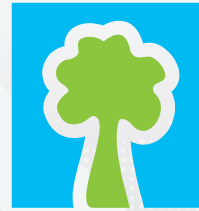




**ELEPHANT  
PHARMA**



**STRONG  
NATURE**

Product brochure  
/ 2025



STRONG NAME FOR A STRONG AND HEALTHY FAMILY.



Dietary Supplements  
Premium quality brand you can trust

Strong name for a strong and healthy family.

**Elephant Pharma** is among the leading companies in the field of dietary/food supplement manufacturing services, sales and marketing of dietary/food supplements under our own brand **Strong Nature®**.

We are also one of the leading suppliers of empty hard gelatin capsules and pharmaceutical packing glass to the Serbian pharmaceutical industry.

In 2002 Elephant Pharma started the production of its own Strong Nature® dietary supplements and at the same time started to perform contract manufacturing services for other companies from Serbia and the region.

**In 2022 Elephant Pharma opened NEW production facility.**

Elephant Pharma offers full service to its clients – development of the product from the formulation definition to the final product package design.

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## COMPANY SECTORS



**STRONG NATURE®**  
dietary supplements brand



Contract manufacturing services



Pharmaceutical industry supplying

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## QUALITY POLICY

Elephant Pharma has systematically upgraded its business by introducing standard ISO 9001:2015 with HACCP and GMP.

Elephant Pharma offers Strong Nature® products and manufacturing services according to Halal standard. Our company cooperates on this field with Islamic Community of Serbia. Strong Nature® portfolio has more than 30 Halal products.

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STRONG NATURE® brand was established in 2002 with a goal to create a top quality dietary supplements, recognized by its uniqueness and specific in-house formulations. Today, Strong Nature® is among the leaders on the domestic market in category of dietary supplements. Among the market of Serbia, Strong Nature® products can be found on the various world markets.



# Markets around the world



STRONG NATURE® brand was established in 2002 with a goal to create a top quality dietary supplements adapted to the fast living habits and needs of today's people .

Today, STRONG NATURE® is among the leaders on the domestic market in category of dietary supplements. Among the market of Serbia, STRONG NATURE® products can be found on the various world markets.

STRONG NATURE® - STRONG NAME FOR A STRONG AND HEALTHY FAMILY!



- |                            |                 |                   |                  |
|----------------------------|-----------------|-------------------|------------------|
| 1 - Serbia                 | 7 - Spain       | 13 - Macedonia    | 19 - Netherlands |
| 2 - Bosnia and Herzegovina | 8 - Estonia     | 14 - Saudi Arabia | 20 - Germany     |
| 3 - Montenegro             | 9 - Russia      | 15 - Ukraine      | 21 - Croatia     |
| 4 - Romania                | 10 - Azerbaijan | 16 - Latvia       | 22 - Greece      |
| 5 - Slovakia               | 11 - Albania    | 17 - Lithuania    |                  |
| 6 - Czech Republic         | 12 - U.A.E.     | 18 - Libya        |                  |



# Doing business with us

**Elephant Pharma d.o.o.**

Pharmaceutical manufacturing

## COOPERATION POSSIBILITIES

### STRONG NATURE BRAND



#### **DISTRIBUTION**

Exclusive and non-exclusive basis  
Complete or partial product range



#### **LICENSING**

Our product formulation under your trade mark  
Variation of existing formulations



#### **MEDIATION**

Connecting us with other companies

### CONTRACT MANUFACTURING



#### **PRODUCT DEVELOPMENT A-Z**

Consulting, Formulation creation, Tailor made products  
Search and providing of the best ingredients  
and packing material



#### **PRODUCTION SERVICES**

Encapsulation and tableting  
Blister, bottle, strip and powder in sachets packing  
Final packing and labeling



#### **DESIGN SERVICES**



**Immunity** segment  
Supports immune system.



## Immunity segment

Supports immune system.



### Strong Nature® IMMUNO PROTECT / 30 capsules



#### + COMPOSITION:

100 mg of coenzyme Q10, 100 mg of Broccoli sprouts dry extract (*Brassica oleracea*) 5:1; 2 mg of astaxanthin; 40 mg of vitamin C (as l-ascorbic acid), 12mg αTE\* of vitamin E (as dl-α-tocopheryl acetate); 5 mg of zinc (as zinc-oxide) and 50 µg of selenium (as l-selenomethionine).  
αTE\* - alpha tocopherol equivalents

#### + CHARACTERISTICS AND EFFECTS:

**Strong Nature® Immuno Protect** is a dietary supplement based on Broccoli, astaxanthin, vitamin C, vitamin E, selenium and zinc. Glucosinolates are natural sulfur-containing compounds found in broccoli. Upon cooking/crushing, glucosinolates release isothiocyanates, powerful antioxidants such as sulforaphane. Clinical studies suggest that sulforaphane increases the activity of Phase II enzymes that inactivate harmful chemicals and increase the body's natural defense against harmful free radicals. These enzymes may afford protection against certain carcinogens. Astaxanthin is a member of carotenoids which has ability to neutralize reactive oxygen species. It is far more effective than other carotenoids at "singlet oxygen quenching," which is a particular type of oxidation. Thanks to that, astaxanthin is a strong antioxidant and antiinflammatory agent with immunoprotective effect. Selenium, zinc and vitamin E are essential nutrients for humans. Selenium is involved in the development and maintenance of immunocompetence and as an antioxidant to prevent oxidative stress. Zinc has a wide range of biological roles. It is vital for a variety of host immune defenses. Vitamin E is a fat-soluble vitamin with antioxidant activity which acts synergistically with selenium. Vitamin C is the most important water-soluble biological antioxidant.

#### + RECOMMENDED FOR:

**Vitamin C, selenium and zinc** are necessary for the normal function of the immune system.

**Vitamin E, vitamin C, selenium and zinc** contribute to protection of cells from oxidative stress.

#### + INSTRUCTIONS FOR USE:

Adults: 1 capsule a day.



Efsa approved claim



Halal standard



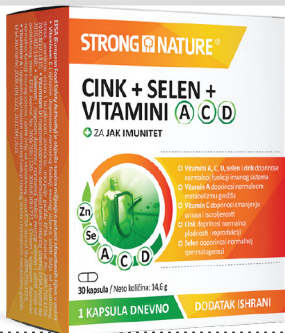
1 capsule a day



Scientific data



Branded ingredients



## Strong Nature® ZN + SE + A + C + D / 30 capsules



### + COMPOSITION:

Vitamin C (as sodium L-ascorbate) – 80 mg; Zinc (as zinc bisglycinate) – 15 mg; Vitamin A (as retinyl acetate) – 800 µg RE; Selenium (as l-selenomethionine) – 100 µg

### + CHARACTERISTICS AND EFFECTS:

**Strong Nature® Zinc+Selenium+Vitamins A C D** is a dietary supplement based on selenium, zinc, vitamins A, C and D, intended to preserve the normal function of the immune system. Precisely defined formulation, quality of ingredients and production technology ensure high quality and efficiency of the product.

**Vitamin C** is in the form of sodium ascorbate - the usable form of vitamin C. **The vitamins and minerals** included in the product contribute to the normal function of the immune system.

**Vitamin C and the minerals zinc and selenium** contribute to the protection of cells from oxidative stress • Vitamin A contributes to normal iron metabolism. **Vitamin C** contributes to the reduction of fatigue and exhaustion and increases the absorption of iron. **Zinc** contributes to normal fertility and reproduction and maintenance of normal testosterone levels in the blood. **Selenium** contributes to normal spermatogenesis. **Vitamin D** contributes to the normal absorption / utilization of calcium and phosphorus.

### + RECOMMENDED FOR:

The product is recommended to all adults for the needs of strengthening immunity and improving the general condition of the body.

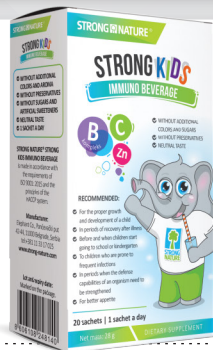
It is especially recommended for:

- increased fatigue and exhaustion
- strenuous psychophysical activities
- spermatogenesis problems
- reduced fertility and reproductive problems
- reduced testosterone levels
- anemia and reduced iron concentrations in the blood
- oxidative stress

### + INSTRUCTIONS FOR USE:

Adults: 1 capsule daily with a meal.





Strong Nature®  
**STRONG KIDS IMMUNO BEVERAGE / 20 sachets**



**+ COMPOSITION:**

Dietary fiber from Acacia gum (*Acacia Seyal*), Fibregum™\*\* 1,20 g, Vitamin C (as l-ascorbic acid) 50,00 mg, Niacin (as nicotinamide) 16,00 mg, Pantothenic acid (as Ca-D-pantothenate) 6,00 mg, Zinc (as zinc-gluconate) 5,00 mg, Vitamin B2 (as riboflavin) 1,4 mg, Vitamin B6 (as pyridoxine hydrochloride) 1,4 mg, Vitamin B1 (as thiamine-mononitrate) 1,1 mg, Folic acid (as pteroylmonoglutamic acid) 200,00 µg

\*\*Fibregum™ is a trademark of Nexira

**+ CHARACTERISTICS AND EFFECTS:**

**• WITHOUT ADDITIONAL COLORS AND AROMA • WITHOUT PRESERVATIVES • WITHOUT SUGARS AND ARTIFICIAL SWEETENERS • NEUTRAL TASTE • 1 SACHET A DAY**

**Strong Nature® Strong Kids Immuno beverage** is a dietary supplement designed to strengthen the immunity of your child. In the first few years of life, most children have problems with frequently recurring infections. The reason for this is an insufficiently powerful immune system that is still under development. The best way to create a strong immune system for your child is a proper diet rich in fruits and vegetables as sources of essential vitamins and minerals. However, there are situations when the body needs an additional amount of vitamins and minerals that is easiest to compensate by using dietary supplements.

**Strong Nature® Strong Kids Immuno beverage** contains the optimal combination of zinc, vitamin B complex and vitamin C. **Zinc** is one of the most important minerals needed for the functioning and development of the immune system. **Vitamin C and B-vitamins** contribute to the correct growth and psychological and physical development of the organism, primarily in periods of intense growth of children. In the product Strong Nature® Strong Kids Immuno beverage, all 8 B-vitamins are present, so in that way, their best effect is achieved.

References: 1. PDR for nutritional supplements 2. www.efsa.europa.eu

**+ RECOMMENDED FOR:**

- In periods of recovery after illness
- Before and when children start going to school or kindergarten
- To children who are prone to frequent infections
- In periods when the defense capabilities of an organism need to be strengthened
- For better appetite
- For the proper growth and development of a child

**+ INSTRUCTIONS FOR USE:**

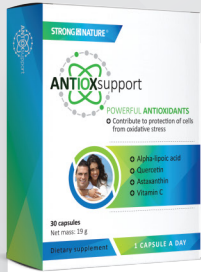
Children older than three years of age: One sachet a day. Sachet content dissolve in a glass of water or juice and drink.





