

SUPER FOODS





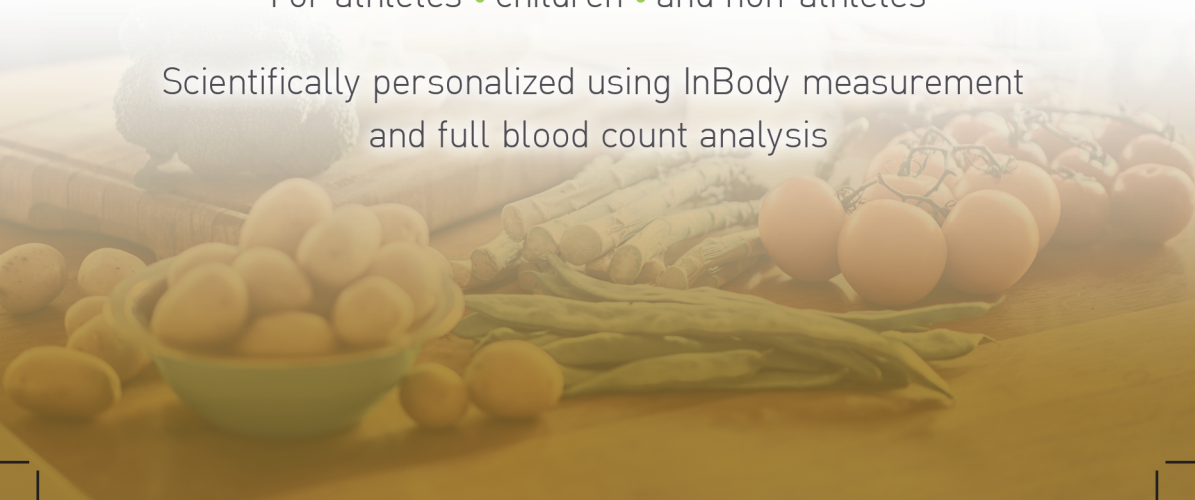


Professional dietary supplements from natural sources.

SUPER FOODS

For athletes • children • and non-athletes

Scientifically personalized using InBody measurement
and full blood count analysis



MUSCLE ELITE

SUPER FOODS

STRAWBERRY-FLAVORED POWDER CONTAINING VITAMINS, MINERALS, BCAAS, GLUTAMINE, AND BETA-ALANINE, WITH FAST-ABSORBING CARBOHYDRATES

Maintains muscle mass - Boosts energy - Improves efficiency - Reduces fatigue

- Carbohydrate intake supplies the body with energy during exercise. It can boost performance while helping to delay the onset of fatigue and enhance endurance. (Podlogar and Wallis, 2022)
- Since competitive athletes have greater requirements for energy and micronutrients, supplements can significantly improve adaptation to training. (Beck et al., 2021)

Health benefits:

- The product supplies the necessary vitamins and minerals to promote recovery and contribute to optimal performance. (van Dronkelaar et al., 2018)
- Branched-chain amino acids (BCAAs) provide protection from exercise-induced muscle damage, thus contributing to the maintenance of muscle mass. (Shimomura et al., 2004)
- The intake of beta-alanine can help improve training efficiency and delay the onset of muscle fatigue. (Artioli et al., 2010)
- L-glutamine nourishes the intestinal epithelial cells, thus boosting the immune system. It also plays an important role in reducing fatigue. (Coqueiro, Rogero and Tirapegui, 2019)



Dosage:

1 scoop (50 g) stirred into 500 ml cold water to be consumed during or immediately after training. Do not exceed the recommended daily intake.

Warning:

The product is not a substitute for a varied diet and a balanced lifestyle. Produced in a factory that handles gluten, milk, soya, eggs, and nuts.



