



FONTAINAVIE

HEALTH & BEAUTY



WORLD

EN

PRODUCT CATALOGUE NO. 35 2021



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UTIQUE



## In the world of luxury

Take a trip to the incredible land of UTIQUE, which offers rich compositions, precious oils and the best recipes. It is where class, sophistication and finesse meet together becoming a sensual sensation. Ideally composed fragrances reflect the beauty, harmony and energy of life. The exclusive range, which is an unforgettable fusion of subtlety and intensity of action. Let yourself be enchanted by the magic of the UTIQUE world.

COMING  
SOON



# MALACHITE

## Perfume

**Type:**

- Enigmatic, thrilling, like four natural elements

**Fragrance notes:**

- Head: mandarin, bergamot, wallflower, plum aldehyde notes, blackcurrant, saffron, ivy, peach peel
- Heart: jasmine, violet, tuberose, iris, rose, lily of the valley, ylang-ylang, orange blossom
- Base: sandalwood, vanilla, moss, Haitian vetiver, patchouli, musk

100 ml | Fragrance: 20%  
UTIQUE 100 | 502057 |

15 ml | Fragrance: 20%  
UTIQUE 15 | 502057.02 |



# AMBERGRIS

## Perfume

**Type:**

- Deep, mysterious, absolute

**Fragrance notes:**

- Head: bergamot, red peppercorn, cumin seeds, cardamom
- Heart: wild jasmine, lily of the valley, ylang-ylang
- Base: ambergris, tonka bean, labdanum, leather, oakmoss, patchouli, musk

100 ml | Fragrance: 20%  
UTIQUE 100 | 502048 |

15 ml | Fragrance: 20%  
UTIQUE 15 | 502048.02 |



**CHANGES COLOUR  
LIKE A MINERAL**

All senses intensify at nighttime. Malachite is a synonym of an adventure that starts at dusk and lasts eternally in your memory. It is like the lovers' dance in the moonlight, like a reunion of friends by the endless ocean. Impacted by the skin warmth it changes its colour like a mineral, turning its blissful tones into exciting chords.

**SEA ACCORDS SPICED  
WITH A PINCH OF  
SPICINESS**

Drifting on rough ocean waves ambergris captured in the stunning perfume Ambergris, delights with sea accords spiced with a pinch of spiciness. It is like a secret cruise at sunset, which does not end with the arrival of dawn. This is a mysterious story about the unprecedented power of attraction.

## FLAMINGO Perfume

**Type:**

- Charming, seductive like a forbidden fruit

**Fragrance notes:**

- Head: Rosa Mosqueta, blackberry sorbet, green notes
- Heart: Damask Rose, jasmine, apricot
- Base: woody notes, crystal rose chord, musk

100 ml | Fragrance: 20%  
UTIQUE 100 | **502007** |

15 ml | Fragrance: 20%  
UTIQUE 15 | **502007.02** |



## BUBBLE Perfume

**Type:**

- Enchanting, delightful

**Fragrance notes:**

- Head: bergamot, cardamom, lime
- Heart: lily of the valley, jasmine, mint
- Base: guaiac wood, musk, cedarwood

100 ml | Fragrance: 20%  
UTIQUE 100 | **502009** |

15 ml | Fragrance: 20%  
UTIQUE 15 | **502009.02** |



### THE FRAGRANCE OF UNDISCOVERED PARADISE

Flamingo is the fragrance of undiscovered paradise. The essence of innocence and class. It is like a wonderful, colourful story. An unforgettable adventure to dive in with all your senses. Mysterious and undeniably glamorous.

### THE MOST BEAUTIFUL SUMMER MEMORIES

The breath of elegance and unique freshness locked in a bottle of Bubble perfume brings to mind the most beautiful summer memories. Just close your eyes and spray the fragrance for the incredibly refreshing aura. It will be like with the touch of a magic wand and you will be taken to the times of a carefree life.

## MUFFIN Perfume

**Type:**

- Intriguing, noble, unforgettable

**Fragrance notes:**

- Head: lemon, rose, saffron
- Heart: woody notes, peony, amyris, leather notes
- Base: amber, oud, vanilla

100 ml | Fragrance: 20%  
UTIQUE 100 | **502006** |

15 ml | Fragrance: 20%  
UTIQUE 15 | **502006.02** |



## SEXY CASHMERE Perfume

**Type:**

- Uninhibited, ambiguous, triggering desires

**Fragrance notes:**

- Head: plum
- Heart: iris, violet, ylang-ylang, cedarwood, patchouli
- Base: sandalwood, benzoin, vanilla, musk

100 ml | Fragrance: 20%  
UTIQUE 100 | **502034** |

15 ml | Fragrance: 20%  
UTIQUE 15 | **502034.02** |



**A TEMPTATION YOU  
CANNOT RESIST**

Muffin is a temptation you cannot resist. Sweetness and sophistication in one. A marriage of extraordinary wealth and taste. Indulge yourself in the colourful world of those intriguing fragrance notes and every moment will change into an unforgettable experience.

**AN EXPLOSION  
OF DESIRE AND  
IRREPRESSIBLE  
PASSION**

Sexy Cashmere is an explosion of desire and irrepressible passion. At first, it stuns with strong and hypnotising accords, slowly passing into softer and warmer notes enveloping the body like a cashmere scarf. A composition full of contradictions will ignite your imagination, bringing out your deepest desires.

## AMBRE ROYAL Perfume

**Type:**

- Sensual, charming, with a hint of mystery

**Fragrance notes:**

- Head: bergamot, orange, apple, cinnamon
- Heart: clove, tobacco, cedarwood
- Base: patchouli, tonka bean, myrrh, musk

100 ml | Fragrance: 20%  
UTIQUE 100 | 502008 |

15 ml | Fragrance: 20%  
UTIQUE 15 | 502008.02 |



## VIOLET OUD Perfume

**Type:**

- Sophisticated, stunning

**Fragrance notes:**

- Head: rose, suede, safflower
- Heart: frozen raspberry, wild rose, cypriol
- Base: agarwood, white musk, American sweetgum

100 ml | Fragrance: 20%  
UTIQUE 100 | 502012 |

15 ml | Fragrance: 20%  
UTIQUE 15 | 502012.02 |



**CAPTIVATING LIKE  
PRECIOUS JEWELLERY**

Ambre Royal is a royal fragrance composition providing a mystic experience. Captivating like precious jewellery and surprising like the first summer rain. See for yourself how it will surprise you with the richness of the fragrance compositions with each developing hour.

**MAJESTIC, NOBLE,  
UNPREDICTABLE**

Violet Oud has that mystical element to it which is the beginning of the new adventure to the unknown. Majestic, noble, unpredictable. Spray the magic around you and dive into the ravine of unpredictability.



## GOLD Perfume

**Type:**

- Luxurious, exquisite

**Fragrance notes:**

- Head: red pepper, cedarwood, nutmeg
- Heart: iris, saffron, vetiver
- Base: cypriol, patchouli, black musk, amber

100 ml | Fragrance: 20%  
UTIQUE 100 | **502002** |

15 ml | Fragrance: 20%  
UTIQUE 15 | **502002.02** |



## BLACK Perfume

**Type:**

- Elegant, sophisticated, mysterious

**Fragrance notes:**

- Head: woody notes, saffron, styrax
- Heart: vetiver, amber, vanilla
- Base: leather, sandalwood, amberwood

100 ml | Fragrance: 20%  
UTIQUE 100 | **502001** |

15 ml | Fragrance: 20%  
UTIQUE 15 | **502001.02** |



### THE ESSENCE OF ORIENTAL SPLENDOUR

Gold perfume which dazzles like gold and is exquisite like handcrafted jewellery. Majestic, essential, inspiring. The essence of oriental splendour. Spray around the charming mist of sensual sensations.

### ADDICTIVE, CAPTIVATING AND ENCHANTING

Black gives a unique meaning to every moment. Addictive, captivating and enchanting. It is a perfume with a mysterious dimension where warmth meets sophistication. Wrap yourself with the scent of black elegance.

## RUBY Perfume

**Type:**

- Magnetic, attractive, seductive

**Fragrance notes:**

- Head: cashmere wood, jasmine, cistus
- Heart: vanilla, amberwood, balsamic notes
- Base: white oud, black musk, dry wood

100 ml | Fragrance: 20%  
 UTIQUE 100 | 502003 |

15 ml | Fragrance: 20%  
 UTIQUE 15 | 502003.02 |



## RUBY Solid Parfum

RUBY SOLID PARFUM

A unique marriage of precious fragrance notes which is a source of an exceptional experience caressing your senses. A luxurious combination in which jasmine, rockrose and cashmere tree accord playfully alternate with the sweet aroma of vanilla and amberwood to eventually uncover the clear note of white oud, black musk and dry wood. Due to its creamy texture, the perfume is exceptionally durable and stays on your skin for a long time. Just a small amount of the cream is sufficient to feel the caress that stimulates all the senses.

20 g | 502029 |



### SEDUCES, ENSLAVES, STIMULATES DESIRE

Ruby awakens the senses and wraps the skin like delicate chiffon. Magnetism, passion, the most wonderful emotions locked in a bottle. It seduces, enslaves, stimulates desire. It is an escape from everyday life, the mystical journey into the depths of the human soul.

### TIP

It is best to apply the perfume with your fingers on the so-called pulse points, i.e. where the blood pulsates and the body generates heat: on the inside of the wrists, the neck, behind your ears, in your cleavage, in the crook of your elbows and at the back of your knees. Then the perfume will fantastically develop its bouquet and stay on your skin for a long time.

Imagine that your favourite fragrance turns into an exceptional form that you can touch and enjoy without end... It melts into your skin leaving a seductive, captivating aroma. This is what Ruby Solid Parfum is like. This is the quintessence of luxury locked in a creamy texture.

## BLACK Set

### BLACK SET

Enter the world of black elegance, where there are sensual fragrances: Ruby, Gold and Black. The set contains three 15 ml perfume bottles packed in an tasteful box. Perfect as a gift to someone special or simply if you want to treat yourself with a great selection of captivating fragrances in a beautiful setting.

3 x 15 ml | Fragrance: 20%  
**502010** |



### CAPTIVATING SCENTS IN A BEAUTIFUL SETTING

UTIQUE perfumes not only are available in smaller, handy 15 ml bottles but in elegant set too. Captivating scents in a beautiful setting.

## Luxury HAND WASH

### LUXURY HAND WASH

- foams perfectly, enveloping your hands with a velvety foam
- gently cleanses your hands and does not dry the skin
- provides a pleasant feeling of hydration
- with Biohydration Plus® complex specially selected for FM WORLD
- leaves on your hands a captivating aroma of chords pampering your senses

300 ml



#### 1 AMBER 502035 |

Sweet marriage of vanilla, patchouli and cinnamon notes will seduce connoisseurs of sophisticated sensations. A deep and ambiguous scent charms with a sumptuous bouquet of accords.

#### 2 GRAPEFRUIT & ORANGE BLOSSOM 502036 |

Delightful fragrance composition with captivating notes of refreshing grapefruit and sensual orange blossom. An amazing fusion of accords, which adds energy and inspires.

#### 3 OUD & ROSE 502037 |

A unique combination of perfectly harmonising notes of magnetising oud and sensual rose. This mysterious fragrance brings to you dazzling splendour of the royal garden.

#### 4 FIG LEAVES 502038 |

The multi-layered accord of fig leaves will wrap your hands with a sublime fragrance, in which the unusual freshness is complemented by romantic and noble notes. A real feast for the senses.



**HANDS ARE YOUR  
MOST IMPORTANT  
ATTRIBUTE**

Hands are your most important attribute. They deserve the highest quality of care. Luxury Hand Washes impress with their sophisticated formula and intriguing scents.

**INSPIRATION WITH  
SKIN'S NATURAL  
MOISTURISING  
PROCESSES**

The Natural Moisturising Factor (NMF) is a group of substances naturally present in the skin. They ensure proper moisture levels in the corneal layer of the epidermis. Luxury Hand Wash is enriched with a unique **Biohydration Plus®** complex, which perfectly mimics the NMF, leaving your skin velvety soft and smooth in texture.

## Luxury SHOWER GEL

### LUXURY SHOWER GEL

- turns a bath into a fascinating sensation that caresses all the senses
- thanks to the innovative ingredients has a positive effect on the condition of the skin
- leaves the skin silky smooth
- captivating fragrance compositions ensure blissful relaxation

200 ml

**1** RUBY  
502039 |



**1**

**2** MUFFIN  
502040 |

**3** BLACK  
502042 |

**4** GOLD  
502043 |

**5** VIOLET OUD  
502044 |

**6** FLAMINGO  
502045 |

**7** GRAPEFRUIT &  
ORANGE BLOSSOM  
502015 |

**8** FIG LEAVES  
502016 |

**9** AMBER  
502020 |

**10** OUD & ROSE  
502014 |

**11** SANDALWOOD &  
PATCHOULI  
502013 |



**2**

**3**

**4**

**5**

**6**



**7**

**8**

**9**

**10**

**11**

### EXTEND THE LIFE OF PERFUME, INTENSIFY THE FRAGRANCE

A great way to extend the life of perfume and to intensify the fragrance is by applying it in layers. By using the most beautiful UTIQUE perfume compositions in Luxury Shower Gels, you can be sure that the stunning fragrance will stay with you throughout the day.

### REGENERATING NECTAR MADE OF PRECIOUS INGREDIENTS

- **Biohydration Plus®** is a unique formula, specifically selected for FM WORLD that makes the skin immediately moisturised for a long time. Thanks to its advanced technology, the product has a comprehensive effect that ensures immediate regeneration and relief. Additionally, it prevents water loss, thus protecting the skin from drying.
- **Whitesense™** is a precious extract from the white flowers of the Provence rose (*Rosa centifolia* L.), jasmine (*Jasminum officinale* L.) and common daisy (*Bellis perennis* L.), which immediately makes the body silky smooth and extremely soft. The presence of Whitesense™ in UTIQUE Luxury Shower Gels guarantees an exceptional and sensual experience that will make you feel just right.

## Luxury BODY BALM

### LUXURY BODY BALM

- silky consistency
- envelops the body with a beautiful aroma
- provides the skin with excellent hydration, softness and smoothness
- contains high-value complexes – Revitaols Supreme® and Hydromanil™

200 ml

**1** FLAMINGO  
502046 |



**1**

**2** BUBBLE  
502047 |

**3** AMBER  
502017 |

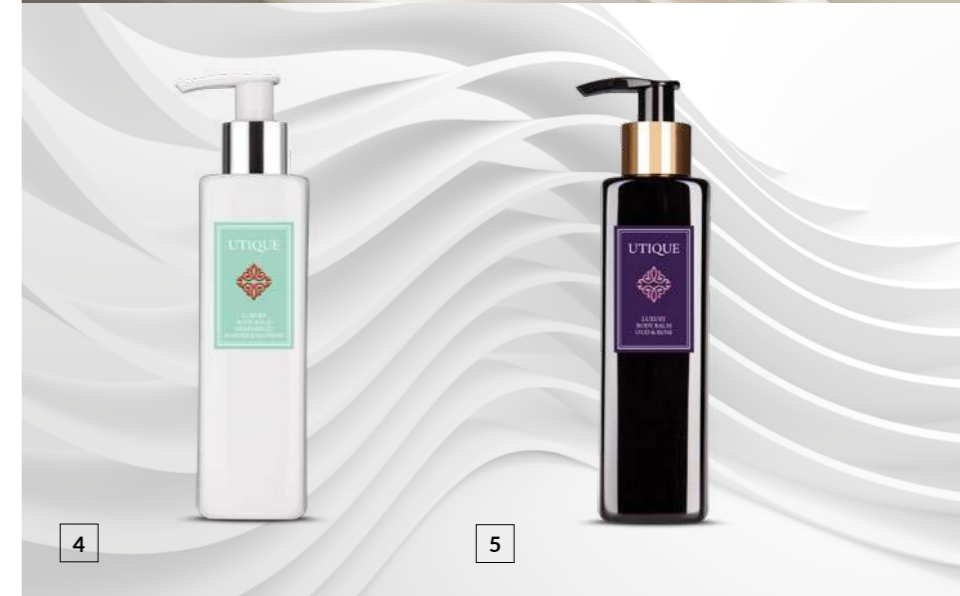


**2**

**3**

**4** GRAPEFRUIT &  
ORANGE BLOSSOM  
502019 |

**5** OUD & ROSE  
502018 |



**4**

**5**

### PERFECTLY HARMONIOUS ACCORDS

Perfectly harmonious accords of the UTIQUE Perfumes and Luxury Body Balms will let you intensify the fragrance sensations and extend their durability. Discover your favourite compositions in a completely new style.

