

FOOD SUPPLEMENTS
QUESTIONS AND ANSWERS

NUTRICO**DE**

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ABOUT THE NUTRICODE SUPPLEMENTS



1. What are the differences between food supplements and medicaments?

The differences between food supplements and medicaments are shown in the following table.

FOOD SUPPLEMENTS	MEDICAMENTS
Food products	Medicinal products
Aim: completing a normal diet with vitamins, minerals or other substances, which have nutritional or other physiological effects.	Aim: preventing illnesses , treating the existing pathological conditions, diagnosing conditions indicating an illness, restoring, improving or modifying physiological functions of the organism by means of pharmacological, immunological or metabolic activity.
They do not cure illnesses , but prevent them.	They cure illnesses . They prevent the development of illnesses. They block the causes or symptoms of illnesses.
For healthy individuals . It has as a nutritional function or supports a properly functioning organism.	For patients , individuals whose organisms require restoring, improving or modifying their physiological functions or for individuals who require a diagnosis.
Sold in the form of capsules, lozenges, tablets, pills, sachets with powder, ampoules with liquid, drops in bottles with a dropper and other similar forms of liquid and powder, to be taken in small, measured quantities.	Sold in the form of tablets, soluble tablets, effervescent tablets, capsules, granules, powder for oral suspension, syrup, oral suspension, microcapsules, ampoules, vials, suppositories, spray, ointment, cream, gel, foam, patches.
Taken orally.	Administered orally, sublingually, by injection, intramuscularly, rectally, by inhalation, through the skin.

<p>Marking: The packaging of a food supplement must contain the following information:</p> <ul style="list-style-type: none"> • the description "food supplement" in the immediate vicinity of the trade name • composition • the name of the categories of nutrients or substances that characterize the product or an enumeration of their properties • recommended daily portion of the product • warning that the daily doses of the product should not be exceeded • statement that food supplements cannot be used as a substitute (replacement) of a varied diet • statement that food supplements should be kept out of reach of small children • content of vitamins and minerals and other substances, which demonstrate nutritional or other physiological effects are calculated as recommended daily intake, basing on the manufacturer's information • information on the content of vitamins and minerals is also expressed as a percentage of the nutrient reference value (NRV%), compared to the reference value specified in the proper regulations • expiry date or best before date 	<p>Marking: The packaging of a medicinal product contains a patient information leaflet, which must include:</p> <ul style="list-style-type: none"> • name of the product • chemical description • pharmacotherapeutic group • pharmaceutical form • therapeutic indication • contraindications • precautions, interactions • dosage, according to the case • dosage regimen • procedure in the event of an overdose • procedure in the event of a missed dose • adverse effects • expiry date and a warning against using the product after the expiry date • storing conditions • qualitative composition of excipients • marketing authorization holder • date of the last review of the package leaflet • use during pregnancy • influence on the ability to drive and use machines
<p>The labelling, presentation and advertising must not attribute medicinal properties, such as preventing or curing illnesses to food supplements, nor refer to such properties.</p>	<p>The labelling, presentation and advertising contains information about medicinal properties.</p>

In summary, food supplements are food products, designed to support a normal diet. It is a concentrated source of vitamins and minerals that occur naturally in food and are consumed with it, as well as other substances which have nutritional or other physiological effects (Journal of Laws 2010, No. 136, item. 914, with later amendments).

2. What individuals (with what health problems) cannot take food supplements? Can food supplements be taken by individuals who suffer from chronic diseases, e. g. diabetes, hypothyroidism, hyperthyroidism?

Food supplements are food products, so by definition they are safe. However, everything depends on the composition of the supplement and the concomitant medication. We always include information, which is important for the consumer, on the packaging. It includes information when caution while using the supplement should be exercised, what the composition is and whether it contains sweeteners. If you have doubts, you should always consult your doctor.

3. What medicaments should the supplements not be combined with?

There is no simple rule – everything depends on the composition of the supplement. In the case of Nutricode Slim Extreme, the fibre it contains interferes with the absorption of some medicaments, including contraceptive pills. Therefore, you should first take your medicaments, and then, after 20-30 minutes, the glucomannan tablets. Caution in taking vitamin C is advised in the case of individuals with a tendency to kidney stones formation. Antibiotics should not be taken with supplements: supplements should be taken between the doses of the antibiotic, as it is in the case of milk, yoghurt and other products which affect the activity of these medicaments. If you have doubts, you should consult your doctor.

4. Should obese individuals consult taking supplements with the doctor to get their approval? If so, do they have to arrange regular check-up appointments?

Obese individuals usually take a lot of medicaments (so-called polytherapy). It may happen that some supplements are contraindicated, and others may be recommended in larger than standard doses (e.g. vitamin D). In such cases you should always consult your doctor. The frequency of visits depends on the medicaments and supplements you take.

5. Is drinking alcohol allowed while taking supplements?

Usually it is. An exception here are supplements containing certain plant extracts. In the case of Ginkgo biloba, caution is recommended by combining it with alcohol, and in the case of ginkgo it is recommended not to drink alcohol at all. The Nutricode supplements do not contain these ingredients.

6. Can pregnant women take food supplements?

If your doctor sees no contraindications, then absolutely yes. Only the packaging of the Nutricode Vitality Boost sachets we placed a warning that they are not recommended for children or pregnant women because of the content of caffeine. Weight reduction supplements are naturally never recommended for pregnant women.

7. Is there any maximum daily intake?

Yes, on each package there is a detailed description of the dosage, including the number of tablets and sachets to use during the day, and a warning: "Do not exceed recommended servings for consumptions during the day".

8. What is special about the Nutricode supplements?

What distinguishes our supplements is their unique composition and system. Our specialists have created 5 programs, including 3 innovative comprehensive supplementation systems. Acting throughout the day and even at night, our supplements take better care of your organisms. The programs complement each other, e. g. the Inner Balance supplement should be taken before the Extreme Slim, preparing the body for weight loss, or before the Vitality Boost, to restore the body's vitality.