STRAWBERRY-FLAVORED POWDER CONTAINING VITAMINS, MINERALS, BCAAS, GLUTAMINE,
AND BETA-ALANINE, WITH FAST-ABSORBING CARBOHYDRATES

1 scoop (50 g) contains:			
Vitamin C	200 mg	Potassium	356 mg
Vitamin B1	0.65 mg	Magnesium	100 mg
Vitamin B2	0.85 mg	Manganese	0.5 mg
Vitamin B3	9 mg	Selenium	10 µg
Vitamin B5	3.6 mg	Zinc	2.5 mg
Vitamin B6	0.75 mg	Sodium	80 mg
Folic acid	80 µg	BCAAs	2,000 mg
Vitamin B12	2.5 µg	L-glutamine	1,000 mg
Biotin	75 µg	Beta-alanine	250 mg
Vitamin E	35 mg		

References:

- Artioli, G. G., Gualano, B., Smith, A., Stout, J. and Lancha Jr., A. H. (2010). Role of beta-alanine supplementation on muscle carnosine and exercise performance. *Medicine & Science in Sports & Exercise*, 42 (6): 1162–1173. DOI: 10.1249/MSS.0b013e3181c74e38
- Beck, K. L., von Hurst, P. R., O'Brien, W. J., and Badenhurst, C. E. (2021). Micronutrients and athletic performance: A review. *Food and Chemical Toxicology*, 158:112618. DOI: 10.1016/j.fct.2021.112618
- Coqueiro, A. Y., Rogero, M. M., and Tirapegui, J. (2019). Glutamine as an anti-fatigue amino acid in sports nutrition. *Nutrients*, 11 (4): 863. DOI: 10.3390/nu11040863
- Podlogar, T. and Wallis, G. A. (2022). New horizons in carbohydrate research and application for endurance athletes. *Sports Med*, 52 (1): 5–23. DOI: 10.1007/s40279-022-01757-1
- Shimomura, Y., Murakami, T., Nakai, N., Nagasaki, M., and Harris, R. A. (2004). Exercise promotes BCAA catabolism: Effects of BCAA supplementation on skeletal muscle during exercise. *The Journal of Nutrition*, 134 (6): 1583S–1587S. DOI: 10.1093/jn/134.6.1583S
- van Dronkelaar, C., van Velzen, A., Abdelrazek, M., van der Steen, A., Weijs, P. J. M., and Tieland, M. (2018). Minerals and sarcopenia; The role of calcium, iron, magnesium, phosphorus, potassium, selenium, sodium, and zinc on muscle mass, muscle strength, and physical performance in older adults: A systematic review. *Journal of the American Medical Directors Association*, 19 (1): 6–11. DOI: 10.1016/j.jamda.2017.05.026

MUSCLE ELITE

SUPER FOODS

PURPLE GRAPE-FLAVORED POWDER CONTAINING VITAMINS, MINERALS, BCAAS, GLUTAMINE AND BETA-ALANINE, WITH FAST-ABSORBING CARBOHYDRATES

Maintains muscle mass - Boosts energy - Improves efficiency - Reduces fatigue

- Carbohydrate intake supplies the body with energy during exercise. It can boost performance while helping to delay the onset of fatigue and enhance endurance. (Podlogar and Wallis, 2022)
- Since competitive athletes have greater requirements for energy and micronutrients, supplements can significantly improve adaptation to training. (Beck et al., 2021)

Health benefits:

- The product supplies the necessary vitamins and minerals to promote recovery and contribute to optimal performance. (van Dronkelaar et al., 2018)
- Branched-chain amino acids (BCAAs) provide protection from exercise-induced muscle damage, thus contributing to the maintenance of muscle mass. (Shimomura et al., 2004)
- The intake of beta-alanine can help improve training efficiency and delay the onset of muscle fatigue. (Artioli et al., 2010)
- L-glutamine nourishes the intestinal epithelial cells, thus boosting the immune system. It also plays an important role in reducing fatigue. (Coqueiro, Rogero and Tirapegui, 2019)



ASPARTAME FREE



SUCRALOSE FREE



FREE FROM ARTIFICIAL COLORS



Dosage:

1 scoop (50 g) stirred into 500 ml cold water to be consumed during or immediately after training. Do not exceed the recommended daily intake.