### NOURISHING COCKTAIL OF THE BEST INGREDIENTS

- **Revitaols Supreme®** is an innovative skin-revitalising complex, specifically selected for FM WORLD, the secret of which is its plant origin. It is a unique combination of oils sourced from macadamia, avocado, olives, coconut, flax, sunflower and argan tree, which provides an irreplaceable source of vitamins and non-saturated fatty acids for the skin.
- **Hydromanil™** is a highly valuable active substance derived from the seeds of a Peruvian plant called Tara. Thanks to advanced technology, it offers a double action: it immediately improves the moisture level of the cornified layer of the skin for a long time, and regulates the process of epidermal exfoliation, leading to improved skin appearance.

## Luxury HAIR REPAIR OIL

LUXURY  
HAIR REPAIR OIL

A unique combination of oils derived from the very heart of plants. It revives the hair colour and adds shine, leaving it soft, smooth and velvety to the touch.

- **absorbs perfectly**
- **does not weigh the hair down**
- **has a pleasant marzipan-like scent**
- **with an atomiser for easier and even application**

50 ml | 502005 |



## Luxury FACE OIL

LUXURY  
FACE OIL

An exclusive composition of plant origin precious oils. It restores a healthy and radiant appearance. Contains a highly concentrated dose of vitamins and antioxidants, providing intensive skin nutrition, hydration and regeneration.

- **excellent under makeup**
- **for day and night**
- **thanks to the pipette it is easily dosed and applied to the face**

30 ml | 502004 |



### THE POWER OF OILS FOR YOUR HAIR

A sophisticated marriage of oils, such as argan, jojoba, linseed, soybean and sweet almonds' combined with shea butter makes hair visibly stronger, nourished and moisturised.

### A WEALTH OF INGREDIENTS FOR A HEALTHY-LOOKING COMPLEXION

The irreplaceable argan and jojoba oils have a moisturising effect for healthy-looking skin. The wonderful effects of this cosmetic result from the presence of evening primrose, sunflower, soybean, castor, calendula, rose, avocado and rice oils as well as selected essential oils: geranium, ylang-ylang and neroli.

## FIRMING RITUAL Luxury Massage Oil

### FIRMING RITUAL LUXURY MASSAGE OIL

Not only enhances sensual sensations but also perfectly improves the appearance of the skin. The unique oil component contained in it, based on ginger extract, perfectly supports the process of burning fat tissue, contributing to apparent skin firming.

- **supports fat burning and helps fight cellulite**
- **with eucalyptus oil that has a positive effect on well-being**
- **convenient pump for easy dosing**

200 ml | 502049 |



## RELAXING RITUAL Luxury Massage Oil

### RELAXING RITUAL LUXURY MASSAGE OIL

Thanks to aromatherapeutic properties it transforms any massage into a blissful pleasure, wonderfully improving your mood. Formulated with lemongrass oil for a truly soothing feeling, making it ideal for relaxing massages.

- **strongly relaxing fragrance**
- **perfect skincare**
- **handy pump for precise dosing**

200 ml | 502050 |



### A REAL TREAT FOR THE SKIN AND THE SENSES

A massage with UTIQUE oils will not only be a moment of retreat, allowing you to forget about everyday worries, but also a care treatment that will leave your skin silky soft, smooth and pleasant to the touch. Thanks to carefully selected ingredients, the oils are ideal for massaging the whole body and for all skin types, especially dry and sensitive. They owe their captivating scent to natural essential oils.

### PRECIOUS RECIPES

Precious recipes rich in fatty acids and vitamins oils, such as argan, rose, jojoba, avocado, rice, evening primrose and marigold, wonderfully nourish and smooth the skin, restoring its healthy glow.



## ROYAL PERFECTION Day Cream

### ROYAL PERFECTION DAY CREAM

- a refined combination of top-quality active ingredients and advanced technology
- a meticulously developed, ultra-rejuvenating formula
- intensively moisturises, firms and regenerates the skin
- makes your complexion regain a healthy, radiant look and a dazzling glow

50 ml | 502026 |



## ADVANCED AGE CONTROL Night Cream

### ADVANCED AGE CONTROL NIGHT CREAM

- a wealth of intensively anti-aging and firming active ingredients
- deeply penetrates the skin while you sleep
- perfectly hydrates, regenerates and smooths the complexion

50 ml | 502027 |



### THE BEST RECIPE FOR AN EXCEPTIONAL DAY

- **L.C.G.S MC 8.0®** reduces the negative effects of electromagnetic radiation, which includes, among others, UV radiation and blue light. In addition, it effectively protects your skin from oxidative stress and excellently contributes to the regeneration of the epidermis.
- **Tripeptid-38** is a new-generation, strong anti-wrinkle peptide that enhances the synthesis of 6 key ingredients regenerating your skin. As a result, it fills in wrinkles from the inside providing a visible effect of smoother and suppler skin.
- **An ultra-advanced antioxidant** that is activated only by UV radiation and provides long-lasting protection against free radicals. It will make you forget about a grey and tired complexion, and your skin will become more resistant to the negative effects of external factors responsible for the aging processes.
- **Low-molecular hyaluronic acid** is a natural polysaccharide that fills in the space between collagen fibres and, in consequence, perfectly hydrates the skin and makes it more elastic and rejuvenated.

### REVOLUTIONARY INGREDIENTS THAT PENETRATE YOUR SKIN DURING SLEEP



- **L.C.G.S MC 8.0®** affects the synthesis of two proteins that are of key importance to a youthful appearance: fibronectin, which interacts with, among others, collagen and proteoglycans, and protein p53, which participates in DNA regeneration. Therefore, it has strong anti-aging effects – it regenerates the skin and keeps it smooth.
- **The newest, milder generation of the vitamin A derivative** is currently one of the most effective anti-wrinkle substances, which slightly lightens the skin and visibly improves its appearance.
- **Edelweiss meristem extract** prevents the effects of oxidative stress caused by the air pollution and UV radiation, and has strong lifting effects on flabby neck skin, optically lifts your cheeks and smooths out crow's feet. It will make you forget about a grey and tired complexion, and your skin will become fantastically firm and more resistant to the negative effects of external factors responsible for the aging processes.
- **Shea butter** is a fat extracted from the nuts of the African tree gracefully named the Mangifolia tree, which in Africa has been considered sacred and has been worshipped for thousands of years. It leaves your skin perfectly soft and hydrated.

## Eye Cream COMPLEX

### EYE CREAM COMPLEX

- a perfect combination of top-quality ingredients
- excellently firms up and moisturises the sensitive skin around your eyes
- gently brightens unattractive dark under-eye circles
- leaves the skin supple and exceptionally refreshed

20 ml | 502028 |



## ANTI-AGING ELIXIR Face Serum

### ANTI-AGING ELIXIR FACE SERUM

- highly concentrated, groundbreaking formula
- intensively regenerates and smooths the skin
- reduces the visibility of wrinkles
- visibly lifts the face contour

30 ml | 502030 |



### FOR THE NEEDS OF DELICATE SKIN AROUND THE EYES

- **L.C.G.S MC 8.0®** – UV radiation and blue light have an adverse effect on the sensitive skin around the eyes – they cause oxidative stress, and also contribute to the appearance of wrinkles caused, among others, by excessive squinting. That is why the cream has been enriched with a complex that works in two ways: reducing the negative effects of electromagnetic radiation and facilitating the regeneration and smoothing of the skin, which slows down the aging processes.
- **A complex of an extract from *Albizia julibrissin* and darutoside** stimulates collagen synthesis and contributes to the skin regeneration process, optically stretching out crow's feet. Additionally, it has a lifting effect on the sagging upper eyelids, making them visibly firmer.
- **Low-molecular hyaluronic acid** has a strong ability to penetrate the skin, thanks to which it increases the firmness and elasticity of the skin.
- **Cyclic peptide and ectoine** have a deeply hydrating effect and optically stretch out wrinkles, making the skin suppler.
- **Caffeine** stimulates the micro-circulation of blood, slightly lightening unattractive dark under-eye circles.

### INTENSIVE EFFECTS THANKS TO PRECIOUS INGREDIENTS



- **L.C.G.S MC 4.0®** has strong anti-aging properties – intensively regenerates and smooths the complexion. It perfectly prepares the skin for the application of other beauty products, interacting synergistically with them and enhancing their effects.
- **The latest generation of vitamin A derivative** – more delicate for the skin – currently one of the most effective substances reducing wrinkles – slightly lightens dark spots and effectively improves the appearance of your skin.
- **Lipodipeptide** by stimulating elastin synthesis, it prevents the sagging of the skin, visibly lifting the face contour.
- A valuable **phytoestrogen complex** regulates the functioning of sebaceous glands.
- A precious combination of **caviar extract** and trace elements – **gold, silver and platinum** – contributes to the slowing down of the skin aging processes, optically reducing wrinkles.

## Ultra Firming BUST CREAM

### ULTRA FIRMING BUST CREAM

- formula developed with the use of pioneer technologies
- greatly contributes to making the skin around your breast firmer and more elastic
- ensures a visible lifting effect
- great alternative to an invasive breast shaping procedure

50 ml | 502031 |



## FIRMING COMPLEX Body Cream

### FIRMING COMPLEX BODY CREAM

- a compilation of the best ingredients
- groundbreaking body shaping technology
- perfectly firms up, smooths and tightens the skin
- supports the reduction of adipose tissue

120 ml | 502032 |



### A PERFECT RECIPE FOR IDEALLY SHAPED BREASTS

- A unique **Volumenic Plus MC 12.0®** compound stimulates the maturation and differentiation of fat cells and facilitates the lipids storage process. This results in the so-called cosmetic lipofilling, which causes an increase in the volume of adipose tissue in the breasts and is a great alternative to aesthetic medicine procedures.
- A **Dictyoptales-family brown algae extract** provides nourishment to adipocytes, making the breasts look larger and fuller.
- **Algae** and **pullulan complex** rich in amino acids, polysaccharides, vitamin C and B12 strengthens the subcutis fibres, maintains and corrects the shape of the breasts.

### PERFECTLY SHAPED SILHOUETTE

- **Slimenum Ultra<sup>3</sup> MC 16.0®** reduces the volume of fat deposits, excellently slimming down the body and visibly reducing the unevenness of the skin. As a result, it shapes your figure in 3D, providing effects that are comparable to those of ultrasonic procedures.
- **Xymenic acid** visibly increases the elasticity of the skin making it firmer and suppler. In addition, it enhances the capacity of the skin's antioxidative mechanisms, facilitating protection against oxidative stress and ensuring the beautiful and healthy appearance of the skin.
- A valuable combination of **sea algae** and **vegetable proteins** provide an optical lifting effect.
- **Extract from *Bougainvillea spectabilis***, a valued plant from South America, is a technologically advanced ingredient that facilitates adipose tissue reduction processes and prevents the sagging of the skin, enhancing the synthesis of proteoglycans, collagen and elastin.

## Luxury SCENTED CANDLE

### LUXURY SCENTED CANDLE

Thanks to the sophisticated composition of fragrance notes, it surrounds the room with a captivating aura, allowing you to enjoy your favourite chords of UTIQUE perfumes for an unbelievably long time. It delights with its original design, giving an innovative modern feel to your interior. Made from paraffin that meets strict requirements of the German RAL standard.

- the highest quality standard
- designed with attention to every single detail
- in an elegant square glass

180 g

435 g



1

2

1 VIOLET OUD | 180 g  
502053 |

2 VIOLET OUD | 435 g  
502053.02 |

3 BLACK | 180 g  
502051 |

4 BLACK | 435 g  
502051.02 |

5 FLAMINGO | 180 g  
502052 |

6 FLAMINGO | 435 g  
502052.02 |



3

4



5

6

### UNFORGETTABLE JOURNEY THROUGH SENSUAL LANDS

Unique scents of UTIQUE give you great opportunities. They will envelop not only your skin but also the interior of your home. Take an unforgettable journey through sensual lands.

### CHIC OF INTERIOR DESIGN ENHANCED BY FRAGRANCE

- 3 wicks in a large candle ensure even burning
- astonishing, unique, intensive fragrance compositions
- an impressive artistic design
- breathtaking, timeless aesthetics
- burn time: 35-40 hours (180 g) / 50-60 hours (435 g)

# UTIQUE

**7** GOLD | 180 g  
502058 |

**8** GOLD | 435 g  
502058.02 |

True essence of oriental luxury in one scent. Discover sophisticated composition that brings out the unforgettable mix in your area.



**NEW**

**9** RUBY | 180 g  
502059 |

**10** RUBY | 435 g  
502059.02 |

Magnetism, passion... So many intense emotions captured in one candle. Stimulate your senses with seducing RUBY that captivates you.



**NEW**

180 g

435 g

**11** MUFFIN | 180 g  
502060 |

**12** MUFFIN | 435 g  
502060.02 |

Irresistible temptation, sweetness and sophistication in one MUFFIN. With UTIQUE aroma. Candle offers an unforgettable combination of richness and taste.



**NEW**

**13** AMBRE ROYAL | 180 g  
502061 |

**14** AMBRE ROYAL | 435 g  
502061.02 |

Surprise yourself with AMBRE ROYAL candle that dazzles its tempting composition and aroma of UTIQUE perfume. Gain royal experience and simulate your stunning sensations.



**NEW**

# UTIQUE

**15** BUBBLE | 180 g  
502062 |

**16** BUBBLE | 435 g  
502062.02 |

Close your eyes and go back to fondest summer memories and lovely carelessness with BUBBLE candle. Experience touch of elegance and intense emotions just with one sniff.



15

16

**NEW**

**17** SEXY CASHMERE | 180 g  
502063 |

**18** SEXY CASHMERE | 435 g  
502063.02 |

Do you love to be overwhelmed with strong scents and uncontrollable passion? An explosion of desire and luxury combined in one SEXY CASHMERE candle enfolds you like a cashmere shawl. Be ready for this experience.

180 g

435 g



17

18

**NEW**

**19** AMBERGIS | 180 g  
502064 |

**20** AMBERGIS | 435 g  
502064.02 |

The combination of spiciness and sea smell creates the memories of never ending secret cruise. This mix of peaceful moments and spicy scent fills AMBERGIS candle with perfect and inviting proportions.



19

20

**NEW**

**21** MALACHITE | 180 g  
502065 |

**22** MALACHITE | 435 g  
502065.02 |

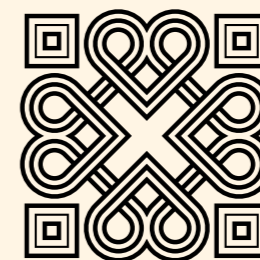
Start your MALACHITE candle adventure with minerals & fresh breeze. Experience the transformation from delightful smell to enchanting aromas with your own senses.



21

22

**NEW**



ALAYA

## The brightest among all the stars

Reach for the sky. Allow yourself to have more. Discover the luxurious line of cosmetics for in-depth skin care and sophisticated makeup. ALAYA is perfect in every inch, starting with a logotype that expresses its uniqueness and elegant packaging, through high-quality formulas, up to astounding, long-lasting effects. Soar above the horizons and let your makeup look delight like the masterpiece of an artist.

# UNICORN ELIXIR

## Peel-Off Mask

UNICORN ELIXIR  
PEEL-OFF MASK

Thanks to extracts from green tea and ginger as well as coenzyme Q10 it perfectly smooths and revitalises the skin, at the same time removing dead skin cells. It also perfectly cleanses, reduces the appearance of pores and absorbs excess sebum.