Our secret is the unique recipe of our supplementation systems. We used the newest technologies, drawing both from the riches of nature and the knowledge of the best specialists. Each set of the Nutricode supplements is an optimum combination of the ingredients, designed to fulfill the organism's needs. They will help you to take care of your body at the cellular level, which in turn will lead to an improvement of your physical and mental fitness.

Our advantage is also a system of support in the pursuit of your goals, in the form of a website and a mobile application. They contain a knowledge base and an interesting blog. Additionally, we have prepared recipes for delicious and healthy meals and you can download complete diet plans, do sets of exercises, and even track the pursuit of your established goal – the dream weight. More on nutricode.fmworld.com.

9. Is there a difference between our food supplements and similar products offered by other companies?

Our supplements have a unique composition, which always differs from that of the supplements available on the market by at least one substance. The compositions prepared by our specialists contain the optimum dose of vitamins, microelements and other ingredients to achieve the best results. Another difference is that they can be combined into systems to achieve the best possible results.

10. What are the adverse effects of supplements? Can long-term use of supplements cause some side effects?

Vitamins and minerals taken according to the recommended dosage and the needs of the organism should not cause any adverse effects. If you notice any alarming symptoms, discontinue the use of supplements.

11. How long can supplements be taken without a break? Are breaks in their use necessary?

We recommend taking supplements for 3 months, then take one month break.

12. On the package of the Nutricode supplements there is a GMP sign. What does it mean?

Good Manufacturing Practice (GMP) is a set of production, control and quality management procedures applied by companies in order to ensure that the products meet strict quality requirements. This in turn ensures repeatability and uniformity through a strict supervision of the production process, from the supply of raw materials and their storage, through production, packaging and labelling, to distribution of finished products. The application of GMP prevents the occurrence of products which do not meet the quality standards and the requirements pertaining to the variability of product features. GMP guarantees a higher level of comfort for the consumers and certainty about the quality of the product.

13. The tables on the package include certain nutrient reference value (NRV) values expressed as a percentage.

Sometimes it is more than 100%, for example the riboflavin content in Hair Skin Nails is 114% NRV, vitamin C content of the Immuno is 200% NRV, biotin content in the Slim Extreme effervescent tablets is 150% NRV. Should not the substance content be maximum 100% NRV?

Any vitamin or mineral has a specific NRV, reference daily intake value, according to the Regulation (EU) No. 1169/2011. It does not mean that only such values may be used in food supplements. NRV values, for example 80 mg per day for vitamin C or 14 mg per day for iron, have been settled by the legislator very carefully, at a very safe level. From time to time, they are altered, in connection with the results of recent studies and recommendations. For instance, the level settled for vitamin D is 5 µg, but people suffer from such deficiency of this vitamin, that some supplements contain up to 1000% NRV. All values for the Nutricode supplements indicated by us are safe, and they are perfectly adjusted to a given supplement: its overall composition, synergistic effect of ingredients, and the goal, which are the best possible results.

14. On the packages of the Nutricode tables it says "niacin equivalent" (by niacin), "alpha-tocopherol equivalent" (by vitamin E), "retinol equivalent" (by vitamin A). What does it mean?

This is due to the fact that in the case of some vitamins there are authorised different salts with various content of pure vitamin. Therefore, their equivalent is given, to show what amount of pure vitamin each serving contains.

15. The Nutricode supplements can be taken by teenagers and adults. What about children?

Generally, food supplements can be used from the 3. year, but some of them, for example those for beautiful skin, hair and nails, or for weight reduction should not be used by children. From among the Nutricode supplements, Hair Skin Nails, Inner Balance, Slim Extreme and Vitality Boost are recommended only for teenagers and adults, whereas Immuno can also be taken by children aged over 10 years, or even slightly younger.

16. Do the Nutricode supplements contain substances which cause allergic reactions, are not tolerated etc.?

Allergenic ingredients are always marked in bold on the packaging among other ingredients. In the case of Nutricode they are: sulphites contained in the glucomannan in the Slim Extreme tablets and gluten contained in the dried yeast in Hair Skin Nails. The list of allergenic ingredients is based on the Regulation (EU) No. 1169/2011.

The Inner Balance soluble powder sachets and effervescent Slim Extreme tablets contain aspartame, which is a source of phenylalanine and therefore they are not recommended for individuals with phenylketonuria. The Vitality Boost sachets – due to their caffeine content- are not recommended for children and pregnant women.

17. Do the Nutricode supplements contain any ingredients which may be controversial?

All substances used to manufacture the Nutricode supplements are permitted by the current legislation. Only sweeteners, such as aspartame or acesulfame, might be controversial, but their level in our supplements is always lower than the one permitted by law.

18. Is there any evidence of the effectiveness of supplements? Have there been studies of entire systems or only individual components? Do I have a guarantee that the ingredients of a specific composition have the same effects as those demonstrated in the studies?

We base on the tests of individual components. The composition of our supplements has been developed by experts with broad experience, who have introduced many very popular supplements and medicaments, both on the Polish and on foreign markets. They have selected proven vitamins, minerals and other ingredients, including plant extracts, in such a manner and in such proportions that they demonstrate a synergistic effect and enable achieving optimum results. Many years of experience of our producer, testing of ingredients and knowledge of their effects and interactions based on literature guarantee that our offer includes only supplements with known effects.

19. What clinical trials did the supplements undergo and what were the results?

Food supplements are not subject to clinical trials. Those are performed only for medicaments and not for supplements.

20. Have you conducted any laboratory tests? If so, what kind of tests were they and what were the results?

Each supplement has been tested in order to determine that it meets the organoleptic, physicochemical and microbiological requirements.

21. Were the products tested on animals?

There were no tests on animals. Those are illegal.

22. Can all your supplements be taken at the same time? Can different systems be combined? Will the recommended doses of some ingredient not be exceeded in such a case?

