



SYFORM

**SYFORM
FOOD
SUPPLEMENTS**

“Man has always identified food products as being able to generate physical and symbolic energy. We can find everything we need around us; you need only to know how to reorganize it in new forms, respecting its natural richness and purity, with acute knowledge, perfect harmony, and inexhaustible imagination. Thus the Syform food supplement is created.”

Leopoldo Moretto

SYFORM

INTEGRATION IN THE **CATALOGUE**

NEWS 2016

**VEGGIE
CARNITINE VIALS
VO2 AEROBIC GEL
ASPARTIC
GLUT4
MAGNESIUM 3 VIALS
COLONFLAM
COLONOUT
ENZ
LIPOGENIX
VIAFLAM**



- **RICH IN FIBRE AND VITAMINS, ESPECIALLY B12**
- **100% VEGAN**
- **SOY & LACTOSE FREE**

VEGGIE

Oat, Pea and Lupin protein.

Veggie is a dietary powder supplement produced solely from vegetable proteins from three specific sources: oats, yellow peas and lupin, together with vitamin B complex, and contributes to normal energy and protein metabolism, also including B12, which is usually deficient in vegetarians.

Proteins are an essential macronutrient in order to maintain a perfectly efficient organism, at all ages. They are essential to fight off sarcopenia, which occurs with ageing. Oats are the ideal source of protein and are similar to soya. They have high nutritional properties and have a much higher concentration of tryptophan compared to other cereals. Digestibility is 90%, which can be compared to that of rice and wheat. Oats are rich in minerals, especially manganese, zinc, phosphorus and vitamin B1 and beta-glucans. The latter are components of dietary fibre that help to regulate intestinal activity and control cholesterol.

Pea protein is obtained directly from the legume by means of technology that does not require use of chemical substances. The protein content is equivalent to 85%, with very low fat and carbohydrate percentages, and digestibility of 97%. The amino acid profile of the pea is very powerful. The limiting amino acids are methionine and cysteine and, to a lesser extent, tryptophan.

Lupin is a legume typically from the Americas and produces seeds containing high protein and polyunsaturated fats from the Omega 3 series. The proteins have a digestibility of 90%. The amino acid spectrum of the isolated proteins of lupin is less complete than that of soya and pea proteins, especially for the low presence of essential amino acids such as lysine and tryptophan.

INDICATIONS: it is indicated to supplement the daily protein requirement in vegetarians, and those intolerant to milk proteins.

INGREDIENTS

Oat protein, Yellow pea protein, Lupine protein, *, Sweetener: Sucralose, Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (thiamine hydrochloride), Folic Acid, Vitamin B12 (Cyanocobalamin)

* COCOA FLAVOUR: Cocoa powder, Cocoa aroma, * VANILLA FLAVOUR: Flavorings.

SUGGESTED USE

Take it according to your needs - 30 g per day (3 level scoops) dissolved in 200 ml of water or other liquid, preferably between main meals.

FLAVOURS

Cocoa, Vanilla.

AVAILABLE IN

450 g bottle.

RELATED PRODUCTS

Veggie can be favourably associated with Essential 8+ and Nutrisoy.

LACTOSE FREE

NUTRITIONAL INFORMATION

NUTRITIONAL INFORMATION PER 100 G	COCOA	VANILLA	*NRV
Energy	kJ 1749 kcal 416	kJ 1746 kcal 415	
Fat	14,0 g	13,6 g	
of which Saturated Fatty Acids	3,4 g	2,4 g	
Carbohydrates	13,9 g	14,0 g	
of which Sugar	0,9 g	0,9 g	
Fiber	4,3 g	3,0 g	
Protein s/s	57 g	58 g	
Salt	1,0 g	0,2 g	
Vitamin B6	1,4 mg	1,4 mg	30
Riboflavin (Vit. B2)	1,4 mg	1,4 mg	30
Tiamin (Vit. B1)	1,1 mg	1,1 mg	30
Folic Acid	200 mcg	200 mcg	30
Vitamin B12	2,5 mcg	2,5 mcg	30