- **results visible after one application**
- **perfectly prepares the skin for make-up application**
- **with glittering particles**
- **easy to use**

28 ml | 606086 |



# UNICORN ELIXIR

## 2 in 1 Face Serum

UNICORN ELIXIR  
2 IN 1 FACE SERUM

The rich formula guarantees a strong and efficient skincare effect. Extracts from acai fruit, Goji berry and cranberry make the skin silky smooth, extremely radiant and are an excellent source of vitamin C and antioxidants which protect the skin from free radicals.

- **highlighting make-up base in the form of a nourishing elixir**
- **improves the condition, deeply moisturises and revitalises the skin**
- **significantly increases the durability of foundation**
- **lightweight formula, does not leave a greasy film**
- **very efficient**

30 ml | 601313 |



FOR EVERY TYPE  
OF SKIN



VEGAN  
FRIENDLY



FOR EVERY TYPE  
OF SKIN



2 IN 1



# PERFECT MATT 2 IN 1 Covering Foundation

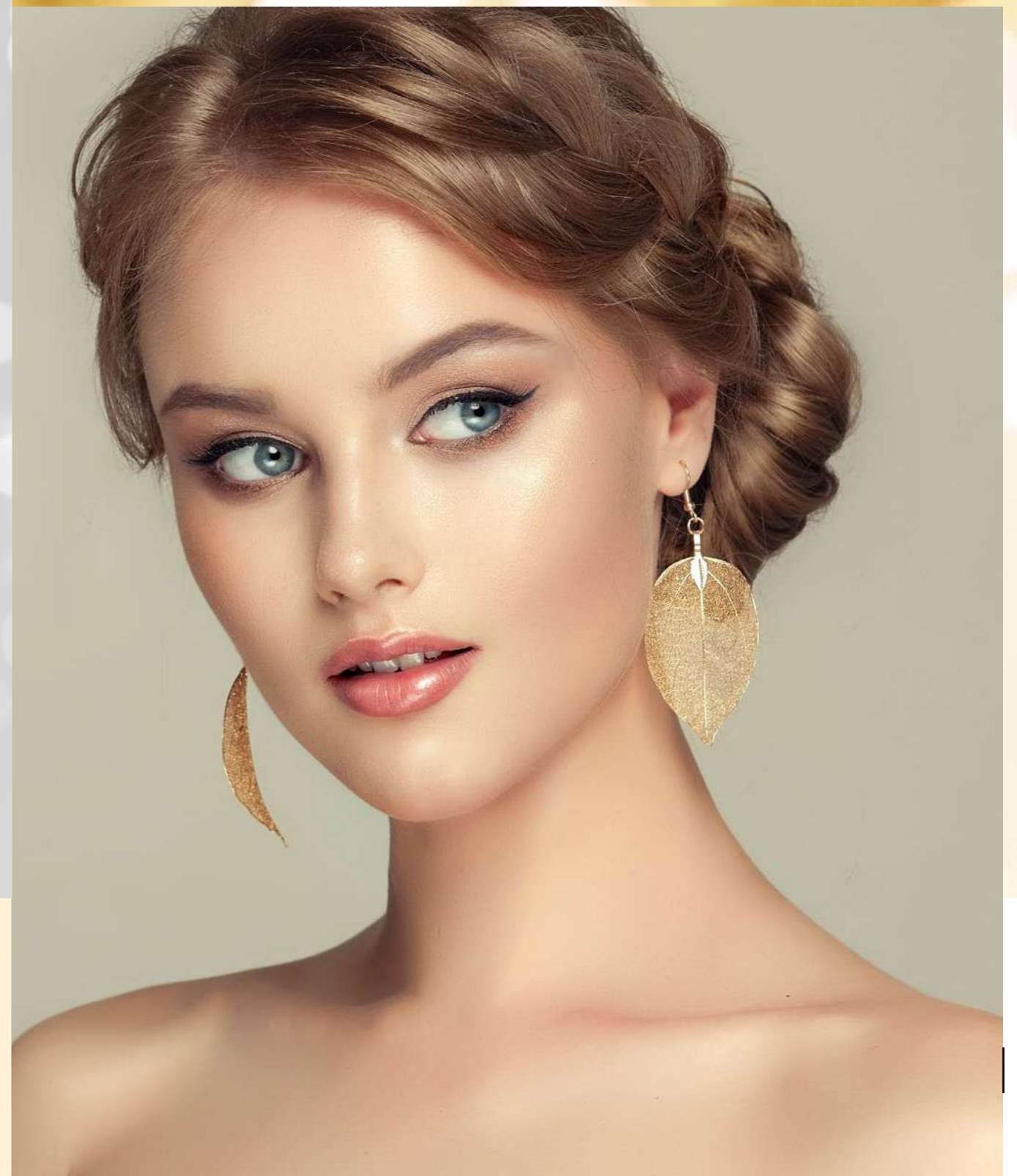
## PERFECT MATT 2 IN 1 COVERING FOUNDATION

Perfect matte 2-in-1 coverage foundation provides a velvety matte finish and a perfect look for all make-up for up to 12 hours. The foundation doubles as a concealer, perfectly covering all imperfections. Its light formula does not clog pores and allows the skin to breathe without the unpleasant feeling of a mask.

30 ml

- VANILLA  
602024 |
- HAZELNUT  
602025 |
- CARAMEL  
602026 |

**NEW**



12 HOURS  
ON SKIN



FOR EVERY TYPE  
OF BEAUTY



2 IN 1

**SUNNY  
SOFT  
TOUCH**

Luminous-  
-Bronzing

SUNNY SOFT TOUCH  
LUMINOUS-BRONZING  
POWDER

It makes the skin look healthy and radiant as if sun-kissed and illuminated by sparking rays. Thanks to its silky texture, it is a source of excellent well-being from the moment of application.

- provides a natural tan effect with a delicate golden glow
- spreads evenly
- leaves no streaks or smudges

11.5 g | 602022 |



**GLASS SKIN**

Highlighter  
Palette

GLASS SKIN  
HIGHLIGHTER PALETTE

It instantly revives and rejuvenates the skin visually. Thanks to high-pigment intensity, it provides an extremely luminous finish for an unbelievably long time. Perfect for both day and evening makeup looks.

- gives the skin a fresh and radiant glow
- allows obtaining the so-called glow effect
- efficient and multifunctional
- in warm, cool and neutral shades

15 g | 602023 |

- CHAMPAGNE
- CASHMERE
- TIME OF FAME
- MOON DUST
- PINK DIAMOND



IN AN ELEGANT  
COMPACT  
WITH A MIRROR



FOR EVERY TYPE  
OF BEAUTY



VEGAN  
FRIENDLY

IN AN ELEGANT  
COMPACT  
WITH A MIRROR



FOR EVERY TYPE  
OF BEAUTY



VEGAN  
FRIENDLY

## EYESHADOW Palette

### EYESHADOW PALETTE

Thanks to the silky soft texture of the eyeshadows you can easily change any makeup into a real piece of art. You'll feel like an artist with a painting palette of the most beautiful colours.

- enables blending colours and creating a seamless transition of their shades
- eyeshadows do not flake off or crumble
- highly pigmented
- in a wide range of colours
- vegan based formula

9 g










#### TOTAL ALLURE

606080 |

-  DOLCE VITA
-  AMETHYST
-  PEARL GIRL
-  CARPE DIEM
-  SANDALWOOD
-  MARBLE
-  CORAL FANTASY

#### HARMONY

606081 |

-  LAST NIGHT
-  FLIRT
-  SEDUCTION
-  VENUS
-  TRUFFLE
-  ROYAL
-  WHITE GOLD



IN AN ELEGANT  
COMPACT  
WITH A MIRROR



FOR EVERY TYPE  
OF BEAUTY



H A I R L A B

## Discover the beauty of having healthy hair

Professional hair care in the comfort of your home? From now on, it is possible. To meet your expectations, we have created HAIRLAB – the line of hair care cosmetics ensuring healthy and beautiful looking hair. A rich composition and perfect recipes tailored to your individual needs will make the dream of a great hairstyle a reality. Give your hair the best possible treatment and your hair will become your most beautiful ornament.

**Maciej Maniewski** – is well known as a celebrity hairdresser, the head of the judges in a television show 'Master Cut', the host of the show 'Hairdresser's affair' and the master of metamorphosis from the TV show 'Sablewska's way to fashion'. Connected with the fashion industry for many years; a man for whom hair has no secrets. He has now become the ambassador of the prestigious line of products – HAIRLAB.



## Strong HAIRSPRAY

### SWIFT<sup>2</sup> STYLING HAIRSPRAY

Contains panthenol and keratin, which nourish and support the restoration of the structure of all hair types, improving its condition and making it shiny and styled the way you want.

- **instantly finishes and fixes your hairstyle**
- **adds shine and increases hair volume**
- **easy to comb**
- **with a pleasant, fruity fragrance**

150 ml | 520021 |



## Dry Hair SHAMPOO

### RAPID<sup>2</sup> HAIR REFRESH DRY SHAMPOO

Thanks to rice starch and tapioca flour, it works like a sponge absorbing excess sebum and impurities giving the hair a just-washed look. The unique formula ensures instant action and unprecedented ease of use.

- **effectively cleanses and refreshes hair without using water**
- **visibly increases the volume of hair giving it lift at the root, perfect for travel and before an unexpected night out**
- **smells of juicy apple**

150 ml | 520020 |



## SWIFT<sup>2</sup> STYLING

Perfectly styled hair is the dream of everyone who likes to experiment with their image. Buns, curls, backcombs, mohawks - let your imagination run wild, a SWIFT<sup>2</sup> STYLING line will make you enjoy the perfect hairstyle for an incredibly long time.

## RAPID<sup>2</sup> REFRESHING

Unannounced visits, sudden trips, unexpected meetings - whatever the circumstances, we want to look perfect. The RAPID<sup>2</sup> REFRESHING line will give your hair a flawless look in every situation.

## SHAMPOO For Dry Hair

### AQUA<sup>2</sup> SHAMPOO

Makes the driest hair recover its original healthy look and shine. Thanks to hyaluronic acid, it intensively moisturises, nourishes and strengthens hair and gently cleanses the skin.

- with extremely moisturising hyaluronic acid
- makes hair shiny and bouncy
- best results when used with the Aqua<sup>2</sup> Mask

250 ml | 520001 |

50 ml | 520001.02 |



# AQUA<sup>2</sup>

Thanks to an intensively nourishing formula enriched with an extra dose of hyaluronic acid, the AQUA<sup>2</sup> line perfectly hydrates hair which is dry, prone to frizzing and damaged. AQUA<sup>2</sup> brings back flexibility and silkiness to hair, providing glow and protection also to colour-treated hair.



## MASK For Dry Hair

### AQUA<sup>2</sup> MASK

Rescue for dry, damaged and frizzy hair. The mask intensively moisturises and nourishes hair, making it look healthy and shiny. In addition, it makes combing hair easier. Effect: strong hair full of glow.

- requires rinsing
- rich in precious linseed, jojoba and rice oils
- prevents hair from breaking and picking up static
- to strengthen the results of the mask add a few drops of Aqua<sup>2</sup> Oil
- if you have colour-treated hair, add a few drops of the Ideal<sup>2</sup> Colour Elixir to the mask to enhance the depth and richness of your hair colour and make it glow

250 ml | 520003 |

30 ml | 520003.02 |



## Hair OIL Intensively Moisturising

### AQUA<sup>2</sup> OIL

Rebuilds, moisturises and smooths hair. It prevents split ends and makes it easy to comb. Specially selected ingredients protect your hair from loss of water. Massage just a few drops of essential oil into your hair.

- contains jojoba oil which improves the condition of hair
- can be applied on wet and dry hair
- intensively moisturises hair making it soft and shiny

100 ml | 520004 |

## Intense Regenerating Hair SHAMPOO

### INTENSE<sup>2</sup> REGENERATING SHAMPOO

Designed for dry, fragile, very damaged, sensitive, chemically-treated hair. Thanks to the panthenol, it perfectly nourishes, rebuilds and strengthens hair. Gently cleanses the scalp.

- **intensively regenerates damaged hair**
- **perfectly combines cleansing with rejuvenating and protective properties**
- **use with an Intense<sup>2</sup> Regenerating Mask**

250 ml | 520005 |

50 ml | 520005.02 |



## INTENSE<sup>2</sup> REGENERATING

Thanks to carefully selected ingredients, it provides intense hydration and nutrition for dry and damaged hair. The series comprises three ideally paired products which guarantee the best possible condition of your hair.



## Intense Regenerating MASK

### INTENSE<sup>2</sup> REGENERATING MASK

If you have a problem with damaged, very sensitive hair, this mask is perfect for you. Thanks to the panthenol, it perfectly moisturises as well as rebuilds and strengthens hair. Hair becomes stronger and more flexible.

- **requires rinsing**
- **professional care for even the most damaged hair**
- **to enhance the mask effect, add a few drops of the Ideal<sup>2</sup> Colour Elixir (especially for colour-treated hair)**

250 ml | 520006 |

30 ml | 520006.02 |



## Intense Regenerating SPRAY

### INTENSE<sup>2</sup> REGENERATING SPRAY

Regenerates and rebuilds even the most damaged and sensitive hair. It has a light and delicate consistency that does not weigh hair down and helps to comb and style it.

- **contains nourishing panthenol**
- **does not require rinsing**
- **fast and easy to apply: just spray your hair from roots to ends to regain a healthy look**

150 ml | 520007 |

## Colour-Treated Hair SHAMPOO

### IDEAL<sup>2</sup> COLOUR SHAMPOO

Due to carefully selected ingredients, it provides professional hair care after colour treatments. Together with the mask of the same line, it is an excellent treatment, which helps to preserve the original shade of coloured hair and prevents it from becoming dull.

- contains panthenol and horsetail leaf extract
- use with the Ideal<sup>2</sup> Colour Mask and Ideal<sup>2</sup> Colour Elixir

250 ml | 520019 |



## IDEAL<sup>2</sup> COLOUR

IDEAL<sup>2</sup> COLOUR – enhances colour depth and intensity after colour treatments and protects against colour fade. What's more, it moisturises and nourishes hair with precious ingredients. Your hair will look as if just colour-treated by a professional hairdresser.



## Colour-Treated Hair MASK

### IDEAL<sup>2</sup> COLOUR MASK

The unique formula gives hair a glow and increases the intensity and durability of its colour. The mask protects against colour fading and at the same time rebuilds and nourishes, so hair looks healthy and shiny.

- contains natural filters UV
- requires rinsing
- protects colour from fading and makes hair shine for a long time
- hair becomes silky and soft
- to enhance the results of the mask, it is worth adding a few drops of Ideal<sup>2</sup> Colour Elixir to it

250 ml | 520010 |



## Colour-Treated Hair ELIXIR

### IDEAL<sup>2</sup> COLOUR ELIXIR

Recommended after colour treatments. For all types of hair. It strengthens the intensity and adds depth and colour durability.

- requires rinsing
- makes hair look healthy and glossy
- just add 5-10 drops to the Ideal<sup>2</sup> Colour Mask to get an extraordinarily expressive hair colour

75 ml | 520011 |



## For Curly Hair SHAMPOO

### CURLY<sup>2</sup> SHAMPOO

Designed for hair prone to curling and waving. In combination with the mask of the same line, it is a specialised treatment which disciplines the curls and makes them soft to the touch.

- **basic care for unruly curls**
- **enriched with panthenol and hydrolysed collagen**
- **use with Curly<sup>2</sup> Mask and Curly<sup>2</sup> Smoothing Emulsion**

250 ml | 520017 |



## CURLY<sup>2</sup>

Rich in precious nourishing ingredients CURLY<sup>2</sup> products make hair smooth and easier to style. It creates a seal which prevents curly hair from absorbing too much water, protects it against environmental conditions and high temperature during styling.



## For Curly Hair MASK

### CURLY<sup>2</sup> MASK

Perfectly complements the care of curly hair. Synergistic effect of the cosmetics of the entire HAIRLAB line, gentle on the skin and hair, supports their combing and styling.

- **makes it easy to style curly hair**
- **contains shea butter, avocado oil and hydrolysed collagen**
- **use with Curly<sup>2</sup> Shampoo and Curly<sup>2</sup> Smoothing Emulsion**

250 ml | 520018 |



## Smoothing EMULSION For Curly Hair

### CURLY<sup>2</sup> SMOOTHING EMULSION

Contains the hydrolysed collagen that makes hair smooth and more amenable to styling. The emulsion protects from absorbing moisture and external environmental factors and high temperature during the styling process.