# Immunity segment

Supports immune system.



## Strong Nature® ANTIOX SUPPORT

/ 30 capsules

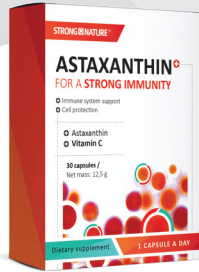


### + COMPOSITION:

300 mg of alpha-lipoic acid; 50 mg of Japanese pagoda tree (*Sophora japonica* L.) flower dry extract with min 98% quercetin, 15:1; 40 mg of vitamin C (as l-ascorbic acid) and 2 mg of astaxanthin.

### + CHARACTERISTICS AND EFFECTS:

Powerful antioxidants for the protection of cells from oxidative stress.



## Strong Nature® ASTAXANTHIN

/ 30 capsules



### + COMPOSITION:

4 mg of Astaxanthin, 80 mg of Vitamin C (as l-ascorbic acid).

### + CHARACTERISTICS AND EFFECTS:

Supports immune system and contributes to the protection of cells from oxidative stress.



## Strong Nature® STRONG ALLERGUARD

/ 30 capsules



### + COMPOSITION:

PANTESCAL® - Capparis spinosa flower dry extract 100mg, olea oleuropaea leaf dry extract 60mg, ribes nigrum dry extract 5mg, panax ginseng root dry extract 5mg - Total polyphenols (as luteolin 7-O-glucoside 50mg), Quercetin 50mg, Curcuma 25mg

### + CHARACTERISTICS AND EFFECTS:

Improves resistance to allergies.





# Immunity segment

Supports immune system.



Strong Nature®  
**VITAMIN C + ZN**  
/ 60 g powder



## + COMPOSITION:

Vitamin C (as L-ascorbic acid) - 1000 mg  
Zinc (as zinc citrate) - 15 mg



Strong Nature®  
**SODIUM ASCORBATE  
VITAMIN C WITH  
BIOFLAVONOIDS**  
/ 100 g powder



## + COMPOSITION:

Per dose: 1000 mg of vitamin C as sodium ascorbate, 50 mg of Orange fruit (Citrus aurantium) dry extract with min 80% hesperidin.



Strong Nature®  
**VITAMIN C 500 mg**  
/ 10x12 tablets / 100 tablets



## + COMPOSITION:

500 mg of l-ascorbic acid.

## + CHARACTERISTICS AND EFFECTS:

For normal function of the immune system; protection of cells from oxidative stress; increased absorption of iron; reduction of fatigue and tiredness; normal production of collagen. Collagen is necessary for healthy gums, cartilage, bone, skin, blood vessels, teeth.



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



## Strong Nature® VIRU HELP / 15+15+15 capsules



### + COMPOSITION:

**Blister 1:** l-lysine 500 mg / **Blister 2:** Astragalus (Astragalus membranaceus) root dry extract with min 20% polysaccharides, 5:1 150 mg, Garlic (Allium sativum) dry extract with min. 1% allicin 50 mg, Curcuma (Curcuma longa) rhizome dry extract with min 95% curcuminoids, 20:1 25 mg / **Blister 3:** niacin 48 mg, pantothenic acid 30 mg, vitamin B1 10 mg, vitamin B2 10 mg, vitamin B6 10 mg, vitamin B12 1000 µg, folic acid 500 µg, biotin 500 µg.

### + CHARACTERISTICS AND EFFECTS:

Herpes is a long-term condition. It is an infection caused by herpes simplex virus (HSV). Taking care about the whole health is the most important thing for fighting herpes.

Lysine is probably the most well-known supplement for managing herpes. It can inhibit the replication of the virus. Medical research shows that getting more lysine than arginine in your diet reduces outbreaks. Researchers believe this balance will even prevent outbreaks in times of stress.

Antiviral herbs: Astragalus, Curcuma and Garlic have been used as traditional, highly effective medicines for centuries. Allicin from Garlic might help destroy herpes virus cells, which might control outbreaks of cold sores. The main use of Astragalus is to boost the body's immune system. It's also one of the adaptogen herbs that lowers cortisol, hormone released as a body reaction to stress. The active compound of curcuma, curcumin, is an anti-inflammatory substance that makes body cells less susceptible to viral infections. Stress is a huge trigger to bringing on herpes outbreaks. B vitamins help body to deal with stress and can prevent herpes outbreaks. B-vitamins are necessary for the overall health of the organism.

### + RECOMMENDED FOR:

Strong Nature® ViruHelp is a dietary supplement that contributes to the prevention and reduction, as well as to the decreasing the duration and severity of herpes outbreaks.

- B-vitamins contribute to the reduction of tiredness and fatigue.

### + INSTRUCTIONS FOR USE:

Adults: one capsule from each blister per day.





# Immunity segment

Supports immune system.



Strong Nature®  
VITAMIN D3 2000 IU / 4000 IU / 30 capsules



## + COMPOSITION:

**Vitamin D3 2000 IU** - Vitamin D3 (cholecalciferol) 50 mcg (2.000 IU)

**Vitamin D3 4000 IU** - Vitamin D3 (cholecalciferol) 100 mcg (4.000 IU)

## + CHARACTERISTICS AND EFFECTS:

Strong Nature® Vitamin D3 2000 IU / Strong Nature® Vitamin D3 4000 IU is food for special medical purposes based on vitamin D in extra virgin olive oil.

**Vitamin D** is essential for our body. It participates in many biochemical processes, and the basic physiological function of this vitamin is considered to be participation in the metabolism of calcium and phosphorus. Vitamin D is necessary for resorption of calcium and phosphorus from the digestive tract. It is responsible for minor losses of Ca and P in the kidneys and is necessary in the process of their incorporation into the bone material. It is essential for the growth and calcification of bones and teeth. Due to the fact that it participates in the metabolism of calcium, which is necessary for the normal functioning of almost all cells in our body, vitamin D is of crucial importance for all vital functions. If the body lacks vitamin D, resorption of calcium from food is impossible, and the body begins to use calcium from the bones for its needs. The result is rickets in children, and osteomalacia (softening of bones) and osteoporosis (loss of bone mass) in adults. The lack of vitamin D will affect the weakening of the immune function, the health and quality of bones, teeth and muscles, as well as the state of the organism as a whole.

## + RECOMMENDED FOR:

Strong Nature® Vitamin D3 4000 IU is recommended in all conditions that require vitamin D supplementation. Especially recommended:

- in case of decreased immunity
- for healthy and strong bones
- for the health of teeth and gums
- for normal muscle function
- for the prevention and treatment of osteoporosis and osteomalacia
- in the treatment of diseases of the bone and joint system

## + INSTRUCTIONS FOR USE:

Adults: 1 capsule daily.



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



# Digestion segment

For healthy stomach.



## Strong Nature® FIBRELACT / 10 sachet



### + COMPOSITION:

10 g of lactulose, 2 g of dietary fiber from Acacia gum, Fibregum™\*

\* Fibregum™ is a registered trademark of Nexira

### + CHARACTERISTICS AND EFFECTS:

A healthy digestive tract is characterized by the ability to process nutrients through the digestive tract in an efficient manner, in order to correctly nourish the entire organism. Digestive discomfort can be highly debilitating with a strong impact on overall well-being and quality of life. Lactulose is a semisynthetic disaccharide comprised of the sugars D-lactose and D-fructose. It is used in the treatment of constipation since it is subjected to the process of fermentation in the colon by certain bacteria. The result of this fermentation is increase of the biomass of these bacteria in the colon and synthesis of mainly organic acids, such as lactic acid and small-chain fatty acids, which, by exerting a local osmotic effect in the colon, result in increased fecal bulk and stimulation of peristalsis. Fibregum™ is an all natural source of soluble dietary fiber, obtained from carefully selected acacia gum sap exuded from the stems and branches of acacia trees.

**Strong Nature® FibreLact** is a dietary supplement based on lactulose® and Fibregum™ intended for the treatment of constipation. Lactulose contributes to an acceleration of intestinal transit. Fibregum™ is soluble dietary fiber that:

- increase stool production and prevent constipation
- shows proven bifidogenic effect
- stimulates the production of beneficial Short Chain Fatty Acids
- have positive effect on gut health

References: 1. PDR for Herbal Medicines 2. PDR for Nutritional Supplements 3. www.pepzingi.com

### + RECOMMENDED FOR:

Dietary supplement based on lactulose and dietary fibers that contributes to the proper functioning of digestive system.

- Lactulose contributes to an acceleration of intestinal transit. The beneficial effect is obtained with a single serving of 10g (1 sachet) of lactulose per day.

### + INSTRUCTIONS FOR USE:

Adults and children older than 3 years of age: Sachet content dissolve in a glass of water and drink once a day. The usual time required for the product to show the effects is 2-3 days. During the application, it is necessary to consume the appropriate amount of water (1.5-2 liters per day).



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



# Digestion segment

For healthy stomach.



## Strong Nature® HELICO PROTECT / 30 capsules



### + COMPOSITION:

Broccoli sprouts dry extract (Brassica oleracea) 5:1 - 100 mg, Green tea (Camellia sinensis L.) leaf dry extract with min. 95% polyphenols 75 mg, Garlic (Allium sativum) dry extract with min. 1% allicin 50 mg, Vitamin U (Methyl Methionine Sulfonium Chloride) 50 mg, Zinc-L-Carnosine, PepZinGITM 34 mg.

### + CHARACTERISTICS AND EFFECTS:

Helicobacter pylori infection and indigestion are extremely common among people. Indigestion is often a sign of an underlying problem, such as: gastroesophageal reflux disease (GERD) or ulcers. Zinc-carnosine, PepZinGITM is a specific chelate of zinc that has been the subject of over 100 scientific studies, including at least 38 clinical trials, for its role in supporting stomach health. Research suggests it helps modulate the growth of Helicobacter pylori and promote healing of the stomach lining. It also has been clinically demonstrated to relieve symptoms of indigestion, such as: heartburn, nausea, upset stomach, belching, bloating, inappetence and diarrhea. Vitamin U is an important natural factor in raw cabbage juice that supports gastric health. Vitamin U protects the gastrointestinal lining and aids in its recovery during inflammation. It has antihistamine and anti-allergenic properties. Among its most beneficial functions are its neutralization of histamine, which is linked to ulcers. Vitamin U can normalize acid levels in the stomach, and in that way, contributes to proper digestion. Sulforaphane from broccoli sprouts is highly effective against resident Helicobacter pylori, including antibiotic-resistant strains. Sulforaphane has also been shown to inhibit urease activity provoked by gastric H. pylori infections, which otherwise would generate ammonia, impede gastric acidity and promote inflammation. Green tea is an excellent source of catechins that have antibacterial, antioxidant, antiviral, antiplaque-forming and anti-cancer. Among many other health benefits, Garlic is a strong antibacterial and anti-inflammatory agent.