It is not recommended to combine supplements, due to the possibility of exceeding the allowed amount of some active substances and interactions between them. It is difficult to predict if an interaction occurs or not and it should always be taken into consideration.

23. Can Nutricode be taken in combination with vitamins or supplements of other producers?

It is not recommended to combine supplements. The Nutricode supplements include an amount of vitamins which is sufficient for supplementation, covers the recommended daily intake, safe and which does not require the use of additional supplements.

24. If I decide to follow a cycle of programs, in what order should I follow them?

We recommend starting with de-acidification of the organism, and then choosing Slim Extreme or Vitality Boost (depending on the settled goal). Hair Skin Nails and Immuno should be taken when the need arises, for example when the nails are brittle or when we suffer from frequent colds.

25. Do the ingredients used in the production come only from the European Union or also from other regions?

The ingredients come from different regions of the world. Each time the supplier is audited by our producer: both before the first batch of the substance is purchased, and with every next batch. They receive a quality certificate for a given substance.

26. Are the Nutricode supplements natural products?

Our supplements contain, among others, plant extracts, and Nutricode Immuno contains natural vitamin C received from acerola, but not all ingredients are of natural origin, which results from the character of the product. The best example is Nutricode Immuno: active ingredients are natural substances, but excipients are also necessary to form a tablet. These are not of natural origin, but they are always authorised by law to be used in food supplements.

27. Is it true that you should not take supplements with tea and milk?

It is always best to take supplements and medications with water, preferably boiled, not mineral, to avoid possible interactions.

28. Is using food supplements enough to achieve the desired effect? Should they be combined with a proper diet?

Supplementation should be supported by a proper diet, healthy lifestyle, and often also with exercise, when we talk about weight reduction products. Therefore, each package carries a statement: "Food supplements do not replace a balanced diet and a healthy lifestyle. The preparation cannot be used as a substitute for a varied diet".

29. How should the Nutricode supplements be stored?

Keep stored in a closed package, at room temperature, out of reach of small children. Protect from moisture.

30. What is the expiry date of food supplements?

The standard shelf life of food supplements is two years. The information on the use-by date is given on each package. The moment the package of capsules or coated tablets is opened by the consumer does not matter, however effervescent tablets should be protected against moisture and low temperatures.

31. Can a supplement be taken safely a month or two before the expiration date?

Yes, it can be safely taken. It still contains vitamins and minerals listed on the packaging in the specified amounts.

32. Why do the Nutricode products have different forms: tablets, sachets, etc.?

Varied form is an advantage of our products. The consumer has a sense of variety, can take supplements in the form of tasty liquid made from orange flavour powder or grape flavour effervescent tablets. This allows us to reach different age groups, not just elderly people, who are used to swallowing tablets. The variety of forms is especially important in systems that require taking supplements in larger amounts, such as Slim Extreme.

33. Where are the Nutricode supplements produced? What is their origin?

The supplements ordered by FM WORLD are produced in a Polish factory by a company which has long experience in the production of supplements and medicaments, and meets very high standards that we set for manufacturers. It combines modern technologies, specialist expertise and continuous improvement of production processes. It possesses a GMP (Good Manufacturing Practice) certificate, which proves that it fulfills the highest quality standards in the multi-stage production of supplements. Each factory worker undergoes a special procedure before they start working in clean production areas. The pressure, temperature and humidity are constantly monitored and computer-controlled, and each production room has its own air-conditioning and filter system. Each substance used in the production is marked with a unique bar code that must be scanned by an employee before use – it allows to completely eliminate potential human errors. The work of the entire plant is supervised by a modern computer Manufacturing Execution System. It guarantees proper control of the production process using information technology, software, and electronic and automatic devices. It enables retrieving information about manufacturing execution directly from the machines and reacting to possible irregularities occurring during production. The company also has its own analytical laboratory, which ensures that the raw materials used in production meet strict physicochemical and microbiological quality standards. The production process is thus under strict control: from the point of accepting the raw materials to the moment the product leaves the factory. The plant we cooperate with manufactures products for a number of global pharmaceutical companies, which then enter European markets, Asian and American markets. This demonstrates the enormous trust in the quality and safety of their products. In addition to the GMP certificate for medicinal products, the manufacturer of the Nutricode supplements also possesses production certificates recognized by organisations such as the BRC (British Retail Consortium) and IFS (International Food Standard).

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QUESTIONS AND ANSWERS

INNER BALANCE



1. What are the characteristics of the Inner Balance supplement?

Inner Balance is a monthly day-night system: 24-hour action for maintaining the acid-base balance of the organism.

2. What are the available forms of Inner Balance?

The packaging of Inner Balance contains 60 sachets with powder to be dissolved and 60 capsules for the night.

3. What are the ingredients of the supplement?

It is based on the extract of the cabbage rose, which supports the physiological processes of metabolites elimination and helps to maintain the acid-base balance. Additionally, zinc exerts positive influence on the functioning of the immunological system and protects the cells against oxidative stress, and together with calcium helps to keep the bones healthy. Calcium is also responsible for proper metabolism and functioning of digestive enzymes. Magnesium and iron reduce the feeling of tiredness and fatigue. Potassium and copper support proper functioning of the nervous system. Nettle extract helps to eliminate excessive water from the organism. The night capsules – thanks to the lemon balm and hops extracts – facilitate falling asleep and enable healthy sleep, which in turns leads to a further reduction of the body acidification. They also contain magnesium and zinc.

4. What are the effects of this supplement? Who is it suitable for?

The supplement is designed for those who should take care of the acid-base balance of their body: who make food mistakes, are addicted to various substances (cigarettes, coffee, strong tea, fizzy and sweetened drinks, alcohol), suffer from excessive daily stress. The symptoms of body's acidification are: discomfort, feeling of tiredness and fatigue, nervousness, accumulation of water in the body, bloating, decreased immunity, headaches, problems with concentration and the condition of the skin and hair. Another symptom is dry mouth after waking up combined with a distinctive, sour breath and tiredness. What is not conducive to the internal balance of the body is stress, fast pace of life, lack of physical exercise, poor diet, using psychoactive substances, dehydration. It often happens that when the body is acidified, weight reduction diets do not bring visible effects, so before starting such a diet we should restore the acid-base balance of our body. The system can be recommended to elderly persons, as it improves sleep quality.