- **defines and moisturises beautiful curls**
- **does not require rinsing**
- **thanks to the hydrolysed wheat protein it smoothes curly hair creating a protective film on its surface**

175 ml | 520002 |

# Volume Increasing SHAMPOO

VOLUME<sup>2</sup> SHAMPOO

Delicate and volume-less hair will no longer be your worry. This shampoo contains hydrolysed wheat protein affecting nutrition, moisturising and boosting the volume of flat hair.

- for everyday use
- the light texture does not weigh the hair down
- provides volume and makes hairstyle look light and fuller

250 ml | 520008 |

# Volume Increasing Hair SPRAY

VOLUME<sup>2</sup> SPRAY

Thanks to the content of hydrolysed wheat protein the spray gives hair fullness, optically increasing its volume. It has a delicate consistency, so it doesn't weigh hair down.

- does not require rinsing
- just spray hair to get that unbelievable volume
- has nourishing properties
- use with Volume<sup>2</sup> Shampoo

150 ml | 520009 |



# Soothing SHAMPOO

For Sensitive And Irritation Prone Skin

DELICATE<sup>2</sup> SHAMPOO

Thanks to its rich formula it soothes the irritation of the scalp and restores its pH balance. Hair on the other hand gains vitality and the right hydration.

- soothes your scalp taking care of your hair at the same time
- for every hair type

250 ml | 520012 |



## VOLUME<sup>2</sup>

The series guarantees that your hair gains incredible volume while at the same time getting hydrated and nourished. Thanks to the unique formula, your hair gets strengthened and you will re-discover its flexibility and shine again.

## DELICATE<sup>2</sup>

Thanks to perfectly selected ingredients it gently cleanses scalp and hair providing it with optimal moisture.

## Anti-Dandruff SHAMPOO

### ANTI DANDRUFF<sup>2</sup> SHAMPOO

The formula of the shampoo cleanses the scalp, leaving the feeling of freshness. Helps to soothe itching, dryness and irritation caused by dandruff.

- helps fight dry dandruff and perfectly strengthens the keratin structure of dry and brittle hair
- has a soothing effect on the scalp
- best to use along with the Anti-Dandruff<sup>2</sup> Elixir

250 ml | 520016 |



## Anti-Dandruff ELIXIR

### ANTI DANDRUFF<sup>2</sup> ELIXIR

Contains valuable active ingredients such as birch extract, vitamins B6 and PP, as well as panthenol, which cleanse the scalp.

- thanks to soothing properties it eliminates itchiness
- the formula works to soothe the scalp
- perfectly handles both dry and oily dandruff
- easy to use: just use a small amount of elixir and massage into wet hair

150 ml | 520015 |



## ANTI DANDRUFF<sup>2</sup>

ANTI-DANDRUFF<sup>2</sup> line regulates excess production of sebum and prevents the formation of dandruff thanks to the technologically advanced formula of the cosmetic and powerful ingredients. It strengthens hair, making it extremely shiny and nourished.

## Energising SHAMPOO For Weak Hair

### ENERGISING<sup>2</sup> SHAMPOO

Designed for hair with a tendency to fall out. Contains valuable plant extracts, including an extract from ginseng and burdock. It has a normalising and regenerating effect.

- for men who dream of thick, healthy hair
- for better result apply together with Strong<sup>2</sup> & More Hair Oil

250 ml | 520013 |

50 ml | 520013.02 |



## Energising Hair OIL Against Hair Loss

### STRONG<sup>2</sup> & MORE HAIR OIL

Contains a well-selected blend of plant extracts (yarrow, cinchona, coltsfoot) and active substances (zinc, vitamins) affecting the improved condition of a hair follicle.

- has a pleasant, fresh smell
- easy to apply: massage 15- 20 drops into the scalp every other day

30 ml | 520014 |



## ENERGISING<sup>2</sup>

Perfectly refreshed scalp and boosted hair texture. Thanks to precious ingredients and unique formula, the shampoo prevents hair loss, providing hair with an incredible, healthy shine.

## STRONG<sup>2</sup> & MORE HAIR

Thanks to advanced technology, it improves the condition of hair roots and visibly reduces hair loss. Ultra strengthening HAIRLAB of weak and prone to falling out hair.



F O N T A I N A V I E

## A source of youthful looking skin

Regardless of our age, we want to have a dazzling smile and for our skin to remain firm and radiant for as long as possible. Scientists in laboratories all over the world continue to test and improve formulas that will enable them to stop time on our skin. We have used cutting-edge technologies and drawn upon groundbreaking discoveries to create a brand of specialised skincare products called FONTAINAVIE. This is our tested formula for eternal youth.



## COMPLEX Eye Serum

### COMPLEX EYE SERUM

The eye serum contains a complex of actively regenerating, firming and soothing ingredients for the delicate skin around the eyes. Due to the high content of hyaluronic acid, it moisturizes and stimulates skin cells to rebuild.

- The antioxidant substances such as caffeine,
- prevent the formation of new wrinkles
- reduce dark circles under the eyes

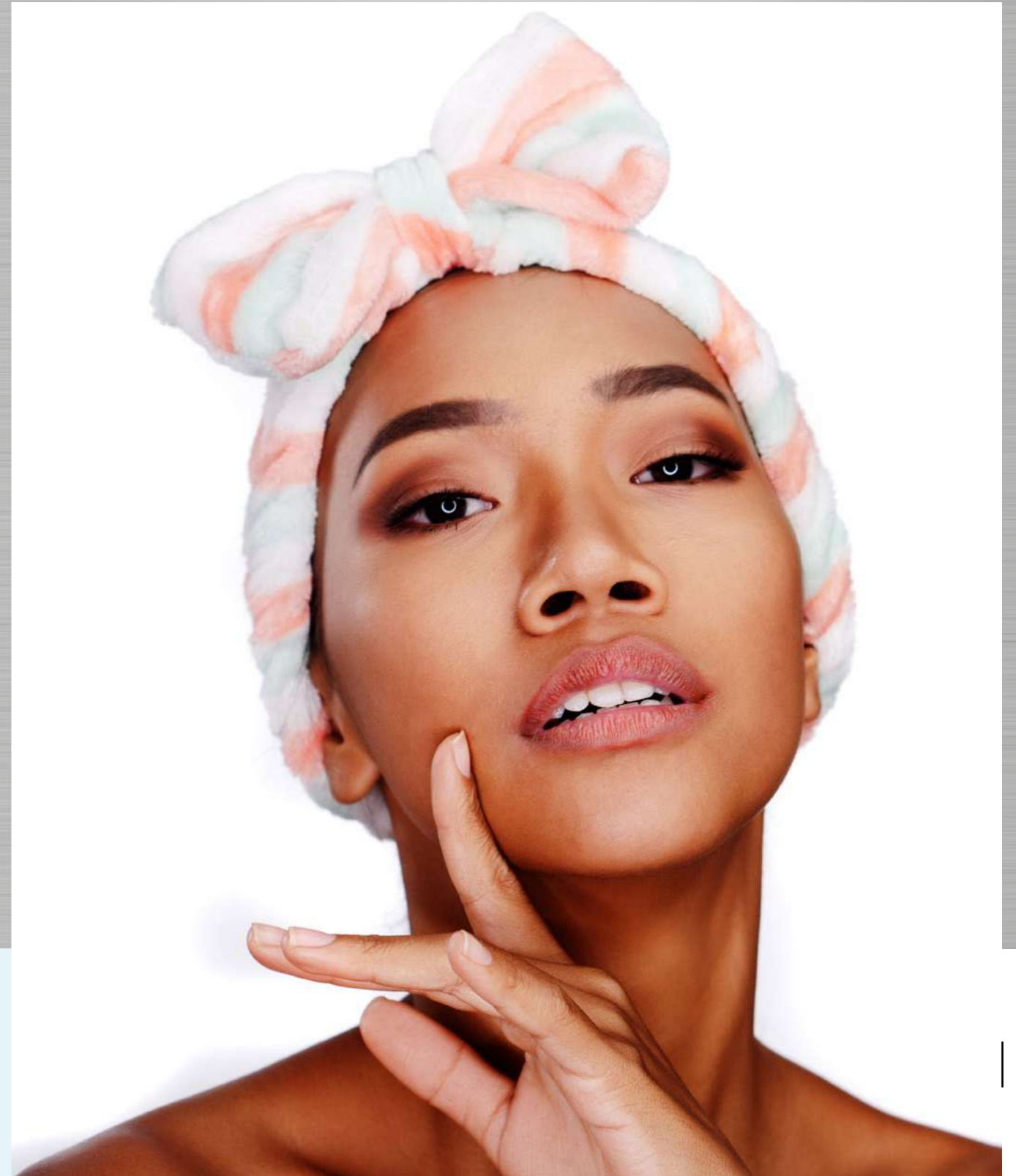
15 ml | 504028 |



NEW



It has a built-in, battery-operated tip to provide a subtle and relaxing massage for the area around the eyes.



## Hydrogel Aloe Vera MULTI EYE PATCH

HYDROGEL ALOE VERA  
MULTI EYE PATCH

Moisturizing gel eye patches are a wonderful way to relieve puffiness and dark circles, as well as fine lines and fatigue. Thanks to the aloe contained in them, you will soothe and calm the skin around the eyes, as well as properly hydrate it.

- no more signs of drowsiness
- refreshed skin around the eyes

90 g | 504030 |



**NEW**



**ELEGANT  
PACKAGING**



**VEGAN  
FRIENDLY**

## ULTRA RECOVERY Universal Cream

### ULTRA RECOVERY UNIVERSAL CREAM

Effectively regenerates face and body skin. It soothes irritations by reducing dryness, redness, and keratosis. It is an indispensable soothing compress after cosmetic treatments, depilation and excessive exposure to UV radiation.

- it contains no silicones or parabens
- perfect for all types of skin, especially for dry and sensitive skin
- suitable for everyday application



500 ml | 503036 |

250 ml | 503036.02 |

15 ml | 503036.03 |

### INTENSIVE RENEWAL DUE TO A RICH FORMULA

The power of moisturising and oiling active ingredients:

- **beta-glucan** from oat grains makes the skin smooth and flexible and supports regeneration of its cells
- **colloidal silver** has antibacterial properties
- **coconut oil** softens, nourishes and protects against harmful external factors
- **esters of higher fatty acids** impact the proper functioning of the cells



## PERFECT SKIN

### Nourishing Body Salt Scrub

PERFECT SKIN  
NOURISHING  
BODY SALT SCRUB

Effectively exfoliates the dead cells making the skin more flexible, silky smooth and soft to the touch. When applied regularly it clearly improves the condition of the skin, restoring its proper hydration and stimulating microcirculation.

- perfectly oils, nourishes and regenerates the skin
- rich, oil formula makes the use of body balm unnecessary after application
- with a deep scent of PURE ROYAL 900 perfume

200 g | 503035 |



### SALT AND OIL - A RECIPE FOR BEAUTIFUL SKIN

The cosmetic base is formed by the highest quality, precious oils – with avocado, sunflower and argan oils – as well as mango and shea butter. This true richness of vitamins precious for the skin, among others: E, C, B, PP, A and K, unsaturated fatty acids, linoleic acid as well as minerals – potassium, iron and copper.



## LIFT EXTREME Eye Serum

### LIFT EXTREME EYE SERUM

Precisely reduces fine lines, wrinkles and puffy eyes. Through a combination of the Pentapeptide-18 and Hexapeptide-8, it works like Botox by tightening, firming and smoothing the skin.

- **an immediate lifting effect**
- **for use under the eyes and on selected parts of the face**

5 ml | 503001 |



## HYDROTHERAPY

### Hyaluronic Sheet Mask

HYDROTHERAPY  
HYALURONIC SHEET MASK

Occlusive properties of the sheet significantly increase the penetration of nutrients into the skin. Thanks to this, they perfectly tighten it, smoothing out fine lines, intensively nourish and effectively regenerate.

- **rich in active moisturising ingredients**
- **provides a beautiful and healthy look**
- **ensures visible skin rejuvenation effect**

20 ml | 503033 |



## ULTRAMOISTURISING PROPERTIES

It contains a wealth of ingredients naturally found in the skin, such as hyaluronic acid, amino acid complex, a sodium salt of pyroglutamic acid and urea. Thanks to the ability to bind water, they intensively and long-lastingly moisturise the skin, leaving it firm and velvety smooth.

**100% of respondents\* confirm that it:**

- cares for the skin
- moisturises it for a long time
- provides intensive regeneration
- visibly rejuvenates
- leaves the skin firm and velvety smooth

\*Trial study conducted on a group of 25 women aged 19 to 56 over the period 4 weeks.

## CONFIRMED RESULTS

## ADVANCED REPAIR Lip Balm

ADVANCED REPAIR LIP BALM

Based on castor oil enriched with waxes: beeswax, candelilla and carnauba wax, almond oil, lanolin and vitamin E, effectively regenerates chapped lips.

- **rescue for dry lips**
- **makes them incredibly smooth and silky soft**
- **leaves a pleasant feeling of nourishment and hydration**
- **protects against negative effects of UV radiation**
- **contains hyaluronic acid that plumps lips**
- **for everyday use**

4.8 g | 503031 |



## PROBIOTIC

### Toothbrush Cleaner

#### PROBIOTIC TOOTHBRUSH CLEANER

This product effectively prevents the multiplication of bacteria, which result in the occurrence of dental caries. Also, it minimises the risk of development of the microorganisms that cause tooth decay.

- **extremely efficient – one dose is sufficient for seven days**
- **environmentally friendly**
- **it is also suitable for dentures**

10 x 4 ml | 713006 |



## 3 IN 1

### Teeth Whitening Foam

#### 3 IN 1 TEETH WHITENING FOAM

Innovative whitening formula not only effectively improves the appearance of the teeth but also cleans the enamel and refreshes the oral cavity.

- **specialist product for daily use**
- **in a convenient foam formulation**
- **contains sodium percarbonate**
- **convenient use thanks to a hygienic pump**
- **designed for adults**

50 ml | 503032 |



Find our special symbol and look for it on other products – each one is environmentally friendly!

### 100% ACTIVE PROBIOTICS

Perfect oral hygiene also means taking care of the tools used for brushing your teeth, which are the habitat of microorganisms that are dangerous to our health. While taking care of the natural environment and wanting to provide you with comprehensive protection, we have created an innovative probiotic preparation, which is based on the function of beneficial bacterial strains.

### WHITENS, REFRESHES, CLEANS

Sodium percarbonate contained in the foam releases hydrogen peroxide, which is invaluable in aesthetic dentistry. This compound reacts with organic coloured substances, oxidising them and breaking them down into smaller particles, as a result they become brighter and thus less visible.

- **extremely efficient – lasts up to 4 months**
- **effects visible after 1-3 weeks of use**

## Ylang-Ylang Moisturising FACE ESSENCE

### YLANG-YLANG MOISTURISING FACE ESSENCE

Thanks to its carefully selected ingredients, it maintains the skin's natural balance and brings miraculous relief to the skin. Can be used as a toner, perfectly preparing the skin for make-up application, or as a refreshing mist.

- with beneficial essential ylang-ylang water
- with a unique, relaxing fragrance
- ensures pleasant application
- for all skin types

150 ml | 504027 |



## THERMAL WATER

### THERMAL WATER

Our Thermal Water minimizes wrinkles, reduces allergic reactions, supports wound healing, and improves the blood supply to the skin. Ingredients such as magnesium, calcium, sodium, chlorides, and bicarbonates have a positive effect on the skin's appearance and condition.

- a versatile cosmetic
- refreshes, relaxes, and soothes
- contains a wealth of minerals
- intended for everyday use

300 ml | 503042 |



2 IN 1  
ON BEAUTY AND HEALING PROPERTIES



# Exfoliating SHOWER GEL

## EXFOLIATING SHOWER GEL

Perfectly smoothens the skin and prepares it for sunbathing. Thanks to exfoliating particles made of calcareous algae, it removes dead skin cells, making the tan more even and long-lasting.