### + RECOMMENDED FOR:

STRONG NATURE® HELICOBACTER+ is a dietary supplement intended for the maintenance of digestive tract health and as an aid in the treatment of *H. pylori* infection. STRONG NATURE® HELICOBACTER+ is recommended:

- For the prevention of Helicobacter pylori infection
- As an aid to the antibiotic therapy of H. pylori infection
- For relieving symptoms of digestive discomfort such as: heartburn, belching, nausea, bloating, diarrhea
- To people with gastritis and gastro-esophageal reflux
- To people with gastrointestinal ulcer

### + INSTRUCTIONS FOR USE:

Adults: two capsules a day with meal.





# Digestion segment

For healthy stomach.



Strong Nature®  
**ACTIVATED CHARCOAL CAPSULES**  
/ 10 capsules  
/ 30 capsules

### + COMPOSITION:

250 mg of activated charcoal obtained from carbonized coconut shell.

### + CHARACTERISTICS AND EFFECTS:

Activated (medicinal) charcoal is a capable of absorbing a great number of substances of organ and unorgan origin, as well as gasses. The adsorption of a large number of food ingredients, as well as contaminants in nutrition and drinking water, the active components of many medicaments, the products of bacterial metabolism, etc. is enabled by a large specific surface area of the activated charcoal particles. Activated charcoal isn't absorbed from the gastrointestinal tract and is not subjected to metabolic degradation. As an integral part of the household pharmacies it is desirable to have with you on a trip, vacation and excursions. The beneficial effect shows with nonspecific diarrhea and excessive flatulence after eating.



Strong Nature®  
**ACTIVATED CHARCOAL POWDER**  
/ 30 g

### + COMPOSITION:

30 g of activated charcoal obtained from carbonized coconut shell.



Strong Nature®  
**ACTIVATED CHARCOAL + PROBIOTIC**  
/ 10 + 10 capsules

### + COMPOSITION:

Activated charcoal obtained by carbonization of coconut shell, 250 mg;  
+ Mixture of lyophilized probiotic cultures:  
Lactobacillus helveticus 32,60 mg;  
Lactobacillus rhamnosus 7,30 mg;  
Lactobacillus lactis 10,90 mg;  
Bifidobacterium breve 7,30 mg;  
Bifidobacterium bifide 3,60 mg;  
Bifidobacterium longum 10,90 mg.

### + CHARACTERISTICS AND EFFECTS:

Dietary supplement based on activated charcoal and probiotics with favorable effect on health of digestive system.



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



## **Healthy heart** segment

Supports cardiovascular system.



## Healthy heart segment

Supports cardiovascular system.



Strong Nature®

**CARDIO PROTECT** / 30 soft gelatin capsules + 30 hard gelatin capsules

### + COMPOSITION:

**Blister 1 – hard gelatin capsule:** Red rice (*Oriza sativa*) dry extract, with 4% Monacolin-K 250 mg **Milk thistle** (*Silybum marianum*) seed dry extract with 80% of silymarin 100 mg, **Japanese pagoda tree** (*Sophorae japonica* L) flower dry extract with min 98% of quercetin 100 mg, **Vitamin E** (as d-alpha tocopheryl acetate) 29.80 mg (thereof Vitamin E 10 mg aTE).

**Blister 2 – soft gelatin capsule:** Fish oil 500.00 mg, *From which:* • EPA 175.00 mg • DHA 125.00 mg

### + CHARACTERISTICS AND EFFECTS:

**STRONG NATURE® CARDIO PROTECT FORMULA** is a dietary supplement based on fish oil, monacolin-K from red rice, quercetin, silymarin and Vitamin E. **Characteristics and effects:** Fish oil is a rich source of polyunsaturated Omega-3 fatty acids EPA and DHA. These polyunsaturated fats play a very important role with the function of our bodies. EPA and DHA lower elevated triglyceride levels, have anti-arrhythmic, anti-inflammatory and immune-modulating properties and are beneficial for the musculoskeletal, gastrointestinal and immune systems. DHA is vital for normal brain development and play a major role in the maintenance of normal cognition and mood. EPA and DHA are converted into hormone-like substances called prostaglandins, and they regulate cell activity and healthy cardiovascular function. **Red rice** is traditionally used in Chinese cuisine, as well as in Chinese medicine. Its ingredient, monacolin-K, contributes to maintenance of normal blood cholesterol level, by inhibiting the enzyme HMG-CoA reductase, a key enzyme in the synthesis of cholesterol. **Silymarin**, the active ingredient of **Milk thistle**, has a known beneficial effect on liver condition, the main organ in the metabolism of cholesterol. It stimulates the production of glutathione, perhaps the most important antioxidant in our body. One of the many roles that glutathione has in the body is its participation in the regeneration of liver cells. **Quercetin** belongs to a group of polyphenolic substances known as flavonoids. It has antioxidant and anti-inflammatory effect. The positive effect particularly shows on the blood vessels' level, protecting them from the harmful effects of free radicals and increasing **Vitamin E** is a fat-soluble vitamin that contributes to protection of cells from oxidative stress.

### + RECOMMENDED FOR:

- Monacolin-K contributes to maintenance of normal blood cholesterol level.
- Vitamin E contributes to the protection of cells from oxidative stress.
- Omega 3 fatty acids from fish oil, DHA and EPA, support a healthy heart.

### + INSTRUCTIONS FOR USE:

Adults: 1 soft gelatin capsule a day drink at the same time with a meal, 1 hard capsule in the evening, after a meal.



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



# Healthy heart segment

Supports cardiovascular system.



## Strong Nature® COENZYME Q10 + ACETIL L-KARNITIN

/ 30 capsules



### + COMPOSITION:

- Acetyl-L-carnitine hydrochloride - 500 mg
- Coenzyme Q10 - 50 mg

### + CHARACTERISTICS AND EFFECTS:

Protection and health of heart and blood vessels.



## Strong Nature® COENZYME Q10 200 mg + B1

/ 30 capsules



### + COMPOSITION:

- Coenzyme Q10 - 200 mg
- Thiamine / B1  
(as thiamine mononitrate) - 10 mg

### + CHARACTERISTICS AND EFFECTS:

Dietary supplement with favorable effect on cardiovascular system, for patients on statin therapy, patients with high blood pressure, smokers and in cases of increased stress situation.



## Strong Nature® COENZYME Q10

/ 30 capsules (30 mg)  
/ 30 capsules (100 mg)



### + COMPOSITION:

- 30 capsules (30 mg)
- Coenzyme Q10 (ubidecarenone) - 30 mg

- 30 capsules (100 mg)
- Coenzyme Q10 (ubidecarenone) - 100 mg

### + CHARACTERISTICS AND EFFECTS:

Dietary supplement with favorable effect on the cardiovascular system function and protection of cells against damage and aging.





## Healthy heart segment

Supports cardiovascular system.



### Strong Nature® HOLESTOP PLUS

/ 30 capsules



#### + COMPOSITION:

250 mg of Red rice (*Oriza sativa*) fermented with *Monascus purpureus* yeast with min 4% of monacolin-K; 100 mg of Milk thistle (*Silybum marianum*) seed dry extract with min. 80 % of silymarin, 40:1; 100 mg of Japanese pagoda tree (*Sophorae japonica* L) flower dry extract with min. 98% of quercetin, 15:1; 10 mg  $\alpha$ TE\* of vitamin E.

$\alpha$ TE\* - alpha tocopherol equivalents

#### + CHARACTERISTICS AND EFFECTS:

**Red rice** is traditionally used in Chinese cuisine, as well as in Chinese medicine. Its ingredient, monacolin-K, contributes to maintenance of normal blood cholesterol level, by inhibiting the enzyme HMG-CoA reductase, a key enzyme in the synthesis of cholesterol. **Silymarin**, the active ingredient of Milk thistle, has a known beneficial effect on liver condition, the main organ in the metabolism of cholesterol. It stimulates the production of glutathione, perhaps the most important antioxidant in our body. One of the many roles that glutathione has in the body is its participation in the regeneration of liver cells. **Quercetin** belongs to a group of polyphenolic substances known as flavonoids. It has antioxidant and anti-inflammatory effect. The positive effect particularly shows on the blood vessels' level, protecting them from the harmful effects of free radicals and increasing **Vitamin E** is a fat-soluble vitamin that contributes to protection of cells from oxidative stress.



### Strong Nature® MEGA OMEGA OMEGA 3.6.7.9

/ 30 capsules



#### + COMPOSITION:

800 mg of Linseed oil, 90 mg of Evening primrose oil, 60 mg of Virgin olive oil, 30 mg of White germ seed oil, 10 mg of Macadamia fruit oil.

#### + CHARACTERISTICS AND EFFECTS:

STRONG NATURE® Mega Omega represents a combination of essential (omega 3, 6) and nonessential (omega 7, 9) fatty acids in optimal ratio from linseed oil, evening primrose seed oil, extra virgin olive oil, wheat germ oil and macadamia nut oil. Human body cannot synthesize essential fatty acids and they must be taken with food or in the form of dietary supplements. In STRONG NATURE® Mega Omega, the source of fatty acids is of vegetable origin, so it can be used by people who are allergic to fish and fish products. Omega fatty acids have a positive effect on the level of triglycerides, total and LDL-cholesterol, lipoprotein metabolism, blood pressure and arrhythmia. They also may have immunomodulatory activity. Evening primrose oil is a rich natural source of gamma-linolenic acid, which shows anti-inflammatory and antithrombotic activity.



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



# Diabetes segment

Diabetes prevention.



## Strong Nature® CHROMIUM + SELENIUM MAX / 60 capsules



### + COMPOSITION:

- Chromium (as chromium picolinate) - 200 µg
- Selenium (as L-selenomethionine) - 100 µg

### + CHARACTERISTICS AND EFFECTS:

**Strong Nature® Chromium + Selenium MAX** is a dietary supplement with a precisely defined formulation, in order to maximize the utilization of chromium and selenium, without harmful consequences for the body. The use of the preparation contributes to: • increasing the effectiveness of insulin in diabetes and insulin resistance • regulation of normal blood sugar levels • strengthening the immune system • protect the organism from oxidative stress • normal functioning of the thyroid gland • increasing fertility in both sexes • reducing the risk of the occurrence and development of polycystic ovaries • reduction and elimination of symptoms of PCOS (polycystic ovary syndrome).

**Purpose:** Strong Nature® Chromium + Selenium MAX is produced according to the highest quality standards. It contains beneficial forms of chromium and selenium, which play important roles in maintaining health and vitality.

**Chromium contributes to:** • maintaining a normal level of glucose in the blood • normal metabolism of macronutrients (carbohydrates, fats and proteins)

**Selenium contributes to:** • protect cells from oxidative stress • normal function of the immune system • normal function of the thyroid gland • maintaining normal hair and nails • normal spermatogenesis

### + RECOMMENDED FOR:

Strong Nature® Chromium + Selenium MAX is recommended for adults to:

- strengthen the body's defenses
- protect cells from oxidative damage
- improve reproductive health
- increase physical performance
- reduce the risk of obesity
- insulin resistance and diabetes
- polycystic ovary syndrome

### + INSTRUCTIONS FOR USE:

Adults: 1 capsule daily after a meal.