5. It says here: “24-action for maintaining the body’s acid-base balance”. What does this product exactly do?

The supplement helps to maintain the acid-base balance of the body. The optimum blood pH range for most of the metabolic processes is 7.35–7.45. Acid-base balance is a state, where the proportion of cations and anions in the bodily fluids is kept, which in turn determines an appropriate pH-level and correct course of the organism’s life processes. Deviations from the proper blood pH can be hazardous to the body, both when the blood pH is lower than 6.8 and higher than 7.8. It turns out that most people have a reduced pH level (acidification). Nutrition mistakes, addictions or excessive daily stress also contribute to that. If we eat too much of acid-producing foods, such as meat, carbohydrates (e. g. sugar, flour, white rice, pasta), fat, coffee, black tea, alcohol, and nicotine, there can appear an excess of acidic metabolites in the body. This leads to the acidification of the blood, which in turn promotes the development of diseases. Acid levels in the blood can increase especially as a result of constant stress, hurry, weight reduction diets, excessive use of medicaments, lack of exercise or excessive physical activity. Inner Balance is designed to maintain the blood pH as close as possible to the optimum level, in order to eliminate the discomfort associated with the body’s acidification.

6. Why is the acid-base balance so important for our organism?

Even a slight change in the blood pH can be dangerous. The optimum level is 7.35–7.45. Lower levels can have serious negative consequences for our health. The most vulnerable organs are kidneys, lungs, skin, muscles and bones.

7. How can I support de-acidification of my organism?

A healthy habit is to drink around 2.5 litres of water every day, eat alkalising foods, such as leafy green vegetables, fresh fruit, nuts, seeds and healthy oils, take care to exercise daily and, of course, include supplements in your diet.

8. What sweeteners does the product contain?

The product contains aspartame and acesulfame. All substances used in our supplements are legally permitted, according to the EU regulation on food additives (what substances can be used and in what quantities).

9. How long should I take the Inner Balance supplement to achieve the desired effect? How do I know if the effect has been achieved?

One Inner Balance package is enough for a month, but we recommend using the supplements for 3 months. Generally, the length of use depends on the organism’s level of acidification. The signs of the improvement of our pH value will be better mood, more energy to work and more vigour (see the symptoms enumerated in point 4 and the acidification test on nutricode.fmworld.com). The first effects can be expected after a week of regular use, usually after about a month.

10. Can Inner Balance be combined with medicaments?

If a patient uses polytherapy, they should consult their doctor.

11. What are the contraindications to using this system?

Any contraindications should be determined by a doctor who knows the patient and the medicaments they use.

12. How do you take the Inner Balance supplement?

The content of an Inner Balance sachet should be dissolved in 200 ml of water. Take 1 sachet twice a day. In the evening you should take 2 capsules with plenty of water (at least 1 glass). Do not exceed recommended servings for consumptions during the day.

13. The instructions mention using 2 sachets a day. When should I take them?

The best time is in the morning and in the evening.

14. Should the sachets be taken before or after meals?

It does not matter if they are taken before or after meals.

15. What should be the temperature of the water for dissolving the powder from the sachets?

The content of the sachet should be dissolved in cold or lukewarm water, preferably boiled, not mineral.

16. What is the flavour of the drink made from the Inner Balance sachet?

The powder of the Inner Balance sachets has orange flavour.

17. Should the night capsules be taken before, after or during meals?

It does not matter if they are taken before or after meals.

18. What should I do if I forget to take a capsule in the evening?

Nothing wrong will happen if you forget to take a capsule, but you should not make up for it during the day. Just be sure not to forget them the next evening.

19. What will happen if the supplement is taken by a person whose organism is not acidified?

Nothing wrong will happen. They will simply supply their organism with vitamins and minerals, which are contained in the product.

20. Are there any blood pH tests? How do I check my pH?

You do not need to check the pH – possible acidification of the organism can be recognised on the basis of such symptoms as fatigue, nervousness, bloating, excessive accumulation of water in the organism. We recommend doing an acidification test, which is available on nutricode.fmworld.com.

21. Is the supplement suitable for vegetarians and vegans?

No, the Inner Balance supplement is not suitable for vegetarians and vegans.

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SLIM EXTREME



1. What are the characteristics of the Slim Extreme supplement?

Nutricode Slim Extreme is a composition of ingredients which support weight loss by reducing appetite. Our unique "All day weight control" system is designed for those who wish to reduce their weight in a rational way. It also keeps your skin beautiful while following a weight reduction diet.

2. What are the available forms of Slim Extreme?

The package of Slim Extreme contains two jars with 90 tablets each and two tubes with 15 effervescent tablets each.

3. What are the ingredients of the supplement?

The coated tablets are based on an innovative ingredient – plant fibre called glucomannan, which – in combination with a low-calorie diet – facilitates weight reduction. Chromium helps to maintain a proper glucose level in the blood, reducing the craving for sweets and snacks between meals. Zinc also supports a balanced diet and helps to keep proper metabolism of carbohydrates, fatty acids and macronutrients, as well as synthesis of proteins involved in the metabolism. A Garcinia cambogia extract is a source of hydroxycitric acid (HCA), which slows down the production of fat in the body. Effervescent tablets are a perfect addition to a weight reduction diet: a set of carefully selected ingredients, necessary for maintaining beautiful skin. Vitamin C promotes collagen production, which ensures proper functioning of the skin. Biotin facilitates proper metabolism, and together with vitamin B2 (riboflavin) helps maintain a healthy complexion. Copper is responsible for maintaining proper pigmentation of the skin and hair. Calcium influences proper functioning of digestive enzymes. The effervescent tablets also contain vitamin B1 (thiamine), B6, B12 and folic acid, magnesium and potassium.