* NRV = Nutrient reference value (adults) per 20 g dosag

AMINO ACID CHART	PER 100 G	PER 30 G (2 MEASURING SPOON)
L-Glutamic acid	11,78 g	3,53 g
L-Leucine*	4,96 g	1,49 g
L-Aspartic acid	4,86 g	1,46 g
L-Arginine	4,33 g	1,29 g
L-Phenylalanine*	3,37 g	1,01 g
L-Valine*	3,25 g	0,97 g
L-Proline	2,91 g	0,87 g
L-Lysine*	2,71 g	0,81 g
L-Isoleucine*	2,64 g	0,79 g
L-Serine	2,45 g	0,73 g
L-Alanine	2,41 g	0,72 g
L-Glycine	2,31 g	0,69 g
L-Tyrosine	2,22 g	0,67 g
L-Threonine*	2,06 g	0,62 g
L-Histidine	1,40 g	0,42 g
L-Cysteine	1,12 g	0,34 g
Methionine*	1,07 g	0,32 g
L-Tryptophan	0,65 g	0,19 g

* essential aminoacids



CARNITINE VIAL

Acetyl-carnitine, tartrate Carnitine and propionyl-Carnitine

Carnitine vials contains 3 different forms of carnitine **in liquid form**: tartrate carnitine, acetyl-carnitine and propionyl-carnitine. The tartrate carnitine has a higher affinity for the neural structures, where it plays an energy and neuroprotective function.

Approximately 95% of the carnitine present in the organism is located in the skeletal muscle. Carnitine acts as a carrier of fatty acids during the process of beta oxidation, which destroys them for energy purpose at the level of mitochondrial inner membrane. During the phases of intense aerobic effort, it is important to benefit from good carnitine availability in order to ensure a continuous lipid metabolism and obtain optimal and prolonged performance. Carnitine, improving energetic use of fat, helps to reduce the production of lactic acid from the demolition of sugars and save muscle glycogen. Therefore it delays fatigue and muscle damage during exercise and accelerates the recovery after exercise. The beneficial effects of carnitine have been used with some success in overweight, to promote cardiovascular wellbeing in the elderly, to counteract infertility associated with poor sperm motility; to improve the ability of learning and the memory.

Innovation of the liquid form is the introduction of acetylcarnitine association with propionyl L-carnitine. Propionyl L-carnitine is clinically used in problems with reduced peripheral circulation, congestive heart failure, in the case of erectile dysfunction and physical fatigue. Unlike other forms, it is particularly useful as a vasodilator, which stimulates better oxygen supply to peripheral tissues, especially useful during sports activities that take place in low temperature environments, during exhaustion of energy reserves.

INDICATIONS: Carnitine is intended for those who are tired, with reduced vitality and overweight, to sportsmen who practice disciplines of endurance.

- **ENERGETIC AND TONIC**
- **FAVOURS THE USE OF FATS**
- **FAVOURS THE CARDIOVASCULAR WELLBEING**
- **4 g SALTS OF CARNITINE X VIAL**

INGREDIENTS

Water, L-tartate Carnitine, L-Acetyl-carnitine hydrochloride, Stabilizer: vegetable glycerol; Apple juice concentrate, Aroma: Orange Propionyl L-carnitine hydrochloride, Acidifier: citric acid; Vitamin C (L-ascorbic acid), Preservative: Potassium sorbate; Sweetener: Sucralose.

SUGGESTED USE

The recommended dosage is 1/3 of a vial daily (equivalent to 8.3 ml) in the first part of the day, possibly diluting it in water.

FLAVOURS

Orange.

AVAILABLE IN

20 vials x 25 ml, can be sold separately.

RELATED PRODUITS

Carnitine can be favourably associated with Smarty and carbohydrate-based supplements to support exercise more efficiently, to Termogenic One, Thermo Xtreme or 0 Calories as a useful effect with overweight.

GLUTEN FREE & LACTOSE FREE

NUTRITIONAL INFORMATION

AVERAGE AMOUNTS	PER 1/3 VIAL	*NRV
Tartrate Carnitine	0,83 g	
Acetyl-Carnitine HCL	0,42 g	
Propionyl L- Carnitine	0,08 g	
of which total Carnitine	1 g	
Vitamin C	17 mg	21%

* NRV = Nutrient reference value (adults)



VO2[®] AEROBIC GEL

Carbohydrates, Beetroot, MCT, gel.

