

Technological innovation Nutritional innovation



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Our Activa laboratories have specialized in the field of Phytonutrition for many years. We develop, formulate and produce the latest generation nutritional supplements in France, for worldwide distribution.

Taking self-regulation into account

We develop our ranges with the permanent concern of taking the bioavailability and biocompatibility of our nutritional supplements into account. We do this by studying the body's regulation mechanisms to a possible alteration, in order to design nutritional supplements which promote systems that self-regulate a function rather than act against an alteration. As a result of this comprehensive approach, we support the body by using complex formulations and doses for better efficiency and fast action. The high-quality active ingredients are used in physiological doses in order to observe how the body functions and avoid side effects.

Actions and synergies of the components

Our know-how in developing complexes gives us a great deal of expertise in the formulation and combination of natural active ingredients so that they all act with the best possible synergy and confer maximum efficiency to our ranges. By combining several substances in a specific order, we get a synergy of active ingredients which is not simply equal to the sum of the properties of these various substances. In fact, the interactions of these elements enable another action and other information regarding the body to be obtained. We attach great importance to developing our complexes, so that they are «micronutritional». They respect the body's general balance. Our various product ranges are formulated based on:

- Dry, titrated, standardized plant extracts.
- Various trace element salts.
- Levorotatory vitamins and amino acids.
- First cold pressed vegetable oils.

Search for innovative galenics

In order to optimize the bioavailability of our products we use a patented galenic form, a controlled release microganule which enables us:

- To release active ingredients very quickly for fast action or for prolonged periods for an action over several hours.
- To protect sensitive active ingredients from gastric acidity.
- To hide tastes and smells.
- To reduce the amount taken daily.

We also use osmotic tablets, vegetable capsules and high assimilation tablets.

Molecule and information

The quality of a molecule is assessed on two factors, one structural, its chemical formula, and the other spatial, its physical properties conferring its particular features and its 'language'. A well-known example is the assimilation of vitamin C, chemical and natural. A molecule will provide various information via the multiple spatial configurations it can take.



actiVa, latest generation nutritional supplements

Each molecule has an action in relation to a target but at the same time gives a signal that it is important to take into consideration in a nutritional approach.

We select carefully our active ingredients in order to obtain products with qualities that have a high amount of tracers, controlled to ensure safety (pesticides, GMOs, microbiology, heavy metals).

Our rigorous manufacture methods and the procedures put in place during continuous quality improvement processes, guarantee quality products with traceability throughout the production chain. Our laboratory meets the demands of French, European and American regulations.

Distribution is carried out exclusively by healthcare professionals trained in micronutrition and herbal medicine to ensure you receive advice that meets your requirements.

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Technological innovation

Controlled Release Microgranules

The entirely innovative microgranule form offers protection for active ingredients and their targeted release into the body, thus promoting a fast and efficiency action. **Controlled release** We can release the active ingredients guickly everywhere fast action is required. Prolonged release for long-lasting action. Delayed release to protect sensitive active ingredients such as probiotics from gastric iuice. Dry titrated extracts Neutral ······ Semi-permeable membrane

PhytoVitality's priorities

- 100% natural active ingredients, using quality, titrated, dry extracts.
- Sequential formulations for a synergistic action of the components, so balance can be restored in the body.
- Complete bioavailability for total assimilation.
- Perfect biocompatibility: respect of vital currents with far-reaching benefits for vitality, no side effects and no overloading of the body.
- Microgranules provide gastroprotection, quickly passing through the intestine, and a controlled release of active ingredients.

Microgranule technology implies:

- Fewer doses, therefore better compliance.
- Adaptation of the dose type to the individual or the malfunction.
- Easy to take.



actives WELL BEING RANGE



A range designed for balance, comfort and intensive action

The right balance for your joints

Maintenance and comfort of the articular system

Suggested use

1 capsule to be taken every day between meals, with a large glass of water. The capsules may be opened before being taken.

Promotes flexibility of joints Helps maintain healthy joints

Well Being Joint

The natural solution to assist in maintaining flexibility and strength of cartilaginous tissue.

- Harpagophytum and Curcuma Complex (recognized for its anti-inflammatory properties) help improve flexibility and articular mobility.
- Contribution of Glucosamine hydrochloride and Chondroitin sulphate, natural components of cartilage.

DID YOU KNOW?

What are the causes of joint pain? Cartilage degradation is one of the main causes of joint pain. The cartilage no longer

performs its role as a 'shock absorber' and no longer enables supple and flexible articulations. There are many reasons for this degradation, sometimes due to metabolic changes and sometimes due to age.

Ingredients (titrated dry extracts) for 1 capsule

Harpagophytum (Harpagophytum procumbens) 75 mg, Chondroitin sulphate 41.7 mg, Marine chondroitin 41.7 mg, Turmeric TSE (Curcuma longa) 33.3 mg, Glucosamine hydrochloride 25 mg. Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water). *Excessive consumption may have a laxative effect.

loim

lps support cartilage d joint function'

activa well Being

Restore your gut balance 12 billion CFU gastro-protected



Suggested use

1 capsule a day, in the morning, on an empty stomach with a large glass of water. The capsules can be opened before administration, mixed in a yoghurt, for example. Manufactured from cultured soy or milk.

12 billion probiotics (CFU) gastro-protected

Well Being Symbiotic

Synergy of 4 strains of bacteria carefully selected for their safety and complementary action and 3 prebiotics that promote the development of probiotics.

- Helps maintain the body's natural defenses.
- Supports a healthy digestive system.
- Helps strengthen gastrointestinal flora.

Synergy of 4 probiotics for better efficiency

- Bifidobacterium longum
- Bifidobacterium infantis
- Lactobacillus acidophilus
- Lactobacillus rhamnosus.
- Synergy of 3 prebiotics
 - Fructo-oligosaccharides
 - Xylitol
 - Ribose.