4. What are the effects of this supplement? Who is it suitable for?

The supplement facilitates weight loss and decreases appetite. The unique "All day weight control" system is designed for those who wish to reduce their weight in a rational way. The effervescent tablets replenish vitamins and minerals that we lack when we reduce the amount of food we eat. Also, some diets cause a deficit of vitamins and minerals.

5. Which ingredients of Slim Extreme are responsible for its effectiveness in weight reduction?

Glucomannan and chromium. A great candidate for the role of an "extender" of the sensation of fullness is glucomannan. It is a macromolecular polysaccharide, water-soluble fibre. The human body does not have the capacity to break bonds in its molecules, and therefore consumed glucomannan is not digested. Instead, it passes in an unchanged form through the gastrointestinal tract to the colon. There it is fermented by the intestinal flora. A unique feature of the glucomannan powder is its ability to bind large quantities of water. Under its influence, it swells in the stomach and significantly increases in volume. The resulting gel fills the stomach and presses on its walls, which signals to the brain that it is full. Moreover, due to the activity of gastric muscles, the glucomannan gel is mixed with the ingested food forming a viscous mass, which takes longer to leave the stomach. The effect? After a meal we feel full for a longer time.

Additionally, chromium contained in the tablets influences a proper blood glucose level, and when the glucose level does not fall we do not feel like eating and our craving for sweets and snacks between meals decreases. Glucose is responsible for the feeling of hunger: when the blood glucose level falls, the appetite increases and vice versa: when the blood glucose level increases, the appetite decreases.

6. What studies results prove the effectiveness of glucomannan?

According to the Regulation No. 1924/2006 of the European Parliament all information concerning the effects of the ingredients of food supplements must be approved by the European Commission. Scientific studies regarding their activity are subject to the European Food Safety Authority (EFSA). Out of more than 160 submitted applications for approval of statements pertaining to the reduction of body weight, until now only the scientific evidence for the effectiveness of glucomannan (and special meal replacement products) received a positive opinion of the EFSA and were approved by the European Commission. It should be noted that in the case of products containing glucomannan, the statement "it contributes to weight reduction in persons using a low-calorie diet" applies only to products containing 1 gram of glucomannan per dose, which allows for receiving a daily dose of 3 grams. This dosage regimen is based on the positive results of the studies on the use of glucomannan in overweight persons.

There are many studies proving the effectiveness of glucomannan. At the University of Milan a study was carried out on two groups of 25 patients suffering from severe obesity. They participated in the tests for 3 months: one group followed the same low-calorie diet and the other group used a diet combined with taking glucomannan (approx. 4 g in 3 doses per day). A comparative analysis of the results obtained in both groups showed that in the case of persons who were taking glucomannan the weight loss was more significant. Thus, glucomannan supplements were found to be particularly effective and well tolerated, even in a long-term treatment of severe obesity (Vita PM., Restelli A., Caspani P., Klinger R., "Chronic use of glucomannan in the food treatment of severe obesity", *Minerva Med.* 1992 Mar; 83(3): 135-9). Other studies demonstrated that using glucomannan together with a low-calorie diet by overweight persons leads to a body mass reduction of 3 kg a month on average (Birketvedt GS. "Experiences with three different fiber supplements in weight reduction". *Med Sci Monit.* 2005 Jan; 11(1): PI5-8).

7. What is the mechanism of action of glucomannan?

Glucomannan is not digested, swells in the stomach, fills it and thus signals to the satiety centre in the hypothalamus, that we are not hungry. This allows us to reduce the number and size of the meals. To do its job, glucomannan tablets should be taken with a lot of water, which will cause them to swell in the stomach. Beneficial effects occur when we take 3 g of glucomannan per day, in 3 doses of 1 g (3 x 2 tablets), with 1 or 2 glasses of water, before meals and during a low-calorie diet.

8. Why is it so important to take glucomannan with a large amount of water?

It is necessary to strictly observe the instructions for use of glucomannan tablets. 2 tablets should be taken with a large quantity of water (1-2 glasses). Taking glucomannan without this amount of water could cause the closure of the intestine, constipation and the need to take appropriate drugs to stimulate peristalsis.

9. Should I increase the amount of water drunk daily, e. g. from 2 to 4 litres, when I drink so much water with the tablets?

Absolutely not. The amount of water drunk with the tablets is a part of the daily intake.

10. Is glucomannan safe for diabetics?

Glucomannan is fibre that is not absorbed by the organism, but only swells and increases in volume in the stomach, therefore it is safe for diabetics. However, every diabetic should – even when using safe substances – control the blood sugar level to eliminate any potential danger. Should the blood sugar level rise, discontinue use of the supplement.

11. It is said that glucomannan may lead to clogging of the oesophagus and throat while swelling when it is administered in the form of tablets. How can I avoid it?

Glucomannan was prepared in the form of tablets precisely to act in the stomach and to swell there. If you observe the instructions for use and take the tablets with a sufficient amount of water, there will be no problems.

12. Is it true that glucomannan must not be used by pregnant and breastfeeding women?

Pregnant and breastfeeding women must not go on a weight reduction diet. Therefore, the product is not designed for this group.

13. Can the Slim Extreme supplement be combined with medicaments?

Fibre interferes with the absorption of some medicaments, including contraceptive pills. Therefore, you must first take your medicament and only after 20–30 minutes the glucomannan tablets. After ingestion of tablets containing fibre, you should wait for about an hour before taking any medicaments. Using oral medicaments more frequently than once a day is a contraindication to Slim Extreme and in such a case you should consult your doctor.

14. What are the contraindications to using this program?

The contraindications include taking oral medicaments more frequently than once a day, as well as taking type 2 diabetes medicaments.