Warning:

The product is not a substitute for a varied diet and a balanced lifestyle. Produced in a factory that handles gluten, milk, soya, eggs, and nuts.



PURPLE GRAPE-FLAVORED POWDER CONTAINING VITAMINS, MINERALS, BCAAS, GLUTAMINE
AND BETA-ALANINE, WITH FAST-ABSORBING CARBOHYDRATES

1 scoop (50 g) contains:			
Vitamin C	200 mg	Potassium	356 mg
Vitamin B1	0.65 mg	Magnesium	100 mg
Vitamin B2	0.85 mg	Manganese	0.5 mg
Vitamin B3	9 mg	Selenium	10 µg
Vitamin B5	3.6 mg	Zinc	2.5 mg
Vitamin B6	0.75 mg	Sodium	80 mg
Folic acid	80 µg	BCAAs	2,000 mg
Vitamin B12	2.5 µg	L-glutamine	1,000 mg
Biotin	75 µg	Beta-alanine	250 mg
Vitamin E	35 mg		

References:

- Artioli, G. G., Gualano, B., Smith, A., Stout, J. and Lancha Jr., A. H. (2010). Role of beta-alanine supplementation on muscle carnosine and exercise performance. *Medicine & Science in Sports & Exercise*, 42 (6): 1162–1173. DOI: 10.1249/MSS.0b013e3181c74e38
- Beck, K. L., von Hurst, P. R., O'Brien, W. J., and Badenhofer, C. E. (2021). Micronutrients and athletic performance: A review. *Food and Chemical Toxicology*, 158:112618. DOI: 10.1016/j.fct.2021.112618
- Coqueiro, A. Y., Rogero, M. M., and Tirapegui, J. (2019). Glutamine as an anti-fatigue amino acid in sports nutrition. *Nutrients*, 11 (4): 863. DOI: 10.3390/nu11040863
- Podlogar, T. and Wallis, G. A. (2022). New horizons in carbohydrate research and application for endurance athletes. *Sports Med*, 52 (1): 5–23. DOI: 10.1007/s40279-022-01757-1
- Shimomura, Y., Murakami, T., Nakai, N., Nagasaki, M., and Harris, R. A. (2004). Exercise promotes BCAA catabolism: Effects of BCAA supplementation on skeletal muscle during exercise. *The Journal of Nutrition*, 134 (6): 1583S–1587S. DOI: 10.1093/jn/134.6.1583S
- van Dronkelaar, C., van Velzen, A., Abdelrazek, M., van der Steen, A., Weijs, P. J. M., and Tieland, M. (2018). Minerals and sarcopenia; The role of calcium, iron, magnesium, phosphorus, potassium, selenium, sodium, and zinc on muscle mass, muscle strength, and physical performance in older adults: A systematic review. *Journal of the American Medical Directors Association*, 19 (1): 6–11. DOI: 10.1016/j.jamda.2017.05.026

MUSCLE ELITE

SUPER FOODS

MARACUJA-FLAVORED POWDER CONTAINING VITAMINS, MINERALS, BCAAS, GLUTAMINE AND BETA-ALANINE, WITH FAST-ABSORBING CARBOHYDRATES

Maintains muscle mass - Boosts energy - Improves efficiency - Reduces fatigue

- Carbohydrate intake supplies the body with energy during exercise. It can boost performance while helping to delay the onset of fatigue and enhance endurance. (Podlogar and Wallis, 2022)
- Since competitive athletes have greater requirements for energy and micronutrients, supplements can significantly improve adaptation to training. (Beck et al., 2021)

Health benefits:

- The product supplies the necessary vitamins and minerals to promote recovery and contribute to optimal performance. (van Dronkelaar et al., 2018)
- Branched-chain amino acids (BCAAs) provide protection from exercise-induced muscle damage, thus contributing to the maintenance of muscle mass. (Shimomura et al., 2004)
- The intake of beta-alanine can help improve training efficiency and delay the onset of muscle fatigue. (Artioli et al., 2010)
- L-glutamine nourishes the intestinal epithelial cells, thus boosting the immune system. It also plays an important role in reducing fatigue. (Coqueiro, Rogero and Tirapegui, 2019)



ASPARTAME FREE



SUCRALOSE FREE



FREE FROM ARTIFICIAL COLORS



Dosage:

1 scoop (50 g) stirred into 500 ml cold water to be consumed during or immediately after training. Do not exceed the recommended daily intake.

