

bestdiet

Affordable preventive health & wellness for everyone







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bestdiet

NEW

DOUBLE ACTION TECHNOLOGY BICAPA

WHAT IS TECHNOLOGY BILAYER?

The bilayer tablets have a bimodal release system.

- It releases one or more different active ingredients at different times.
- They separate ingredients that would be incompatible if formulated together.
- It combines an **immediate release layer** and a **sustained release layer** to maintain effective concentration over an extended period of time.

First phase immediate release and immediate and fast-acting.



The second phase is a controlled controlled and prolonged release.

SUPPLEMENTS / WEIGHT CONTROL



NEW

LAXI PROTECT DOUBLE ACTION

30 **BILAYER** tablets of 900g.

INGREDIENTS PER 1 PACKAGE

Bulking agent (Microcrystalline cellulose), Maltodextrin, Dry extract of Plantago (Plantago ovata Phil) 120mg, Glazing agent (Hydroxypropylmethylcellulose), Dry extract of Senna (Cassia angustifolia M. Vahl., 7% Sennosides) 96mg, Bulking agent (Calcium phosphate), Kiwi dry extract (Actinidia chinensis Planch.) 38mg, Tindalized probiotic (Lactobacillus rhamnosus) 25mg 2.5x10⁹ cells/tablet, Anti-caking agent (Magnesium salts of fatty acids and silicon dioxide), Tindalized probiotic (Lactobacillus plantarum) 2, 5mg 2.5x10⁸ cells/tablet.

Take 1 tablet a day.

EAN CODE • 8436578722143

Ref. Int. Number: 6006757



NEW

MELATONIN DOUBLE ACTION

30 BILAYER tablets of 900g.

INGREDIENTS PER 1 PACKAGE

Passionflower 50mg, lavender 25mg, humulus lupulus 25mg, melatonin 1mg, gaba 72mg and magnesium citrate 364.08mg.

Take 1 tablet a day.

EAN CODE · 8436578722150
Ref. Int. Number: 6006758



NEW

ANTISTRESS DOUBLE ACTION

30 BILAYER tablets of 900g.

INGREDIENTS PER 1 PACKAGE

Rose rhodiola 45mg, l-theanine 12mg, hypericum 10mg, magnesium citrate 241.16mg, tryptophan 60mg, valerian 40mg, eleutherococcus 25mg, Ashwaganda KSM-66 50mg, vitamin b6 0.7mg.

Take 1 tablet a day.

EAN CODE · 8436578722167
Ref. Int. Number: 6006759



NEW

GUMMIES TRIPLE OMEGA 3.6.9.

60 gummies of 2.2g.

INGREDIENTS FOR 1 GUMMY

Glucose syrup, Sugar, Water, Powdered flax seed vegetable oil (Linum usitatissimum L.) 50.6mg [Omega 3 (Alpha linoleic acid) 27.5mg, Omega 9 (Oleic acid) 8.25mg and Omega 6 (Linoleic acid) 6.6mg], Gelling agent (Pectin), Acid (Citric acid), Anti-caking agent (Carnauba wax), Flavor (Natural lime flavor), Coloring agents (Curcumin and copper complexes of chlorophylls and chlorophyllins) and Vegetable oil (Oil of Coconut).

Take 1 gummy, per day.

VEGAN



NEW

GUMMIES RELAX ASHWAGANDHA

60 gummies of 2.5g.

INGREDIENTS FOR 2 GUMMIES

Glucose syrup, Sugar, Water, Gelling agent (Pectin), Acid (Citric acid), Ashwagandha root dry extract (Withania somnifera (L.) Dunall) 50mg, Colors (Anthocyanins), Aroma, Acidity regulator (Sodium citrate), Vegetable Oil (Coconut Oil), Vitamin B6 (Pyridoxine Hydrochloride) 0.9mg (64.3% NRV*), Anti-Caking Agent (Carnauba Wax), Vitamin B12 (Cyanocobalamin) 1.2µg (48% NRV*). *% VRN: Nutrient Reference Values.

Take 2 gummies, per day.

VEGAN



GUMMIES APPLE VINAIGER

60 gummies of 3g.

INGREDIENTS FOR 2 JELLY BEANS

Glucose syrup, Sugar, Water, Apple cider vinegar 500mg, Gelling agent (Pectin), Acidifier (Citric acid), Acidity regulator (Sodium citrate), Color (Anthocyanins), Ginger rhizome dry extract (*Zingiber officinale Roscoe*) 10mg , Flavor (Apple Flavor), Anti-caking Agent (Carnauba Wax) and Vegetable Oil (Coconut Oil).

