

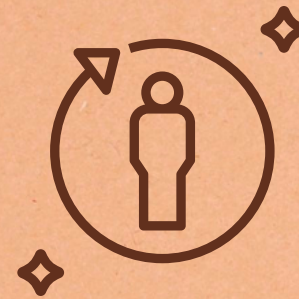


WORLD

How to boost your immunity  
in *autumn and winter?*







A red nose, difficulty breathing,  
a choking cough, a headache. Oh no!

It's cold season again! Just  
remember that how often you get  
sick depends largely on how well you  
care for your body.

We can help you with that! Follow  
the tips to take care of everything  
that you may be missing in autumn  
and winter. Don't let illness get you!





Here are **7** ways to help you  
survive colds and immunodeficiencies  
without problems!







## Method 1: Diet is key!

Strengthening your immune system is a lifelong process. Remember to eat properly. How to get it right?

- ★ Drink enough water throughout the day. An adult person should drink 1.5-2.5 liters a day.
- ★ Compose meals so that they not only have the right number of calories, but also proper macronutrients. It's important to maintain a healthy ratio of protein, fat, and carbohydrates.
- ★ Avoid unhealthy processed foods with poor ingredients. These are empty calories that give little to our body.
- ★ Choose colorful fruit and vegetables for snacks.

Remember that all absorption and digestion processes are important. What can help with this? Natural bacteria with probiotic properties!



Nutricode Probiotic is a supplement based on patented technology. It has a beneficial effect on the composition of intestinal microflora and improves the functioning of several systems, including the immune system. 1 gram of Nutricode Probiotic contains over 25 billion bacteria with probiotic properties!





## METHOD 2: Supplement the deficiencies

In autumn and winter, our body needs a little support. That's why it is worth supplementing those substances that you may be missing. We can also support ourselves with the natural strength of individual plants and substances from which the best Nutricode supplements are made!







## Method 2: Supplement the deficiencies



### COLOSTRUM EXTRA IMMUNITY

This formulation has been specially created care for your immunity. Each ingredient is carefully thought out and planned. What will you find inside?

- Vitamins C and B6 as well as zinc. Together, they fight to maintain your immunity.
- Lactoferrin, which is a specific protein that, among other things, supports the absorption of iron and its delivery to the body's cells. Why is it important? Because it protects against bad bacteria.
- Proline-rich peptides - valuable proteins rich in amino acids that support the immune system.
- Immunoglobulins - allow you to cope with colds more smoothly, but also protect against them in the future.
- Spirulina, which is very versatile. It's actually algae that grow in the warm waters of Central America, South America, and Africa. They lower the level of bad cholesterol, blood sugar, remove heavy metals from the body, and accelerate metabolism. And consequently they support the immune system.



### GOOD MOOD TEA DAY AND NIGHT

A never-ending good mood?

Yes, supplementation can help your body with natural processes that make you feel better and get sick less often by supporting sleep, proper brain function, and concentration.

- This supplement contains ginger, green tea, mountain ash, and licorice. They work to reduce inflammation in your body.
- Hibiscus, chamomile and cistus are additional immunity boosters.
- The other ingredients fight for your good mood and well-being every day!



### VIT-D3 CAPSULES

Queen of the vitamins - vitamin D3! When the weather is bad and there's not much sun outside, you need vitamin D3 even more.

- Reduces your susceptibility to colds and other troublesome ailments.
  - Supports the function of the whole body, not only the immune system.
  - Affects the quality of your sleep, which is also an important factor in caring for immunity.
- Why do the sun and vitamin D3 have so much in common? Because vitamin D3 is produced by our skin when it's exposed to sunlight! Under favorable weather conditions, most of us are able to produce it on our own. When our sun exposure is greatly reduced for example in winter, supplementation of this vitamin is an absolute must. It's also available in drops!



### UTRICODE Immuno

Acerola and cherry flavored lozenges

- Did you know that acerola (Barbados Cherry) is a real vitamin C bomb? It contains 30 times more Vitamin C than lemon. It's safe to say that it's a great fruit!
  - It contains bioflavonoids which are natural antioxidants that help cleanse your body.
  - A comprehensive formula with zinc helps maintain your immune system at a proper level so that it functions well for you in autumn and winter.
- Why Vitamin C? Because Vitamin C deficiency can make colds and flu more severe. In turn, its supplementation allows you to avoid illness or say goodbye to colds and flu much faster!







## Method 2: Supplement the deficiencies



### Q10 Ubiquinol

Excellent well-being, strengthened immune system, and slower aging of the body? It sounds like a fairy tale, but thanks to this supplement, it's at your fingertips.

- Coenzyme Q10 in the active formula of ubiquinol is produced in the process of yeast fermentation. The result is Ubiquinol KANEKA, which affects your immune system as well as your nervous system and metabolism while reducing aging factors.