## Strong Nature® HERBAL HELP + ANTIOX SUPPORT / 30+30 capsules



### + COMPOSITION:

100 mg of Gymnema (Gymnema sylvestre) leaf dry extract with min 25% gymnemic acid; 50 mg of Bitter melon fruit dry extract (Momordica charantia L.) with min 1,8% charantine, 20:1; 24 mg of Niacin (as nicotinamide); 13,5 mg of Vitamin B5 (as Ca-pantothenate); 5,4 mg of riboflavin; 5,4 mg of Vitamin B6 (as pyridoxine hydrochloride); 5 mg of zinc (as zinc-oxide); 4,5 mg of Thiamine (as thiamine hydrochloride); 300 µg of Folic acid; 135 µg of Biotin (as d-biotin), 100 µg of Chromium (as chromium-chloride); 8,10 µg of Vitamin B12 (as cyanocobalamin); + 90 mg of alpha-lipoic acid; 25 mg of Japanese pagoda tree (Sophora japonica L) flower dry extract with min 98% of quercetin, 15:1; 20 mg of vitamin C (as l-ascorbic acid) and 1 mg of astaxanthin.

### + CHARACTERISTICS AND EFFECTS:

STRONG NATURE® HERBAL HELP + ANTIOX SUPPORT is a dietary supplement intended for the maintenance of normal blood glucose level. It represents a combination of plant extracts, vitamins, minerals and antioxidants that contribute to the lowering of blood glucose levels and reduction of secondary complications of diabetes. The leaves of the Gymnema sylvestre plant contain gymnemic acids, which have been shown to slow the transport of glucose from the intestines to the bloodstream. Some research also suggests that gymnema sylvestre extract can help repair and regenerate the beta cells in the pancreas that produce insulin. Bitter melon fruit contains at least three active substances with anti-diabetic properties, including charantine, which has been confirmed to have a blood glucose-lowering effect. Chromium is an essential mineral for human nutrition and aids in the normal function of insulin. It contributes to the maintenance of normal blood glucose levels. Zinc plays a vital role in an enormous number of biological processes. It is a cofactor for the antioxidant enzyme superoxide dismutase (SOD) and is in a number of enzymatic reactions involved in carbohydrate and protein metabolism. Water-soluble B vitamins help convert our food into fuel, allowing us to stay energized throughout the day. B-complex vitamins, particularly B6 and B12, are vital for the health of people who have diabetes. That's because these vitamins support nerve health, which is critical when addressing conditions such as diabetic neuropathy. Biotin is another B-complex vitamin that is necessary for cell growth and for the metabolism of protein, fats and carbohydrates. This vitamin has also been shown to lower fasting blood sugar levels and reduce risk of complications such as diabetic neuropathy. Alpha-lipoic acid, quercetin, astaxanthin and vitamin C represent a combination of very strong antioxidants. Alpha-lipoic acid crosses blood-brain barrier and its antioxidant activity shows on the brain level, too. It is especially recommended to help relieve the symptoms caused by diabetic neuropathy, retinopathy and cardiopathy such as: pain, weakness, rigidity, cramps, numbness, tingling and loss of sensation in nerves. It is believed that quercetin is most active of all flavonoids. Quercetin shows antioxidant and anti-inflammatory activity. Astaxanthin is a member of carotenoids which has ability to neutralize reactive oxygen species. Because of that, astaxanthin is a strong antioxidant and anti-inflammatory agent with cardioprotective, neuroprotective, antidiabetic, anticancer, antiasthmatic, oculo-protective, nephroprotective, gastroprotective and immunoprotective effects. Vitamin C is the most important water-soluble biological antioxidant. It can scavenge both reactive oxygen species and reactive nitrogen species..

### + RECOMMENDED FOR:

STRONG NATURE® HERBAL HELP + ANTIOX SUPPORT is a dietary supplement based on: gymnema leaf dry extract, bitter melon fruit dry extract, B complex vitamins, microelements chromium and zinc, alpha-lipoic acid, quercetin, astaxanthin and vitamin C.

- Chromium is important for blood glucose level, glucose tolerance and for insulin function.
- Zinc contributes to normal metabolism of carbohydrates and fatty acids.
- B vitamins are essential for the production of energy in the body and for the normal functioning of the nervous system. Vitamin B6 contributes to normal protein and glycogen metabolism.
- Alpha lipoic acid, quercetin, astaxanthin, vitamin C, vitamin B2 and zinc represent powerful antioxidants which contribute to protection of cells from oxidative stress.

### + INSTRUCTIONS FOR USE:

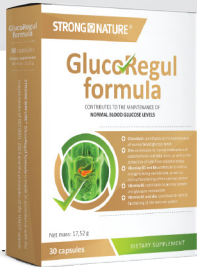
Adults: 1 capsule from each blister drink once a day before the main meal.





# Diabetes segment

Diabetes prevention.



## Strong Nature® GLUCO REGUL FORMULA

/ 30 capsules



### + COMPOSITION:

50 mg of Bitter melon fruit dry extract (Momordicaccharantia L.) with min 1,8% charantine, 200 mg of Alpha-lipoic acid, 100 mg of Shiitake mushroom dry extract (Lentinula edoses) with min. 10 % polysaccharides, 10:1, 5 mg of Zinc (as zinc-oxide), 1.6 mg of Vitamin B6 (as pyridoxine-hydrochloride), 1.1 mg of Thiamine (as thiamine-mononitrate), 40 µg of Chromium (as chromium-III-chloride).

### + CHARACTERISTICS AND EFFECTS:

Double action formula for lowering blood glucose level and reducing secondary complications of Diabetes.



## Strong Nature® ALPHA LIPOIC ACID

/ 30 capsules

/ 100 capsules



### + COMPOSITION:

200 mg of alpha-lipoic acid.

### + CHARACTERISTICS AND EFFECTS:

Especially recommended for diabetic neuropathy, retinopathy and cardiopathy: reduces pain, weakness, cramps, numbness, rigidity, tingling and loss of sensation in nerves due to damage caused by Diabetes.



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



# **Weight managment** segment

Natural solution for reduction of body weight.



# Weight management segment

Natural solution for reduction of body weight.



## Strong Nature® GREEN COFFEE DRINK / CAPSULES

/ 14 sachets / 20 capsules / 45 sachets / 90 capsules



### + COMPOSITION:

**Green coffee capsules:** 400 mg of decaffeinated Green coffee seed dry extract (*Coffea canephora robusta P.*) standardized to 45-50% of chlorogenic acids, SVETOL®.

**Green coffee drink:** 400 mg of Green coffee seed dry extract SVETOL®. Other ingredients: soy milk powder, instant coffee powder.

**Green coffee Plus capsules:** 66,7 mg of Green coffee seed dry extract SVETOL®; 526 mg of *Amorphophallus konjac* root dry extract with min 95% glucomannan.

**Green coffee Plus drink:** 133,3 mg of Green coffee seed dry extract SVETOL®; 1,05 g of *Amorphophallus konjac* root dry extract with min 95% glucomannan. *Svetol®* is the brand name of company Naturex SA, France

### + CHARACTERISTICS AND EFFECTS:

**Strong Nature® Green Coffee** represents a dietary supplement for weight loss with a pleasant taste of coffee. It is a natural plant extract of decaffeinated green coffee, obtained from unroasted coffee beans of the Robusta variety (*Coffea canephora robusta Pierre*), that is standardized to 45-50 % of chlorogenic acids. Chlorogenic acids reduce intestinal absorption of glucose and thus stimulate the use of existing fat deposits as a source of energy.

**Strong Nature® Green Coffee Plus** represents a combination of two high quality active ingredients glucomannan and Svetol®, which by acting in two different ways are leading to reduction of body weight. **Glucomannan** is a water-soluble fiber derived from the root of Konjac plant (*Amorphophallus konjac*). This polysaccharide swells in the presence of water, increasing its volume up to 200 times compared to the initial. In this way, after consuming, glucomannan creates a feeling of satiety and prolongs the time until the next meal.

### + RECOMMENDED FOR:

**Strong Nature® Green Coffee** is intended as a dietary supplement for people with increased body mass under the regime of weight loss.

### + INSTRUCTIONS FOR USE:

**Green coffee capsules:** Adults: One capsule a day, 20 minutes before the main meal with plenty of liquid.

**Green coffee drink:** Adults: One sachet a day. Sachet content dissolved in 100 ml of hot water and drink 20 minutes before the breakfast.

**Green coffee Plus capsules:** Adults: 2 capsules 3 times a day, 30-60 before meal with 1-2 glasses of water.

**Green coffee Plus drink:** Adults: 1 sachet 3 times a day. Sachet content dissolved in 100 ml of hot water and drink 30-60 minutes before the meal with 1-2 glasses of water.



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



# Weight management segment

Natural solution for reduction of body weight.



## Strong Nature® APPETITE&WEIGHT CONTROL GLUCOMANAN FORMULA

/ 90 capsules  
/ 15 capsule



### + COMPOSITION:

526 mg of Amorphophallus konjac root  
with min 95% glucomannan.

### + CHARACTERISTICS AND EFFECTS:

Suppresses your appetite.



## Strong Nature® APPETITE&WEIGHT CONTROL GLUCOMANAN FORMULA

/ 45 sachets



### + COMPOSITION:

1.05 g of Amorphophallus konjac root  
with min 95% glucomannan,  
2 g of instant coffee powder,  
2 g of soy milk powder.

### + CHARACTERISTICS AND EFFECTS:

Suppresses your appetite.





# Antistress segment

For good days and peaceful nights.



# Antistress segment

For good days and peaceful nights.



## Strong Nature® ANTISTRESS DAY FORMULA / 30 capsules



### + COMPOSITION:

5-HTP – Dry extract of griffonia seeds (*Griffonia simplicifolia*), with min 98% 5-hydroxytryptophan – 50 mg; Dry leaf extract of green tea (*Camellia sinensis*), with min 40% l-theanine – 100 mg; Dry rhodiola root extract (*Rhodiola rosea*), with min. 3% rosavin and 1% salidroside – 90 mg, dry extract of the fruit of the Chinese schisandra (*Schisandra chinensis*), with min. 10% schisandrins - 65 mg.

### + CHARACTERISTICS AND EFFECTS:

**Strong Nature® Antistress Day formula**, dietary supplement, is a unique product with a herbal composition that increases the body's resistance to stress and physical exertion and contributes to the improvement of mental and physical abilities:

- reduces tension, nervousness and anxiety
- improves concentration and memory
- elimination of the negative consequences that stress leaves on our body
- raises the energy level
- reduces the feeling of fatigue and exhaustion
- increases the production of serotonin - the hormone of happiness
- reduces anxiety and bad moods.

**Strong Nature® Antistress Day formula** is a high-quality product, which, thanks to its natural ingredients, encourages the body to react adequately in stressful situations and removes the harmful effects of stress that we are exposed to every day, without creating a feeling of addiction.