Ingredients (for 1 capsule)

Fructo-oligosaccharides 66 mg, Bifidobacterium longum (3 bn), Bifidobacterium infantis (3 bn), Lactobacillus acidophilus (3 bn), Lactobacillus rhamnosus (3 bn). Additives: Bulking agent: Xylitol* - Vegetable capsule "Excessive consumption may have a laxative effect.

DID YOU KNOW?

Intestinal flora is made of bacteria (approximately 100,000 billion of 400 different species), that live together in our intestines and which forms after birth.

Most of these bacteria are harmless or beneficial.



Natural relief for gastric acidity

Maintain the stomach's acid/base balance



Suggested use

1 capsule every day, between meals with a glass of water, preferably in the morning. The capsules may be opened before being taken. Not recommended for pregnant women.

Digestion well-being Gastric acidity Balance the stomach's physiological pH

Well Being Gastric

The combination of 4 plants traditionally valued for their benefits for gastric and digestive disorders.

- Fenugreek and Dandelion contribute to maintaining a normal gastric acidity.
- Sage helps maintain a good digestion.
- Lemon balm contributes to a normal intestinal tract.

DID YOU KNOW?

Sage's latin name (Salvia officinalis) stems from salvare which means «to save» or «to heal». The Romans and the Egyptians used to use it in several preparations.



Ingredients (titrated dry extracts) for 1 capsule

Ferugrek (Trigonella Ferurum Gracum) 50 mg, Lemon balm (Melissa officinalis) 28.1 mg, Dandelion (Taraxacum officinale) 28.1 mg, Sage (Salvia officinalis) 18.8 mg, Tryptophan 2.5 mg, Alanine 1.8 mg, Additives: Bulking agent: Xylini - Vegetable casual (ratural vegetable cellulose, water). "Excessive consumption may have a laxative effect.

Ease your digestive system

Stimulates digestion and intestinal transit

Suggested use 1 capsule to be taken every day.

with a large glass of water. Can be taken occasionally before or after a big meal. The capsules may be opened before being taken.

Facilitates digestion Relieves intestinal bloating and heaviness of the stomach

activa

activa well Being

Digestion

nmediate release

Helps with digestion and bowel function on a daily basis

Digest

Well Being Digestion

Synergy of natural active ingredients with relaxing and sedative properties for daily digestive comfort.

- Lemon balm helps stimulate sluggish digestion that causes bloating and gas.
- Dandelion contributes to cleansing and purifying the body. It is also known to help stimulate a lazy liver and gallbladder.
- Sage helps digestion by maintaining comfortable stomach acidity level.

DID YOU KNOW?

Why do the British call dandelion «Dandelion»?

It comes from its French nickname «Lion's teeth» due to the shape of dandelion leaves.



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Ingredients (titrated dry extracts) for 1 capsule

Lemon balm (Melissa officinalis) 56.3 mg, Dandelion (Taraxacum officinale) 56.3 mg, Sage (Salvia officinalis) 37.5 mg. Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water). "Excessive consumption may have a laxative effect."

Balance the urinary sphere naturally

Urinary tract comfort

Suggested use

1 capsule every day, to be taken between meals with a glass of water. The capsules may be opened before being taken.

Facilitates kidney elimination Improves urinary comfort

Well Being Elimination

Combination of 4 plants to optimize urinary comfort:

- Couchgrass, Heather and Cranberry have properties known to help maintain a comfortable urinary function.
- White nettle supplies minerals that can support urinary function.

DID YOU KNOW?

White nettle, despite its name, does not sting. As regards cranberry, it is called Large Cranberry in North America, Atoca in Quebec and Cranberry in England.



Ingredients (titrated dry extracts) for 1 capsule

Cranberry (Vaccinium macrocarpon) 74 mg, Couchgrass (Cynodon dactylon pers) 62 mg, White nettle (Lamium album) 40 mg, Heather (Calluna vulgaris) 24 mg. Additives: Bulking agent: Xylitol* - Vegetable capsule "cocessive consumption may have a laxative effect.

Elimination

telps balance the renal system.

activa well Being

Reduce stress regain serenity

A natural, non-addictive solution



Serenity

CUVA

Suggested use

1 capsule to be taken every day between meals with a large glass of water. The capsules may be opened before being taken.

Enhances sleep quality to promote physical and mental wellbeing Relieves iet lag Helps you cope with everyday stress

Well Being Serenity

A natural complex designed to act naturally on daily stress and irritability to relax and find peace of mind.

- Matricaria and Lemon balm contribute to relaxation and supporting physical and mental well-being.
- Hawthorn and Lemon balm contribute to decrease irritability and agitation. Associated with Lime tree it helps achieve calmness and relaxation.
- Eschscholtzia helps you cope with daily stress by promoting calm and relaxation.
- From 1 mg, Melatonin helps reduce the time it takes to fall asleep.

Ingredients (titrated dry extracts) for 1 capsule

Eschscholtzia (Eschscholtzia californica) 75.7 mg, Hawthorn (Grataegus oxyacantha) 45.5 mg, Arginine 21.9 mg, Matricaria (Matricaria chamomilla) 15.1 mg, Lime tree (Tilia platyphylos) 15.1 mg, Lemon balm (Melissa officinalis) 15.1 ng, Glycine 14.6 mg, Tryptophan 7.3 mg, Alanine 7.3 mg, Adenosine 2.4 mg, Melatonin 1 mg. Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water). *Excessive consumption may have a laxative effect.

DID YOU KNOW?

Melatonin is a hormone produced by a region of the brain (epiphysis or pineal gland) during the night. Its secretion regulates daily rhythms depending on brightness and informs the body of the season according to variations in the length of daylight.



Improve the quality of your sleep and recover!

Faster naturally



Suggested use

2 capsules to be swallowed. preferably in the evening, with a large glass of water. The capsules may be opened before being taken.

Do you wake up at night? Do you feel tired when you wake up? Do you have trouble falling asleep?

Well Being Sleep

The natural solution to enjoy a good and long restful night and feel energized during the day!