VO2[®] aerobic gel is an innovative energy supplement in a convenient pocket-sized sachet, single-dose gel, designed for those active in intermediate aerobic-oriented sports activities, which means between 30 and 60% of maximum consumption of oxygen (VO2 max). Therefore, it uses two different sources of energy, fats and carbohydrates, in an almost balanced way. To date, nutrition for sports has always given little importance to fat as an energy source, since it offers limited performance and is difficult to take in its most natural form, oils. It takes as many as 3 hours to digest fat. More recently, availability of specific fatty acids, MCT (medium chain triglycerids), simpler and short chain (6-12 carbon atoms), is obtaining much more interest and feedback in sports. Unlike other energy sources, we know that fats produce as many a 9 kcal per gram. Therefore, they can provide energy for a long time, but in a less brilliant way in terms of horsepower compared to sugar. MCTs are fats that are much more rapidly assimilated and used compared to conventional lipids. VO2[®] Aerobic also contains isomaltulose (Palatinose[™]) *, a low-glycaemic sugar equivalent to 32, which is able to ensure a stable and prolonged energetic response. Besides providing additional intake of complex sugars, beet juice also encourages production of nitric oxide and helps to enrich the oxygen muscles.

- MCT AND ISOMALTULOSE
- DOUBLE ENERGY
- BEET JUICE

INDICATIONS: From a metabolic point of view, VO2[®] aerobics is indicated as an energy supplement for sports lovers who practice defined aerobic-oriented disciplines, especially endurance, such as running, cycling, skiing and open-water swimming.



INGREDIENTS

Water, Medium-chain triglycerides (MCT), Isomaltulose *, Beetroot juice concentrate atomised (Beta vulgaris L.) root, Stabiliser: vegetable glycerol; Maltodextrin, Emulsifier: sucrose esters of fatty acids; pregelatinised maize starch; Flavouring, Preservative: potassium sorbate; Sweetener: steviol glycosides.

* Isomaltulose is a source of glucose and fructose.

SUGGESTED USE

Take 1 single dose per day (equivalent to 30 ml), after shaking well. Followed by small sips of water.

FLAVOUR

Lime.

AVAILABLE IN

Expo 20 single dose of 30 ml, sold individually.

RELATED PRODUCTS

VO2 can be favourably associated to Carnitine and Smarty vial or shot.

NUTRITIONAL INFORMATION

LACTOSE & GLUTEN FREE

NUTRITIONAL INFORMATION	PER 100 ML	PER 30 ML DOSE
Energy	kJ 933 kcal 225	kJ 280 kcal 67,5
Fats*	18,3 g	5,5 g
of which Saturated Fats	18,3 g	5,5 g
Carbohydrates	15 g	4,5 g
of which Sugars	10 g	3 g
Fibre	0 g	0 g
Protein	0 g	0 g
Salt	0 g	0 g
* of which MCT	12,1 g	3,6 g



ASPARTIC

D-aspartic acid, nettle and zinc.

Aspartic is a formulation whose components are able to improve the muscle efficiency.

The D-aspartic acid is a non essential amino acid for the human body: it is in fact produced in the pituitary and in the testes from the levorotatory form of the same aspartic acid. It plays a critical metabolic role in different tissues.

Its availability promotes the Krebs cycle.

In the central nervous system it functions as an excitatory neurotransmitter, promoting the synthesis of glutamate, which probably leads to its ability to improve concentration, physical endurance and delay fatigue. In the liver it encourages the expulsion of excess ammonia and is a component of AST transaminases, which plays a key role in amino acid metabolism.

A prominent scientific study (Topo E.et.al (2009) Biol.Endocrinol.7:120) seems to confirm that the d-aspartic acid can positively affect the production of LH and Testosterone if taken for 12 consecutive days at a dose of 3 g per day.

The nettle extract, obtained from the leaves, in addition to being useful in case of renal calculi, azotemia, gout and alopecia, is mainly used in the case of benign prostate hypertrophy, thanks to the presence of sterols and flavonoids.

The nettle extract is also believed to be able to promote the anabolic activity due to the presence of specific components that can increase free testosterone in the blood stream. Zinc becomes part of the structure of several metal-enzymes which catalyze fundamental reactions in the body; it is an effective modulator of the immune system, it promotes the synthesis of collagen, promotes the production of androgen hormones and participates in the synthesis of sperm. Zinc deficiencies can delay growth, cause immune dysfunction and increase the risk of infections, low sperm count, loss of sense of taste and appetite, diarrhea, weight loss, slow healing of wounds, skin scarring and dysfunction, increased risk of miscarriage and neural tube defect in the fetus.

For the properties of its components, Aspartic can be a nutritional supplement useful for promoting the growth processes in lean body mass.

INDICATIONS: Aspartic can promote muscle growth processes, contributing to the elimination of nitrogenous waste, such as mental support to improve concentration.

- EARNINGS IN TRIALS GROWTH
- TONIC MENTAL
- DETOX ACTION

INGREDIENTS

D-aspartic acid, Nettle (*Urtica urens* L., root) d.e. tit. 0,4% beta-sitosterol, zinc picolinate, Bulking agent: cellulose; Anti-caking agent: magnesium stearate.