### + RECOMMENDED FOR:

**STRONG NATURE® ANTISTRESS DAY FORMULA** is a dietary supplement based on herbal extracts mixture.

- To eliminate the consequences of stress and anxiety
- For a rapid increase in serotonin - the hormone of happiness
- For problems with concentration and memory

### + INSTRUCTIONS FOR USE:

Adults: 1 capsule in the morning or during the day.





# Antistress segment

For good days and peaceful nights.



## Strong Nature® ANTISTRESS NIGHT FORMULA / 30 capsules



### + COMPOSITION:

5-HTP – Dry extract of Griffonia seeds (*Griffonia simplicifolia*), with min 98% 5-hydroxytryptophan - 50 mg; Melatonin -1 mg; Dry extract of valerian root (*Valeriana officinalis*) with min 0.8% valeric acid - 150 mg; GABA - Gamma-aminobutyric acid - 250 mg.

### + CHARACTERISTICS AND EFFECTS:

**Strong Nature® Antistress Night** formula is a dietary supplement based on high quality herbs, intended to eliminate the consequences of stress that we are exposed to during the day, faster falling asleep, better and better quality sleep.

- Shortens the time required to fall asleep
- Quickly raises the level of serotonin - the hormone of happiness and relaxation
- Reduces irritability and nervous tension
- Improves brain activity
- Promotes muscle and nerve relaxation
- reduces the feeling of discomfort and nervousness.

**Strong Nature® Antistress Night** is formulated with the aim of making it easier and faster for people who have sleep problems to fall asleep and improve the quality of sleep as a whole. Thanks to the synergistic action of its ingredients, it has a stimulating effect on sleep.

**It is intended for:** • Shortening the time to fall asleep • For a rapid increase in serotonin - the hormone of happiness • Relaxation in states of irritability and nervous tension • Improving brain activity. 5-HTP (5-hydroxytryptophan) participates in the creation of the neurotransmitters serotonin ("hormone of happiness") and melatonin.

**Melatonin contributes to:** • Reducing the time it takes to fall asleep. A beneficial effect is achieved by taking 1 mg of melatonin (1 capsule) immediately before going to bed. • Alleviating subjective feelings associated with changing time zones when traveling by plane. **Valerian root contributes to:** • Relaxation in states of irritability and nervous tension • Easier establishment of sleep • Mental and physical well-being.

### + RECOMMENDED FOR:

STRONG NATURE® ANTISTRESS NIGHT FORMULA is recommended for people over 18 years old:

- with sleep disorders (difficulty falling asleep, interrupted and worse sleep)
- when feeling weak and tired
- with irritability and nervous tension
- in exhausting and stressful situations
- for calming and relaxation needs

### + INSTRUCTIONS FOR USE:

Adults: 1 capsule 30-60 minutes before going to sleep.



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



# Antistress segment

For good days and peaceful nights.



Strong Nature®  
**MELATONIN 1 MG**  
/ 90 capsules



Strong Nature®  
**MELATONIN 5 MG**  
/ 120 capsules

Strong Nature®  
**MELATONIN 10 MG**  
/ 120 capsules

**DEEP SLEEP MELATONIN FORMULA**  
/ 10 capsules

## + COMPOSITION:

**Melatonin 1 mg:** Melatonin 1 mg.

**Melatonin 5 mg:** Melatonin 5 mg.

**Melatonin 10 mg:** Melatonin 10 mg.

## DEEP SLEEP MELATONIN FORMULA:

Passion flower dry extract 10:1 (*Passiflorae incarnatae flos ext sicc*) 100 mg, Melatonin 1 mg.

## + CHARACTERISTICS AND EFFECTS:

- Reduction of time taken to fall asleep
- Improvement of sleep-wake rhythm
- Better adapting to frequent changes of time zones





# Thyroid gland segment

Thyroid gland prevention.



# Thyroid gland segment

Thyroid gland prevention.



## Strong Nature® TIROID FORMULA / 30 capsules



### + COMPOSITION:

200 mg of L-tyrosine, 10 mg  $\alpha$ TE of Vitamin E (as dl-alpha-tocopheryl acetate),  
100  $\mu$ g of Selenium (as sodium -selenate), 100  $\mu$ g of Iodine (as potassium-iodate).  
 $\alpha$ TE\* - alpha tocopherol equivalents

### + CHARACTERISTICS AND EFFECTS:

**Strong Nature® Thyroid Formula** represents a combination of four high quality ingredients that contribute to the proper function of thyroid gland. L-tyrosine is a conditionally essential amino acid that is necessary for the production of thyroid hormones. Selenium is a trace element normally present in the human body, necessary for normal functioning of the thyroid gland. It acts as a powerful antioxidant, especially when combined with vitamin E. Iodine is an essential trace element which is vital to the function of the thyroid gland. It is an essential component of thyroid hormones, which are required for normal development and metabolism.

References: 1. PDR for Nutritional Supplements 2. [www.efsa.europa.eu](http://www.efsa.europa.eu)

### + RECOMMENDED FOR:

STRONG NATURE® THYROID FORMULA is a dietary supplement based on amino acid L-tyrosine, vitamin E and microelements – selenium and iodine.

- **Selenium and iodine contribute to the normal production of thyroid hormones and normal thyroid function.**
- **Selenium and vitamin E contribute to the protection of cells from oxidative stress.**
- **Iodine contributes to normal energy-yielding metabolism.**

### + INSTRUCTIONS FOR USE:

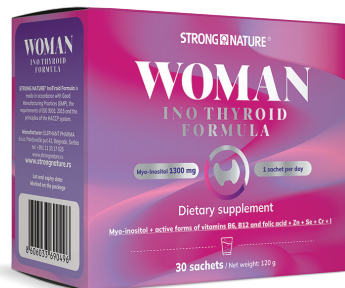
Adults: 1 capsule a day.





# Thyroid gland segment

Thyroid gland prevention.



Strong Nature®

## WOMAN INO THYROID FORMULA / 30 sachets



### + COMPOSITION:

1.300 mg of myo-Inositol, 500mg of L-tyrosine, 20mg of zinc (as zinc bisglycinate), 5 mg of vitamin B6 (pyridoxal-5'-phosphate), 400 µg of folic acid (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt), 200 µg of chromium (as chromium-picolinate), 150 µg of iodine (as potassium-iodide), 100 µg of selenium (as L-selenmethionine), 8 µg of vitamin B12 (as methylcobalamine).

### + CHARACTERISTICS AND EFFECTS:

**Strong Nature® WOMAN Ino Thyroid formula** is dietary supplement based on myo-inositol, the amino acid L-tyrosine, active forms of vitamins B6, folic acid, and vitamin B12, selenium, zinc, chromium, and iodine, intended to support normal thyroid function and reproduction.

**Vitamin B6 contributes to** regulation of hormonal activity

**Vitamin B6, folate, vitamin B12 contribute to** reduction of tiredness and fatigue

**Vitamin B6, B12 and iodine contribute to** normal energy metabolism

**Selenium contributes to** maintenance of normal thyroid function

**Iodine contributes to** normal production of thyroid hormones and normal thyroid function

**Zinc and selenium contributes to** maintenance of normal hair and nails

**Zinc contributes to** normal fertility and reproduction

**Chromium contributes to** normal metabolism of glucose and macronutrients

### + RECOMMENDED FOR:

This combination of nutrients is primarily **recommended for individuals** who are looking to:

- **Support metabolic health and insulin sensitivity.**
- **Improve energy levels and reduce fatigue** by supporting **thyroid function, neurotransmitter production, and cellular processes.**
- **Balance hormones** and support **mental well-being and mood** (with a focus on hormonal regulation, cognitive function, and stress support).
- **Enhance overall health** with **antioxidant support, immune function, and nutrient absorption.**

### + INSTRUCTIONS FOR USE:

1 sachet per day. Dissolve the contents of the sachet in 200 ml of water or juice and drink.



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



# Eye health segment

Eye health prevention.



Strong Nature®

**EYE FORMULA** / 30 + 30 capsules



### + COMPOSITION:

Fish oil standardized to min: 250 mg DHA, 50 mg EPA, 10 mg αTE\* of Vitamin E (as dl-α-tocopheryl acetate), 7 mg of Beta-carotene, 5 mg of Riboflavin, 5 mg of Zinc (as zinc-oxide), 2 mg of Astaxanthin, 1 mg of Copper (as copper-gluconate), 50 µg of Selenium (as sodium-selenate).  
αTE\* - alpha tocopherol equivalents

### + CHARACTERISTICS AND EFFECTS:

**Fish oil** is a rich source of polyunsaturated Omega-3 fatty acids EPA and DHA. **Docosahexaenoic acid (DHA)** is found in the highest concentration in the retina, suggesting it has an important functional role. **Eicosapentaenoic acid (EPA)** is used in DHA biosynthesis. **DHA** contributes to the maintenance of eye health, helps to prevent retinopathy and age-related macular degeneration. **Beta caroten and astaxanthin** are the members of carotenoid family. **Beta carotene** is a provitamin of vitamin A. **Zinc** is highly concentrated in the eye and necessary for the normal metabolism of vitamin A in the body. It is essential for dark adaptation. **Vitamin A and zinc** contribute to the maintenance of normal vision. **Riboflavin or vitamin B2** plays a key role in the production of energy in the body. It is important for normal vision and may prevent cataract. Astaxanthin is far more effective than other carotenoids at "singlet oxygen quenching," which is a particular type of oxidation. Astaxanthin crosses the blood-brain barrier and the blood-retinal barrier, which has huge implications for the health of eyes. Astaxanthin supplementation could be effective in preventing or treating a whole host of eye diseases, including: age-related macular degeneration (ARMD), diabetic neuropathy, cystoid macular edema, central retinal arterial and venous occlusion, glaucoma, inflammatory eye diseases (i.e., retinitis, iritis, keratitis, scleritis, etc.). Vitamin E, selenium, zinc and copper help protect cells from oxidative stress. Riboflavin may potentiate the antioxidant effect of vitamin E.

References: 1. PDR for Nutritional Supplements 2. www.efsa.europa.eu 3. www.astareal.se

### + RECOMMENDED FOR:

STRONG NATURE® Eye Formula is a dietary supplement for healthy eyes based on fish oil, riboflavin, astaxanthin, beta carotene, vitamin E, selenium, zinc and copper. DHA is an important part of the structure of the retina and therefore plays a role in visual development and normal eye function. Beta carotene is a provitamin of vitamin A. Zinc is necessary for the transport of vitamin A in the body. Vitamin A, riboflavin and zinc contribute to the maintenance of normal vision. Vitamin E, selenium, zinc and copper contribute to protection of cells from oxidative stress.

### + INSTRUCTIONS FOR USE:

Adults: 1 soft gelatin capsule and 1 hard gelatin capsule a day drink at the same time, with a meal.