### IMMUNITY DAILY CARE

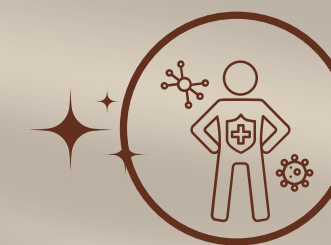
Nutricode rushes to the rescue once again to support your immune system. Take it prophylactically to prevent colds and worsening well-being.

- This supplement contains quercetin and Baikal thyroid flavones. Hard to say, but works great. It helps alleviate inflammation and regulates the functioning of the immune system.
- You can alleviate your stress thanks to the addition of Rhodiola Rosea, while extracts of black pepper and angelica have a bacteriostatic effect. It's daily care from the inside out. After all, your body can function better and you can feel better every day!



### LIPOSOMAL VITAMIN C

What is the best vitamin C? The one that is well-absorbed as only then can it really work in your body. This product, created using a unique technology, goes straight to the target cells. With high bioavailability, it penetrates the tissue with limited loss. We also made sure that it was a product suitable for vegans.



What to take to protect yourself at this more difficult time? Keep an eye on your body, try to understand individual symptoms. And support yourself with all the power of nature!

IMMUNE-UP ELIXIR is a general, very comprehensive and very well-refined response to the needs of your body. Especially when colds and other illnesses are knocking at your door.

- Thyme and Echinacea are on the same team fighting for your immune system.
- Medicinal ginger - extremely valued, not only for increased vitality, but also ease of breathing.
- Vitamin C needs no introduction and zinc, which also supports immunity.
- Single-necked hawthorn, which also helps the circulatory system. Because autumn and winter are more beautiful without illness!





## METHOD 3: Herbs, Spices, Adaptogens

Do you know how much goodness can be found in natural additives to our meals? So don't disregard good-quality honey. Add it to salad dressings as well as tea (remember that the temperature should be under 60°C)!

Remember about beneficial garlic, antibacterial turmeric, wonderful ginger, and fragrant cloves! Don't miss cinnamon, delicious cardamom, and unmistakable Cayenne pepper. Healthy can be tasty too!





## METHOD 4: Endorphins, Sleep, and Rest

Your body is a very complex and finnick mechanism. It needs to be well-oiled and well-maintained to function properly. Sleep is one of the most important and effective ways to increase immunity. Make sure you sleep 7-8 hours a day. Also, take care of your sleep hygiene.

- ✦ Sleep in a dark room.
- ✦ Avoid strong, artificial light, especially in the evening.
- ✦ Try not to fall asleep with electronic devices.
- ✦ Stay cool before going to bed.
- ✦ Support yourself with supplements that facilitate healthy sleep.

Nutricode Daily Care GOOD NIGHT makes the nights calmer and sleep more effective for the body. L-tryptophan helps with insomnia especially from a bad mood. In turn, magnesium and vitamin E relieve tension and fatigue. Valerian, passion flower, as well as extracts of lavender flowers and hop cones will take care of your relaxation and peace.







## METHOD 5: Regular cleaning!

Is it possible that the irregular cleaning of places we spend a lot of time in can affect our immunity?

Remember that there are many factors in your environment that can cause colds. We carry lots of bacteria, microbes, and allergens indoors with us. They can be found on our clothes and furniture, even in dust bunnies in the corners. All of this can make you feel worse, sleep less effectively, and cause allergies. Do you know what to do?







## METHOD 6: Physical activity

A natural and very healthy way to produce the much sought after endorphins. Try to move every day. You don't have to break records and push your own boundaries right away. First, just start walking -even at home. 8-10 thousand steps a day and you will feel what a great impact movement has on your body. Most likely you'll want more!

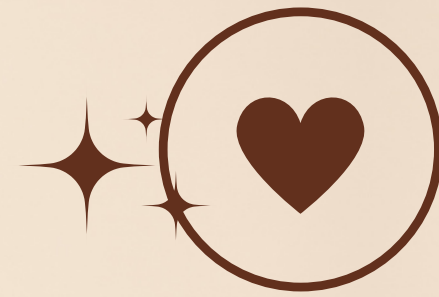
How to do it and stick with it? Build on the technique of small steps.

3 minutes of exercise for one hour of work or rest. Take a small walk around the house during this time, maybe a few squats or bends. You'll feel better immediately.

Set reminders on your smartphone or watch so you don't miss an hour. It will eventually become routine.







## METHOD 7: LOVE YOURSELF!

Remember that everything you do for your health and immunity, you do for the love of your body.

Don't take it as a forced routine, but as a wonderful lifestyle that will help you get better and better each day. This way, you work on your well-being, effectiveness, vitality, and youth - all that is important!

A healthier life is beautiful!