SUGGESTED USE

Take 2 tablets a day, preferably before bedtime, with a glass of water.

AVAILABLE IN

100 x 1100 mg tablets.

RELATED PRODUCTS

Aspartic can be favourably linked to Friram, Ketoram and Optiwhey.

GLUTEN FREE & LACTOSE FREE

NUTRITIONAL INFORMATION

AVERAGE AMOUNT	PER 2 TABS	*NRV
D-Aspartic acid	1500 mg	
Urtica urens d.e..	500 mg	
of which beta-Sitosterolo	1 mg	
Zinc	12,5 mg	125

* NRV = Nutrient reference value (adults)



GLUT4

Inositol phosphate 6, 4-hydroxy isoleucine and Saffron.

GLUT4 is a dietary supplement that provides active ingredients, useful for improving glycemic profile. In muscle cells and adipocytes insulin acts by promoting the activity of GLUT4 glucose transporter (glucotrasportatore 4), facilitating the reduction in plasma levels of glucose, which is transferred from the bloodstream into the cell. Here it can be used as an energy source or transformed into fat. Inositol 6P is a mediator of insulin action and is required for the activation of key enzymes in the metabolism of glucose. Under some conditions of insulin resistance, there has been impaired renal elimination of inositol; several studies show that the integration of this mediator can improve glucose metabolism. The extract of greek hay, titrated to 4 hydroxy isoleucine slows the absorption of glucose due to the fibrous component and increases insulin pancreatic secretion and the expression of cellular receptors that bind. The dry saffron extract improves the cellular uptake of glucose.

- **USEFUL TO CONTRAST INSULIN RESISTANCE**
- **IMPROVES INSULIN ACTIVITY**

INDICATIONS: Glut4 is indicated as nutraceutical support in the case of type 2 diabetes to encourage the glycemic stability; also, it can be a useful support for sportsmen, in post exercise recovery, in particular associated with intake of simple sugars and oligopeptides.

INGREDIENTS

Capsule: hydroxypropyl methylcellulose; Resistance agent: E418, Colouring: E471); Inositol phosphate 6, Greek hay (*Trigonella foenum-graecum* L., seeds) titrated d.e.. 5% 4-hydroxy-L-isoleucine, Bulking agent: cellulose; Saffron (*Crocus sativus* L. stigmas) titrated d.e. 3% safranale, Anti-caking agent: vegetable magnesium stearate

SUGGESTED USE

Take 1 capsule, 2 times a day, after meals.

AVAILABLE IN

60 x 933 mg capsules

RELATED PRODUCTS

Glut4 ha una sinergia perfetta con Friram, Ketoram, Mimiker e Lipogenix.

LACTOSE & GLUTEN FREE

NUTRITIONAL INFORMATION

AVERAGE AMOUNT	PER 2 CPS
Inositol phosphate 6	1000 mg
Greek hay d.e.	500 mg
of which 4-OH-isoleucine	25 mg
Saffron d.e.	30 mg
of which Safranale	90 mcg



MAGNESIO 3 FIALE

Magnesium Pidolate, Pyruvate, Citrate.

Magnesio 3 is a supplement of magnesium in three organic molecular forms, highly assimilable: pidolate, pyruvate and citrate, in the liquid form, which certainly represents the form of administration most biodisponibile and effective..

Magnesium is an essential mineral for the health of our organism, which is involved in many processes and in particular energy processes such as glycolysis and the Krebs cycle, supporting the enzyme activity and regulating the conduction of nerve impulses. Magnesium is an essential regulator of the cell membrane excitability. Its deficiency causes cramps and muscle aches, tiredness, fatigue; can also affect the normal heart activity. Magnesium deficiency affects the sphere of sleep (causing anxiety, restlessness, "throat lump") and menstruation (amenorrhea and painful dysmenorrhea). Magnesium promotes the proper formation of bones and teeth.

Particularly important is the cellular activity performed by the magnesium during the sport activity. Magnesium, in fact, is essential to favour the increase of energy reserves of phosphocreatine, intervening in the enzyme CPK (creatine phosphate kinase). The availability of magnesium may affect the anaerobic strength.

Magnesium supplementation is able to reduce the consumption of oxygen during intense and prolonged effort and to improve the functional cardiorespiratory parameters such as: heart rate, blood pressure, pulmonary ventilation. Since athletes suffer marked losses of this mineral in sweat, magnesium supplementation becomes essential for them.

