps in patients suffering from chronic fatigue syndrome. It has been found to reduce the symptoms of fatigue and insomnia, improve cold tolerance, and improve sexual functions. Clinical studies on patients with decreased libido, impotence and other sexual dysfunctions have shown that a 40-day cordyceps treatment improved sexual performance in both women and men, while improving semen quality.

Anticancer effect

Interesting conclusions have been drawn by oncologists who have discovered the presence of potentially active carcinopreventive agents in cordyceps that have killed cancer cells in laboratory conditions. Clinical studies have shown the efficacy of combination therapy with cordyceps plus chemotherapy – nearly half of patients have experienced a reduction in the size of lung tumors and additionally mitigated side effects of chemotherapy. The discovery of further effects of cordyceps affecting the inhibition of tumor formation or development makes this fungus an increasingly important tool in the fight and prevention of oncological diseases.



The effects of cordyceps

Increases vitality and physical strength
Supports recovery after exercise
Strengthens the cardiovascular system, improves coronary circulation, prevents cardiac arrhythmia and heart failure
Eliminates the symptoms of chronic fatigue syndrome
Strengthens sexual potency
Increases immunity, supports the production and activity of white blood cells
Exhibits anticancer effect

The effects of ashwagandha

Relieves stress, increases tolerance in nervous situations

Calms down during chronic stress, helps maintain homeostasis

Improves brain functions, including the memory

Improves psychomotor coordination and reduces reaction time

Increases the body's fitness level

Improves the functioning of the immune system

Rejuvenates: ensures proper nutrition of tissues, especially muscles and bones, maintains proper functioning of the endocrine glands and reproductive system, inhibits graying of hair

Supports treatment of stress-related diseases such as arterial hypertension, diabetes, general exhaustion, obesity

Rich in iron, increases hemoglobin levels in the blood

Positively influences sexual performance, regulates the hormonal system



Ashwagandha

Known as the „Indian ginseng” the roots of Ashwagandha (*Withania somnifera*), a shrub growing in India, Nepal, Pakistan and Sri Lanka, is one of the most famous herbs in Ayurveda where it is referred to as a mood stabilizer and is considered an enhancer, increasing vitality and improving brain functions. The therapeutic effects of the plant are attributed to glycitonide – supporting adaptogens, phytosterols, alkaloids, coumarins, phenol acids and vitanoids – located in the roots.



Black pepper

In its composition can be found traces of protein, fat, fiber and minerals, such as iron, calcium and magnesium. Pepper contains a large quantity of phenols, making it a strong antioxidant. There are many reports on the medicinal properties of black pepper. In the „Journal of Agricultural and Food Chemistry” a study was published which shows that black pepper has an influence on the natural metabolism of body fat. Scientists have confirmed that the piperine contained in this plant interferes with the genes responsible for the formation of new fat cells, affecting their quality.



Ginkgo biloba

Ginkgo biloba (the Japanese „Maidenhair tree“) is a unique plant. This tree, not genetically linked to any other species, named by Charles Darwin as a „living fossil“ has lived on Earth for 300 million years. It was discovered in Asia, where its medicinal properties have been used for 5,000 years.

Ginkgo biloba's glycosides and terpenes, present in its fanciful leaves, are beneficial for their

health properties. It is a very carefully researched medicinal plant, which experts recommend as a safe and effective means of improving blood circulation, including blood flow to the brain. Better supply of oxygen and glucose to brain cells has a direct impact on better brain work and mental efficiency, memory and concentration. With its antioxidant properties, Ginkgo biloba protects the brain cells against damage caused by free radicals and oxidative stress.

The effects of ginkgo biloba extracts

Prevents clumping of blood platelets, dilates blood vessels, improves blood circulation:

In the brain – improves its metabolism – improves memory, concentration and mental efficiency

In the body – relieves the feeling of cold feet and hands and numbness and tingling of the limbs

Increases the energy content of cells

The effects of black pepper and piperine

Improves digestion

Accelerates metabolism

Has diastolic properties, lowers blood pressure

Helps oxygenate tissues

Increases the absorption of curcumin, selenium, B vitamins and beta-carotene