Warning:

The product is not a substitute for a varied diet and a balanced lifestyle. Produced in a factory that handles gluten, milk, soya, eggs, and nuts.



MARACUJA-FLAVORED POWDER CONTAINING VITAMINS, MINERALS, BCAAS, GLUTAMINE
AND BETA-ALANINE, WITH FAST-ABSORBING CARBOHYDRATES

1 scoop (50 g) contains:			
Vitamin C	200 mg	Potassium	356 mg
Vitamin B1	0.65 mg	Magnesium	100 mg
Vitamin B2	0.85 mg	Manganese	0.5 mg
Vitamin B3	9 mg	Selenium	10 µg
Vitamin B5	3.6 mg	Zinc	2.5 mg
Vitamin B6	0.75 mg	Sodium	80 mg
Folic acid	80 µg	BCAAs	2,000 mg
Vitamin B12	2.5 µg	L-glutamine	1,000 mg
Biotin	75 µg	Beta-alanine	250 mg
Vitamin E	35 mg		

References:

- Artioli, G. G., Gualano, B., Smith, A., Stout, J. and Lancha Jr., A. H. (2010). Role of beta-alanine supplementation on muscle carnosine and exercise performance. *Medicine & Science in Sports & Exercise*, 42 (6): 1162–1173. DOI: 10.1249/MSS.0b013e3181c74e38
- Beck, K. L., von Hurst, P. R., O'Brien, W. J., and Badendorst, C. E. (2021). Micronutrients and athletic performance: A review. *Food and Chemical Toxicology*, 158:112618. DOI: 10.1016/j.fct.2021.112618
- Coqueiro, A. Y., Rogero, M. M., and Tirapegui, J. (2019). Glutamine as an anti-fatigue amino acid in sports nutrition. *Nutrients*, 11 (4): 863. DOI: 10.3390/nu11040863
- Podlogar, T. and Wallis, G. A. (2022). New horizons in carbohydrate research and application for endurance athletes. *Sports Med*, 52 (1): 5–23. DOI: 10.1007/s40279-022-01757-1
- Shimomura, Y., Murakami, T., Nakai, N., Nagasaki, M., and Harris, R. A. (2004). Exercise promotes BCAA catabolism: Effects of BCAA supplementation on skeletal muscle during exercise. *The Journal of Nutrition*, 134 (6): 1583S–1587S. DOI: 10.1093/jn/134.6.1583S
- van Dronkelaar, C., van Velzen, A., Abdelrazek, M., van der Steen, A., Weijs, P. J. M., and Tieland, M. (2018). Minerals and sarcopenia; The role of calcium, iron, magnesium, phosphorus, potassium, selenium, sodium, and zinc on muscle mass, muscle strength, and physical performance in older adults: A systematic review. *Journal of the American Medical Directors Association*, 19 (1): 6–11. DOI: 10.1016/j.jamda.2017.05.026

BCAA ELITE

SUPER FOODS

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

Maintains muscle mass - Contributes to muscle recovery - Reduces muscle fatigue

- The branched-chain amino acids (leucine, valine, and isoleucine) are three of the nine essential amino acids. As these cannot be made by the body, the daily requirement must be met by external sources. (Plotkin et al., 2021)

Health benefits:

- BCAAs can contribute to protein synthesis and muscle recovery and can also reduce muscle damage. (Mantuano et al., 2020)
- Leucine can slow the breakdown of muscle tissue during exercise and can delay the onset of fatigue. (Mantuano et al., 2020)
- It can reduce the appetite while boosting the metabolism, thus contributing to weight loss. (Roelofs and Smith-Ryan, 2017)
- The combination of leucine and vitamin B6 is even more effective in promoting lipid metabolism by preventing the storage of fat and accelerating fat oxidation. (Zemel and Bruckbauer, 2012)



VEGAN



Dosage:

8 tablets daily. 1 dose (4 tablets) half an hour before training, and 1 dose after training, to be taken with liquid. Do not exceed the recommended daily intake.