The needs expressed by LARN (National Recommended Energy and Nutrient Intake Levels) for an adult is around 400 mg per day.

The modern diet, that is very refined, and the disordered rhythms of life can very easily lead to an insufficient daily intake of magnesium.

INDICATIONS: Magnesio 3 is indicated in case of nutritional deficiency or increased requirement of that nutrient. The integration of magnesium helps to counteract different physiological conditions, such as fatigue, lassitude, irritability, muscle cramps, and is particularly suitable for those who practice intense physical

- **MAGNESIUM IN THREE ORGANIC FORMS**

- **HIGHLY ASSIMILABLE**

- **225 mg OF MAGNESIUM X VIAL**

INGREDIENTS

Water, Fructose, Magnesium citrate, stabilizer: glycerol; Magnesium pyrophosphate, magnesium pyruvate, aroma, acidifier: citric acid; Store: potassium sorbate; Educorante: sucralose.

SUGGESTED USE

Take 1 vial daily (equivalent to 25 ml) before bedtime.

FLAVOURS

Lemon.

AVAILABLE IN

20 Vials x 25 ml, separately sold

RELATED PRODUCTS

Magnesium 3 has a perfect synergy with Citrofos, GL3, Essential 8+.

LACTOSE & GLUTEN FREE

NUTRITIONAL INFORMATION

AVERAGE AMOUNTS	X VIAL 25 ML	*NRV
Magnesium	225 mg	60%

*NRV = Nutrient reference value (adults)



- COLON EDGY
- BLOATING AND
INTESTINAL GAS

COLONFLAM

Dry extracts of Yarrow, Coriander, Fennel, Cumin, Mint and Ginger.

COLON FLAM is a dietary supplement based on plant extracts useful to regularize the intestinal motility, relieve the symptoms of colitis: an inflammation of the colon characterized by abdominal distension, flatulence, irregular bowel transit and sometimes very painful muscle spasms around the tract digestive.

The dried extracts of Fennel, Ginger (5% gingerol), Cumin and Coriander favor the elimination of gases that causes abdominal tension and contributes to the onset of pain sensation.

Yarrow develops an action antispasmodic and stimulates the digestive functions. Ginger also has an 'anti-emetic action and promotes gastric emptying by stimulation of antral contractions.

The Mint essential oil has an activity of choice for the gastrointestinal tract; has a strong spasmolytic activity, attributed mainly to menthol, it promotes relaxation of intestinal smooth muscle, results in a reduction of the spasms and the pain that results, a regularization of the motility of the intestinal transit, a decrease in formation of gases that causes abdominal tension.

INDICATIONS: Colon Flam is listed as nutraceutical support in case of gastrointestinal problems, colitis, inflammation of the colon, irritable colon.

INGREDIENTS

Yarrow (*Achillea millefolium* L., flowering tops) d.e, Vegetal capsule: hydroxypropyl methylcellulose; Coriander (*Coriandrum sativum* L., fruits) d.e. Cumin (*Carum carvi* L., fruits) powder, Bulking agent: cellulose; Fennel (*Foeniculum vulgare* Mill., Fruits) d.e. tit. 0.5% essential oil, Ginger (*Zingiber officinalis* Rosc., rhizome) d.e. tit. 5% gingerols, Mint (*Mentha piperita* L., leaves) essential oil, Anticaking agents: vegetable magnesium stearate and silicon dioxide.

SUGGESTED USE

Take 1 capsule 2 times daily after meals with half a glass of water.

AVAILABLE IN

60 Vegicaps x 720 mg.

RELATED PRODUCTS

Taking ColonFlam positively integrates with ColonOut, Enzy, Biocurcuma and Floractiv.

LACTOSE & GLUTEN FREE

NUTRITIONAL INFORMATION

AVERAGE AMOUNT	PER 2 CPS
Yarrow d.e.	300 mg
Coriande d.e.	200 mg
Cumin d.e.	200 mg
Fennel d.e.	150 mg
Ginger d.e.	100 mg
of which Gingerols	5 mg
Menhta o.e.	50 mg



• INTESTINAL PARASITES AND DISORDERS

COLONOUT

Dry extracts of Tabebuja, Emblica, Wormwood, Walnut Hull, Melissa and Oregano.