- Lime tree and Matricaria for their relaxing and soothing virtues.
- Lemon balm to act on sleep discomfort and nervousness. Soothing gualities for digestion.
- Hawthorn acts on stress and anxiety.
- Eschscholtzia which acts on night awakenings, helps you fall asleep, calms stress and anxiety.
- Non-addictive.

DID YOU KNOW?

The right response to sleep disorders (difficulty falling asleep, duration and quality of sleep, waking in the night, etc.) works from the first dose!

Due to its innovative microgranule form, its action is prolonged, with a gradual release of the components as soon as you fall asleep and during the night.

Its delayed effect aids the deferred diffusion of the active ingredients.

Ingredients (titrated dry extracts) for 2 capsules

Eschscholtzia (Eschscholtzia californica) 227.2 mg, Hawthorn (*Crataegus oxyacantha*) 136.4 mg, Matricaria (*Matricaria chamomilla*) 45.4 mg, Lemon balm (*Melissa officinalis*) 45.4 mg, Lime tree (*Tilia phatphilos*) 45.4 mg, Additives: Bulking agent Xilion - Vegetable capsule (natural vegetable cellulose, water). *Excessive consumption may have a laxative effect.

Breathe easily

Clear your airways naturally



Suggested use

1 capsule every day, to be taken between meals with a glass of water. The capsules may be opened before being taken.

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Soothes the respiratory tract and helps free airways Relieves dry and wet cough Calms and soothes the throat during the day

Well Being Respiration

Combines the effectiveness of 4 plants to help your body resist against external attacks by preserving the integrity of the respiratory tract.

- Eucalyptus, an excellent and recognised support for upper airways management.
- Marshmallow soothes irritation and relieves dry cough.
- Bilberry, an antioxidant with recognized properties.
- Hawthorn to promote a restful and calm sleep.

DID YOU KNOW?

Marshmallow root was once used to help very young children to 'cut their teeth'.

It also allowed the manufacture of confectionery products with the same name.

Today, the food industry replaces Marshmallow with collagen, less rare and therefore less expensive.



Ingredients (titrated dry extracts) for 1 capsule

Marshmallow (Althaa officinalis) 37.5 mg, Eucalyptus (Eucalyptus globulus labili) 37.5 mg, Bilberry (Vaccinium myrtillus) 37.5 mg, Hawthorn (Crataegus oxyacantha) 37.5 mg. Additives: Bulking agent: Xylitol* -Vegetable capsule (natural vegetable cellulose, water). *Excessive consumption may have a kaxtive effect.

Boost your Immunity

Strengthen your body's natural defences



Suggested use

2 capsules to be taken every day with a large glass of water, preferably before breakfast. The capsules may be opened before being taken. Propolis warns of an allergic substance

Helps strengthen the body's natural defences Helps calm the respiratory tract Helps combat seasonal changes

Well Being Immunity

Natural complex to maintain good immunity during seasonal changes thanks to the synergy of its active ingredients.

- Royal jelly contains micronutrients with revitalizing and stimulating properties.
- Propolis contains flavonoids and supplies the body with a wealth of trace elements and minerals, stimulating the natural defense system.
- Thyme has cleansing and relaxant properties.

DID YOU KNOW?

Singers often use royal jelly to relax their vocal cords, the mixture of sugar and acid make it a miracle cure.



Ingredients (titrated dry extracts) for 2 capusles

Propolis 257.9 mg, Royal jelly** 128.9 mg, Thyme (Thymus vulgaris) 51.6 mg, Glycine 11.6 mg. Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water). *Excessive consumption may have a laxative effect. **Rate 10 HDA: 4.46%.

Well Being Vitality

Boost your energy level

It is a natural biocompatible complex which boosts, stimulates and strengthens the body throughout the day with its 'extended-release' formula over 8 hours.

- Ginseng extracts helps with vitality.
- Caffeine-rich Guarana increases energy level.
- Acerola well-known to have antioxidant properties and a vitamin C content.
- Pineapple is known to contribute to body cleansing function, to help the body with better absorption of the other ingredients.



Ingredients (titrated dry extracts) for 1 capsule

Ginseng (Panax ginseng) 90 mg, Acerola (Malpighia glabra) 22.5 mg, (25% Vitamin C, 7% of RDA), Guarana (Paullina cupana) 22.5 mg, Pineapple (Ananas comosus) 15 mg, Additives: Bulking agent: "yitin" - vegetable capsule (natural vegetable callulose, water), "Excessive consumption may have a laxative effect.

Suggested use

1 capsule every day, to be taken between meals with a glass of water, avoid taking in the evening. The capsules may be opened before being taken.

Suggested use

1 capsule to be taken preferably in the morning with a large glass of water.

Well Being Starter

Prevents and combat aging Supports natural defences Helps reduce tiredness

Acerola pulp contains 50 to 80 times more vitamin C than an orange. It is the richest natural source of vitamin C. It is an essential element for the body to function properly. Our Acerola is associated with Camu-Camu, allowing a better concentration of the active ingredients for your body and a greater well-being.

- Powerful antioxidant for preventing and combating aging.
- Supports natural defences.
- Stimulation of physical and mental faculties.
- Important role in the formation of collagen.



Ingredients (titrated dry extracts) for 1 capsule Acerola (Malpighia glabra) 242 mg.

Acerola (Malpighia glabra) 242 mg, Camu-Camu (Myrciaria Paraensis) 168 mg. Additives: Emulsifier : Magnesium stearate.Vegetable capsule.

Promote blood circulation

Care for your legs naturally



Suggested use

1 capsule a day, with a large glass of water, from the first signs of discomfort.

Maintains circulatory comfort and the venous tone Contributes to optimal venous circulation in legs (heavy legs)

Well Being Circulation

Heavy, tired legs, varicose veins and poor circulation are all signs of poor venous tone.

Well Being Circulation contains a synergistic combination of 4 plants that are known to support a healthier blood circulation at several levels:

- Blackcurrant has antioxidant properties.
- Olive leaf is known to help maintain a healthy blood pressure.
- Red vine leaf helps relieve heaviness in the legs and supports healthy capillaries.
- Bilberry contributes to capillary resistance and helps the microcirculation.