Warning:

The product is not a substitute for a varied diet and a balanced lifestyle. Produced in a factory that handles gluten, milk, soya, eggs, and nuts.

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

1 dose (4 tablets) contains:

L-leucine	2,000 mg	L-valine	1,000 mg
L-isoleucine	1,000 mg	Vitamin B6	1.4 mg (100% NRV*)

References:

- Mantuano, P., Bianchini, G., Cappellari, O., Boccanegra, B., Conte, E., Sanarica, F., Mele, A., Camerino, G. M., Brandolini, L., Allegretti, M., De Bellis, M., Aramini, A., and De Luca, A. (2020). Ergogenic effect of BCAAs and L-alanine supplementation: Proof-of-concept study in a murine model of physiological exercise. *Nutrients*, 12 (8), 2295. DOI: 10.3390/nu12082295
- Plotkin, D. L., Delcastillo, K., van Every, D. W., Tipton, K. D., Aragon, A. A., and Schoenfeld, B. J. (2021). Isolated leucine and branched-chain amino acid supplementation for enhancing muscular strength and hypertrophy: A narrative review. *International Journal of Sport Nutrition and Exercise Metabolism*, 31 (3): 292–301. DOI: 10.1123/ijsnem.2020-0356
- Roelofs, E. J. and Smith-Ryan, A. E. (2017). Effects of branched-chain amino acids on resting metabolic rate, body composition, and satiety in females. *Medicine & Science in Sports & Exercise*, 49 (5), 81. DOI: 10.1249/01.mss.0000517048.20071.62
- Zemel, M. B. and Bruckbauer, A. (2012). Effects of a leucine and pyridoxine-containing nutraceutical on fat oxidation, and oxidative and inflammatory stress in overweight and obese subjects. *Nutrients*, 4 (6): 529–541. DOI: 10.3390/nu4060529

BCAA ELITE POWDER

SUPER FOODS

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

Balanced energy - Muscle recovery - Muscle mass building

- The branched-chain amino acids are leucine, valine and isoleucine. These are essential since they cannot be produced in sufficient quantities by the body, thus have to be obtained from external sources. (Plotkin et al., 2021)

Health benefits:

- The product contains a 2:1:1 ratio of leucine, isoleucine, and valine, which is the optimum ratio for enhancing muscle protein synthesis. Since these amino acids make up 35% of muscle tissue, they are essential for building and maintaining proper muscle mass. (Mantuano et al., 2020)
- Exercise results in microdamage to the muscle tissue, while BCAAs reduce the extent of this damage and enhance recovery, thus supporting the process of muscle building. (Mantuano et al., 2020)
- BCAAs also have an important role in maintaining energy balance and appropriate nutrition metabolism, as well as in supporting healthy gut flora and immune system function. (Nie et al., 2018)



Dosage:

Stir one level scoop (4 g) of BCAA Elite Powder into 250 ml cold water. Take daily between meals, before, during or after training. Since the powder is not flavored, its protein content can be enhanced by combining with a variety of foods or drinks.

Warning:

The product must be stored out of the reach of children. The product is not a substitute for a balanced diet and a healthy lifestyle. Do not exceed the recommended daily intake.