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



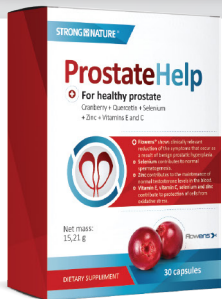
# Urinary tract segment

Natural solution for urinary comfort.



# Urinary tract segment

Natural solution for urinary comfort.



## Strong Nature® PROSTATE HELP / 30 capsules



### + COMPOSITION:

125 mg of Cranberry (*Vaccinium macrocarpon* Aiton) fruit powder, Flowens®, 50 mg of Japanese pagoda tree (*Sophora japonica* L) flower dry extract with min 98% of quercetin, 15:1, 40 mg of Vitamin C (as l-ascorbic acid), 12 mg aTE of Vitamin E (as dl- $\alpha$ -tocopheryl acetate), 5 mg of Zinc (as zinc-oxide), 50  $\mu$ g of Selenium (as l-selenomethionine).



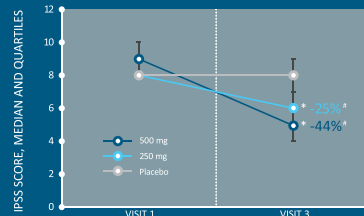
### + CHARACTERISTICS AND EFFECTS:

Flowens®\* is a full spectrum cranberry powder purposely built and optimized for men's health. 250 mg daily supplementation with Flowens® has been clinically shown to: **• helps support normal prostate function and • improves lower urinary tract symptoms.** It is believed that quercetin is the most active of all flavonoids. Studies suggest that several of quercetin activities, including anti-inflammatory, antioxidant and immune-modulating actions, are responsible for its beneficial effects in chronic prostatitis. Selenium is an essential trace element in human nutrition. It plays an important role in maintaining the viability of sperm cells and it is needed for healthy prostate function. Zinc has a broad range of vital roles in human organism. Among other roles, zinc is involved in sperm formation and testosterone metabolism. Vitamin C, vitamin E, zinc and selenium are powerful antioxidants which protect cells from damage caused by free radicals.

### + \*SCIENTIFIC EVIDENCE:

#### SIGNIFICANT IMPROVEMENTS IN URINARY SYMPTOMS

Flowens™ was used in a randomized, double blind, placebo controlled study in otherwise healthy men with LUTS. The results showed that Flowens™ is safe and effective with no side effects.



\* Statistically significant vs. placebo (P<0.05) \* Statistically significant vs. baseline (P<0.05)

International Prostate Symptom Score, a validated questionnaire, is widely considered the most relevant clinical marker used to evaluate the severity of LUTS. Daily consumption of 250 or 500 mg of Flowens™ delivers statistically significant improvements in IPSS vs. baseline and vs. placebo control.

### + RECOMMENDED FOR:

Strong Nature® Prostate Help is a dietary supplement based on Flowens®, quercetin, vitamin C, vitamin E, selenium and zinc.

Flowens® is a full spectrum cranberry powder that has been clinically shown to improve Lower Urinary Tract Symptoms in men associated with Benign Prostate Hyperplasia. Selenium is beneficial for prostate health and contributes to normal spermatogenesis. Zinc contributes to the maintenance of normal testosterone levels in the blood. Vitamin E, vitamin C, selenium and zinc contribute to protection of cells from oxidative stress.

### + INSTRUCTIONS FOR USE:

Adults: 2 capsules a day.



# Urinary tract segment

Natural solution for urinary comfort.



## Strong Nature® UROFIT BRUSNICA / 30 capsules



### + COMPOSITION:

250 mg of whole Cranberry (*Vaccinium macrocarpon*) fruit dry extract 50:1, with min 1.5% proanthocyanidins, Pacran®.  
*Pacran® is the brand name of the French company Naturex SA.*

### + CHARACTERISTICS AND EFFECTS:

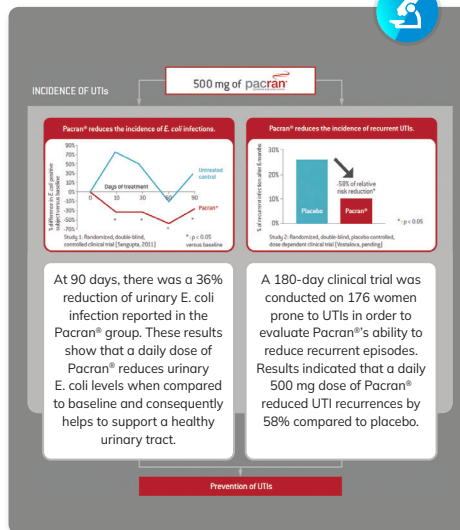
Cranberry is widely used to prevent urinary tract infections. Cranberries appear to work by inhibiting the adhesion of uropathogenic *E. Coli* to the uroepithelium and subsequent infection. **PACRAN®\*** is a patent-protected proprietary cranberry dry extract of the French company Naturex.

It is obtained from the whole fruit and provides the full spectrum of cranberry with a standardized level of bio-active proanthocyanidins, as well as other key cranberry components, such as phenolics, organic acids, fibers, fatty acids, proteins and sugars.

**PACRAN®\*** is the most extensively studied and scientifically proven cranberry product for urinary tract health. **500 mg PACRAN®\*** supplementation has been clinically proven to:

- Reduce recurrent urinary tract infections
- Reduce *E. Coli*

### + \*SCIENTIFIC EVIDENCE:



### + RECOMMENDED FOR:

Strong Nature® Urofit Brusnica is a dietary supplement based on dry extract of whole cranberry fruit, with standardized level of bio-active proanthocyanidins. Strong Nature® Urofit Brusnica is recommended for maintenance of urinary tract health by:

- Reducing bacteria adhesion to urinary tract wall
- Reducing the incidence of *E.coli* infections and recurrent urinary tract infections

### + INSTRUCTIONS FOR USE:

Adults: 1 capsule 2 times a day with meal.





# Liver health segment

For healthy liver



# Liver health segment

For healthy liver



## Strong Nature® GLUTATHIONE+ / 30 capsules

### + COMPOSITION:

L-Glutathione 150 mg, N-acetyl-L-cysteine 150 mg, Curcuma (Curcuma longa) rhizome dry extract with min 95% curcuminoids 25 mg.

### + CHARACTERISTICS AND EFFECTS:

The liver is the body's main detoxifying organ, and the main substance responsible for the healthy liver function is a strong antioxidant glutathione. **OPITAC™ Kohjin Glutathione** is the manufactured form of glutathione whose effectiveness is confirmed through numerous clinical studies. N-acetyl-L-cysteine (NAC) is a precursor needed for glutathione biosynthesis. NAC is a form of the amino acid cysteine, which in addition to increasing glutathione also reduces acetaldehyde toxicity that causes many hangover symptoms. Antioxidant and anti-inflammatory effects of curcumin are responsible for its hepatoprotective activity. Curcumin is capable of repairing damaged liver tissues.

### + RECOMMENDED FOR:

**Strong Nature® Glutathione+** is a dietary supplement intended for the maintenance of normal liver function. N-acetyl-L-cysteine enhances the production of glutathione in the liver. Glutathione is essential for the regeneration of liver cells and its detoxification function. Curcuma helps maintain the health of the liver.

### + INSTRUCTIONS FOR USE:

Adults: one-two capsules a day with meal



## Strong Nature® HEPA STRONG / 30 capsules

### + COMPOSITION:

Astragalus (Astragalus membranaceus) root dry extract with min 20% polysaccharides, 5:1 100 mg, Milk thistle (Silybum marianum) seed dry extract with min 80% silymarin, 40:1 75 mg, Marigold (Calendula officinalis) flower dry extract, 5:1 75 mg, Dandelion (Taraxacum officinale) root dry extract with min 2% flavonoids, 10:1 50 mg, Agrimony (Agrimonia eupatoria) herb dry extract, 4:1 50 mg, Choline (as choline L-bitartrate) 110 mg and Curcuma (Curcuma longa) rhizome dry extract with min 95% curcuminoids, 20:1 25 mg.

### + CHARACTERISTICS AND EFFECTS:

**Strong Nature HEPASTRONG** represents a combination of highly effective ingredients that contribute to better function of liver.

- Choline contributes to the maintenance of normal liver function as well as normal lipid metabolism.
- Silymarin stimulates the production of glutathione which participates in the regeneration of liver cells. Curcuma helps maintain the health of the liver.
- Astragalus, marigold, dandelion and agrimonia support normal liver activity and help reduce the harmful effects of toxins to liver.

### + RECOMMENDED FOR:

Contributes to the maintenance of normal liver function and normal lipid metabolism, production of glutathione, normal liver activity and helps to reduce the harmful effects of toxins to liver.

### + INSTRUCTIONS FOR USE:

Adults: two capsules a day with meal.





# Liver health segment

For healthy liver



## Strong Nature® SILYMARIN FORMULA / 30 capsules



### + COMPOSITION:

375mg of sycamore seeds (*Silybum marianum*) dry extract, with min. 80% silymarin, of which Silymarin 300mg, 50mg of dandelion root (*Taraxacum officinale*) 4:1 dry extract

### + CHARACTERISTICS AND EFFECTS:

A healthy liver means a healthy life! The liver is considered the body's laboratory for a reason, and when we talk about preserving and nurturing health, we are actually talking about a healthy and functional diet. Silymarin has been used for centuries to detoxify the body and regenerate liver cells, thus strengthening the entire organism and overall health. In all cultures where it grows, dandelion has always been used for indigestion, flatulence, stomach pain, gallstones, as a laxative and diuretic. Today, silymarin and dandelion are the subject of a large amount of scientific research in laboratories around the world, which confirms their beneficial effects. The unique combination of Silymarin formula, Silymarin 300 mg + Dandelion 50 mg is recommended for people with diagnosed ailments, as well as for the purposes of prevention, care and preservation of health. Strong Nature® Silymarin formula contains top quality ingredients in a precisely defined ratio so that the utilization of the active ingredients is maximal without harmful consequences for the body. Milk thistle and dandelion have been used in traditional medicine for thousands of years in the treatment of acute and chronic liver diseases, to improve digestion, digestive problems and detoxification (cleansing) of the body. Modern medicine recognizes the benefits of milk thistle, i.e. its main ingredient silymarin and dandelion, and recommends its use in:

- damage to liver cells caused by the consumption of alcoholic beverages, unhealthy, fatty and high-calorie foods, drugs...
- chronic and acute liver diseases, cirrhosis and fatty liver
- inflammatory processes, viral and other infections
- digestive problems (indigestion, flatulence, gas, indigestion...)

### + RECOMMENDED FOR:

Strong Nature® Silymarin formula, Silymarin 300 mg + Dandelion 50 mg is recommended for adults:

- in diagnosed liver diseases (liver cirrhosis, hepatitis, fatty liver)
- with unhealthy eating habits (regular or occasional use of alcoholic beverages, industrial, fast, fatty food...)
- in the use of drugs, especially in chronic conditions
- with digestive problems (problems with digestion, flatulence, irregular and difficult digestion...)
- in case of oxidative damage (especially in people who consume cigarettes, live in polluted environments, or are exposed to various forms of radiation)

### + INSTRUCTIONS FOR USE:

Adults: one-two capsules a day with meal



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



# Beauty segment

Beauty and health.