- **2 in 1: cleanses and effectively scrubs**
- **an essential step on the way to perfect skin colour**
- **contains cotton extract, vitamin E and red algae**

250 ml | 504021 |



**TANNED AND WELL-CARED-FOR SKIN**

SUN & CARE cosmetic collection was created to prepare you for sunbathing and to preserve the suntan, while taking care of your skin's condition.



# Sun Protection LOTION

## SUN PROTECTION LOTION

It contains aloe vera extract rich in nutritious vitamins, amino acids, micro- and macronutrients, as well as moisturising glycerine, which perfectly soothes dry skin and regulates its renewal processes.

- **protects against UV radiation**
- **guarantees effective care**
- **in two SPF levels**

**SPF 40 (HIGH PROTECTION)**  
150 ml | 504023 |

**SPF 15 (MEDIUM PROTECTION)**  
150 ml | 504022 |



# Moisturising Sun Protective WATER SPF 50

## MOISTURISING SUN PROTECTIVE WATER SPF 50

It provides top protection against the negative effects of UV radiation. It contains moisturising vitamin E, which additionally prevents formation of wrinkles and premature skin ageing, restoring its youthful radiance and vitality.

- **light texture**
- **quickly absorbed**
- **leaves no white residue**
- **enriched with the "vitamin of youth"**
- **pleasant, floral fragrance**

200 ml | 504024 |



# Nourishing TAN Accelerator

## NOURISHING TAN ACCELERATOR

Contains cocoa butter, carrot seed oil and soya phytosterols, which perfectly nourish and moisturise the skin, visibly improving its firmness and elasticity. Thanks to its excellent biocompatibility, it effectively rebuilds the epidermal protective barrier.

- **2 in 1: facilitates obtaining a beautiful skin tone and intensively nourishes the skin**
- **with vitamin E to delay the ageing process**
- **with natural active ingredients**
- **ideal for face and body**

150 ml | 504020 |



# After Sun Illuminating DRY OIL

## AFTER SUN ILLUMINATING DRY OIL

Thanks to sunflower, grape seed and cottonseed oils as well as vitamin E it soothes, moisturises and smoothes the skin. Leaves it soft to the touch and full of glow.

- **rich in natural ingredients**
- **with highlighting mica particles**
- **beautifully enhances the tan**
- **lightweight formula**
- **absorbs quickly**

100 ml | 504025 |



# After Sun SOOTHING FOAM

## AFTER SUN SOOTHING FOAM

Thanks to 10% panthenol, our After Sun Soothing Foam accelerates the skin's regeneration process. It soothes irritation and also moisturizes the skin while reducing inflammation.

- **restores the skin's softness and suppleness**
- **provides a gentle cooling effect**
- **relieves symptoms of excessive sun exposure**
- **easy to apply and quickly absorbs thanks to its pleasant foam form**

150 ml | 504026 |



# LIFT UP Regenerating Face Cream

## LIFT UP REGENERATING FACE CREAM

It contains a wealth of natural ingredients with multi-active effects on the skin – shea butter nourishes and regenerates; avocado oil softens and firms; aloe vera extract and bisabolol soothes, while extract from Scutellaria baicalensis and ceramides strengthen and rebuild the protective barrier.

- provides visible effects immediately after application
- effectively cares and protects
- suitable for all skin types
- ideal for skin with signs of ageing
- absorbs quickly

50 ml | 503040 |



# LIFT UP Regenerating Eye Cream

## LIFT UP REGENERATING EYE CREAM

Enriched with carefully selected ingredients – caffeine prevents dark circles and puffiness; shea butter nourishes and regenerates; ginkgo extract soothes irritations; avocado and coconut oils moisturise and soften.

- eliminates signs of fatigue and ageing
- gives your eyes the lost glow
- specially formulated for the delicate eye area
- restores elasticity

20 ml | 503041 |



## THE ELIXIR OF YOUTH

These specialist products are enriched with the innovative Tens'Up™ complex, which works in two ways to visibly firm the skin and smooth out wrinkles. Immediately after application they create a lifting film, preserving the rejuvenating effect in the long term.

## DID YOU KNOW THAT...

The skin starts to age as early as 25-30 years of age. This is when the components responsible for its firmness and density slowly start to disappear. That is why it is a good idea to start anti-wrinkle care as early as possible to win the race against time.





## DAY SKIN SPA

### DAY SKIN SPA

Food supplement supporting the healthy looking skin with guava extract, amla fruit extract, vitamins, zinc and selenium.

Protect your skin from the inside against the challenges of everyday life. Stress, negative environmental impacts, UV rays and free radicals contribute to the reduction of skin's natural ability to store water, which results in its premature ageing. DAY SKIN SPA is a product created with precious natural essences, vitamins and minerals which will make your skin soft, fresh, smooth and supple.

Day Skin Spa is a source of beauty coming from within. It contains a rich cocktail of valuable ingredients. Vitamin C supports collagen production to ensure proper skin functioning, Vitamin E, zinc and selenium help to protect cells against free radicals (oxidative stress).

- a source of beauty from within
- a rich cocktail of ingredients
- supports collagen production
- protects cells against free radicals
- suitable for vegans

Take 1 tablet daily with a glass of water and a meal. Do not exceed the recommended daily dose.

5,45 g | 801116 |



**COSMETIC IN  
A TABLET BEAUTY  
ENCLOSED IN A PILL  
ONLY ONCE A DAY**



**SUITABLE  
FOR VEGAN  
AND VEGETARIAN**



## NIGHT SKIN SPA

### NIGHT SKIN SPA

Food supplement for a healthy looking skin with pomegranate extract, gluten-free wheat extract, vitamins and zinc.

At night your body regenerates after the hardships of everyday life. Support it with a unique source of night care and restoration. Valuable essences from nature, vitamins and antioxidants support the natural regeneration of your skin while you sleep. They will leave you feeling refreshed, revitalised and glowing. Night Skin Spa is a source of beauty coming from within. A natural and unique composition of antioxidants, Vitamins and minerals provides intensive renewal while you sleep. Pomegranate and wheat extracts regenerate and revitalise the skin, improving its firmness and reducing wrinkles. Zinc and Vitamin E protect cells against free radicals (oxidative stress). Vitamin C helps in the correct production of collagen, and B12 and folic acid.

- **intensive renewal during sleep**
- **restores skin's radiance**
- **improves its firmness and reduces wrinkles**
- **contains regenerating**
- **revitalising pomegranate**
- **wheat extracts**
- **suitable for vegans**

Take 1 tablet nightly with a glass of water and a meal. Do not exceed the recommended daily dose.

5,5 g | 801117 |



NEW

## HYALURONIC ACID

### HYALURONIC ACID

Food supplement supporting the skin moisturising with hyaluronic acid, vitamins and selenium.

Beauty from within. A nutricosmetic that has been created to moisturise your skin from within, give it a beautiful tone and improve its elasticity. A unique product composed of the desired hyaluronic acid and vitamins. Formulated with precious hyaluronic acid to perfectly moisturise the skin and improve its tone. Vitamin A and biotin support the proper functioning of skin cells, vitamin C and E as well as selenium protect the skin from oxidative stress, and vitamin D regulates calcium-phosphate balance.

- based on hyaluronic acid
- perfectly moisturises the skin from within
- contains vitamin C, E and selenium, which protect the skin against oxidative stress

Take 1 capsule daily with a glass of water and a meal. Do not exceed the recommended daily dose.

2,6 g | 801118 |



COSMETIC IN A TABLET BEAUTY CLOSED  
IN A CAPSULE ONLY ONCE A DAY



NEW

## HELLO HONEY

### HELLO HONEY

Food supplement supporting the immunity with propolis extract, meadowsweet extract, vitamins and zinc.

Support your immunity. An innovative nutricosmetic consisting of unique ingredients. Created to take care of your immune system. Hello Honey combines the natural properties of propolis and meadowsweet with essential vitamins and zinc. Vitamin C, vitamin D and zinc support the body's natural immunity. Meadowsweet supports skin health and the correct synthesis of connective tissue. Vitamin C and vitamin E, together with zinc, protect cells from oxidative stress (free radicals).

- based on propolis and meadowsweet
- combination of natural ingredients supporting immunity
- vitamin C, vitamin D and zinc contained in the product support the correct functioning of the immune system

Take 1 capsule daily with a glass of water and a meal. Do not exceed the recommended daily dose.

3,2 g | 801119 |

# BODY & MIND SET

For Her

BODY & MIND SET FOR HER

Food supplement in capsules. A set of vitamins and active micro-ingredients for women. 5 functional combinations for a day full of challenges – a month full of surprises. The packaging contains 30 packages for a daily dose of the product.

Take a package of 5 capsules (one after another), divided into portions during the day and swallow with a glass of water. Night relax should be taken before bedtime. Do not exceed the stated recommended daily dose.

120,1 g | 801120 |



**NEW** 30 PACKETS WITH 5 CAPSULES FOR YOUR DAILY HEALTH AND BEAUTY.

# BODY & MIND SET

For Him

BODY & MIND SET FOR HIM

Food supplement in capsules. A set of vitamins and active micro-ingredients for men. 5 functional combinations for a day full of challenges – a month full of surprises. The packaging contains 30 packages for a daily dose of the product.

Take a package of 5 capsules (one after another) in the morning, during a meal, or divided into portions during the day and swallow with a glass of water. Do not exceed the stated recommended daily dose.

122,0 g | 801121 |



**NEW** 30 PACKETS WITH 5 CAPSULES FOR YOUR DAILY HEALTH AND BEAUTY.

## FOOD SUPPLEMENT IN CAPSULES

Set of vitamins and active micro-ingredients that women need! Plan your whole month with this functional combination and see how you achieve more every day.

The SHINE formula:

- S Skin & Hair** – a combination of organic sulphur, carotenes and xantophylls, enriched with bioelements in an organic form. Active support in creating essential elements of correct structure and pigmentation of the hair, skin and nails.
- H Hemo Balance** – an active combination of micro-ingredients in easily absorbed forms which naturally, comprehensively and optimally support normal functioning of the blood vessels and normal blood cell production.
- I Inner Balance** – a combination of the most effective micro-ingredients which help maintain the inner hormone balance in women, resulting in good mood and maintaining energy metabolism. The formula is focused on the possible effect of improved quality of mood in relieving symptoms of premenstrual syndrome and menopause conditions.
- N Night relax** – precisely selected doses of the most important and effective micronutrients supporting the quality of sleep and regeneration. The addition of appropriate herbal extracts and vitamins supports the states of tension and fatigue. Magnesium, thiamin and riboflavin help in the proper functioning of the nervous system and maintain proper psychological functions.
- E Energise & Perception** – a combination of the most effective extracts, amino acids, phosphatidylserine and nutritional micro-ingredients focused on mild, yet long-lasting stimulation of physical and mental activity and supporting normal functions of the brain, the nervous system, improving cognitive functions and concentration.

## 5 FUNCTIONAL COMBINATIONS

Perfect combination of vitamins and active micro-ingredients for men in one place! Choose to change your life in 30 days and allow yourself to be surprised.

The SHARP formula:

- S Skin & Hair** – a combination of organic sulphur, carotenes and xantophylls, enriched with bioelements in an organic form and vitamins. Active support in creating essential elements of correct structure and pigmentation of the hair, skin and nails.
- H Herbbooster** – an active combination which naturally supports hormone balance in maintaining healthy testosterone level in the blood. The formula is directly focused on libido, physical and mental activity, normal functioning of the muscles and the immune system.
- A Adaptation** – a combination of reliable adaptogens, known for their possible effects on both physical and mental functions. Adaptogens support correct functioning of the nervous system and help maintain normal psychological functions.
- R Recovery** – carefully selected doses of the most important and the most effective plant-based antioxidants help gradually restore normal functioning of men's metabolism. The ingredients protect from oxidative stress, play an important role in the cell division process and normal functioning of the immune system.
- P Perception** – a combination of the most effective extracts, amino acids, phosphatidylserine and nutrient micro-ingredients focused on supporting normal functions of the brain, the nervous system, improving cognitive functions and concentration.



**NUTR****CODE**

## Regain the life balance

All our actions are motivated primarily by your needs. We live in incredibly intense times – stress, fatigue and pollution are our inevitable everyday companions. What is more, access to full-value, natural products is difficult, and the fast pace of life makes it easy for us to develop bad habits – irregular meals, little sleep and no physical activity. That is why we make every effort to ensure that NUTRICODE products allow you to regain the life balance, facilitating the proper functioning of your body.



## Nutricode Daily Care IMMUNITY

FOOD SUPPLEMENT

**Supports the proper functioning of the immune system.**

It's a food supplement in capsules, based on a synergistic composition of adaptogenic plant micronutrients, combined with the functional addition of organic forms of zinc and selenium as well as active extract ingredients in the form of a biocomplex, being a natural combination of vitamin C, accompanied by natural quercetin and flavones of Baikal skullcap.

- **zinc, selenium and vitamin C help in the proper functioning of the immune system**
- **boosts the immune system to protect against viruses**
- **protect cells against oxidative stress.**

Take 1 capsule with a meal in the morning and again in the evening. Each time, follow the capsule with a glass of water. Do not exceed the recommended daily dose.

43,9 g | A 30-DAY SYSTEM  
60 CAPSULES | **801110** |

**NEW**



## Nutricode Daily Care CHOLESTEROL

FOOD SUPPLEMENT

**Supports the maintenance of optimum cholesterol levels.**

Is a food supplement in capsules, based on a synergistic composition of active substances, intended for adults who care about their heart and circulatory system, seeking to maintain the proper level of cholesterol and blood sugar. K\* monacolin from fermented red rice helps in maintaining normal blood cholesterol levels. Beneficial effects occur after consuming 10 mg of monacolin K from fermented red rice. Vitamin B1 supports the proper functioning of the heart, while vitamins B12 and folic acid participate in maintaining the proper metabolism of homocysteine, which is a component of blood plasma.

- **concentrated dose of amino acids**
- **plant extracts and vitamins that physiologically support energy metabolism**
- **proper heart function and help maintain the proper metabolism of homocysteine**

Take 1 capsule with a meal in the morning and again in the evening. Each time, follow the capsule with a glass of water. Do not exceed the recommended daily dose.

45,7 g | A 30-DAY SYSTEM  
60 CAPSULES | **801111** |

**NEW**



### A 30-DAY SYSTEM

Take care of your body on a daily basis. Protect it with Daily Care-Immunity to provide proper functioning and stronger immune system.

### DIETARY SUPPLEMENT IN CAPSULES

It is never too late to take care of yourself. Support your heart with dietary supplement and allow yourself to do more things everyday.

# Nutricode Daily Care HEMOGLOBIN

FOOD SUPPLEMENT

**Supports the proper production of red blood cells and hemoglobin.**

Is a food supplement in capsules, based on an active composition of micronutrients in the best bioavailable forms, naturally and comprehensively promoting the appropriate level of haemoglobin. It contains organic iron and key ingredients necessary for the regeneration of red blood cells, supplemented with functional additives of herbal extracts to support the digestive system in the process of absorbing iron from food. The composition of the preparation has been designed to use the potential of natural micronutrients on many levels and in a synergistic manner in conditions of increased demand for iron, especially during periods of intense body growth, as well as a diet containing little amount of this element (e.g. vegetarian diet). Riboflavin contributes to the maintenance of normal iron metabolism.

- helps maintain the proper condition of red blood cells
- Iron helps in the proper production of red blood cells and hemoglobin.

Take 1 capsule with a meal in the morning and again in the evening. Each time, follow the capsule with a glass of water. Do not exceed the recommended daily dose.

43,5 g | A 30-DAY SYSTEM  
60 CAPSULES | 801112 |



NEW

# Nutricode Daily Care VISION

FOOD SUPPLEMENT

**Supports the proper functioning of vision.**

Is a specialised food supplement in capsules, based on a synergistic composition of extracts that contains an abundance of micronutrients, vitamins, provitamins and bioelements that support healthy eyes and protect them against the harmful effects of UV radiation and free radicals. Thanks to the use of natural lutein and zeaxanthin from marigold (*Tagetes erecta* L.) as well as appropriate vitamins and minerals (Zinc, Vit. B2), it contributes to the maintenance of normal vision and helps protect cells against oxidative stress.