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

1 scoop (4 g) contains:	
L-leucine	3,000 mg
L-isoleucine	1,500 mg
L-valine	1,500 mg

References:

- Mantuano, P., Bianchini, G., Cappellari, O., Boccanegra, B., Conte, E., Sanarica, F., Mele, A., Camerino, G. M., Brandolini, L., Allegretti, M., De Bellis, M., Aramini, A., and De Luca, A. (2020). Ergogenic effect of BCAAs and L-alanine supplementation: Proof-of-concept study in a murine model of physiological exercise. *Nutrients*, 12 (8): 2295. DOI: 10.3390/nu12082295
- Nie, C., He, T., Zhang, W., Zhang, G., and Ma, X. (2018). Branched chain amino acids: Beyond nutrition metabolism. *International Journal of Molecular Sciences*, 19 (4): 954. DOI: 10.3390/ijms19040954
- Plotkin, D. L., Delcastillo, K., van Every, D. W., Tipton, K. D., Aragon, A. A., and Schoenfeld, B. J. (2021). Isolated leucine and branched-chain amino acid supplementation for enhancing muscular strength and hypertrophy: A narrative review. *International Journal of Sport Nutrition and Exercise Metabolism*, 31 (3): 292–301. DOI: 10.1123/ijsnem.2020-0356

FOOD ADDITIVE CONTAINING DIETARY FIBER AND MICRONUTRIENTS

Prebiotic effect - Boosts digestion

- The microorganisms in the gut play an important role in health protection: they affect the quality of nutrient absorption, vitamin synthesis, various inflammatory processes, and the body's immune response. (Holscher, 2017)
- Besides fiber, Fiber Elite contains micronutrients that boost digestion.

Health benefits:

- Since 80% of the immune system is found in the gastrointestinal tract, the regular consumption of fiber can boost gut function. (Vighi et al., 2008)
- Mixed into a vegetable and fruit smoothie, Fiber Elite has a prebiotic effect on the metabolism of glucose, amino acids, and lipids and can thus play a direct role in maintaining muscle mass and reducing body fat. (Shi et al., 2022)
- Nurturing the gut flora is a particularly important way for athletes to boost their performance and maintain optimum health and body composition. (Fritz, 2022)



VEGAN



FREE FROM ARTIFICIAL PRESERVATIVES



HIGH ACTIVE INGREDIENT CONTENT



CERTIFIED



CERTIFIED



PRACTICE



100%
DOPING-
free

TESTED BY THE LABORATORY OF THE UNIVERSITY OF PHYSICAL EDUCATION
DOPING-FREE PRODUCT



SUPER
FOODS

FIBER

— E L I T E —

VEGÁN

GMO-MENTES

SPECIÁLIS ÖSSZETÉTEL

125 g (35 adag)

Dosage:

1 scoop (3.5 g) stirred into one serving of protein shake. For maximum prebiotic effect, stir into a vegetable and fruit smoothie. Do not exceed the recommended daily intake.

Warning:

The product is not a substitute for a varied diet and a balanced lifestyle. The product contains gluten.

FOOD ADDITIVE CONTAINING DIETARY FIBER AND MICRONUTRIENTS

1 serving (3.5 g) contains:			
Energy	9.94 kcal	Potassium:	171.3 mg
Fat	60 mg	Magnesium:	101.17 mg
of which saturated fatty acids	10 mg	Calcium:	9.14 mg
Carbohydrate	2,330 mg	Phosphorus:	7.86 mg
of which sugars	120 mg	Iron:	5.73 mg
Protein	400 mg	Sodium:	5.45 mg
Dietary fiber	280 mg	Vitamin C:	540 µg

References:

- Fritz, P. (ed.) (2022). *Nutritional Science in Water Polo*. Budapest: Nemzeti Kutatási, Fejlesztési és Innovációs Hivatal, 63 pp. Study collection. ISBN: 9789633582749
- Holscher, H. D. (2017). Dietary fiber and prebiotics and the gastrointestinal microbiota. *Gut Microbes*, 8 (2): 172–184. DOI: 10.1080/19490976.2017.1290756
- Shi, F., Zhou, F., Zheng, X., Lv, J., Yu, X., Zhou, Y., and Li, Q. (2022). Effects of dietary fiber compounds on characteristic human flora and metabolites mediated by the longevity dietary pattern analyzed by in-vitro fermentation. *Nutrients*, 14 (23): 5037. DOI: 10.3390/nu14235037
- Vighi, G., Marcucci, F., Sensi, L., Di Cara, G., and Frati, F. (2008). Allergy and the gastrointestinal system. *Clinical and Experimental Immunology*, 153 (1): 3–6. DOI: 10.1111/j.1365-2249.2008.03713.x

ELASTIC ELITE

SUPER FOODS

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

Protects the joints - Boosts performance - Enhances recovery

- Since the amount of collagen produced by the body decreases with age, supplements may be appropriate from the age of 25. (Reilly and Lozano, 2021)
- Revolutionary composition, with active ingredients to maximize absorption.
- Free from artificial colors, aspartame, and sucralose, thanks to its state-of-the-art formula.