COLON OUT is a supplement of medicinal extracts with specific election for the latent or overt alterations of the intestinal flora, in the presence of parasites (pinworms, roundworms, hookworms etc.). Chronic symptoms such as fatigue, weight loss, stomach pain, diarrhea, irritable bowel syndrome, skin rashes, sleep disorders and immune weakness could be related to the presence of intestinal parasites, of which suffer according to the WHO at least 3 billion people in the world. Intestinal parasites prevent the food being absorbed properly by determining, generally, a state inflammatorio chronic. Colon Out, is a formulation of useful medicinal extracts to counteract the condition described above.

Emblica officinalis is a beneficial Indian plant in case of inflammation, fatigue, poor digestion. Its fruit contains phenolic compounds, tannins, antimicrobial. Tabebuja is a tree native of South America, whose extract has shown antibacterial and antifungal properties against various Candida species. Is useful in allergic syndromes and disorders of the immune system. The extract obtained from the seeds and grapefruit peel has proved effective remedy against harmful microorganisms, such as bacteria, fungi, yeasts, molds. Moreover, the bioflavonoids contained in it have a strong anti-inflammatory and anti-allergic action, immunostimulant. The walnut hull extract is able to inhibit fungal growth and has antibacterial properties. Wormwood, known as amarotónico, eupeptic, euphoric, is here exploited for its remarkable properties anthelmintic and antiseptic, thanks to the presence of a substance known as beta-thuione.

Chamomile, due to its essential oil, has a strong anti-inflammatory effect: inhibits COX and LOX, has antibacterial and antifungal activity, particularly towards Candida albicans. The odorless garlic extracts, titrated in allina, Melissa, titrated in ac. rosmarinic, and Oregano complete a significant bactericidal action, antifungal and anti-inflammatory.

INDICATIONS: Colon Out is listed as support in case of gastrointestinal disorders, colitis, inflammation of the colon, irritable colon.

INGREDIENTS

Bulking agent: cellulose; Vegetal Capsule: hydroxypropyl methylcellulose, Tabebuja (*Tabebuia avellanedae* Lorentz ex Griseb, bark) d.e. tit. 3% naphthoquinones, Emblica (*Phyllanthus emblica* L., fruits) d.e., Grapefruit (*Citrus x paradisi* Macfad, seeds) d.e tit. 50% Polyphenols, Wormwood (*Artemisia absinthium* L., leaves) d.e, Hull Walnut (*Juglans regia* L.) titrated, Chamomile (*Matricaria chamomilla* L., inflorescence) tit. 1.2% apigenin, * Garlic (*Allium ursinum*

L., bulbs) d.e. tit. 1% Allina, Melissa (*Melissa officinalis* L., leaves) d.e. tit. 2% rosmarinic acid, oregano (*Origanum vulgare* L.) essential oil, Saccharomyces boulardii YSP8, Anticaking agent: vegetable magnesium stearate and silicon dioxide. (* Contain traces of sulphites)

AVAILABLE IN

60 Vegicaps x 720 mg.

RELATED PRODUCTS

Taking ColonOut positively integrates with ColonFlam, Enzy, Biocurcuma and Floractiv.

SUGGESTED USE

Take 1 capsule daily before a main meal. We recommend using Colon Out for 2 weeks, possibly following it with Colon Flam.

LACTOSE & GLUTEN FREE

NUTRITIONAL INFORMATION

AVERAGE AMOUNT	PER 1 CPS	AVERAGE AMOUNT	PER 1 CPS
Tabebuja d.e.	80 mg	Chamomile d.e.	50 mg
of which naphthoquinones	2,4 mg	of which Apigenin	0,6 mg
Emblica d.e.	80 mg	Garlic d.e.	50 mg
Grapefruit d.e.	50 mg	of which Alline	0,5 mg
of which Polyphenols	25 mg	Melissa d.e.	30 mg
Wormwood d.e.	50 mg	of which Rosmarinic acid	0,6 mg
Hull Walnut	50 mg	Oregano e.o.	20 mg
		Saccaromyces boulardii YSP8	10 mg



• NET INCOME TO SUPPORT DIGESTION

ENZY

Dry extract of fennel, gentian, green anise, ginger. With Enzymix®.

ENZY is a dietary supplement containing a combination of plant extracts and digestive enzymes that support digestion.