## Strong Nature® BETATEN PROTEKT / 30 capsules



### + COMPOSITION:

50 mg of Japanese pagoda tree (*Sophorae japonica* L) flower dry extract with min. 98% of quercetin, 15:1, 50 mg of Tomato (*Solanum lycopersicum*) fruit dry extract with min 10% of lycopene, 15:1, thereof: 5 mg of Lycopene, 10 mg αTE\* of Vitamin E (as dl-α-tocopheryl acetate), 7 mg of Beta - carotene, 5 mg of Zinc (as zinc-oxide), 1 mg of Copper (as copper-gluconate), 50 µg of Selenium (as sodium-selenate).  
αTE\* - alpha tocopherol equivalents

### + CHARACTERISTICS AND EFFECTS:

**Strong Nature® BetaTen Protekt** is a dietary supplement with a unique formulation. It is intended for:

- preparing the skin for sunbathing,
- maintaining the health of the skin, hair and nails,
- protect the body from the action of free radicals and the harmful effects of UV radiation, especially during sunbathing,
- Promotes the production of melanin, which increases skin pigmentation and is responsible for the beautiful tanned appearance of the skin.

**Beta-carotene** is a provitamin of vitamin A from the group of carotenoids. **Carotenoids** are a group of fat-soluble compounds widely distributed in the plant world, where they are the carriers of yellow and orange colors. **Vitamin A** is necessary for maintaining normal vision and skin function. **Lycopene** is another ingredient that comes from the group of carotenoids. It is responsible for the red color of fruits and vegetables and is one of the strongest antioxidants that exist in nature. **Quarctetin** belongs to the group of bioflavonoids with pronounced antioxidant activity and a strong effect in protecting cells from damage caused by the harmful effects of UV rays. **Copper** contributes to melanin synthesis. **Melanin** is responsible for normal skin pigmentation, a uniform and beautiful tanned appearance, but it also plays a role in protecting the skin from the harmful effects of UV radiation. **Zinc** is a micronutrient necessary for normal and healthy skin, hair and nails. Vitamin E, selenium, zinc and copper contribute to the protection of cells from oxidative damage caused by UV rays and an increased concentration of free radicals in the body.

### + RECOMMENDED FOR:

- For safer sunbathing
- Faster achievement of a beautiful, even tan
- In order to protect the skin from the negative consequences of sunbathing
- Faster skin recovery after sunbathing
- Maintaining the health of the skin, hair and nails

### + INSTRUCTIONS FOR USE:

Adults: 1 capsule daily with a meal.





## Strong Nature® EPOBALANS+

/ 30 capsules



### + COMPOSITION:

1000 mg of cold-pressed Evening primrose seed oil (Oenothera biennis) with min 10% of gamma-linolenic acid.



## Strong Nature® EVENING PRIMROSE OIL + VITAMIN E

/ 30 capsules  
/ 100 capsules



### + COMPOSITION:

500 mg of cold-pressed Evening primrose seed oil (Oenothera biennis) with min 9% of gamma-linolenic acid and 10 mg  $\alpha$ -TE of Vitamin E (as d- $\alpha$ -tocopherol).

### + CHARACTERISTICS AND EFFECTS:

Maintaining the women hormonal balance,  
for relief of PMS and menopause symptoms, for healthy skin, hair and nails.



## Strong Nature® NMN + PQQ / 30 capsules



### + COMPOSITION:

300 mg of  $\beta$ -nicotinamide mononucleotide, 20 mg of disodium salt of pyrroloquinoline quinone.

### + CHARACTERISTICS AND EFFECTS:

NMN is a precursor to Nicotinamide Adenine Dinucleotide (NAD+), a coenzyme found in every living cell. NAD+ is essential for a variety of biological processes, including **energy production**, **DNA repair**, **cellular health**, and **aging**. PQQ is a **redox cofactor** (a compound involved in electron transfer reactions) and a **powerful antioxidant**. It has been found to support **mitochondrial health**, the function of which directly affects energy production in cells. Together, NMN and PQQ may **optimize cellular energy**, **support brain health**, **reduce oxidative stress**, and **promote longevity**. This combination could be particularly recommended for:

- Individuals looking to combat the effects of **aging**.
- Those with **low energy levels** or **fatigue**.
- **Brain health and cognitive function** support.
- People who want to **improve metabolic health** and support **insulin sensitivity**.

### + RECOMMENDED FOR:

- **Improving mitochondrial function** and cellular energy.
- **Supporting healthy aging** and longevity.
- **Enhancing cognitive performance** and brain health.
- **Supporting metabolic health** and energy levels.

### + INSTRUCTIONS FOR USE:

Adults: 1 capsule a day.





## Strong Nature® MENO 3 FORMULA / 30 capsules



### + COMPOSITION:

130mg of red clover herb (*Trifolium pratense*) dry extract of with min. 20% isoflavones, 65mg of hop cones (*Humulus lupulus*) dry extract, with min 0.03% 8-prenylnaringenin, 5mg of cimicifuga root (*Cimicifuga racemosa*) dry extract, with min 2.5% triterpene sapogenin

### + CHARACTERISTICS AND EFFECTS:

**Strong Nature MENO 3 Formula** is a nutritional supplement based on standardized extracts of red clover, hops and cimicifuga, which provide support in the menopause period with their synergistic action. Red clover, hops, cimicifuga contribute to the relief of normal psychological and physical functions in menopausal women. Cimicifuga contributes to maintaining good lymph flow.

Red clover contributes to the normal function of the cardiovascular system and maintenance of normal bones. Hops contribute to the normal function of the nervous system and shortening the time it takes to fall asleep.

This formulation is **most beneficial for women in the perimenopausal or menopausal stages**, helping to ease symptoms such as hot flashes, mood swings, and sleep disturbances. It may also support **hormonal balance** and **bone health**, as well as provide a natural alternative to traditional hormone replacement therapy (HRT).

### + RECOMMENDED FOR:

Given the combination of red clover, hop cones, and cimicifuga root, this formulation is primarily recommended for:

- **women experiencing hormonal imbalances**, especially those going through **perimenopause** or **menopause**.
- **Calming and Relaxation:** The hops in this formulation may also have a mild **calming effect**, which can help with anxiety and sleep issues often associated with hormonal changes.
- **Bone Health:** Red clover and cimicifuga, both rich in phytoestrogens, may help with maintaining bone health and preventing **osteoporosis** during menopause.
- **General Hormonal Balance:** This formulation works synergistically to support **overall hormonal balance** and may help reduce the impact of fluctuating estrogen levels.

### + INSTRUCTIONS FOR USE:

Adults: 1 capsule a day.



# Bones and joints segment

Be active without worries.



# Bones and joints segment

Be active without worries.



Strong Nature®  
**VITAMIN K + D3**  
**+ MN + ZN**  
/ 30 capsules



## + COMPOSITION:

15 mg of zinc (as zinc gluconate), 4 mg of manganese (as manganese sulphate), 100 µg of Vitamin K (as phytomenadione), 10 µg of Vitamin D (as cholecalciferol).

## + CHARACTERISTICS AND EFFECTS:

For healthy bones.



Strong Nature®  
**GLUCOSAMINE**  
**SULFATE**  
/ 60 capsules (750 mg)  
/ 100 capsules (500 mg)



## + COMPOSITION:

60 capsules / 750 mg of D-glucosamine sulphate (2NaCl).

100 capsules / 500 mg of D-glucosamine sulphate (2NaCl).

## + CHARACTERISTICS AND EFFECTS:

For damaged joints and intense pains in joints, for the elderly persons with difficult heavier movements, for the sportsmen, at injuries of connective tissue and ligaments.



Strong Nature®  
**MG + CA + D3**  
/ 60 capsules



## + COMPOSITION:

200 mg of calcium (as calcium-carbonate), 100 mg of magnesium (as magnesium oxide), 1.66 µg of vitamin D3.

## + CHARACTERISTICS AND EFFECTS:

For supplement in everyday diet, for the sportsmen and recreating persons, women in the active and mature age, during menopause, for prevention and therapy of osteoporosis.



# Bones and joints segment

Be active without worries.



## Strong Nature® MAGNESIUM BISGLYCINATE 100MG / 400MG

/ 60 capsules / 30 sachets

### + COMPOSITION:

100 mg of elemental magnesium  
400mg of elemental magnesium

### + CHARACTERISTICS AND EFFECTS:

**MAGNESIUM BISGLYCINATE CHELATE** is one of the most important minerals that has many functions in the human body. The fourth is the most abundant mineral in our bodies. It participates in more than 300 enzymatic reactions, has a key role in the metabolism of adenosine triphosphate (ATP), a compound found in all cells and responsible for the storage and intracellular transfer of energy. Magnesium is necessary for the synthesis of DNA and RNA, reproduction and synthesis of proteins, for the regulation of muscle contractions, blood pressure, insulin metabolism, the work of the heart muscle...

It is of crucial importance for the normal functioning of the nervous system. It increases resistance to stress, improves sleep quality, reduces exhaustion, mental and physical fatigue. It contributes to reducing pain and eliminating migraines and frequent headaches, as well as nervous tension.

In supplements, magnesium is found in the form of citrate, oxide and bisglycinate. Magnesium bisglycinate has a significantly higher utilization rate.

### + RECOMMENDED FOR:

**Magnesium contributes to:**

- Normal muscle function
- Reduction of fatigue and exhaustion and normal energy metabolism
- Normal psychological function
- Normal function of the nervous system
- Normal protein synthesis
- Maintaining the health of bones and teeth

### + INSTRUCTIONS FOR USE:

- **100mg tablets**  
Children from 3 to 10 years:  
1-2 tablets per day  
Children from 10 to 18 years:  
1-3 tablets per day  
Adults: 1-4 tablets per day
- **400mg sachets**  
Adults: 1 sachet per day



## Strong Nature® MAGNESIUM MALAT

/ 60 tablets

### + COMPOSITION:

1667 mg of magnesium malate – 100 mg of elemental Mg

### + CHARACTERISTICS AND EFFECTS:

**MAGNESIUM MALATE** is a well-absorbed and highly beneficial form of magnesium, especially suited for people looking to improve energy levels, muscle function, mood, and bone health.

Magnesium is vital for bone health as it helps in the absorption of calcium and the activation of vitamin D. Magnesium malate may be beneficial for maintaining strong bones and preventing osteoporosis.

Magnesium is crucial for muscle relaxation and contraction. Adequate magnesium intake can help prevent cramps, muscle spasms, and support overall muscle function.

Magnesium malate a popular choice for those looking to combat fatigue and boost energy levels, especially in people with conditions that cause chronic tiredness, such as fibromyalgia.