Health benefits:

- Collagen plays a role in the protection of bones and muscles; the composition of skin, nails and hair; heart, eye, and digestive health; and wound healing. (Fritz et al., 2020)
- Vitamin C enhances the synthesis of collagen as well as having an antioxidant effect (DeFilippo et al., 2018)
- L-arginine can boost performance and can have a beneficial effect on blood supply to the muscles, as well as on heart and vascular health. (Fritz and Mayer, 2022)
- Hyaluronic acid is a beauty serum that can contribute to skin hydration, thus playing a role in protecting the skin against the effects of aging and preventing wrinkles. (Papakonstantinou, Roth, and Karakiulakis, 2018)



Dosage:

1 dose (25 ml) stirred into 150 ml water, taken in the morning on an empty stomach or half an hour before training. Shake well before use. Do not exceed the recommended daily intake.

Warning:

The product is not a substitute for a varied diet and a balanced lifestyle. Produced in a factory that handles gluten, milk, soya, eggs, and nuts.

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

1 dose (25 ml) contains:			
Hydrolyzed collagen	10,000 mg	Vitamin C	500 mg
L-arginine	1,075 mg	Hyaluronic acid	40 mg

References:

- DePhillipo, N. N., Aman, Z. S., Kennedy, M., Begley, J. P., Moatshe, G., and LaPrade, R. F. (2018). Efficacy of vitamin C supplementation on collagen synthesis and oxidative stress after musculoskeletal injuries: A systematic review. *Orthopaedic Journal of Sports Medicine*, 6 (10): 2325967118804544. DOI: 10.1177/2325967118804544
- Fritz, P and Mayer, L. (2022). Az L-arginin szerepe és hatása az emberi szervezetre [The role of L-arginine and its effect on the human body]. *Recreation tudományos magazine*, 12 (4): 4–7.
- Fritz, P, Mayer, L., Pető, A., and Németh, B. (2020). A kollagén szerepe és hatása az emberi szervezetre [The role of collagen and its effect on the human body]. *Recreation tudományos magazine*, 10 (4):8–11.
- Papakonstantinou, E., Roth, M., and Karakiulakis, G. (2012). Hyaluronic acid: A key molecule in skin aging. *Dermatoendocrinology*, 4 (3): 253–258. DOI: 10.4161/derm.21923
- Reilly, D. M. and Lozano, J. (2021). Skin collagen through the lifestages: Importance for skin health and beauty. *Plastic and Aesthetic Research*, 8 (2). DOI: 10.20517/2347-9264.2020.153

VEGAN PROTEIN ELITE

SUPER FOODS

STRAWBERRY-FLAVORED PROTEIN BAR MADE FROM HIGH-QUALITY INGREDIENTS.
DELICIOUS AND EASILY DIGESTIBLE. SUITABLE FOR AMATEUR AND PROFESSIONAL SPORTSPEOPLE.

For muscle building and enhanced fitness — Derived exclusively from plants

Health-related benefits:

- The main ingredient in this product is green peas, which have a high protein content (24%) and balanced amino acid profile (Lefranc-Millot and Teichman-Dubois, 2018; Leterme, Monmart, and Baudart, 1990).
- The plant-derived protein content builds muscle as efficiently as animal-based proteins (Pinckaers et al., 2023).
- Pea protein is easily digestible and efficiently absorbed, thus may contribute to the promotion of muscle growth (Gausserès et al., 1997).
- The inulin contained in the product may have a positive impact on the composition of the gut flora, thus may play an indirect role in improving body composition (Le Bastard et al., 2020; Clarke et al., 2012).