DID YOU KNOW?

Tips for better circulation:

Walk, swim, avoid high heels, tight-fitting clothes (e.g. knee-high socks).

Avoid prolonged exposure to sunlight and prolonged standing or sitting.

Consider support stockings during long journeys.

Drink plenty.



Ingredients (titrated dry extracts) for 1 capsule

Blackcurrant extract (Ribes nigrum) 90 mg, Olive tree (Olea europaea) 60 mg, Red vine (Vitis vinifera) 30 mg, Bilberry (Vaccinium myrtillus) 20 mg. Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water). *Cessesive consumption may have a laxative effect.

The natural solution to maintain your vascular system comfort



Suggested use

1 capsule to be taken every day in the morning with a large glass of water. The capsules may be opened before being taken; Not recommended for people with allergies to salicylate derivatives. Not recommended for children under 12 years of age, pregnant women and breast-feeding mothers.

Supports blood circulation and blood pressure

Well Being Blood Pressure

Synergistic action of plants acting at several levels to regulate blood circulation and blood pressure.

- Grape seed promotes venous circulation and maintains capillaries.
- Bilberry strengthens capillary resistance and promotes microcirculation.
- Meadowsweet, recognised for its blood vessel widening properties, it calms cardiac activity and blood pressure.
- Olive tree supports good blood pressure. Red vine promotes blood circulation.
- Blackcurrant has strong antioxidant properties.

DID YOU KNOW?

Italian tradition states that some olive trees date back to the time of the Romans.

In Roquebrune Cap-Martin, a healthy olive tree is more than 2000 years old...



Ingredients (titrated dry extracts) for 1 capsule

Blackcurrant (Ribes nigrum) 45 mg, Olive tree (Olea europaea) 30 mg, Galega Galega officinalis) 18.8 mg, Red vine (Mis vinifera) 15 mg, Grape seed (Mis vinifera) 12.5 mg (95% polyphenols), Meadowsweet (Filipendula ulmaria) 12.5 mg, Kinnikinnick (Arctostaphylos uva ursi) 10.4 mg, Rhubarb (Rheum officinale bailton) 10.4 mg, Lacamiline 10.4 mg, Bilberry berrise (Vaccinium myrtillus) 10 mg, Bilberry leaves (Vaccinium myrtillus) 6.3 mg, Ubernum (Viburumu Indrana) 6.3 mg, L-tryptophan 6.3 mg, Grapefruit (Citrus paradis) 4.2 mg, L-histidine 2.1 mg, Additives: Bulking agent: Xylitol" - Vegetable capsule (natural *Excessive consumption mg/ have a laxative effect.

Heart benefit... for life

Controls cholesterol level

Suggested use

1 capsule to be taken every day in the evening with a glass of water. The capsules may be opened before being taken. Not suitable for pregnant and breast-feeding women or children under the age of 5. Seek medical advice if taking lipid-lowering drugs.

Helps maintain cholesterol levels Helps balance blood lipid levels

activa well being Cholesterol

Choleste

Helps regulate cholesterol within normal limits

mediate release

Contributes to balancing blood lipids'

activa well Being

Well Being Cholesterol

The natural synergistic solution to help keep cholesterol at a healthy level.

Guggul helps maintain normal lipid levels and controls plasma cholesterol levels.

According to the scientific committee of the EFSA:

For a 10 mg dose of Monacolin K: Red Rice Yeast helps maintain cholesterol level. promotes the reduction of bad cholesterol (LDL) by inhibiting the enzymes that promote the formation of cholesterol.

For an 800 mg daily dose of Sterols: they contribute to maintain a good level of cholesterol in the blood by reducing its absorption.

Ingredients (titrated dry extracts) for 1 capsule

Lipophytol (90% Phytosterols) 120 mg, Red Rice Yeast (Monascus purpureus) (1.5 % Monacolin K) 72 mg, Guggul (Commiphora mukul) 48 mg. Additives: Bulking agent: Xyliitol* - Vegetable capsule (natural egetable cellulose, water). *Excessive consumption may have a laxative effect.

DID YOU KNOW?

Guggul is the gum from a plant native to India, the Commiphora wightii.

Often used in avurvedic medicine to 'unclog' the body from toxins, but also to maintain flexible joints.



Experiencing memory loss? **Exams pressure?**

Maintain healthy brain function

Suggested use

Swallow 1 capsule preferably in the evening with a large glass of water.

EPAX quality of Omega 3 for a beneficial action on intellectual performance

activa well Being

Memory

rts intellectual performance

Memory

and brain function'

Well Being Memory

The natural solution for improving your brain functions, maintaining your cardiac functions, and supporting your visual function.

The 6000 TG, an oil from a wild deep-water fish of the cold seas (in a very pure version), and the fish 1812 TG contain in a natural state a high concentration of longchain Omega-3: EPA and DHA, which are well known for their action on the cognitive lipid functions and for maintaining normal cardiac (EPA/DHA) and visual (DHA) functions.

The EPA and DHA work synergistically to boost each other's action.



DID YOU KNOW?

Higher levels of DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) in the neurons maximise the brain's development potential, enhance cognitive performance and slow down the process of brain ageing.



Incredients for 1 capsule

Fish Oil (6000 TG) 175 mg, Fish Oil (1812 TG) 175 mg.(Contains 52.5 mg of DHA and 78.8 mg of EPA per capsule. Rich in Omega 3). Other ingredients: Tunica: Marine gelatin, Humectant glycerin, water.

Well Being Slimness

The secret for a slim figure

An enriched formula which combines 5 specific active ingredients to promote weight and figure control.