15. Is taking the supplement alone (without doing physical exercises, diet, etc.) enough to lose weight?

Yes, because a person who is taking Slim Extreme will have a decreased appetite.

16. Are the effervescent tablets also designed to help in weight reduction or just to supplement vitamins and microelements for beautiful skin?

They are designed to supplement vitamins and minerals, as their deficiency often occurs during a weight reduction diet. It keeps your skin beautiful during slimming.

17. What sweeteners does the product contain? In what quantities?

The product contains aspartame and acesulfame. All substances used in our supplements are legally permitted, according to the EU regulation on food additives (what substances can be used and in what quantities).

18. How do you take the Slim Extreme supplement?

The coated tablets should be taken orally, 2 tablets 3 times a day, with a large quantity of water (1 or 2 glasses), to ensure that the substance reaches the stomach. There is a risk of choking in the case of people who have difficulty swallowing or when the tablets are taken with an insufficient amount of liquid. One effervescent tablet should be dissolved in a glass of water (200 ml) and drink before a meal, once a day. Do not exceed recommended servings for consumptions during the day.

19. Glucomannan tablets should be taken 3 times a day, with a large amount of water. Before or after a meal? At what times?

2 tablets should be taken before a meal, do that they fulfill their task, which swelling in the stomach and reducing the appetite. The time of day depends on the time of your meals, e. g. in the morning, at noon and in the evening.

20. What is the best time of day to take an effervescent tablet? Before or after a meal?

The best time is before going to sleep, before a meal.

21. What is the flavour of the drink made from the Slim Extreme effervescent tablets?

The effervescent tablets have a grape flavour.

22. What should be the temperature of the water for dissolving the effervescent tablet?

It should be dissolved in cold or lukewarm water, preferably boiled, not mineral.

23. How long should I use Slim Extreme to see the results?

It depends on how big the overweight is, the conscientiousness of the person who is slimming, weight reduction diet used and the physical exercise. The studies show that using glucomannan together with a low-calorie diet reduces body weight in overweight people on average by 3 kg a month (Birketvedt GS. "Experiences with three different fiber supplements in weight reduction." Med Sci Monit. 2005 Jan; 11(1): PI5-8).

24. Can Slim Extreme be used for many months without a break?

There are no contraindications to do that. However, we recommend using the system in 3-month cycles.

25. Can Slim Extreme be used together with the Metabolism Coffee and Pure Green from our offer?

Yes, because they contain different ingredients, and the vitamins and minerals contained in Slim Extreme and in the coffee dissolve in water, so they do not accumulate in the organism.

26. How can I increase the effectiveness of the Slim Extreme system?

The effectiveness of the supplement can be increased by conscientiousness in its usage, following a diet, exercising and changing the lifestyle from sedentary to active.

27. Is the supplement suitable for vegetarians and vegans?

Yes, Slim Extreme can be used by vegetarians and vegans.

NUTRICODE

QUESTIONS AND ANSWERS

VITALITY BOOST



1. What are the characteristics of the Vitality Boost supplement?

Vitality Boost is a daily portion of energy for the body and mind. It also regenerates vitality. A perfect composition of ingredients, which cause an increase of physical and mental energy during the day. The ingredients of Vitality Boost (iron, magnesium, calcium and pepper extract containing piperine), speed up the metabolism, facilitate rest at night, which results in an increase of energy during the day.

2. What are the available forms of Vitality Boost?

The package of Vitality contains 30 day liquid sachets to use during the day and 60 night tablets to be taken in the evening.

3. What are the ingredients of the supplement?

The day sachets contain niacin, pantothenic acid, riboflavin and caffeine. They contribute to the reduction of the feeling of tiredness and fatigue. Pantothenic acid also improves mental capacities. B vitamins support proper metabolism (thiamine, riboflavin) and the nervous system (riboflavin, vitamin B6), and help to maintain proper psychological functions (biotin, vitamin B6). Thiamine is responsible for proper functioning of the heart. Vitamin E helps to protect the cells against oxidative stress. The sachets also contain folic acid, vitamin B12 and green tea and guarana extracts.

The ingredients of the night tablets speed up the metabolism, facilitate rest at night, which results in an increase of energy during the day. Chromium helps to maintain a proper blood glucose level and proper metabolism of macronutrients. Magnesium supports electrolyte balance. Selenium helps to protect the cells against oxidative stress. Iron is involved in the transport of oxygen in the body. Copper helps to maintain proper metabolism. Zinc takes part in the metabolism of carbohydrates and fatty acids. Piperine from black pepper facilitates digestion and absorption of nutrients. The night tablets also contain vitamin B6, B12, C, D, E and K, niacin, pantothenic acid, folic acid, riboflavin, thiamine, biotin, iodine, molybdenum, calcium, manganese and phosphorus.

4. What are the effects of this supplement? Who is it suitable for?

Vitality Boost is a daily portion of energy for the body and mind, so it is recommended for those who are tired, want to boost their vitality and take care of their psychophysical fitness, who train sports, study or travel often. The supplement should be popular especially with young people, people who work hard, the so-called white collars. The symptoms of the lack of energy are fatigue in the morning, problems with concentration, giving up the earlier planned activities, falling asleep during the day etc.

5. What does the description “100% LIFE POWER FORMULA” mean?

It means that the supplement's ingredients cause a rise in the level of physical and mental energy.

6. Does Vitality Boost have an immediate effect, like an energy drink? How long should I use it to see the results?

You should see the effects almost immediately, because the supplement contains 50 mg of synthetic caffeine, which is as much as in one cup of coffee. Synthetic caffeine, like coffee, wakes you up quickly. An additional advantage of the product is guarana extract, which contains natural caffeine, which is released at a later time and maintains the energizing effect of the product for longer.

7. What sweeteners do the Vitality Boost sachets contain? In what quantities?

The product contains sucralose and neohesperidin. All substances used in our supplements are legally permitted, according to the EU regulation on food additives (what substances can be used and in what quantities).