- natural lutein and zeaxanthin from marigold
- vitamins and minerals (Zinc, Vit. B2)

Take 1 capsule with a meal in the morning and again in the evening. Each time, follow the capsule with a glass of water. Do not exceed the recommended daily dose.

41,5 g | A 30-DAY SYSTEM  
60 CAPSULES | 801113 |



NEW

## ACTIVE COMPOSITION OF MICRONUTRIENTS

Use a full potential of Mother of Nature and choose Hemoglobin dietary supplement to boost your body at many levels. Help your body and enrich it with many essential micronutrients and key ingredients.

## SUPPORT FOR HEALTHY EYES

Help your eyes see better. Choose Vision dietary supplement to protect cells against oxidative stress and contribute to the maintenance of good vision.

## Nutricode Daily Care **GOOD MORNING**

FOOD SUPPLEMENT

**Supports the proper functioning of the nervous system during the day.**

Is a food supplement in capsules, which is a composition of carefully selected micro elements which support the proper functioning of the nervous system and promote your well-being. Based on a combination of adaptogenic plant extracts, organic magnesium and B vitamins, its formula helps support the normal functioning of the nervous system, maintain normal psychological functions, reduce feelings of tiredness and fatigue, and regulate hormonal activity. For this reason, it is intended to support those experiencing elevated stress levels maintain their physical condition feel energetic and be full of vitality.

- **combination of adaptogenic plant extracts, organic magnesium and B vitamins**
- **support the nervous system**

Take 1 capsule in the morning with a glass of water and a meal. Do not exceed the recommended daily dose.

23,9 g | A 30-DAY SYSTEM  
30 CAPSULES | **801114** |

**NEW**



## Nutricode Daily Care **GOOD NIGHT**

FOOD SUPPLEMENT

**Supports the proper functioning of the nervous system at night.**

Is a food supplement in capsules, which contains precisely selected doses of micronutrients: the most effective herbal extracts, L-tryptophan, magnesium, vitamins B1 and E, aimed at the possible impact of improving the quality of sleep by supporting the proper functioning of the nervous system and psychological functions at night.

- **better sleep**
- **herbal extracts, L-tryptophan, magnesium, vitamins B1 and E**

Take 1 capsule in the evening with a glass of water and a meal. Do not exceed the recommended daily dose.

23,4 g | A 30-DAY SYSTEM  
30 CAPSULES | **801115** |

**NEW**



### **REDUCE FEELINGS OF TIREDNESS**

Good Morning dietary supplement regulate hormonal activity, maintain your physical condition and make you full of vitality. Choose happy, carefree life.

### **QUALITY OF SLEEP**

Sleep like a baby using Good Night dietary supplement. Improve your quality of sleep by taking care of your nervous system and psychological functions at night.

## GOOD MOOD TEA

Day and Night

All day comfort. Herbal tea in sachets for morning and evening with ingredients tailored to help your body meet the challenges of everyday life and get a good night's sleep.

**GOOD MOOD TEA DAY** Drink once a day – in the morning, after breakfast, no later than 9 am. Do not exceed the recommended intake (1 bag 2.5 g) per day.

**GOOD MOOD TEA NIGHT** Drink once daily – in the evening, before going to bed. Do not exceed the recommended daily intake (1 bag of 2.5 g)

2 x 62,5 g | TEA Eco Bags:  
25 x DAY WELL-BEING  
25 x NIGHT CALM  
801109 |



**NEW**

## BOOST OF ENERGY DURING THE DAY AND RELAXED NIGHT.

### DAY WELL-BEING

- The caffeine contained in the guarana naturally stimulates you to take action. Ginseng, ginkgo biloba and bacopa support the circulation, brain function and cognitive abilities, including memory and concentration. Peppermint supports digestive processes and reduces discomfort after eating. Ginger, green tea, rowan and liquorice soothe inflammatory reactions, strengthening the immune system. **The product contains caffeine from guarana seeds** (not more than 32 mg per serving). For human consumption, with the exception of people intolerant to any of the herbal ingredients, pregnant women, breastfeeding mothers and children under 18 years of age, as well as people with heart and / or kidney failure, diabetes and biliary tract obstruction. Do not consume with other products that are a source of caffeine or other ingredients with a similar effect.

### NIGHT CALM

- Lemon balm and lavender help you relax and fall asleep gently. Verbena, nettles, and fennel help remove unnecessary waste products from the body. Hawthorn supports the cardiovascular system, while hibiscus, chamomile and cistus boost the body's natural immunity. For human consumption, with the exception of people intolerant to any of the herbal ingredients, pregnant women, breastfeeding mothers and children under 18 years of age, as well as people with heart and/or kidney failure, diabetes and biliary tract obstruction.

## MAGNESIUM FORTE

400 mg

FOOD SUPPLEMENT

### The highest dose in one capsule

Magnesium capsules is a food supplement, that provides the body with the highest dose of magnesium in one capsule. Magnesium supports normal functioning of the nervous system, supports proper muscle function, it also helps to maintain healthy teeth and bones and contributes to correct energy-yielding metabolism.

- highest dose of magnesium
- supports normal functioning of the nervous system

Take 1 capsule daily with a glass of water and a meal. Do not exceed the recommended daily dose.

22 g | 30 CAPSULES  
801106 |



**NEW**

## THE HIGHEST RECOMMENDED DOSE OF MAGNESIUM

Magnesium Forte is a unique combination of a support for your body. All in one capsule. What more do you need?



## VIT-D3 CAPSULES

3000 mg

FOOD SUPPLEMENT

**Vitamin D supports the immune, skeletal and muscular systems**

Vitamin D3 in capsules is a food supplement that provides an extremely high dose of this essential nutrient for the body. Vitamin D3 supports proper muscle and immune system function, as well as the absorption of calcium and phosphorus. It supports the maintenance of healthy teeth and bones and proper blood calcium levels.

- **support for proper muscle and immune system function**
- **healthy teeth and bones**

Take 1 capsule daily with a glass of water and a meal. Do not exceed the recommended daily dose.

11 g | 30 CAPSULES  
801107 |

NEW



## ASHWAGANDHA

500 mg

FOOD SUPPLEMENT

**Well-being Formula**

Food supplement. Contains extract of *Withania somnifera*, which is excellent for well-being, supporting the body in the fight against stress and feelings of anxiety and fear. It supports cognitive function, including perception and memory. It also contributes to improving male sexual performance. The duration of intake should not exceed 2 months. The product should not be consumed in the case of sedative, hypnotic or anti-epileptic drugs being taken. The product is not intended for children, pregnant or lactating women.

- **Contains extract of *Withania somnifera***
- **Protects against stress and feelings of anxiety and fear**

Take 1 capsule daily with a glass of water and a meal. Do not exceed the recommended daily dose.

17 g | 30 CAPSULES  
801108 |

NEW



**SUPPORTS PROPER MUSCLE AND IMMUNE SYSTEM FUNCTION**

Dietary supplement with Vitamin D3 to support your body and provide a substantial dose of this essential nutrient. Choose the best for your body. Choose Nutricode Vitamin D3.

**IT SUPPORTS COGNITIVE FUNCTION, INCLUDING PERCEPTION AND MEMORY**

Support your body in the fight against stress and feelings of anxiety and fear. Choose ASHWAGANDHA food supplement to boost the energy and open mind for a new feelings.

## SILVER PRO ADVANCED FORMULA

### FOOD SUPPLEMENT

- contains precious colloidal silver
- contains natural eucalyptus oil
- no alcohol or fluorine

Dilute one tablespoon of the liquid in 250 ml of water.

250 ml | 501023 |



## IMMUNE-UP ELIXIR

### FOOD SUPPLEMENT

- the best natural ingredients with a beneficial impact on the body's immunity
- enriched with vitamin C and zinc, which help to strengthen the immune system
- easy and pleasant application due to the liquid syrup form

Pour 15 ml into the measuring cup and consume before meals. Shake well before use.

480 ml | A 30-DAY SYSTEM  
801205 |



A PRACTICAL MEASURING CUP IS INCLUDED

### SILVER MORE PRECIOUS THAN GOLD

The use of colloidal silver for medical purposes dates back to the turn of the 19th and 20th centuries. Because of its bactericidal, antiviral, and antifungal properties, it was used primarily to cure diseases caused by microorganisms. Drawing on the knowledge of past generations, we used its power to create a modern NUTRICODE preparation.

### SUPPORT DURING A PERIOD OF INCREASED INFECTION RISK



- **thyme** and *Echinacea purpurea* support proper functioning of the immune system
- **ginger**, valued for its beneficial effect on the improvement of vitality, supports respiratory tract functions
- **vitamin C** and zinc help strengthen your immunity
- **oneseed hawthorn** supports circulatory system functions

## VIT-C POWDER

FOOD SUPPLEMENT

- vitamin C of the highest quality
- one dose satisfies the body's daily need for this ingredient
- perfectly absorbed
- ideal for vegans and vegetarians

Measure 1 gram of the product and dissolve in 200 ml of water. Drink it once per day with a meal.

500 g | A 500-DAY SYSTEM  
801105 |



EXTREMELY EFFICIENT



A PRACTICAL MEASURING CUP IS INCLUDED

## SLIM BODY SYSTEM

FOOD SUPPLEMENT

- excellent help during weight loss diet
- excellent support in weight control
- modern formula based on glucomannan and chromium

Add contents of the sachet to 200 ml of warm or lukewarm water, stir briskly. Consume immediately after preparation and drink a lot of water afterwards to ensure that the substance reaches the stomach.

360 g | A 30-DAY SYSTEM  
90 SACHETS | 801104 |



### VITAMIN C – A FOUNDATION OF HEALTH

- helps to maintain the proper psychological functions as well as nervous and immune system operations
- contributes to maintaining the right energy metabolism and decreases the feeling of fatigue and weariness
- supports the production of collagen to ensure the right functioning of blood vessels, bones, cartilages, skin, gums and teeth
- supports the protection of cells against oxidative stress as well as increases iron absorption
- impacts regeneration of reduced form of vitamin E

### INVALUABLE DUET WHILE LOOSING WEIGHT

- **glucomannan** creates a sense of fullness by absorbing water and expanding to form a bulky fibre in your stomach, which, when following a balanced diet, helps you lose extra pounds
- **chromium** contributes to keeping a normal blood glucose level and has a positive effect on the metabolism of macronutrients



# COLLABEAUTY Q10 EXPERT

## SUPPLEMENT DIETY

- an ally in combating the signs of ageing
- a high content of collagen obtained from Atlantic cod
- with coenzyme Q10 called the elixir of youth
- enriched with vitamins and minerals valuable for the skin

Measure out 5 g of the product using the measuring cup and dissolve in 150 ml of water. Drink in the evening.

150 g | 30-DAY SYSTEM  
801103 |



A PRACTICAL MEASURING CUP IS INCLUDED

# COLOSTRUM EXTRA IMMUNITY

## FOOD SUPPLEMENT

- includes first cow's milk (colostrum) and spirulina extracted from sea algae, which support the proper functioning of the immune system
- recommended primarily to people exposed to mental and physical stress, overworked, overtired wanting to get quick immunity support

Take 1 capsule in the morning and evening with water.

19.4 g, 22.2 g | A 30-DAY SYSTEM  
2 x 30 CAPSULES | 801034 |



## COMPREHENSIVE SKIN CARE FROM THE INSIDE

- **collagen** derived from Atlantic cod benefits your skin, improving its firmness and elasticity
- **vitamin C** supports proper collagen production
- **coenzyme Q10** – a component naturally produced by the body, the production of which decreases with age – slows down the appearance of wrinkles and sagging skin
- **witamina A** and **zinc** help to maintain a healthy look and **copper** maintains its proper pigmentation

## SOPHISTICATED COMPOSITION PERFECTLY SUPPORTING IMMUNITY

- **lactoferrin** provides infants with nutrients and antibacterial protection
- **proline-rich polypeptides (PRP)** support the development of the immune system
- **protein** includes essential amino acids that are an important building material for the immune system
- **immunoglobulins** alleviate the course of systemic diseases and support active immunity in terms of protection against infections
- **vitamin B6, C** and **D** and **zinc** contribute to the proper functioning of the immune system
- **spirulina** is characterised by a high content of complete proteins, micro-nutrients in organic form, including valuable  $\gamma$ -linolenic fatty acid (GLA) and bioavailable iron

## INNER BALANCE

### FOOD SUPPLEMENT

- maintains the acid-base balance
- source of crucial microelements
- ideal for all who lead a stressful and unhealthy lifestyle, experience fatigue and eat products that acidify the body, such as sugar, coffee, alcohol and heavily processed foods

Take 2 capsules a night. Dissolve the sachet content in 200 ml of water. Take 1 sachet 2 times a day.

240 g, 30 g | A 30-DAY SYSTEM  
60 SACHETS + 60 CAPSULES  
801301 |



## SLIM EXTREME

### FOOD SUPPLEMENT

- weight loss enhancement, appetite suppression
- with glucomannan – highly effective body mass reduction ally
- helps maintain beautiful skin while using weight loss diets
- the unique "All day weight control" system
- suitable for vegans and vegetarians

Take 2 tablets 3 times a day, with plenty of water (1 or 2 glasses). Dissolve 1 effervescent tablet a day in 200 ml glass of water, before a meal.

2 × 103.5 g, 2 × 67.5 g | A 30-DAY SYSTEM  
180 COATED TABLETS  
+ 30 EFFERVESCENT TABLETS  
801303 |



### SELECTED INGREDIENTS FOR MAINTAINING ACID-BASE BALANCE OF THE BODY



- **Rosa centifolia flower extract** supports physiological processes of metabolic waste product elimination and helps to maintain the acid-base balance
- **zinc** has a beneficial effect on the functioning of the immune system and protects cells against oxidative stress
- **calcium** is responsible for energy metabolism and helps in the proper functioning of the digestive enzymes
- **magnesium** and **iron** help to reduce tiredness and fatigue
- **potassium** and **copper** support the proper functioning of the nervous system
- **nettle extract** supports the elimination of water from the body
- **lemon balm extract** and **hops** facilitate falling asleep, and by providing the proper sleep, they contribute to further de-acidification of the body

### A PERFECT BODY WITHOUT PERMANENT FEELING OF HUNGER

- **glucomannan** which, when combined with a balanced diet, affects weight loss
- **chromium** helps maintain normal blood glucose levels by reducing cravings for sweets and the desire to snack between meals
- **Garcinia cambogia** is a source of hydroxycitric acid (HCA), which slows down the formation of body fat
- **calcium** has a positive effect on the proper functioning of digestive enzymes
- **vitamin C** supports the formation of collagen
- **biotin** and **vitamin B2** help to maintain a healthy complexion

## DETOX HERBAL INFUSION

FOOD SUPPLEMENT

- perfectly supports your body's natural cleansing processes of metabolic waste products
- creates an aromatic infusion that combines delicious taste with beneficial properties

Put 1 scoop (2 g) into a cup, pour hot water (approx. 150 ml), brew for 2 to 3 minutes. Drink 2 times a day – after breakfast and after lunch, no later than 6 p.m.

75 g | 801101 |



A PRACTICAL MEASURING CUP IS INCLUDED

## SKINNY HERBAL INFUSION

FOOD SUPPLEMENT

- a unique herbal blend that combines great taste and properties that support maintaining the correct body mass
- due to natural ingredients, it positively affects the functioning of the whole body

Put 1 scoop (2 g) into a cup, pour hot water (approx. 150 ml), brew for 2 to 3 minutes. Drink 2 times a day – after breakfast and after lunch, no later than 6 p.m.