Bromelain (2500 GDU), extracted dall'ananas comosus, is a mixture of enzymes that supports the digestion of the protein part of the meal. Papain, extracted from *Carica papaya*, is a proteolytic enzyme antioxidant. The extract of Pineapple and Papaya together, to digestiv properties, and anti-inflammatory useful for combating the pain that accompanies dyspepsia, an increasingly common condition in Western society today, in which the time spent at meals is poor and falls to ensure adequate activation of the digestive enzymes. In addition, nutrition is often inappropriate and are spread as smoking and the abuse of alcohol and coffee. The maltodextrin fermented provide digestive enzymes that help digest proteins, fats and carbohydrates, and therefore allow complete digestion of transforming food into a form absorbable by the intestine. The dry Fennel extract (0.5% o), the Dry Ginger extract (5% gingerol) and the extract of green anise act as digestive and carminative, favoring the elimination of gas which contributes to the appearance of the sensation of abdominal tension. Ginger also has antiemetic action and promotes gastric emptying by stimulation of antral contractions. The *Gentiana lutea* increases gastric secretions and stimulates the secretion of enzymes in the small intestine. In addition to the action digestive, it has a cleansing effect on the liver.

INDICATIONS: Enzy is listed as nutraceutical support in case of gastric and intestinal digestive difficulties.

INGREDIENTS

Bulking agent: cellulose; Bromelain from pineapple (*Ananas comosus* (L) merr., Stem) 2500 GDU, Papaya (*Carica papaya* L., dried fruit) d.e. Vegetal Capsule: hydroxypropyl methylcellulose; Fennel (*Foeniculum vulgare* Mill., fruits) d.e. tit. 0.5% essential oil, Gentian (*Gentiana lutea* L., root) d.e., Enzymix® (Enzymes from fermented maltodextrin from *Aspergillus oryzae*), Green anise (*Pimpinella anisum* L., fruits) d.e., Ginger (*Zingiber officinalis*

Rosc., rhizome) d.e. tit. 5% gingerols, Anti-caking agents: vegetable magnesium stearate and silicon dioxide,.

SUGGESTED USE

Take 1 capsule 2 times daily after meals with half a glass of water.

AVAILABLE IN

60 Vegicaps x 585 mg.

RELATED PRODUCTS

Taking Enzy positively integrates with ColonFlam, ColonOut and Floractiv.

LACTOSE & GLUTEN FREE

NUTRITIONAL INFORMATION

AVERAGE AMOUNT	PER 2 CPS
Bromelain from Pineapple d.e.	200 mg
Papaya d.e.	200 mg
Fennel d.e.	140 mg
Gentian d.e.	100 mg
Enzymix®	100 mg
Green anise d.e.	100 mg
Ginger d.e.	100 mg
of which gingerols	5 mg



LIPOGENIX

Dry extract of Garcinia and Green Coffee.

LIPOGENIX is a dietary supplement based on plant extracts useful to combat weight gain and promote weight loss.

The Garcinia cambogia extract obtained from the berries is rich in hydroxycitric acid (HCA), which has proven to be effective as a regulator of the dietary intake of fats and their overall metabolism modulator. Normally, food intake may undergo two fates: they are stored in warehouses or used for energy.

HCA blocks the synthesis of fatty acids (Lipogenesis) due to inhibition of the enzyme citricoliasi. The HCA promotes, also, the increase in the release of serotonin in the brain and the decrease of serum levels of leptin, a peptide that is involved in regulating body weight. The increase of the circulating serotonin is generally associated to a appetite dimuzione, in particular of carbohydrates and simple sugars. In this way, the HCA also acts as an appetite suppressant.

The green coffee is a blend of classic varieties of raw coffee of the most cultivated (*Coffea arabica* and *robusta*), ie, not roasted, which is why green.

Unlike the classic coffee, it has a smaller amount of caffeine, which is linked to chlorogenic acid, a powerful antioxidant; in this form, caffeine is absorbed much more slowly, but its stimulating effect is prolonged.

Green Coffee is rich in polyphenols, tannic acid, ferulic acid and B vitamins

Taking Green Coffee can produce the following benefits:

- Lipid metabolism: green coffee contains methyl-xanthine having a lipolytic action, and favors action "fat-burning";
- Monitoring of Blood Glucose: chlorogenic acid inhibits a key enzyme in the regulation of blood glucose process (glucose 6-phosphatase) by reducing the glycogen to glucose conversion process that occurs in the liver. In the second control mechanism the green coffee acts directly on the cells of the intestinal mucosa, it inhibits the intestinal absorption of sugars with direct action and, in practice, a lower absorption translates into a lower glucose value in the blood. For these reasons, the green coffee is an excellent supplement for people with diabetes or diseases related to altered blood sugar levels.
- Antioxidant action: the tannic acid and ferulic acid, in particular, neutralize the effects of free radicals.