8. Does the caffeine contained in Vitality Boost increase the blood pressure? Can persons with high blood pressure use this product?

The caffeine contained in Vitality Boost acts like the one contained in coffee, so everything depends on your organism. People with hypertension should consult their doctor before using this supplement and exercise caution when they take it.

9. Should I reduce the amount of coffee I drink when I am using Vitality Boost?

You can reduce it by at least one cup a day.

10. What is the function of the green tea and guarana extracts contained in the product?

Guarana contains natural caffeine, which is responsible for the energizing action of the supplement. Green tea extract stimulates and refreshes, due to the high content of caffeine, which acts the same way as that contained in coffee. Caffeine increases mental and physical capacities of the body and eliminates the feeling of drowsiness, fatigue and exhaustion. It also facilitates learning and improves the ability to make associations.

11. How do you use the Vitality Boost supplement?

The liquid sachet should be taken orally once a day. In the evening you should take 2 tablets with water. Do not exceed recommended servings for consumptions during the day.

12. Should the content of the sachet be taken with water?

The sachet contains ready-to-drink liquid, so you do not need to drink anything else with it. However, drinking water or juice is not prohibited (with the exception of grapefruit juice, which you cannot drink after taking supplements and medicaments).

13. At what time of day should the sachet be used? Before or after a meal?

The best time for using the sachet is in the morning. It does not matter, if it is taken before or after a meal.

14. What flavour does the liquid contained in the Vitality Boost sachet have?

The liquid has an orange flavour.

**15. How many hours before bedtime should the night Vitality Boost tablets be taken?
Before or after supper?**

To boost the metabolism by means of the pepper extract contained in the tablet it is best to take a tablet after a meal, just before bedtime.

16. Can Vitality Boost be combined with medicaments?

Not with all medicaments, as they contain a large amount of caffeine. In case you have doubts, you should consult your doctor.

17. What are the contraindications to using this program?

Caution should be exercised in the case of hypertension.

18. Is the supplement suitable for vegetarians and vegans?

Only the Vitality Boost day liquid sachets are suitable for vegetarian and vegans.

NUTRICODE

QUESTIONS AND ANSWERS

HAIR SKIN NAILS



1. What are the characteristics of the Hair Skin Nails supplement?

Hair Skin Nails is a perfect composition of ingredients for strong and shiny hair, velvet skin and healthy nails.

2. What are the available forms of the supplement?

The package contains 56 tablets.

3. What are the effects of this supplement? Who is it suitable for?

We recommend it to those who wish to make their hair and nails stronger and have beautiful skin. It can be used by both men and women.

4. What does the “Pro-Beauty formula” mean and what does it contain?

The Pro-Beauty Formula is a composition of 5 ingredients for beautiful hair, skin and nails: copper, zinc, iron, vitamin E and pomegranate extract. Copper enables proper hair pigmentation, iron cares for their proper growth, zinc is involved in building nails, and vitamin E and pomegranate extract are antioxidants.

5. Does the supplement contain other ingredients which are important for the condition of the hair, skin and nails?

Yes, Hair Skin Nails also contains dried yeast, vitamins A, B2, B6, B12, C and D, biotin, niacin, thiamine and sulphur amino acids: L-cysteine and L-methionine. All of them have a positive effect on the hair, skin and nails.

6. How do you use the supplement?

You should take one tablet a day, orally, with water.

7. At what time of day should the sachet be used? Before or after a meal?

The tablet may be taken at any time. It does not matter, if it is taken before or after a meal.

8. What is the function of apple, black currant and horseradish concentrates, which are contained in Hair Skin Nails?

They are natural colourants.

9. The supplement contains yeast. Will they not cause an exacerbation of fungal infections, thrush etc.?

On the contrary: yeast are a rich source of B vitamins, which act against such problems.

10. What are L-cysteine and L-methionine contained in the supplement and what effects do they have?

L-cysteine and L-methionine protect the organism against the harmful influence of the environment. They are also a natural sources of sulphur. L-cysteine creates disulphide bridges – one of the factors conditioning the tertiary structure of proteins. L-cysteine protects the cells of the hair, skin and nails against the harmful influence of free radicals, which slows down the aging process. Additionally, it forms a part of keratin – the main substrate for building hair and nails.

11. Why does the supplement contain so little biotin, which is now so popular? Is such quantity sufficient to achieve the desired result?

About 4 years ago the nutrient reference value (NRV) for biotin was reduced from 150 µg/ day to 50 µg/ day, that is 3 times. It has been proven that there is no deficiency of this vitamin in the human body, due to its high content in the diet. Vitamin H deficiency is a rare phenomenon. It is observed mainly in hospital patients, who are fed artificially or who undergo a long-term antibiotics and sulfonamides treatment, which inhibit the growth of bacteria that produce this vitamin in the body. The amounts of vitamins and minerals necessary to achieve the desired effects are only 15% of NRV in Hair Skin Nails biotin was added in combination with other ingredients to achieve the highest effectiveness in improving the condition of the hair, skin and nails.

12. What sweeteners does the supplement contain? In what quantities?

This supplement does not contain any sweeteners.

13. How long should I use Hair Skin Nails to see the results?

It depends on the condition of our skin, hair and nails. Usually, the effects are noticeable after 2 weeks to a month.

14. Can the supplement be combined with medicaments?

It depends on the medicament. If you have doubts, you should consult your doctor.

15. What are the contraindications to using this supplement?

There are no contraindications to using this supplement. If you have doubts, you should consult your doctor.

16. Should I discontinue use after a few months or can I take the supplement without a break?

As with other supplements, we recommend taking Hair Skin Nails for 3 months and then taking a month break.

17. Is the supplement recommended against hair loss or does it just takes care of the hair's health and condition?

The supplement is recommend also against hair loss and as a stimulation of the new hair growth.