Magnesium plays a significant role in the nervous system and neurotransmitter function. Magnesium malate may help promote calmness, alleviate anxiety, and improve mood by supporting the production of neurotransmitters like serotonin.

### + RECOMMENDED FOR:

**Magnesium contributes to:**

- Normal energy metabolism, reduction of fatigue and exhaustion
- Normal muscle function
- Maintenance of normal bones and teeth
- Normal psychological function
- Normal function of the nervous system
- Normal protein synthesis

### + INSTRUCTIONS FOR USE:

- Children from 3 to 10 years old  
1-2 tablets per day
- Children from 10 to 18 years:  
1-3 tablets per day
- Adults: 1-4 tablets per day



Efsa approved claim



Halal standard



1 capsule a day



Scientific data



Branded ingredients



## Bones and joints segment

Be active without worries.



### Strong Nature® VITAMIN K2 MK-7 180 MCG

/ 30 softgels



#### + COMPOSITION:

180µg of MenaQ7®, Vitamin K (as menachinon)  
MenaQ7® is a registered trademark of Lesaffre et  
Compagnie, France

#### + CHARACTERISTICS AND EFFECTS:

Vitamin K in general has a significant role in various functions in the organism. Among the two types, Vitamin K2 the following characteristics and effects: It has a much longer half-life in the body compared to MK-4, lasting over 3 days. Due to its longer half-life, MK-7 has greater access to tissues beyond the liver. Promotes bone health by activating osteocalcin, which binds calcium to the bone mineral matrix, resulting in stronger bones and teeth. Supports cardiovascular health by activating Matrix Gla Protein (MGP), which inhibits calcium from depositing in arteries and soft tissues, thus maintaining clean and healthy arteries. Helps establish a balance in how the body utilizes calcium, contributing to overall bone and cardiovascular health.

#### + RECOMMENDED FOR:

Vitamin K2 MK-7 in olive oil 180 µg is a food for special medical purposes based on vitamin K2 in extra virgin olive oil. The product is intended for nutritional needs in:

- Osteopenia and osteoporosis
- Women in menopause and postmenopause
- In order to prevent vitamin K deficiency when there is a risk of malabsorption
- In cases of vitamin K deficiency in people who do not have an absorption disorder

#### + INSTRUCTIONS FOR USE:

Adults: 1 capsule daily.



### Strong Nature® CALCIUM CARBONATE

/ 60 tablets



#### + COMPOSITION:

600mg of Calcium carbonate

#### + CHARACTERISTICS AND EFFECTS:

Calcium is essential for the formation and maintenance of strong bones and teeth, and necessary for obtaining of the daily calcium needs, especially in cases of osteoporosis, osteopenia, or age-related bone loss. It helps in the mineralization of bones, preventing bone thinning and fractures. Calcium plays a critical role in muscle contraction and relaxation, including the functioning of heart muscles. Adequate calcium levels are essential for normal muscle function and preventing muscle cramps. Calcium helps in nerve signaling by facilitating the release of neurotransmitters and hormones. Calcium deficiency can lead to hypocalcaemia, which can result in symptoms like muscle spasms, weak bones, and poor teeth health.

#### + RECOMMENDED FOR:

Strong Nature Calcium carbonate is recommended for:

- improving bone health,
- preventing calcium deficiency, and
- providing relief from conditions like acid reflux and heartburn.

#### + INSTRUCTIONS FOR USE:

Adults: 1 capsules per day.





# Fertility segment

Improving fertility in both genders



## Strong Nature® MAN FERTILITY AND POWER

/ 60 sachets

### + COMPOSITION:

2.000mg of L-carnitine fumarate (of which L-carnitine 56.5-60.5%), 1.000mg of L-arginine, 500mg of Acetyl-L-carnitine HCl (of which L-carnitine 500 mg), 60mg of Vitamin C (L-ascorbic acid), 20mg of Coenzyme Q10, 15mg of Zinc (zinc gluconate), 50 µg of Selenium (Na-selenate), 200 µg of Folic acid (as pteroylmonoglutamic acid), 1 µg of Vitamin B12 (cyanocobalamin).

### + CHARACTERISTICS AND EFFECTS:

**L-carnitine** plays a role in energy production and fat metabolism, which are important for overall health, including reproductive function. In men, L-carnitine has been studied for its potential to improve sperm motility and quality, which can aid fertility.

**L-arginine** is important for nitric oxide production, which helps in improving blood flow, including to the reproductive organs. Enhanced circulation may support male fertility, potentially improving sperm health.

**CoQ10** is known to play a role in energy production at the cellular level.

**Zinc** is essential for the production of male reproductive hormones. In men, zinc supports healthy sperm production and motility.

**Selenium** is an antioxidant that helps protect sperm from oxidative damage and supports overall sperm health.

**Vitamin B12** is vital for DNA synthesis and the production of red blood cells. It also plays a role in hormone regulation, which can affect menstrual cycles and fertility. **Adequate B12** levels are essential for overall reproductive health.

### + RECOMMENDED FOR:

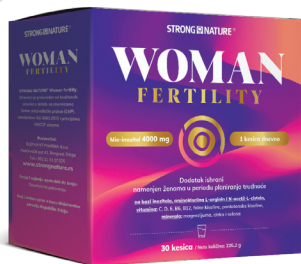
**STRONG NATURE Man fertility and power** is a nutritional supplement based on two chemical forms of L-carnitine (L-carnitine-fumarate and acetyl-L-carnitine), amino acid L-arginine, coenzyme Q10, vitamin C, zinc, selenium, folic acid and vitamin B12.

- Recommended for men for normal spermatogenesis.
- Vitamin C contributes to: reducing fatigue and exhaustion and protecting cells from oxidative stress.
- Selenium contributes to: normal spermatogenesis and protection of cells from oxidative stress.
- Zinc contributes to: normal fertility and reproduction, maintenance of normal testosterone levels in the blood, plays a role in the process of cell division and contributes to normal DNA synthesis.
- Vitamin B12 and folate play a role in the process of cell division.

### + INSTRUCTIONS FOR USE:

Adults: 1 sachet daily.





## Strong Nature® WOMAN FERTILITY

/ 30 sachets

### + COMPOSITION:

4,000mg of Myo-inositol, 200mg of L-Arginine, 200mg of N-Acetyl-L-Cysteine, 100 mg Vitamin C (L-ascorbic acid), 100 mg Magnesium (as trimagnesium dicitrate), 30mg TE\*\*\* 250 of Vitamin E (as dl-alpha-tocopheryl acetate), 20mg Zinc (zinc citrate) 6mg of Pantothenic acid (as Calcium-D-pantothenate), 2 mg of Vitamin B6 (as pyridoxine hydrochloride), 600 µg of Folic acid (as pteroylmonoglutamic acid), 55 µg of Selenium (as L-selenomethionine), 5µg of Vitamin D (as cholecalciferol), 2.6 µg of Vitamin B12 (as cyanocobalamin)

### + CHARACTERISTICS AND EFFECTS:

**STRONG NATURE Woman fertility** is a dietary supplement based on inositol, amino acids L-arginine and N-acetyl-L-cysteine, vitamins: C, D, E, B6, B12, folic acid, pantothenic acid, then magnesium, zinc and selenium intended for women in the period of pregnancy planning.

**Vitamin C** contributes to the reduction of fatigue and exhaustion, protects cells from oxidative stress, and increases iron absorption.

**Vitamin C, D, zinc and selenium** contribute to the normal function of the immune system.

**Selenium contributes to:** maintenance of normal hair and nails, protection of cells from oxidative stress.

**Magnesium** contributes to electrolyte balance, maintenance of normal bones, teeth and muscle function, reduction of fatigue and exhaustion and normal energy metabolism.

**Zinc contributes to:** normal fertility and reproduction, maintenance of normal blood testosterone levels, maintenance of normal hair, skin, nails and vision and normal DNA synthesis.

**Vitamin B12, folate, vitamin D, magnesium and zinc** play a role in the process of cell division.

**Vitamin B6, B12 and folate** contribute to the normal function of the immune system, the normal metabolism of homocysteine, the reduction of fatigue and exhaustion and the normal formation of red blood cells

### + RECOMMENDED FOR:

**Hormonal Balance:** Myo-inositol, NAC, zinc, magnesium, and B vitamins play key roles in regulating reproductive hormones.

**Improved Ovulation and Egg Quality:** Myo-inositol, NAC, vitamin E, and selenium support ovulation and healthy egg development.

**Antioxidant Protection:** Vitamin C, Vitamin E, selenium, and NAC provide antioxidant support to protect reproductive cells from oxidative damage.

**General Reproductive Health:** Folic acid, zinc, and other vitamins and minerals help improve fertility, prevent defects in early pregnancy, and support overall reproductive wellness.

### + INSTRUCTIONS FOR USE:

Adults: 1 sachet daily.





# Fertility segment

Improving fertility in both genders



## Strong Nature® 5-MTHF, FOLIC ACID / 60 capsules

### + COMPOSITION:

(6S)-5-methyltetrahydrofolic acid, glucosamine salt: Methyltetrahydrofolic acid – 400 mcg

### + CHARACTERISTICS AND EFFECTS:

Strong Nature 5-MTHF, folic acid is a nutritional supplement produced according to the highest quality standards intended as a fundamental support for growth, especially in the embryonic and fetal stages.

**Recommended for:** • maternal tissue growth during pregnancy • normal metabolism of homocysteine • reduction of tiredness and fatigue • normal blood formation • normal function of the immune system.

### + INSTRUCTIONS FOR USE:

1 capsule daily.



## Strong Nature® ZINC PICOLINATE / 30 capsules

### + COMPOSITION:

10 mg of zinc picolinate

### + CHARACTERISTICS AND EFFECTS:

Strong Nature Zinc picolinate is a nutritional supplement produced according to the highest quality standards intended.

**Recommended for:**

- normal function of the immune system • protect cells from oxidative stress • normal cognitive function • maintenance of normal hair, skin, nails and bones • normal fertility and reproduction • maintaining a normal level of testosterone in the blood • normal DNA synthesis • normal metabolism of macronutrients

### + INSTRUCTIONS FOR USE:

1-2 capsules a day



## Strong Nature® FERRO COMPLEX / 30 capsules

### + COMPOSITION:

220 mg Iron, 80 mg Vitamin C, 3 mg Beta carotene, 1,4mg Vitamin B6, 1,4 mg Riboflavine, 400 mcg Methyltetrahydrofolate, 2,5 mcg Vitamin B12

### + CHARACTERISTICS AND EFFECTS:

Strong Nature Ferro complex is a nutritional supplement produced according to the highest quality standards intended for immune system and brain activity support, with beneficiary effects to blood test results and general wellbeing.

**Recommended for:**

- reduced level of hemoglobin and red blood cells • In states of increased physical and mental effort and stress • weakened immunity • support during pregnancy and breastfeeding.

### + INSTRUCTIONS FOR USE:

1 capsule a day





STRONG NAME FOR A STRONG AND HEALTHY FAMILY.



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