75 g | 801102 |



A PRACTICAL MEASURING CUP IS INCLUDED

### PRECIOUS HERBS SUPPORTING BODY CLEANSING



- **hibiscus blossom** supports proper metabolic processes and facilitates the elimination of excess water from the body
- **green tea leaves** are excellent antioxidants, also support the activity of digestive enzymes, favourably affect metabolism
- **Centella asiatica** and **sea buckthorn berries** support the circulatory system, positively impacting the functioning of the body
- **cranberry fruits** cranberries support proper cleansing of the body of unnecessary metabolic products

### HERBAL MIX FILLED WITH GIFTS OF NATURE



- **dandelion root** facilitates the functioning of the liver and positively affects the digestive processes
- **corn silk**, **spiny restharrow root** and **hibiscus flower** facilitate the elimination of excess water along with the waste products of metabolism supporting the process of getting a slim figure
- **rosehip** is a rich source of vitamin C

## DRENA PLUS

FOOD SUPPLEMENT

- designed for all who struggle with the problem of water retention in the body
- contains carefully selected plant extracts of diuretic properties
- perfectly supports water balance and detoxification of the body

Measure out 15 ml of the product using the measuring cup and dissolve it in 1.5 litres of water. Drink in portions throughout the day but no later than 6 p.m.

480 ml | A 30-DAY SYSTEM  
801201 |



A PRACTICAL MEASURING CUP IS INCLUDED

## ACTIVE BURN FAT KILLER

FOOD SUPPLEMENT

- perfectly combined to enable you to maintain the correct body mass, contributing to the acceleration of the fat burning process
- supports the synthesis of collagen and elastin responsible for firmness and elasticity of your skin
- easily digestible, liquid form proves to be highly effective, helps to fight the feeling of hunger throughout the day and encourages the positive habit of frequently drinking water

Measure out 15 ml of the product using the measuring cup and dissolve it in 1.5 litres of water. Drink in portions throughout the day.

480 ml | A 30-DAY SYSTEM  
801202 |



A PRACTICAL MEASURING CUP IS INCLUDED

### NATURAL SUPPORT OF PHYSIOLOGICAL DIURESIS

- **extract of the pericarp of white bean** supports the elimination of excess water from the body and the proper functioning of the urinary tract
- **birch leaf extract** helps to cleanse the body of waste products of metabolism.
- **horsetail herb extract** regulates and supports the body's water management
- **orthosiphon leaf** is one of the most popular herbs in folk medicine, regulates the elimination of excess water from the body
- **dandelion root extract** greatly supports the liver and gall bladder, it has a positive effect on digestive processes and the removal of unnecessary waste products of metabolism

### A UNIQUE SUPPLEMENT SUPPORTING AN EFFECTIVE WEIGHT LOSS PROCESS

- **L-Carnitine** is the substance that occurs naturally in our body and accelerates the fat metabolism
- **pineapple, papaya and guarana extract** improve digestive processes by ensuring the correct metabolism of fats and carbohydrates
- **common dandelion root** and **milk thistle seeds extract** – they facilitate the elimination of excess water along with the waste products of metabolism, which contributes to the maintenance of the correct body mass
- **Centella asiatica** and **grape extract** facilitate the synthesis of collagen and elastin responsible for the proper firmness, suppleness and elasticity of your skin
- **seville orange extract** – a source of potassium and soluble fibre – due to its low glycaemic index it ensures the correct physiological pace of metabolic conversions, especially fats, adding to the effects of all the ingredients described above

## CELLUFIGHT

FOOD SUPPLEMENT

- an innovative response to the contemporary problem affecting not only women but also men – so-called orange-peel skin
- works on two levels, both interfering at the source of the problem and eliminating its negative effects
- carefully selected plant extracts to facilitate the detoxification of the body and maintain correct fat metabolism, contributing to the reduction of cellulite

Take 1 tablet in the morning before breakfast with plenty of water. Do not exceed the recommended daily dose

46,9 g | A 120-DAY SYSTEM  
120 COATED TABLETS  
801036 |



## IDEAL SHAPE

FOOD SUPPLEMENT

- an ideal food supplement for people who want to keep a slender figure and take good care of their health
- thanks to the perfect combination of carefully selected ingredients, it has a positive impact on the body's condition and, in conjunction with a balanced diet, helps you lose excess kilograms or maintain the correct body mass

Take 1 capsule in the morning and 1 in the afternoon during meals. Take with water.

26.2 g | A 30-DAY SYSTEM  
60 CAPSULES | 801024 |



### THE POWER OF HERBAL INGREDIENTS FOR FIRM AND SMOOTH SKIN

- Asiatic pennywort helps skin maintain firmness and elasticity.
- Forskolin in Indian coleus boosts metabolism, supporting proper body weight and satisfaction with your appearance.
- Active substances in yellow sweet clover and horse chestnut fruit support proper circulation in all skin layers, reducing appearance of cellulite.

### A NATURAL ELIXIR FOR YOUTH AND A RICH SOURCE OF HEALTH

- each capsule is a healthy vitamin, amino acid and mineral bomb
- **young barley grass**, thanks to the high content of fibre, reduces the absorption of fat and facilitates the digestive processes, is an irreplaceable aid to the body in the process of slimming and maintaining proper body weight
- **green tea** contributes to the improvement of health in general but also helps you lose weight, the high concentrations of theine and polyphenolic catechins accelerate the resting metabolism, which, in turn, allows you to burn more calories
- **marine collagen** – highly refined and obtained in pharmaceutical standards – visually reduces the wrinkles, slows down the skin aging processes and improves hydration, making your skin soft and elastic
- **zinc** helps maintain the proper metabolism of carbohydrates along with the acid-alkaline balance and keeps your hair, skin and nails in good condition



## BEAUTY DETOX

### FOOD SUPPLEMENT

- beauty and health both put inside a single capsule
- an innovative combination of spirulina and collagen will allow you to take care of the perfect condition of the body as well as its appearance
- with acerola fruit extract rich in vitamin C

Take 2 capsules a day with water.

44.7 g | A 30-DAY SYSTEM  
60 CAPSULES | **801014** |



## HAIR SKIN NAILS

### FOOD SUPPLEMENT

- for all who dream of a flawless complexion, thick and healthy hair as well as strong nails
- with Pro-Beauty formula
- perfect for both men and women

Take 1 tablet a day with water.

44.8 g | A 56-DAY SYSTEM  
56 COATED TABLETS  
**801005** |



### SPIRULINA GREEN SUPERFOOD

Unique algae, classed among the 10 best super products containing three times more protein than meat (ca. 70%) and more calcium than milk. It has one of the richest sources of chlorophyll, beta-carotene and nucleic acids from among all animal and plant foods. It purifies the liver and kidneys from toxins, deacidifies the body and reduced the level of bad cholesterol. Thanks to phenylalanine, it improves digestion and reduces appetite. It is pure 'green gold' for our body.

### ACTIVE COLLAGEN OCEAN TREASURE

Natural sea collagen obtained from wild salmon – a component of exceptional purity and concentration – it guarantees the delaying of skin aging, it improves hydration and reduces fine lines. Additionally, it inhibits inflammatory conditions that could lead to injury, pain and loss of functionality of the joints. Beautiful, hydrated and young-looking skin plus joints in perfect condition – from now on this unusual combination is within reach.

### COMPOSITION FOR SHINY HAIR, VELVETY SKIN AND HEALTHY NAILS

- **copper** affects the proper hair pigmentation
- **zinc** provides the building blocks for growing strong nails
- **iron** supports hair growth
- **pomegranate extract** has powerful antioxidant properties
- **biotin** helps to maintain healthy hair and skin
- **brewer's yeast** contains precious sulfur amino acids – methionine and cysteine
- **vitamins A, B2, B6, B12, C and E** favourably affect the condition of the hair, skin and nails

## COLLAGEN PRO FLEX STRENGTH SYSTEM

### FOOD SUPPLEMENT

- a breakthrough mix of active ingredients created for people who want to take care of their physical fitness
- facilitating the movement of your joints in many ways - it has a positive impact on the articular cartilage, the muscles and the tendons that take part in the process
- contains natural, highly refined marine collagen distinguished by excellent bioavailability

Take 2 capsules a day with water.

13.93 g, 15.22 g | A 30-DAY SYSTEM  
2 X 30 CAPSULES | 801018 |



## VITALITY BOOST

### FOOD SUPPLEMENT

- a composition of perfectly selected ingredients, which affect the flow of physical and mental energy throughout the day and aid sleep at night
- rich source of vitamins and minerals
- suitable for vegetarians and vegans

Take 2 tablets at night with water.  
Consume the contents of 1 sachet per day.

300 g, 48 g | A 30-DAY SYSTEM  
30 SACHETS + 60 COATED  
TABLETS | 801302 |



### A REVOLUTIONARY FOOD SUPPLEMENT FOR HEALTHY JOINTS AND BONES

- **collagen** is the key building material for tendons and cartilage which form our joints. Highly refined marine collagen, obtained in pharmaceutical standards, was used to create the supplement
- **vitamin C** plays a supporting role in the correct production of collagen to ensure the proper functioning of the cartilage and bones
- **baikal skullcap** is a strong antioxidant effectively supporting the protection of joints, tendons and muscles
- **vitamin D** supports the correct functioning of muscles, which significantly affects the functioning of the joints
- **calcium** is essential for healthy bones
- **glucosamine sulphate** is an important precursor of many biomolecules, including chondroitin, which is one of the main components of the articular cartilage

### INGREDIENTS NECESSARY TO GIVE GOOD RHYTHM TO YOUR LIFE

- **chromium** contributes to the maintenance of normal blood glucose levels
- **selenium** helps protect the cells from oxidative stress
- **iron** participates in the normal oxygen transport in the body
- **piperine from black pepper** supports digestion and absorption of nutrients
- **niacin, pantothenic acid** and **riboflavin**, additionally reinforced with guarana **caffeine** and green tea **theine**, contribute to the reduction of tiredness and fatigue
- **pantothenic acid** affects brain efficiency
- **B group vitamins** take care of the nervous system
- **thiamine** is responsible for the normal function of the heart
- **vitamin E** contributes to the protection of cells from oxidative stress



## IMMUNO

FOOD SUPPLEMENT

- 100% natural vitamin C
- formula with added zinc which supports the proper functioning of the immune system
- ideal for all who suffer from colds frequently and who work physically and workout
- acerola and cherry flavour
- suitable for vegetarians and vegans

Take 2 lozenges a day. Allow to dissolve slowly.

72 g | A 30-DAY SYSTEM | 60 LOZENGES  
801004 |



## VITALITY BOOST & MAGNESIUM POWER

FOOD SUPPLEMENT

- the liquid form enables the best absorption and almost immediate action
- designed to ensure that the ingredients supplement and reinforce their properties
- delicious, refreshing taste

Drink one dose of Vitality Boost immediately after opening, and drink one Magnesium Power around two hours later, to replenish the magnesium level.

6 x 25 ml | 3 x VITALITY BOOST + 3 x MAGNESIUM POWER  
801203 |



## SUPER CHERRY FROM BARBADOS

Vitamin C derived solely from natural extracts and acerola fruits. Acerola, called the Barbados cherry, is a super fruit, which has 30 times more vitamin C than a lemon. Wild rose, in turn, is also rich in bioflavonoids, which are natural antioxidants. Regular intake of vitamin C helps to take care of the immune system, has a favourable effect on teeth, skin, bones and the nervous system, as well as protects the cells from oxidative stress. The product is suitable for vegetarians and vegans.

## COMPREHENSIVE DOSE OF ENERGY IN TWO STEPS

### 1 NUTRICODE VITALITY BOOST

– a nutritive injection

- **guarana extract** contains a substantial amount of caffeine, which has a beneficial effect in the case of physical and mental exhaustion, boosts energy, eliminates drowsiness and tiredness, improves concentration and memory
- **niacin, pantothenic acid, and riboflavin** are responsible for the proper functioning of the nervous system – they manage human energy management, alleviating nervous stress, have a positive effect on mood and mental performance
- **green tea extract** is a natural antioxidant supporting the body's fight against free radicals

### 2 NUTRICODE MAGNESIUM POWER

– ideal balance

- **magnesium** is responsible for maintaining the electrolyte balance of the body, supports it during the physical and mental effort, is responsible for the proper functioning of the nervous and cardiovascular systems as well as monitors proper muscular work
- **vitamin B6** is an ally of magnesium – it boosts its absorption and also supports psychological functions and is responsible for proper energy metabolism in our body

## VIT-COMPLETE GUMMIES

### FOOD SUPPLEMENT

- power of the nutrients for the whole family
- support for the proper functioning of the body
- excellent source of vitamins for vegetarians

Children over four years of age: Take 1 gummy per day. Adults: Take 2 gummies per day.

60 g | 801401 |  
30 PINEAPPLE, STRAWBERRY AND ORANGE-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS



### FOR WHOM?

For children and adults who want to supplement their daily diet, among others with a complex of B vitamins, necessary for the proper functioning of the body.

## PROPOLIS PRO GUMMIES

### FOOD SUPPLEMENT

- supports the immunity of children and adults and helps to alleviate the symptoms of colds and flu
- delicious formula with propolis, vitamin C and a special combination of herbal extracts of elderberry and echinacea purple
- suitable for vegetarians

Children over twelve years of age: Take 1 gummy per day. Adults: Take 2 gummies per day.

60 g | 801402 |  
30 RASPBERRY-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS



### FOR WHOM?

For children and adults who want to strengthen their immune system, especially in the autumn-winter season when the risk of infection increases significantly.

## VITAMIN BOMB IN THE FORM OF DELICIOUS GUMMIES

- **vitamin C** supports the immune system
- **vitamin B3** helps maintain healthy skin
- **vitamin B5** has a positive impact on intellectual performance
- **vitamin B6** contributes to the regulation of hormonal activity
- **vitamin B12** supports the production of the red blood cells
- **folic acid** is extremely important for pregnant women

All vitamins contribute to the reduction of tiredness and fatigue, raising the quality of everyday life of children, adolescents and adults.

### Food supplement does not contain:

- milk, sugar, pork gelatin (developed on the basis of pectin), preservatives



## A NATURAL PROTECTIVE WALL

- **propolis** is rich in vitamins (B1, B2, B5, B6, C, D, E), elements (including magnesium, zinc, potassium, calcium, manganese, iron), flavonoids, terpenes and aromatic esters; it has antiviral, antifungal and bactericidal action, which helps strengthen immunity and supports the regeneration of the body
- **elderberry** is an excellent antioxidant, containing, among others flavonoids, phenolic acids, sterols, tannins and mineral salts, supports the body's cleansing processes
- **Echinacea purpurea** supports the proper functioning of the immune system and upper respiratory tract helps alleviate the symptoms of colds and flu
- **vitamin C** helps in the proper functioning of the immune system and protects cells from oxidative stress, contributes to the reduction of tiredness and fatigue

### Food supplement does not contain:

- milk, pork gelatin (developed on the basis of pectin), preservatives

## VIT-D3 GUMMIES

FOOD SUPPLEMENT

- perfectly supplements the deficiencies of the so-called vitamin of the sun, which is crucial for the proper functioning of the body
- suitable for vegetarians

Children over four years of age: Take 1 gummy per day. Adults: Take 2 gummies per day.

75 g | 801403 |  
30 STRAWBERRY-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS



### FOR WHOM?

For children and adults who want to supplement the deficiency of vitamin D3, strengthen their immunity and take care of the bone and muscle system.

## O! MEGA-3 GUMMIES

FOOD SUPPLEMENT

- support proper functioning of the body
- contain Omega-3 fatty acids from linseed oil
- suitable for vegetarians

Children over four years of age: Take 1 gummy per day. Adults: Take 2 gummies per day.

120 g | 801404 |  
30 ORANGE-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS



### FOR WHOM?

For all who want to supplement their diet with the essential unsaturated Omega-3 fatty acids, strengthen immunity and facilitate the functioning of the nervous and circulatory systems.

### PRECIOUS VITAMIN OF THE SUN

Vitamin D3 not only helps in maintaining healthy bones and teeth but also supports the proper functioning of the muscles and the immune system. Its prolonged deficiency can disrupt the physiological balance of the body and lead to many serious, chronic medical conditions. The most important way of delivering vitamin D3 is skin synthesis under the influence of sunlight, therefore, in autumn and winter, and even throughout the year, in locations with low sun exposure, its supplementation is crucial.