18. Will the nails and hair not return to their previous state (weakening) when I stop taking the supplement?

It depends on the cause of the fragility of the nails and weakening of the hair. If the causes were external and ceased to exist in the meantime, there should be no relapse. However, if they were associated with some disease, unfortunately, after some time, the poor condition of the hair and nails can re-occur.

19. Is the supplement suitable for vegetarians and vegans?

No, Hair Skin Nails is not suitable for vegetarians and vegans.

NUTRICODE

QUESTIONS AND ANSWERS

IMMUNO



1. What are the characteristics of the Immuno supplement?

Immuno is 100% natural vitamin C, coming from acerola fruit extracts. Acerola, called the cherry of Barbados, is a superfruit, which contains 30 times more vitamin C than lemon. Dog-rose is rich in bioflavonoids, which are natural antioxidants. Regular intake of vitamin C helps to boost the immunological resistance, especially in those who train sports and perform physical work. It has a beneficial effect on the teeth, skin, bones and nervous system, and protects the cells against oxidative stress.

2. What are the available forms of the supplement?

The supplement is available in the form of lozenges – the package contains 60 pieces.

3. What are the ingredients of the supplement?

Immuno contains an acerola extract, rich in vitamin C and dog-rose powder.

4. What are the effects of this supplement? Who is it suitable for?

The supplement is designed for those who wish to increase their immunological resistance.

5. What differentiates Immuno from other acerola vitamin C supplements?

An enormous advantage of the supplement is the natural origin of its vitamin C. The vast majority of commercially available supplements, even those with acerola, contain synthetic vitamin C.

6. What is the advantage of the natural origin of vitamin C contained in Immuno?

Natural vitamins are always surrounded by other, beneficial substances, such as bioflavonoids, pigments etc. These natural compounds support the activity of vitamins and minerals of natural origin. Therefore, natural vitamins function better than artificial ones.

7. Is the vitamin C contained in the supplement left-handed?

Immuno contains L-ascorbic acid, which is the active form of vitamin C. L-ascorbic acid is generally called “left-handed”, however, there is also a D-ascorbic acid (also known as right-handed vitamin), but it is not the active form of vitamin C, so it is not used in supplements. All supplements, whether with natural or artificial vitamin C, contain the active, “left-handed” vitamin.

8. How do you use the Immuno supplement?

You should use 2 lozenges a day, sucking slowly.

9. Nutricode Immuno look and taste like candy. Can I eat them without limits?

You should not exceed the recommended daily intake. Excessive consumption may have a laxative effect.

10. Can I take the lozenges one after the other or should I keep a break between them?

It is best to keep a break between them and take one in the morning and the other in the afternoon.

11. Should I take the lozenges before or after a meal?

It does not matter, however, because the lozenges have a very good, sweet taste, we recommend taking them after a meal.

12. What is the flavour of the Immuno lozenges?

The lozenges have a cherry and acerola flavour.

13. What sweeteners are contained in the product? In what quantities?

The product contains isomalt and steviol glycosides. All substances used in our supplements are legally permitted, according to the EU regulation on food additives (what substances can be used and in what quantities).

14. Why are both isomalt and steviol glycosides used as sweeteners in Immuno?

To obtain a better flavor. Steviol glycosides leave a metallic aftertaste, not liked by everyone, so we added isomalt.

15. Are the steviol glycosides used in the supplement made only from stevia or also from other plants?

The steviol glycosides contained in Immuno come only from *Stevia rebaudiana*.

16. Does the dog-rose powder in the supplement also contain vitamin C, or does it have a different function?

The plant also contains vitamin C and therefore it has been included in the product. However, due to the fact that it is not a standardized extract, the content of vitamin C cannot be clearly determined. That is why it is not indicated on the package. We guarantee that an additional source of vitamin C will not cause an overdose of this vitamin.

17. Why are two values indicated on the package, in the table, in the point on “acerola extract, vitamin C” and the NRV refers to only one of them?

The first value refers to the extract content in one lozenge and the second – to the content of vitamin C in this extract.

18. What studies show that vitamin C influences the immunological resistance and can be used in the course of illnesses?

There are many studies and scientific publications on vitamin C. The latest of these are among others:

- Anderson R, 2004. Vitamin C. In: Diet and human immune function. Hughes DA, Darlington G, Bendich A (eds.). Humana Press, Totowa, NJ, 133–148,
- Bässler KH, Golly I, Loew D, Pietrzik K, 2002. Vitamin-Lexikon für Ärzte, Apotheker und Ernährungswissenschaftler. Urban & Fischer, München,
- Bohmer JA, Sellhaus B, Schrage NF, 2001. Effects of ascorbic acid on retinal pigment epithelial cells. Curr Eye Res, 23, 206–214,
- Chandra RK, 2002. Influence of multinutrient supplement on immune responses and infection-related illness in 50–65 year old individuals. Nutrition Research, 22, 5–11,
- Chandra RK, 2002. Nutrition and the immune system from birth to old age. Eur J Clin Nutr, 56 Suppl 3, S73-76. 158,
- ERNA (European Responsible Nutrition Alliance), 2004. Vitamin C Fact sheet,
- Douglas RM, Hemila H, D'Souza R, Chalker EB, Treacy B, 2004. Vitamin C for preventing and treating the common cold. Cochrane Database Syst Rev,
- Galli F, 2005. Vitamin C, vitamin E and immune response. J Nutr Biochem, 16, 257; author reply 258.

19. In what months and how long should I take the lozenges to boost my immunological resistance and protect myself against colds?

It is best to use Immuno from early autumn to spring.

20. Can the supplement be safely combined with medicaments?

The possible interactions of vitamin C with other substances are more beneficial for the body than not, for example it enhances the absorption of iron and the reduction of heavy metals toxicity. Of course, if you have doubts, you should always consult a doctor.

21. Are there any contraindications to using the supplement?

Caution should be exercised in nephrolithiasis, but this applies only to higher doses of ascorbic acid.

22. Is the supplement suitable for vegetarians and vegans?

Yes, Immuno can be used by vegetarians and vegans.