



SUPER FOODS

Health and Lifestyle Development

Our Story – Our Mission

**SUPER
FOODS**

SuperFoods Kft. was founded in 2013 with the goal of promoting health and nurturing healthy lifestyles.

We aim to provide our clients with a comprehensive and expanding range of health promotion services, accessible in a single location.

Initially, the company worked mainly with competitive athletes, since nutrition plays an essential role in competition-oriented preparation, ensuring adequate muscle building and recovery. However, our services are increasingly being sought by non-athletes interested in losing weight, improving their fitness, or enhancing their quality of life in general.

Our goal is to offer a broad range of services, in collaboration with qualified specialists.

Health is at the heart of everything we do. We strive to enhance our clients' wellbeing, whether in the context of training, work, or everyday life.

- SPECIALIST ANALYSIS OF LAB RESULTS
- TRAINING DESIGN
- HEALTH PROMOTION IN THE WORKPLACE
- FORMULATION AND DISTRIBUTION OF QUALITY-CONTROLLED DIETARY SUPPLEMENTS
- PRESENTATIONS AND SEMINARS



- NUTRITION AND LIFESTYLE ADVICE



Once you have registered for personalized nutrition advice, you will be sent a food diary by email, which we ask you to fill in over three or four days.

The food diary is a log of what you eat each day, and when. You will also need to have specific lab tests done and you will need to send us the results.

Before you attend the consultation, the blood test results you have sent us are analyzed by a qualified specialist. Based on the findings, the specialist compiles a summary, which is then sent to you; we ask you to bring this summary with you to your first consultation with your chosen specialist.

Following this email correspondence, the digital version of your lab test results is deleted from our system.

Our mission is to help you on the path towards a truly healthy lifestyle.

Turn to us for advice on nutrition!

- NUTRITION AND LIFESTYLE ADVICE



At the first consultation, taking into account the routines and biorhythm indicated by your food diary, your lab test results, history, and health status, as well as the results of the body composition tests performed during the consultation, the specialist defines goals and designs a diet and lifestyle for you to follow.

Your body composition data are recorded by the measuring device and printed out. We retain the printout and provide you with a copy of the results.

At the end of the consultation, you will be informed of the steps you need to take; we will also email you the written plan compiled for you by the specialist.

You can make an appointment for a follow-up consultation immediately after the examination; alternatively, you can request an appointment by telephone or via our electronic appointment booking system.

- BODY COMPOSITION MEASUREMENT AND ANALYSIS



The InBody devices that we use to measure body composition work with a unique technology that provides an accurate picture of the amounts and percentages of skeletal muscle, body fat, water mass, and bone minerals, as well as the body's vitamin stores.

This helps us to assess your initial health status and monitor your progress. By repeating the measurement at a later stage, we are able to obtain an accurate picture of the changes and results achieved. The reliability of the bioelectronic analysis performed using this innovative technology is confirmed by its globally recognized NAWI and CE certification, as well as over 3,000 validated research-level findings to date, obtained using InBody devices.

Study 1: High accuracy and reproducibility of fat free mass and percent body fat measurements compared with DEXA (Ryan T. Hurt, et al., 2020)

Study 2: High correlation with D2O dilution method for total body water (Bennett K. Ng, et al., 2018)

Study 3: High correlation of InBody measurements with computed tomography for muscle mass (M. Yanishi, et al., 2018)

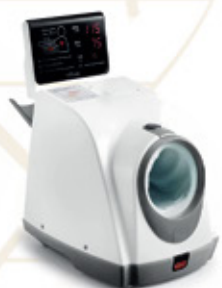


Our InBody devices:



InBody 770 and 970 devices for measuring body composition:

- produce segmental body measurements in five separate units (four limbs and trunk)
- use wide-ranged multi-frequencies
- provide an accurate analysis of the body's water balance (intracellular and extracellular water)
- measure visceral fat (a risk factor in chronic illness)
- feature eight-point tactile electrodes (for improved accuracy)
- the examination involves no discomfort and lasts just a few minutes, and a printed results sheet is generated instantly



InBody blood pressure monitor:

The upload-pressurized automatic blood pressure monitor gives more accurate results and is less painful than traditional devices. High blood pressure is the most common chronic illness in Hungary today and an appropriate lifestyle, exercise, and nutrition, as well as achieving an optimum body mass, are important aspects of its treatment.



InBody stadiometer:

The digital sensor provides more accurate height measurement results for use in the body composition analysis.

The professional InBody devices are an excellent tool for both initial assessment and follow-up monitoring.

- OUR GOAL, OUR CREED

“Evidence-based medicine”^{1,2}

Without exception, our services and product development are grounded in evidence-based medicine — that is, systematic, interdisciplinary findings that rely on statistically proven, scientific evidence.

When developing our own products, we undertake our own research, regularly publishing our findings and integrating them into our work in order to improve the efficacy of our services.

We take a person-centered approach, with health and absolute confidence at its core. Our research-based developments are inspired by practical experience, issues that emerge in the course of our work, health promotion, and the advancement of scientific knowledge.

We have a responsibility towards our clients, which we fulfil by our commitment to expertise and by the continuous development of our products, services, and scientific knowledge.