**Food supplement does not contain:**

- milk, pork gelatin (developed on the basis of pectin), preservatives



### OMEGA-3 FATTY ACIDS ARE ESSENTIAL FOR THE PROPER FUNCTIONING OF YOUR BODY, AS THEY

- support your nervous system and help maintain mental acuity
- contribute to maintaining good eyesight
- help take care of your circulatory system, including your heart
- regulate the cholesterol level in the blood
- play a positive role in enhancing your immune system

**Alpha-linolenic acid (ALA) is one of the essential unsaturated fatty acids (EFA) from the Omega-3 group. It is transformed into our body into EPA and DHA fatty acids, which are also extremely precious to our health.**

**Food supplement does not contain:**

- pork gelatin (developed on the basis of pectin), peanuts, soy, milk, artificial colourants, aromas, preservatives, added sugar



## PROBIOTIC GUMMIES

FOOD SUPPLEMENT

- comprehensive restoration of the natural intestinal microflora in the body
- multiple positive effects on the body, especially on the digestive system
- suitable for vegetarians

Children over four years of age: Take 1 gummy per day. Adults: Take 1-2 gummies per day.

60 g | 801405 |  
30 STRAWBERRY AND ORANGE-FLAVOURED GUMMIES FOR CHILDREN AND ADULTS



### FOR WHOM?

For children and adults who suffer from problems relating to the digestive system caused by, among others, stress, change of environment and diet or antibiotic treatment.

## HEALTHY BONES GUMMIES

FOOD SUPPLEMENT

- an excellent source of vitamin D
- for healthy teeth and strong bones
- with added calcium

Take 1 gummy per day.

66 g | 801406 |  
30 LEMON-FLAVOURED GUMMIES FOR ADULTS



### FOR WHOM?

For all who wish to strengthen their teeth and bones, as well as those wishing to supplement shortages of vitamin D in their body.

### PERFECT SUPPORT FOR YOUR BODY WHILE TRAVELING

A change of environment and diet has a negative impact on intestinal bacterial flora. An upset balance in that area, called the dysbiosis, results in digestive problems, discomfort in the digestive tract and intolerance of the consumed food products. The application of Probiotic Gummies while travelling will reduce the risk of the occurrence of those symptoms and, additionally, will facilitate the digestion of local food, letting you enjoy your travels to the fullest.

**Each gummy contains as many as 2.5 billion units of an identified strain of probiotic bacteria *Bacillus coagulans*. Thanks to its exceptional strength, it is resistant to stomach acid and is not digested, alleviating digestive system-related problems such as constipation or diarrhoea.**

#### Food supplement does not contain:

- peanuts, soy, milk, pork gelatin (developed on the basis of pectin), artificial colourants, aromas, preservatives, added sugar



### WHAT DO WE OWE TO VITAMIN D

- the correct level of calcium in our blood
- strong bones and healthy teeth
- the effective functioning of our muscles
- correct functioning of the immune system
- more efficient cell division process
- appropriate absorption of calcium and phosphorus

#### Food supplement does not contain:

- peanuts, soy, milk, pork gelatin (developed on the basis of pectin), artificial colourants, aromas, preservatives

## EYE PROTECT GUMMIES

FOOD SUPPLEMENT

- a perfect composition of active ingredients for good eyesight
- with lutein and zeaxanthin
- suitable for vegetarians

Take 1 gummy per day.

90 g | 801411 |  
30 ORANGE-FLAVOURED  
GUMMIES FOR ADULTS



### FOR WHOM?

For all who want to take special care of their eyesight. Perfect for those who spend a lot of time in front of a computer screen, stay in artificial light and frequently experience discomfort connected with eye fatigue.

### SUPPORT FOR GOOD EYESIGHT

- **lutein** and **zeaxanthin** are the main pigments in the macula, which, among others, improve visual acuity and protect the retina against damage caused by blue light
- **zinc** helps maintain good eyesight and the correct metabolism of vitamin A
- **vitamins E** and **C**, ensure additional protection of cells against oxidative stress, which help maintain your eyesight in good condition

#### Food supplement does not contain:

- pork gelatin (developed on the basis of pectin), peanuts, soy, milk, artificial colourants, aromas, preservative, added sugar

## STRONG MUSCLE GUMMIES

FOOD SUPPLEMENT

- on the basis of BCAA amino acids
- excellent support for athletes and active people
- supports fitness training and also the recovery after exercise
- suitable for vegetarians

Take 2 gummies per day.

114 g | 801408 |  
30 ORANGE-FLAVOURED  
GUMMIES FOR ADULTS



### FOR WHOM?

For athletes and active people who want to take control of the effectiveness of training sessions and get the required results from them.

### WINNING SUPPLEMENTATION FOR ATHLETIC BODY

When the effects of a workout are not satisfactory, BCAA comes to rescue – a complex of three amino acids (L-leucine, L-isoleucine and L-valine in an optimal ratio of 2:1:1) helps to build and restore muscle tissue. As none of these substances are produced by the body, it is necessary to provide them in the form of a food supplement to help the process of acquiring an athletic figure.

#### Food supplement does not contain:

- milk, sugar, pork gelatin (developed on the basis of pectin), preservatives

## PERFECT SLIM GUMMIES

### FOOD SUPPLEMENT

- with natural extracts for a perfect figure
- contains top-quality raspberry ketones
- suitable for vegetarians

Take 2 gummies per day.

112 g | 801410 |  
28 APPLE-FLAVOURED GUMMIES FOR ADULTS



### FOR WHOM?

For all who want to look slimmer and feel healthier naturally and enjoyably.

## FIT LINE GUMMIES

### FOOD SUPPLEMENT

- based on conjugated linoleic acid (CLA)
- helps achieve a slim figure
- suitable for vegetarians

Take 1 gummy per day.

117 g | 801409 |  
30 CHERRY-FLAVOURED GUMMIES FOR ADULTS



### FOR WHOM?

For active people, ones on diets, wanting to improve their vitality.

### A NATURAL RECIPE FOR BEAUTY

- chlorogenic acid contained in **green coffee** extract reduces the accumulated reserves of carbohydrates and fat in the body and facilitates the intensified burning of adipose tissue. That effect is additionally reinforced by caffeine, which stimulates the metabolism
- **Garcinia cambogia** slows down the production of fat in the body
- **raspberry ketone extract** helps to limit the build-up of adipose tissue and burn the one that has already accumulated. Also, it contributes to the acceleration of the metabolism and regulation of glucose in the blood

#### Food supplement does not contain:

- pork gelatin (developed on the basis of pectin), peanuts, soy, milk, artificial colourants, aromas, preservatives, added sugar

### ON THE WAY TO ACHIEVING THE PERFECT FIGURE

Conjugated linoleic acid (CLA) is commonly used by people who do sports and are on a weight-reducing diet, as it promotes fat burning and exhibits multiple pro-health effects. Combined with regular workouts and healthy eating habits, it will become your ally on the way to the perfect figure.

#### Food supplement does not contain:

- milk, sugar, pork gelatin (developed on the basis of pectin), preservatives





SAVE BY BUYING AS A SET

## Konjac FETTUCCINE

SUPERFOOD

200 g | 807003 |

## Konjac PENNE

SUPERFOOD

200 g | 807005 |

## Konjac SPAGHETTI

SUPERFOOD

200 g | 807004 |

## Konjac ANGEL HAIR

SUPERFOOD

200 g | 807002 |

## Konjac RICE

SUPERFOOD

200 g | 807001 |

## Konjac ONE WEEK PACK

SUPERFOOD

7 x 200 g | 807006 |

ARE YOU ON A LOW-CARB, FIT, KETO, PALEO, VEGE DIET? IT DOESN'T MATTER, BECAUSE KONJAC IS A SUPERFOOD.

### KONJAC SUPERFOOD

A healthy alternative to the traditional pasta and rice. It satisfies hunger without any guilt, and due to the large amount of fibre, it allows you to eat your fill and improve intestinal motility. Be sure to test it in your kitchen.

- low in calories
- ideal for lunch and dinner, savoury salads or desserts
- perfect for FIT6 programme participants
- ready in 2 minutes

The products do not contain:

- sugar, fat, grains, gluten, soy, ingredients of animal origin

TRY TO EXPERIMENT WITH FLAVOURS, TEXTURES AND TOPPINGS, IN ORDER TO CREATE TASTY MEALS WITH NO EXTRA CALORIES.

### CREATE YOUR OWN MEGASET

The most important thing is to make a habit of the proper nutrition. Therefore, we provide you with the possibility to create the perfect set for the entire week. You decide what we will pack into it. You can choose from all five types of konjac products, and every day put a different portion of health on your plate.



An innovative **DIET PROGRAMME** natural weight loss without the yo-yo effect

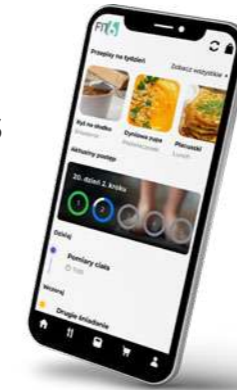
## REVOLUTION IN THE WORLD OF WEIGHT LOSS

The FIT6 programme is an innovative method of weight reduction, which has been created by the specialists in clinical dietetics. The aim of the Programme is not only to lose excess pounds but also to enhance the comfort of life, improve your health and your physical and mental state.

### GUARANTEE OF THE SUCCESS

Check the spectacular metamorphoses at the following website: [fit6-pl.fmworld.com](http://fit6-pl.fmworld.com)

THE MOBILE COMPANION OF WEIGHT LOSS



FIT6 App

## 6 STEPS to an ideal figure

The program consists of **three stages** divided into **six steps** of weight loss and one additional step transitioning into the stabilization phase. Each step lasts a month. The more kilograms you have to lose, the more steps you need to go through. You can give up the diet phase and start **maintenance** at any time.



### INDISPENSABLE NUTRIENTS

Losing weight is a difficult process for your body even if you do not feel it physically. That is why one of the goals of the FIT6 Programme is to supply the body with top-quality nutrients in the form of NUTRICODE innovative food supplements. Each step of the weight loss process has an ascribed set of products ideally tailored to solve the body's problems occurring at that stage.

### SHARE, MOTIVATE

We know that support and motivation are essential. It is the lack of those factors, that often makes us stop the weight loss process. Resigned and feeling helpless, we return to our old, unhealthy habits. With that in mind, the community was created along with the Programme – a space where all participants can share their problems, reflections and results

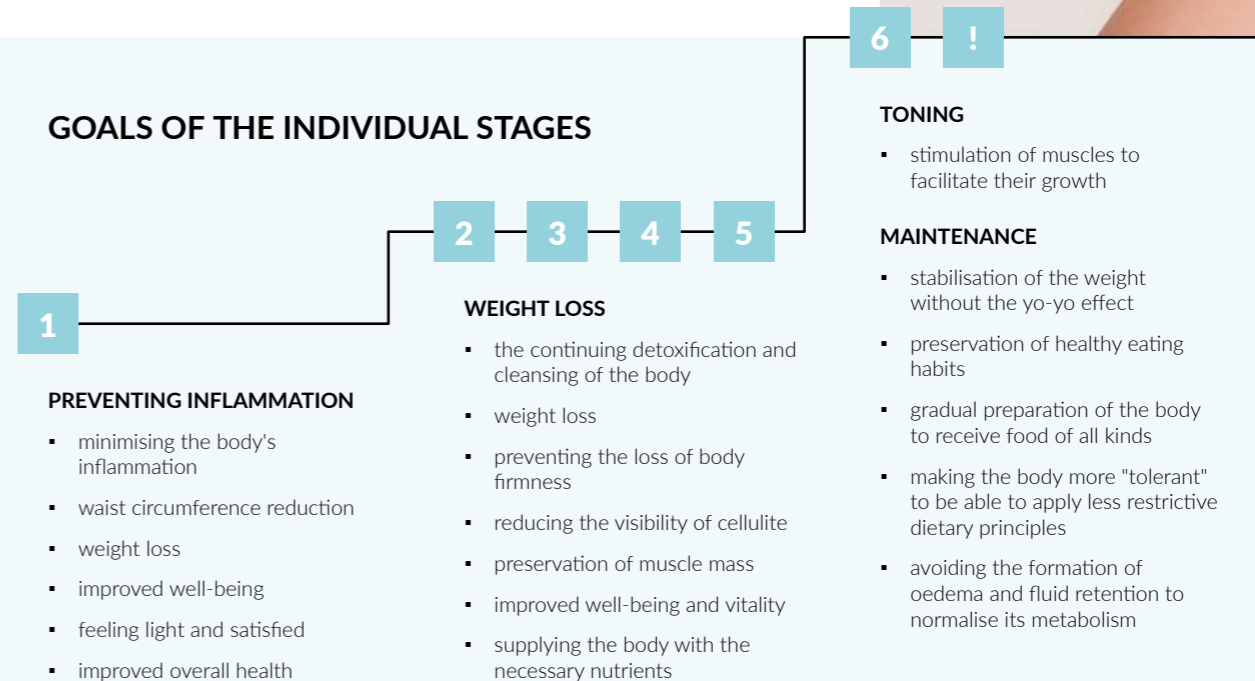
### PROFESSIONAL SUPPORT

Throughout the programme, you can contact our clinical dietitian who will help you dispel any doubts and mobilize you to action. You don't have to make appointments and go to meetings – you can contact them online whenever you need it.

### A TREASURY OF RECIPES

In addition, we have a website full of nutritional inspirations for you, as well as Instagram and Facebook accounts, which are filled to the brim with interesting facts about diets. By joining the FIT6 community, you will see that losing weight has never been more enjoyable, easier and... tastier.

## GOALS OF THE INDIVIDUAL STAGES



**FITGYM** is born from the need to respond to those who come to us with the objective of losing weight and who practice physical exercise.

After the success of the FIT6 program, we detected that there were groups excluded for practicing physical exercise and our program was not suitable. There are also FIT6 customers who, after some time, stagnate in weight loss, others who intend to tone up after losing a few kg. FITGYM presents itself as a solution for all these cases....

**IT ARISES FROM THE LACK OF EFFECTIVE ALTERNATIVES FOR WEIGHT LOSS WITHOUT AFFECTING PERFORMANCE.**



## THE FITGYM PROGRAM AIMS TO:

- Promote the loss of fat mass
- Stimulate toning
- Preserve Lean Mass
- Ensure performance
- Improve muscle recovery

- Self-application program that **promotes weight loss for exercisers.**
- Applies to those who want to lose weight and who **practice physical exercise at least 2x/week regularly.**
- It is built in **3 sequential stages** (STEP I, STAGE II and STAGE III) **lasting 30 days each.**
- Each sequence **repeats in cycles** until you reach your goal.
- After reaching the goal, **proceeds to maintenance.**
- **Maintenance lasts for 60 days** and is divided into MAINTENANCE I and MAINTENANCE II.
- **The diet is based on foods of natural origin and with a reduction in processed foods.** The carbohydrate content and the structure of the food day allows the practice of physical exercise taking into account toning and a good recovery.
- **The training that accompanies the program must be personalized and adapted to the clinical condition of each one.** However, FM World Portugal provides video training that is available in the "Training" tab. These are simple and easy-to-perform exercises that can be performed at home and without any material / machines. These workouts were designed so that everyone can have access to them even for those who have never exercised. They are divided into 3 levels of intensity and your choice is according to your training habit:
- **Beginner** is suitable for those who are sedentary or exercise moderately, less than 3 times a week, 30 minutes per session.
- **Intermediate** is suitable for those who practice moderate / vigorous exercise 3 times a week, 30 minutes per session, for 3 months.
- **Advanced** is suitable for those who exercise vigorously 3 times a week, 30 minutes, for more than 3 months.
- **You can adjust the intensity of the chosen level after testing the first session.**

The program is built to maximize results through:

- **Simple-to-follow food that includes: natural foods available anywhere, recipes that are easy to prepare and adapt to your taste and routine.**
- **Food supplements that are easy to take with you anywhere, with pleasant flavors and a known and proven effect**
- **Short, effective and smart workout plan that can be executed wherever you are. Trainings are available on video and do not require specific material.**

**AT FITGYM WE PUT YOUR METABOLISM IN YOUR FAVOR!**

**A TONED BODY HAS NEVER COST SO LITTLE!**

## HOW IT WORKS?



DISCOVER MORE

# BEST APPS FOR YOUR FM WORLD



UE



USA