- Green tea, with its diuretic and pro-circulation properties and caffeine-rich Guarana to support weight management and encourage the release of stored fats. Together, they support the body metabolism.
- Fucus, helps control appetite by inducing a feeling of fullness.
- Containing the enzyme bromelain which has decongestant properties, Pineapple helps reduce local fat deposits that cause orange-peel skin.
- Ginger, stimulates digestion and is particularly useful during a weight loss diet for its ability to relieve tiredness and support energy levels.



Ingredients (titrated dry extracts) for 1 capsule

Green tea (Thea Sinensis) 60 mg, Guarana (Paullina cupana) 37.5 mg, Fucus (Fucus vesiculosus) 30 mg (0.1% iodine, or 16% of RDA), Pineapple (Ananas sativa) 11.25 mg, Gionger (Zingiber officinalis) 11.25 g, Additives: Bulking agent: Xyiitol* Vegetable capsule (natural vegetable cellulose, water), *Excessive consumption may have a laxative effect.

Suggested use

1 capsule every day, between meals with a glass of water. The capsules may be opened before being taken Not recommended for children, adolescents and pregnant or breast-feeding women.

Suggested use

1 capsule in the morning and evening, with a large glass of water. The capsules may be opened before being taken

Well Being Detox

Your natural detox program

Stimulates intestinal transit, thus allowing the elimination of accumulated waste.

It combines 4 algae whose wealth in soluble fibre contributes to cleaning and sanitising the intestines.

Fucus and Ascophyllum are deemed to promote intestinal transit.

Laminar for its purifying action and Lithothamnium rich in calcium.



Ingredients (titrated dry extracts) for 2 capsules

Fucus (Fucus vesiculosus) 161.9 mg, Ascophyllum (Ascophyllum nodosum) 95.2 mg, Laminar (Laminaria digitata) 95.2 mg, Lithothamnium (Litotamnium calcareum) 47.6 mg, Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water), *Excessive consumption may have a laxative effect.

Unleash the power of Spirulina

With the Microgranule Technology



Spirulina

activa well Being

Suggested use

1 capsule to be taken each day, preferably in the morning, with a large glass of water.

Amino acid supplementation Contributes to vitality and slow down cellular aging

Well Being Spirulina

Get a natural energy boost and help to improve the physiological balance of your body.

Spirulina is rich in antioxidants, which help the body protect itself against the effects of oxidative stress. It is a good source of the supplementary amino acids recommended for slimming diets and maintenance of muscle mass.

It helps with fatigue to regain energy.

- Watercress is also a food that is well-known for its nutritional value.
- This complex enhances the absorption of Spirulina by the cells. It is a good source of protein.

DID YOU KNOW?

Spirulina, a micro-algae in the shape of a spiral, is one of the oldest life forms on the planet.

The World Health Organisation recommends spirulina as a "superfood" to combat malnutrition and micronutrient deficiency.



Ingredients (titrated dry extracts) for 1 capsule

Spirulina (Spirulina Platensis) 200 mg, Watercress (Nasturtium Officinalis) 33,3 mg. Additives: xylitol**, vegetable capsule (natural vegetable cellulose, water).
**excessive consumption may cause taxative effects

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Fighting hair loss?

Well Being Hair is the natural solution

The nutritional and stimulating properties which act on the different factors involved in hair loss (microcirculation, oxidation).

- Saw palmetto and Nettle extracts help support hair quality and vitality.
- Bilberry extract containing flavonoid polyphenols are known for their protective properties on the vascular, venous and capillary systems.
- Antioxidants (Marigold extract containing lutein and extracts of Watercress and Bilberry) for beautiful hair and a healthier scalp.



Ingredients (titrated dry extracts) for 2 capsules

Saw Palmetto (Serenoa repens) 147.4 mg, Marigold (Tagetes erecta) 105.2 mg, Watercress (Wasturtium officinalis) 63.2 mg, Nettle (Urica dioica 63.2 mg, Biberry (Aacinium myrtillus) 21 mg, Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water). *Excessive consumption mg hwa e laxative effect.

Suggested use

Suggested use 1 to 2 capsules per day. 1 month before, during and

after exposure to the sun, all year round for a natural tan.

As a treatment of attack, 2 capsules a day for 10 to 20 days. Extend to 2 to 3 months to 1 capsule per day as a maintenance treatment. Ask your doctor and/or your pharmacist for advice.

Well Being Sun

Prepare your skin to sun exposure

A synergistic complex of vegetable oils from the first cold press with an action that works on several sectors of the skin.

- Virgin borage oil.
- Virgin evening primrose oil performs a regulatory action on the blood cholesterol levels and on blood pressure.
- Virgin avocado oil performs a soothing, calming, healing & anti-wrinkle action.
- Carrot oil, a natural source of beta-carotene.
- Lycopene.



Ingredients (for 2 capsules)

Evening Primrose oil (0enothera biennis) 336 mg, Borage oil (Borago Officinalis) 208 mg, Avocado II (Persea americana) 80 mg, Soy oil (6)(cine Max) 64 mg, Tomato (Lycopersion esculentum) (Lycopene 6%) 32 mg, Carrot oil (Daucus carcia) 16 mg, Additives: Marine gelatin, glyceroi.

Well Being Man

Vitality and masculine expression

A natural and comprehensive response tailored to regain well-being and comfort of sexual function.

A biocompatible complex combining the synergy of

7 plants:

- Maca, Damiana and Tribulus are traditionally known to promote sexual desire.
- Squash seed extract helps with urinary discomfort.
- Couchgrass and Tribulus help elimination, thus contributing to the proper functioning of the kidneys and urinary sphere.
- Cranberry and Ginger.



Ingredients (titrated dry extracts) for 1 capsule

Damiana (Turnera difusa) 50 mg, Maca (Lepidium meyenii) 33,3 mg, Couchgrass (Cucurbita pepo) 25 mg, Squash Seed (Agropyron repens) 18,75 mg, Titbulus (Tribulus terrestis) 16,7 mg, Cranberry, (Vaccinium macrocarpon) 4,1 mg, Ginger (Zingiber officinalis) 2,1 mg Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water). *Excessive consumption may have a laxative effect.