1. Evidence-based medicine (EBM) is “the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients.” (Sackett et al., 1996)

2. The aim of EBM is to integrate clinical experience and patient values with the best available scientific information to guide clinical decision making. The term was originally used to describe a new approach to teaching the practice of medicine and to improving the decisions made by individual physicians about individual patients. (See Guyatt et al., 1992.)



- OUR RESEARCH

- Comparative analysis of the nutrition, body composition, and change in nutrition-related biomarkers of the FTC men's water polo team. (2020)
- Analysis of microbiome function in the FTC men's water polo team. (2021–2022)
- Analysis of the efficacy of the ELASTIC ELITE dietary supplement in clients with musculoskeletal symptoms. With the involvement of the Faculty of Health Sciences, Miskolc University (2022–2023)
- Analysis of the efficacy of unflavored BCAA dietary supplement in football players (2023)
- Examination of body composition in children recovering from tonsillectomy (2023)
- Publication of an article on the results of the research project “Examination of the efficacy of unflavored BCAA dietary supplement in patients recovering from pharyngeal surgery in the first three weeks post-op.” (2023)



COLLABORATIVE PROJECTS:

- Dietetics services in association with the Johanna Bischitz Integrated Human Services Center for the program **“The professional and infrastructural establishment of high-level communities of praxis in the Erzsébetváros district of Budapest”**
 - Dietetics services provided:
 - Individual and group dietetics consultations
 - Design and implementation of a treatment plan in the framework of chronic patient care, based on the general practitioner’s prognosis
 - Group programs, awareness raising, and health promotion presentations
 - Themed cooking courses
- **Telekom Active Fans Program**
 - Implemented in the framework of the Scoring for Health program run by the European Football for Development Network (EFDN), co-funded by the EU Erasmus+ programme and sponsored by Telekom
 - With the participation of football clubs from several countries:
 - Leverkusen, Fulham, Rangers, Feyenoord, PSV, Vitesse, Gent, Valerenga
 - Program goals:
 - Measurement and analysis of health and fitness: blood count, blood pressure, ECG, weight, waist circumference, InBody index
 - Provision of qualified experts (trainers, health promoters)
 - Theoretical teaching, exercise classes, training sessions
 - Other objectives: community building, healthy lifestyle education, activity promotion



COLLABORATIVE PROJECTS:

o Fradi Fitkids community program

- Implemented in the framework of the Scoring for Health program of the European Football for Development Network (EFDN), co-funded by the EU Erasmus+ programme
- With the participation of football clubs from several countries:
 - Randers FC
 - FC Emmen Naoberschap (Naoberschap United Foundation)
 - Club Brugge Foundation
 - Feyenoord Foundation
 - Greenock Morton Community Trust
 - Links Park Community Trust (Montrose FC)
 - Ferencváros TC
 - Federação Portuguesa de Futebol (FPF)
 - SV Werder Bremen
- The program targets children from the ages of 7 to 14
 - Promotes the adoption of a healthy lifestyle (eating healthily and keeping active)
 - Offers nutrition-related classes
 - Features physical education lessons (with the involvement of coaches and players from Ferencváros Football Club)
 - Includes attendance at Ferencváros matches
 - Provides qualified experts (trainers and dietitians)



OUR OWN PRODUCTS:



Elastic Elite

NEW FORMULA FOREST
FRUIT-FLAVORED LIQUID
COLLAGEN SUPPLEMENT WITH A
HIGH CONCENTRATION OF ACTIVE
INGREDIENTS.



Fiber Elite

FOOD ADDITIVE CONTAINING
DIETARY FIBER AND
MICRONUTRIENTS.



BCAA Elite

DIETARY SUPPLEMENT CONTAINING
ESSENTIAL BRANCH-CHAINED
AMINO ACIDS (BCAAs) AND
VITAMIN B6.



BCAA Elite Powder

UNFLAVORED POWDER
SUPPLEMENT CONTAINING
BRANCHED-CHAIN AMINO ACIDS,
WITH ENHANCED ACTIVE
INGREDIENTS.



Muscle Elite

(grape, strawberry, or passion
fruit flavor)
POWDER CONTAINING VITAMINS,
MINERALS, BCAAs, GLUTAMINE, AND
BETA-ALANINE, WITH FAST-ACTING
CARBOHYDRATES.



Vegan Protein Elite

(strawberry-flavor)
PROTEIN BAR MADE FROM HIGH-QUALITY
INGREDIENTS. DELICIOUS AND
EASILY DIGESTIBLE. SUITABLE FOR
AMATEUR AND PROFESSIONAL SPORTS-
PEOPLE.

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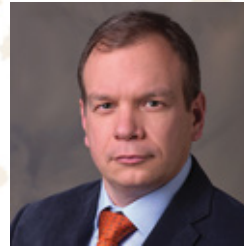
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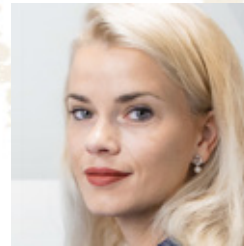
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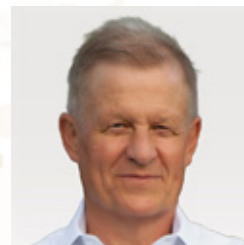
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