100% NATURAL



SUGAR FREE



GLUTEN FREE



LAKTOSE FREE



Dosage:

To be consumed immediately after training. Also suitable as a mid-morning or mid-afternoon snack.

Warning:

The product is not intended to replace a varied diet and balanced lifestyle. Not suitable for children under the age of three.



VEGAN PROTEIN ELITE

SUPER FOODS

STRAWBERRY-FLAVORED PROTEIN BAR MADE FROM HIGH-QUALITY INGREDIENTS.
DELICIOUS AND EASILY DIGESTIBLE. SUITABLE FOR AMATEUR AND PROFESSIONAL SPORTSPEOPLE.

Ingredients:

Ingredients: 85% pea protein isolate, peanut flour, rice syrup, inulin (oligofructose), 80% riced protein concentrate, shredded coconut, lyophilized strawberries, erythritol, natural aroma, natural plant extract (sodium citrate), L-ascorbic acid.

100 g of the product contains:			
Energy	1,728 kJ	Carbohydrates	25.4 g
Fats	17.9 g	of which sugar	15.1 g
of which saturated fatty acids	7 g	Protein	30 g
Dietary fiber	15.5 g	Salt	176 mg

References:

- Clarke, S. F., Murphy, E. F., Nilaweera, K., Ross, P. R., Shanahan, F., O'Toole, P. W., and Cotter, P. D. (2012). The gut microbiota and its relationship to diet and obesity: New insights. *Gut Microbes*, 3(3): 186–202. DOI: 10.4161/gmic.20168
- Gausserès, N., Mahé, S., Benamouzig, R., Luengo, C., Ferriere, F., Rautureau, J., and Tomé, D. (1997). [15N]-labeled pea flour protein nitrogen exhibits good ileal digestibility and postprandial retention in humans. *The Journal of Nutrition*, 127(6): 1160–1165. DOI: 10.1093/jn/127.6.1160
- Le Bastard, Q., Chapelet, G., Javaudin, F., Lepelletier, D., Batard, E., and Montassier, E. (2020). The effects of inulin on gut microbial composition: A systematic review of evidence from human studies. *European Journal of Clinical Microbiology & Infectious Diseases* (Official Publication of the European Society of Clinical Microbiology), 39(3): 403–413. DOI: 10.1007/s10096-019-03721-w
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GLUTAMINE ELITE

SUPER FOODS

CLINICALLY PURE, UNFLAVORED DIETARY POWDER SUPPLEMENT
CONTAINING 100% L-GLUTAMINE.

Performance - Maintaining muscle mass - Immune system support

- Glutamine is the most abundant and versatile amino acid in the body (Cruzat et al. 2018).
- It is conditionally essential, since high levels of exertion caused by severe metabolic stress (e.g. intense sport, sepsis, major surgeries) can deplete the body's glutamine stores. In such cases, it is recommended to use a dietary supplement (Kim, 2011).

Health benefits:

- Glutamine has an important role in cell-mediated immunity and the integrity of the intestinal mucosa (Kim, 2011).
- Prolonged exercise and periods of heavy training are associated with a decrease in the plasma glutamine concentration which might result in exercise-induced immune impairment and increased susceptibility to infection in athletes (Gleeson, 2008).
- Glutamine increases glycogen synthesis, thus might delay fatigue. It also reduces muscle damage and has an indirect antioxidant effect (Coqueiro - Rogero - Tirapegui, 2019).



Dosage:

Stir one level scoop (5 g) of GLUTAMINE Elite Powder into 250ml cold water. Take daily before or after training.

Warning:

The product is not a substitute for a balanced diet and a healthy lifestyle. Do not exceed the recommended daily intake. The product must be stored out of the reach of children.



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CLINICALLY PURE, UNFLAVORED DIETARY POWDER SUPPLEMENT
CONTAINING 100% L-GLUTAMINE.

1 scoop (5 g) contains:	
L-Glutamine:	5000 mg

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