Suggested use

1 capsule every day, to be taken between meals with a glass of water. The capsules may be opened before being taken

Suggested use

1 capsule in the morning and evening, to be taken between meals with a glass of water. The capsules may be opened before being taken.

Well Being Woman

Vitality and feminine expression

A natural and comprehensive response tailored to regain well-being and comfort of female expression.

- Tribulus, Maca and Damiana are traditionnally known to promote sexual desire and fertilty.
- Achilea, Wormwood and Sage contribute to menstrual balance and female wellness.
- Sage helps soothe periodic abdominal cramps.
- Acerola.



Ingredients (titrated dry extracts)

for 1 capsule

Damiana (Turnera difusa) 60 mg. Meca (Lepidium meyenii) 30 mg. Achilea (Achillea millefolium) 30 mg, Wornwood (Arternisia vulgaris) 20 mg, Sage (Salvia officinalis) 20 mg, Tibulus (Tibulus terrestris) 20 mg, Aceroia (Malipithia glabra) 20 mg. Additives: Bulking agent : Xylitot - Vegetable capsule (natural vegetable callouse, water), *Excessive consumption may have a laxative effect.



activa Chrono



9 well-being actions, in ultra-fast version

Chrono HRPS

Immune weakness...Strengthen your defenses

Concentrates the efficacy of 6 natural active ingredients to strengthen natural defenses:

- The Royal jelly and the Propolis are powerful natural protectors that stimulate the natural defenses.
- The Thyme plays a major role in the support of the immune system.
- The Acerola is the richest natural source of vitamin C.
- The Achilea and Tribulus support the endurance and the physiological dynamism.

They also strengthen the synergistic action of the active ingredients.

Suggested use

NEW

3 capsules in one intake to be swallowed with a large glass of water. The capsules can be opened before administration. Warning: contains bee products.



Ingredients (titrated dry extracts) for 3 capsules

Propolis 328,8 mg, Royal jely 164,4 mg, Thyme (Thymus vulgaris) 65,7 mg, Acerola (Malpiphia glabra) 38,7 mg, Achillea (Achillea Millefolium) 25,5 mg, Tholusa (Tribulus terrestis) 25,5 mg, L-Glycine 14,7 mg, Additives: xylitol', vegetable capsudes (natural vegetable calludose, wate), *excessive consumption may cause laxative effects.

Chrono Vitality

Boost your energy level!

Helps effectively combat momentary tiredness. Promotes physical and mental performance.

- Ginseng extract provides a general tonic action for the body thus having beneficial effects on physical resistance and mental performance.
- Guarana, containing caffeine, aids physical and/or mental tiredness.
- Acerola, contains vitamin C.
- Pineapple.

Suggested use

2 capsules a day with a large glass of water. The capsules may be opened before being taken. Not recommended for children under 12 years of age, pregnant women and breast-feeding mothers.



Ingredients (titrated dry extracts) for 2 capsules

Ginseng (Panaz ginseng) 180 mg, Azerola (Malpiqhia glabra) 45 mg (25%) Vitamin C, 14% of RDA), Guarana (Paulina cuana) 45 mg (Cafein 10%), Pineapple (Ananas Comosus) 30 mg, Additives: Bulking agent: Xylitol -Vegetable capsule (natural vegetable cellulose, watar), "Excessive consumption mg have a taxative effect.

Chrono Symbiotic

24 billion probiotics (CFU) gastro-protected

Helps manage gastrointestinal flora levels. Assists with comfortable digestion and healthy bowel function.

- Synergy of 4 CFU for an excellent result
 - Bifidobacterium longum, Bifidobacterium infantis,
 - Lactobacillus acidophilus, Lactobacillus rhamnosus.

Synergy of 3 prebiotics

- Fructo-oligosaccharides,
- Xylitol
- Ribose.

Suggested use

3 capsules on the first day and then 2 capsules a day to be swallowed with a large glass of water preferably before breakfast. The capsules can be opened before administration and mixed in a yoghurt, for example. From a culture environment containing soy and milk.



Ingredients (for 2 capsules)

Fructo-oligo-saccharides 132 mg, Bifidobacterium longum 6 Bn, Bifidobacterium infantis 6 Bn, Lactobacillus acidophilus 6 Bn, Lactobacillus Amamosus 6 Bn. Additives : Bulking agent Xylitol*, Ribose - Vegetable capsule (natural vegetable cellulose, water), *Excessive consumption can have a laxative effect.

Chrono Circulation

Poor circulation? A quick solution!

Maintains circulatory comfort and the venous tone.

- Blackcurrant berries have draining properties.
- The Olive tree is traditionally recognized for its benefits for the venous tone.
- Red vine promotes blood circulation.
- Bilberry maintains microcirculation.



Suggested use

3 capsules on the first day and then 2 capsules a day to be swallowed with a large glass of water, between meals. The capsules may be opened before being taken.

Ingredients (titrated dry extracts) for 2 capsules

Blackcurrant extract (Ribes nigrum) 180 mg, Olive tree (Olea europaea) 120 mg, Red vine (Vitis vinifera) 60 mg, Bilberry (Vaccinium myrtillus) 40 mg, Additives: Buiking agent: Xylito) - Veglatabe casput (natural veglatable calludes, water), *Excessive consumption may have a laxative effect.

Chrono Gastric

Natural relief for gastric acidity

Helps maintain the acid/base balance of the stomach with its association of 4 plants traditionally valued for their gastric and digestive benefits.

- Fenugreek and Dandelion contribute to maintaining a normal gastric acidity.
- Sage helps maintain a good digestion.
- Lemon balm, contributes to a normal intestinal tract.



Ingredients (titrated dry extracts) for 2 capsules

Fenugreek (Trigonella Feunum Græcum) 100 mg Lemon balm (Melissa officinalis) 56.24 mg, Dandelion (Taraxacum officinale) 56.24 mg, Sage (Salvia officinalis) 37.5 mg, Trytophan 5 mg, Atanine 3.5 mg, Additives: Bulking agent Vijfoti - Vegetable capsule (natural vegetable cellulose, water), "Excessive consumption mg have a laxative effect.