INDICATIONS: Lipogenix is listed as nutraceutical support in case of overweight and alteration of lipid metabolism; It helps to improve the glucose profile.

- PROFIT TO LOSE WEIGHT
- REDUCES THE SUMMARY OF BODY FAT
- BETTER CONTROL GLYCEMIC

INGREDIENTS

Garcinia (*Garcinia cambogia* (Gaertn) Desr., Rind of the fruit) d.e. tit. 60% hydroxycitric acid. Bulking agents: cellulose and dicalcium phosphate; Green coffee (*Coffea arabica* L., seeds) d.e. tit. 50% chlorogenic acid and 5% Caffeine, Corn starch, Anticaking agents: magnesium stearate and silicon dioxide.

SUGGESTED USE

Take 1 tablet 3 times a day before meals with half a glass of water.

AVAILABLE IN

60 tablets x 1450 mg.

RELATED PRODUCTS

Taking Lipogenix positively integrates with Cla, 0 Calories and Termogenic One.

LACTOSE & GLUTEN FREE

NUTRITIONAL INFORMATION

CONTRIBUTIONS AVERAGE	PER 3 TABS
Garcinia d.e.	2250 mg
of which hydroxycitric acid	1530 mg
Green coffee d.e.	600 mg
of which Chlorogenic acid	300 mg
of which Caffeine	30 mg



VIAFLAM

**Dry extract of Boswellia and Devil's Claw.
With Bromelain, Papain and Protease**

VIAFLAM is a dietary supplement based on plant extracts with anti-inflammatory action in combination with proteolytic enzymes.

The *Boswellia serrata* extract, standardized to 65% boswellic acids, selectively inhibits 5-lipoxygenase, preventing the production of leukotriene LTB₄, LTC₄, LTD₄ and LTE₄, chemical mediators of the inflammatory process. *Boswellia* is useful in cases of joint pain, rheumatism, arthritis and inflammatory bowel disease.

Bromelain (2500 GDU) extracted from *Ananas comosus* is a mixture of proteolytic enzymes that counteract the inflammation and edema, and is useful for muscle inflammation, joint, osteoarthritis and rheumatoid arthritis. Bromelain, in fact, inhibits the synthesis of prostaglandins and thromboxanes, inflammatory mediators, inhibiting thromboxane synthetase.

The extract of *Harpagophytum procumbens* (more commonly known as Devil's claw) exerts anti-inflammatory action and, in particular, suitable for joint problems.

Complete the formula the Papain: proteolytic enzyme extracted from *Carica papaya* that combines the anti-inflammatory properties that antioxidant, useful for combating oxidative stress exacerbated the site of inflammation, and PROTExIL®: a mixture of protease concentrate derived from the production of controlled fermentation of exogenous maltodextrin through *Aspergillus oryzae*, indicated in acute and chronic inflammatory, osteo-arthritis and post-operative convalescence and sports injuries as assists the resolution of edema.

INDICATIONS: Viaflam is listed as nutraceutical support in case of acute and chronic inflammation, joint type, gut, muscle tissue.

It also recommended before endurance sporting activity to delay fatigue and muscle cramps.

- **PROFIT FOR MEETING THE INFLAMMATORY STATES**

- **GASTRO CAPSULES**

INGREDIENTS

Boswellia (*Boswellia serrata* Roxb, resin) d.e. tit. 65% boswellic acids, Devil's claw (*Harpagophytum procumbens* DC., Root) d.e. tit. 2.5% harpagoside, Vegetal Capsule: hydroxypropyl methylcellulose; Resistance agent: E418; colorant: E471; Bromelain from Pineapple (*Ananas comosus* (L.) Merr., Stem) 2500 GDU / g, Bulking agent: cellulose; PROTExIL® (proteases from *Aspergillus oryzae*), Papaine,

Anti-caking agents: vegetable magnesium stearate and silicon dioxide.

SUGGESTED USE

Take 1 capsule, 2 times daily, after the main meals, with half a glass of water.

AVAILABLE IN

30 Vegicaps x 750 mg.

RELATED PRODUCTS

Taking Viaflam positively integrates with Biocurcuma and ColonFlam.

LACTOSE & GLUTEN FREE

NUTRITIONAL INFORMATION

AVERAGE AMOUNT	PER 2 CPS
Boswellia d.e.	500 mg
Devil's claw d.e.	250 mg
of which Harpagoside	6,25 mg
Bromelain from Pineapple d.e.	200 mg
Protexil®	100 mg
Papaine	100 mg

SYFORM
ADVANCED NUTRITION

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