

PRODUCT CATALOGUE

Food supplements for PsyLab biotypes



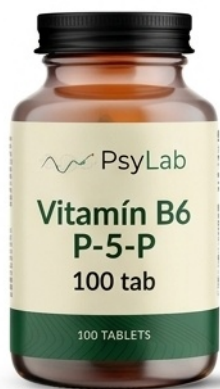
Active vitamin forms, chelated minerals and pure amino acids
without unnecessary additives.

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Important: Food supplements. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of children. Not intended for children, persons under 18, or pregnant or breastfeeding women. NRV = nutrient reference value.

B VITAMINS



100 tablets

Vitamin B6 P-5-P

– Active coenzyme form of vitamin B6

- Pyridoxal-5-phosphate (P-5-P) is the enzymatically active form of vitamin B6, which the body does not need to convert further.
- Vitamin B6 contributes to the normal functioning of the nervous system and to normal psychological function.
- Contributes to normal protein, glycogen and homocysteine metabolism.
- Contributes to the reduction of tiredness and fatigue.
- 25 mg of vitamin B6 per tablet.

Composition per daily dose

	1 tablet	NRV
Pyridoxal-5-phosphate (vitamin B6)	25 mg	1786 %

Other ingredients: Microcrystalline cellulose (bulking agent), magnesium stearate of plant origin (anti-caking agent).

Recommended use: 1 tablet daily with a sufficient amount of water.



90 capsules

Vitamin B3

– Pure niacinamide without fillers

- Vitamin B3 as niacinamide – no fillers or bulking substances.
- Contributes to normal energy-yielding metabolism.
- Contributes to the normal functioning of the nervous system and to normal psychological function.
- Contributes to the maintenance of normal skin and to the reduction of tiredness and fatigue.
- 500 mg of niacinamide per capsule.

Composition per daily dose

	1 capsule	NRV
Vitamin B3 (niacinamide)	500 mg	3125 %

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose).

Recommended use: 1 capsule daily with a meal and a sufficient amount of water.



90 capsules

Folic Acid

– Patented bioactive form of folate

- Quatrefolic® is the glucosamine salt of 5-methyltetrahydrofolate (5-MTHF) – the same form of folate that occurs naturally in the body.
- An active form that the body does not need to convert, unlike regular folic acid.
- Folate contributes to normal homocysteine metabolism and to normal psychological function.
- Contributes to the reduction of tiredness and fatigue.
- 400 µg of active folate per vegan capsule.

Composition per daily dose

	1 capsule	NRV
Quatrefolic® (5-MTHF salt)	741 µg	—*
of which 5-methyltetrahydrofolate	400 µg	200 %

* NRV not established

Other ingredients: Acacia fibre, vegetarian capsule (hydroxypropyl methylcellulose).

Recommended use: 1 capsule daily with a sufficient amount of water.



100 tablets

Vitamin Methyl B12

– Methylated form of vitamin B12

- Methylcobalamin – the active, methylated form of vitamin B12.
- Contributes to normal red blood cell formation and to normal homocysteine metabolism.
- Contributes to the normal functioning of the nervous and immune systems and to normal psychological function.
- Contributes to the reduction of tiredness and fatigue.
- 250 µg of vitamin B12 per tablet, suitable for vegans.

Composition per daily dose

	1 tablet	NRV
Vitamin B12 (methylcobalamin)	250 µg	10 000 %

Other ingredients: Microcrystalline cellulose, maltodextrin, calcium hydrogen phosphate (bulking agents), magnesium stearate of plant origin.

Recommended use: 1 tablet daily with a sufficient amount of water.

MINERALS



100 tablets

Zinc Chelate

– Highly absorbable zinc bound to glycine

- Zinc chelated with the amino acid glycine for easy absorption.
- Contributes to the normal function of the immune system.
- Contributes to normal carbohydrate, fatty acid and macronutrient metabolism.
- Contributes to the maintenance of normal skin, hair and nails.
- MAX version: 25 mg of zinc per tablet.

Composition per daily dose

	1 tablet	NRV
Zinc (zinc bisglycinate chelate)	25 mg	250 %

Other ingredients: Microcrystalline cellulose, calcium hydrogen phosphate, magnesium stearate of plant origin.

Recommended use: 1 tablet daily with a sufficient amount of water.



90 capsules

Zinc Chelate

– A gentler dose of zinc in vegan capsules

- Zinc bound to amino acids for good absorption.
- Contributes to the normal function of the immune system and to the protection of cells from oxidative stress.
- Contributes to normal cognitive function.
- Contributes to the maintenance of normal hair, nails and skin.
- 15 mg of zinc per capsule.