Suggested use

3 capsules on the first day and then 2 capsules a day to be swallowed with a large glass of water, before breakfast. The capsules may be opened before being taken. Not recommended for pregnant women.

Chrono Digestion

Ease your digestion quickly

Ultra-fast action to relieve stomachache and abdominal bloating.

- Lemon balm performs a relaxing activity which contributes to digestive comfort and facilitates proper digestion.
- Dandelion acts on digestive function via its bitter components.
- Sage facilitates gastric digestion.

Suggested use

3 capsules on the first day and then 2 capsules a day to be swallowed with a large glass of water preferably in the evening. The capsules may be opened before being taken.



Ingredients (titrated dry extracts) for 2 capsules

Lemon balm (Melissa officinalis) 112.5 mg, Dandelion (Tarxacum officinale) 112.5 mg, Sage (Salvia officinalis) 75 mg, Additives: Bulking agent: Xylio¹¹ - Vegetable capsule (natural vegetable cellulose, water), *Excessive consumption may have a laxative effect.

Chrono Serenity

Stop the stress of life

Aids calm and relaxation. Helps you cope with everyday stress. Intervenes very quickly on stress and irritability due to the active ingredients of the recognized properties.

- Matricaria and Lemon balm contribute to optimal relaxation and support physical and mental well-being.
- Hawthorn and Lemon balm contribute to decreasing irritability, agitation and combined with Lime tree, maintain calmness and relaxation.
- Eschscholtzia helps you cope with everyday stress by promoting calm and relaxation.
- Melatonin, in excess of 1 mg, helps to reduce time it takes to fall asleep.

Suggested use

2 capsules a day with a large glass of water. The capsules may be opened before being taken.



Ingredients (titrated dry extracts) for 2 capsules

Eschscholtzia (Eschscholtzia californica) 15.1.4 mg. Harthora (7d. taegus oxycarathora) 91 mg. Arginica 43.8 mg. Matricaria (Matricaria chamonilla) 90.2 mg. Lime tree (Tilia platyphychs) 30.2 mg. Lemon baim (Melissa officiarialis) 30.2 mg. Glycine 29.2 mg. Trystophan 14.6 mg. Alamine 14.6 mg. Adensine 4.8 mg. Melatonin 2 mg. Additives: Bulking agent: Xylitat '' Vegetable capsule (natural vegetable cellulose, water), "Excessive consumption mg have a laxative effect.

Chrono Respiration

Clear your airways in no time

Soothes the respiratory tract and relieves dry and wet cough.

- Eucalyptus provides a calming influence on the respiratory tract.
- Marshmallow, soothing virtues for the throat.
- Bilberry, contains antioxidants.
- Hawthorn, to promotes restful and calm night thanks to its relaxing properties.

Suggested use

3 capsules on the first day and then 2 capsules a day to be swallowed with a large glass of water. The capsules may be opened before being taken.



Ingredients (titrated dry extracts) for 2 capsules

Marshmallow (Althæa officinalis) 75 mg, Eucalyptus (Eucalyptus globulus labili) 75 mg, Bilberry (Vaccinium myrtillus) 75 mg, Hawthom (Crathaegus oxyacantha) 75 mg Additives: Bulking agent: Xylitol* - Vegetable capsule (natural vegetable cellulose, water). *Excessive consumption can have a laxative effect.

Chrono Transit

Quick and gentle relief for constipation

Promotes kidney comfort and elimination due to:

- The laxative properties of plants containing anthraguinones (Senna, Cascara, Rhubarb, Aloe and Buckthorn) contribute to combat occasional constipation problems, facilitate intestinal transit and promote motor function of the intestine aiding regular bowel movements.
- Mallow, with laxative properties, helps combat intestinal inflammation.
- Cinnamon and Convolvulus promote the intestinal transit.
- Clove.

Suggested use

It is advisable to take 1 to 2 capsules in the evening before bedtime, with a glass of warm water. Not recommended for children under 12 years of age, pregnant women and breast-feeding mothers. Prolonged use is not recommended.



Ingredients (titrated dry extracts) for 2 capsules

Senna (Cassia acutifolla L.) 120 mg, Cascara (Rhamnus purshiana) 120 mg, Rhubarb (Rheum palmatum) 110.4 mg, Mallow (Malva svivestris L) 80 mg, Senna (Cassia angustifolia L.) 78 mg, Alove (Alove barbadensis) 70 mg, Buckthorn (Rhamnus frangula) 68 mg, Convolvulus 40 mg, Cloves (Eugenia caryophyllata) 10 mg, Cinnamon (Cinnamonum) zevlanicum) 10 mg. Additives: Magnesium stearate

Chrono Elimination

Urinary problems

Promotes kidney comfort and elimination due to:

Cranberry (100 mg de PAC).

Hibiscus and Heather promote urinary comfort and kidney elimination.

Supports elimination and urinary health* Elimination ultra-fast) Targeted action libiscus eather

Ingredients (titrated dry extracts) for 2 capsules

Cranberry (Vaccinium macrocarpon) 400 mg, Hibiscus (Hibiscus sabdariffa) 34 mg, Heather (Brucaria) 20 mg. Additives : Bulking agent: Xylitol* - Vegetable capsule (natural weatheble capsule) (natural vegetable cellulose, water). *Excessive consumption may have a laxative effect.

Suggested use

3 capsules on the first day and then 2 capsules a day to be swallowed with a large glass of water preferably in the evening. The capsules may be opened before being taken.



The perfect balance for your body

Human structure is an exclusive program of Laboratories Activa, designed and formulated with a new perception of nutritional supplements. To ensure an excellent physical and mental dynamics, it is important to maintain the right activity of the essential components of our body, namely lipids and fats, proteins, carbohydrates (sugars) and the antioxidant protection system.

The Human structure concept is based on caring for the human being in their integrity, with all the complexity of the interactions between the different systems of the body. By acting on each area (lipids, proteins, carbohydrates, antioxidant system), your body will get all its energy back in a sustainable way!



GlucidoTonic Control

Supports the metabolism of carbohydrates

Combination of several natural components (Galega, Grape seeds, Meadowsweet, Bearberry, Rhubarb,Blueberry, Viburnum, Grapefruit) and amino acids (L-carnitine, L-tryptophan, L-histidine) acting in synergy.

Recommended as a supplement to a diet or in case of bad eating habits. It is also suitable for athletes, when tired or lacking energy.

Promotes the metabolism of carbohydrates.
 Aids the storage and release of sugars.



Suggested use

1 capsule in the morning to be taken with a large glass of water between meals. The capsules may be opened before being taken. 30-day programme.

Ingredients (titrated dry extracts) for 2 capsules

pe seeds (25 mg) (95% polyphenols), Meadowsweet (25 mg), 'barb (20.8 mg), L-carnitine (20.8 mg), Blueberry (12.5 mg), 'tophan (12.5 mg), Grapefruit (8.3 mg), L-históline (4.2 mg) Additives: Bulking agent: Xylitol" - Vegetable capsule natural vegetable cellulose, water), "Excessive consumption may have a laxative effect

H₂Tonic

Actively fight free radicals

Source of trace elements selected to aid combat oxidative stress and related imbalances.

Pollution, tobacco, alcohol, stress, electromagnetic waves, UV rays, diets that encourage an overproduction of free radicals cause a lot of damage in our body.

Helps protect the body and skin from oxidative damage.

Supports the natural defence system.



Suggested use

1 capsule in the morning to be taken with a large glass of water between meals. 30-day programme

Ingredients (titrated dry extracts) for 2 capsules

Melon extract (4221 IU of SOD) 301.6 mg, Fernented papaya 129.2 mg, Blackcurrant 17.2 mg, Manganese gluconate (12.5% Mn) 0.5 mg, Zinc gluconate (14% Zn) 0.4 mg, Blidarika cold 0.4 mg, Histoline 0.4 mg, Copper gluconate (14% Cu) 0.1 mg, Threonine 0.1 mg, Additives: Buking agent Xiyilori - Vegetable capsule natural vegetable cellulose, water), *Excessive consumption mg hava a laxative effect

ProteaTonic

Complex of amino acids

ProteaTonic combines the main amino acids involved in the composition of the body's proteins in its formulation.

Amino acids perform an essential role, they are the fundamental constituents of all proteins present in the cells and tissues of our body and are necessary for optimal biological functioning.

Suitable for anybody, especially athletes, elderlies and those on a diet.



Suggested use

Taking 1 tablet, twice a day, between meals is recommended. Tablet to be chewed or swallowed. 30-day programme

Ingredients (for 2 tablets)

Cleatonic

Oleatonic

Helps maintain normal heart function Helps maintain optimal brain and eye

Suggested use

activa Human structure

Helps ma function

H

Soy protein isolate (Supro 670) 800 mg, Premix Amino Acids 51.3 mg: Threonine, Giycine, Methionine, Valine, Serine, Lysine, Phenytlaalmine, Isoleucine and Alanine. Additives: Bulking agent: Sorbitol, Microcrystalline cellulose, Anti-caking agents: Tricalcium phosphate, Magnesium stearate, Colloidal silica.

Which is high in unsaturated fatty acids, has a beneficial impact on the cardiovascular system (heart, blood vessels and circulation).

Oleatonic Cardio contains a sequential formulation of extremely pure oils derived from wild cold-water fish, rich in long-chain Omega 3 (EPA, DHA).

Consuming EPA and DHA helps maintain normal cardiovascular functions.

Contributes maintain normal heart function.

Helps maintain optimal brain and eye function.





Take 2 capsules, preferably in the

Allergen Warning: contains fish.

evening, with a large glass of water.

Fish 0il (6000 TG) 350 mg, Fish 0il (1812 TG) 350 mg, (Contains 105 mg of DHA and 157.6 mg of EPA per 2 capsules - rich in Omega 3), Additives: Capsule shell: Marine gelatine, Emulsifier: glycerol, water.

OleaTonic Cerebral

A natural formula concentrated in borage oil, evening primrose oil, wheat germ and grape seed oil to offer the body necessary triglycerides in the form of essential fatty acids omega 3 and 6.

Promotes good venous and capillary circulation.
 Helps strengthen and restructure the skin.



Suggested use

Taking 1 capsule, twice a day with a glass of water, between meals is recommended. 30-day programme.

Ingredients (for 2 capsules)

Borage oil (Borago Officinalis) 205.9 mg, Evening Primrose oil (Œnothera biennis) 147 mg, Wheat germ oil (Triticum vulgare) 88.2 mg, Grape seed oil (Vitis viniferas) 58.8 mg, Additives: Marine gelatin, glycerol.

OleaTonic Metabolic

It is defined as a 'lipid contributor' as it promotes their metabolism, in particular in regards to the skin. The synergy of its components provides a balance between omega 3, 6 and 9.

It works alongside a cholesterol-lowering diet or after food excesses and prepares the skin for exposure to the sun.

- Promotes the metabolism of lipids for the skin.
- Promotes good cholesterol.
- Contributes to balanced skin.



Suggested use

Taking 2 capsules a day with a glass of water, between meals is recommended. 30-day programme.

Ingredients (for 2 capsules)

Evening Primrose oil (Denothera biennis) 336 mg, Borage oil (Borago Officinalis) 208 mg, Avocado oil (Persea americana) 80 mg, Soy oil (Glycine Max) 64 mg, Tomato (Lycopersion esculentum) (Lycopene 6%) 32 mg, Carrot oil (Dacuzs carba) 16 mg, Additives: Marine gelatin, glycerol.

Notes	

These statements have not been evaluated by the Food and Drug Administration This product is not intended to diagnose, treat, cure or prevent any disease

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