Composition per daily dose

	1 capsule	NRV
Zinc bisglycinate	54 mg	—*
of which zinc	15 mg	150 %

* NRV not established

Other ingredients: Chicory root inulin (Cichorium intybus), vegetarian capsule (hydroxypropyl methylcellulose).

Recommended use: 1 capsule daily with a sufficient amount of water.



90 capsules

Magnesium Malate

– *Magnesium bound to malic acid*

- Magnesium malate – magnesium bound to malic acid, which occurs naturally in fruit.
- Magnesium contributes to the reduction of tiredness and fatigue and to normal energy-yielding metabolism.
- Contributes to normal functioning of the nervous system and muscles and to normal psychological function.
- 240 mg of elemental magnesium per daily dose, no fillers or additives.

Composition per daily dose

	1 capsule	2 capsules	NRV
Magnesium malate	800 mg	1600 mg	–*
of which magnesium	120 mg	240 mg	64 %

* NRV not established

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose).

Recommended use: 2 capsules once daily with a meal and a sufficient amount of water.



90 capsules

Magnesium Chelate

– *Magnesium bisglycinate without additives*

- Magnesium in chelated form (bisglycinate) – bound to the amino acid glycine.
- Contributes to the reduction of tiredness and fatigue.
- Contributes to normal functioning of the nervous system and muscles and to electrolyte balance.
- 200 mg of elemental magnesium per daily dose.
- No fillers, anti-caking or bulking agents; suitable for vegans.

Composition per daily dose

	1 capsule	2 capsules	NRV
Magnesium bisglycinate	800 mg	1600 mg	–*
of which magnesium	100 mg	200 mg	53 %

* NRV not established

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose).

Recommended use: 2 capsules daily with a meal and a sufficient amount of water.

AMINO ACIDS



90 capsules

L-Methionine

– *Essential sulphur amino acid*

- L-methionine is an essential amino acid that the body cannot produce on its own.
- It is a natural building block of the proteins in the human body.
- In the body it serves as a starting material for cysteine, taurine and SAMe.
- 500 mg of pure L-methionine per vegan capsule, no additives.

Composition per daily dose

	1 capsule	NRV
L-methionine	500 mg	–*

* NRV not established

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose).

Recommended use: 1 capsule daily with a sufficient amount of water.



90 capsules

Taurine

– Amino acid for energy and cell hydration

- Taurine is a sulphur-containing amino acid that occurs naturally in the body – especially in the heart, muscles, brain and retina.
- Popular with active people and athletes.
- 2100 mg of pure taurine per daily dose (700 mg per capsule).
- Vegan capsules with no artificial additives or colours, laboratory tested.

Composition per daily dose

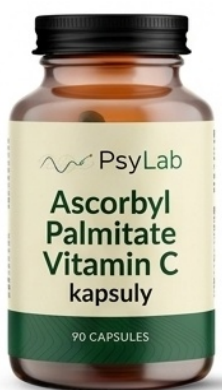
	1 capsule	3 capsules	NRV
Taurine	700 mg	2100 mg	—*

* NRV not established

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose).

Recommended use: 3 capsules daily with a sufficient amount of water.

ANTIOXIDANTS & SUPERFOODS



90 capsules

Ascorbyl Palmitate

– Fat-soluble vitamin C

- Ascorbyl palmitate is a fat-soluble form of vitamin C that is incorporated into the lipid membranes of cells.
- Vitamin C contributes to the protection of cells from oxidative stress.
- Contributes to the normal function of the immune system and to the reduction of tiredness and fatigue.
- Contributes to normal collagen formation and increases iron absorption.
- 195 mg of vitamin C per capsule, no fillers or bulking agents.

Composition per daily dose

	1 capsule	NRV
Ascorbyl palmitate	460 mg	—*
of which vitamin C	195 mg	244 %

* NRV not established

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose).

Recommended use: 1 capsule daily with a sufficient amount of water.



300 tablets

Organic Chlorella

– Green freshwater algae in organic quality

- Tablets made from the single-celled freshwater alga Chlorella vulgaris, organic quality.
- A natural source of chlorophyll, plant protein, amino acids and minerals.
- No sweeteners, colours, preservatives or other additives, GMO-free.
- Suitable for vegetarians and vegans.

Composition per daily dose

	1 tablet	12 tablets	NRV
Organic Chlorella vulgaris	500 mg	6000 mg	—*

* NRV not established

Other ingredients: None – 100% organic chlorella.

Recommended use: 4 tablets 3 times daily, ideally 30 minutes before a meal.