Take 2 gummies, per day.

VEGAN





SATIATING SHAKE CHOCOLATE

560g // 14 x 40g dose

INGREDIENTS

Dissolve one scoop (40g) in 250ml of water. Take once a day 30min. before the main meal. INGREDIENTS: Inulin, maltodextrin, non-fat cocoa powder (contains soy)(13%), skimmed milk, glycine, fructose, chocolate flavour, tricalcium phosphate, bamboo fibre, whey protein (contains MILK and SOY), guar gum thickener, magnesium citrate, tricalcium citrate, organic carob powder, oat flour (gluten), dry extract of rockweed (*Fucus vesiculosus* L.), iron gluconate, L-Ascorbic Acid (Vitamin C), zinc gluconate, dry extract of green coffee seed (*Coffea Canephora*, 45% chlorogenic acid), choline bitartrate, sweetener (sucralose), DL-alpha-tocopheryl acetate (Vitamin E), nicotinamide (Niacin), manganese gluconate, calcium D-pantothenate (pantothenic acid), copper gluconate, retinol (Vitamin A), riboflavin (Vitamin B2), pyridoxine hydrochloride (Vitamin B6), thiamine hydrochloride (Vitamin B1), chromium picolinate, pteroylmonoglutamic acid (Folic acid), potassium iodide, sodium selenite, phylloquinone (Vitamin K), D-Biotin (Biotin), cholecalciferol (Vitamin D), Cyanocobalamin (Vitamin B12).

Take 1 shake 30 minutes before the main meal.



SATIATING SHAKE CAPPUCCINO

560g // 14 x 40g dose

INGREDIENTS

Maltodextrin, Inulin, skimmed milk, glycine, fructose, decaffeinated instant coffee, tricalcium phosphate, bamboo fibre, whey protein (contains SOYA), guar gum thickener, magnesium citrate, tricalcium citrate, cappuccino flavouring, organic carob powder, oat flour (gluten), dry extract of *Fucus* stem (*Fucus vesiculosus* L.), L-Ascorbic acid (Vitamin C), zinc gluconate, dry extract of green coffee seed (*Coffea canephora*, 45% chlorogenic acid), choline bitartrate, sweetener (sucralose), DL-alpha-tocopheryl acetate (Vitamin E), nicotinamide (Niacin), manganese gluconate, calcium D-pantothenate (pantothenic acid), retinyl acetate (Vitamin A), riboflavin (Vitamin B2), pyridoxine hydrochloride (Vitamin B6), thiamine hydrochloride (Vitamin B1), chromium picolinate, pteroylmonoglutamic acid (Folic acid), potassium iodide, sodium selenite, phylloquinone (Vitamin K), D-Biotin (Biotin), cholecalciferol (Vitamin D), cyanocobalamin (Vitamin B12).

Take 1 shake 30 minutes before the main meal.



ARTICHOKE PLUS

30 capsules of 556mg

INGREDIENTS PER 1 CAPSULE

Artichoke dry extract (Cynara scolymus L., 10% Cinarina) 148mg, Mint dry extract (Mentha x piperita L., ratio 10:1) 124mg, Nebulised boldo extract (Peumus boldus Molina, > 0,05% Boldina) 124mg, Nebulised fumaria extract (Fumaria officinalis L.) 29mg, Bulking agent (Microcrystalline cellulose) and Anti-caking agents (Magnesium stearate and Silicon dioxide). Capsule (Gelatin).

1 capsule per day.



CAPTOFAT

30 capsules of 423,4mg

INGREDIENTS PER 2 CAPSULES

Cocoa Fibre (Theobroma cacao L.) 100mg, Orange Fibre (Citrus sinensis (L.) Osbeck) 100mg, Bulking agent (Fosfato tricálcico), Chicory Fibre (Inulin) 30mg, Anti-caking agents (Magnesium stearate and Magnesium silicate). Capsule (Gelatin).

2 capsules per day.



LAXI PLUS

30 caps. of 725mg.

INGREDIENTS

Dry Extract of Senna (*Cassia angustifolia* M. Vahl., 7% Sennosides) 215mg, Dry Extract of Plantago (*Plantago ovata* Phil) 200mg, Bulking Agent (Microcrystalline Cellulose), Glazing Agent (Gelatin), Dry Extract of Plum (*Prunus domestica* L) 20mg, Anti-caking Agents (Magnesium salts of fatty acids and Silicon Dioxide).

2 capsules per day.





MEAL REPLACEMENT CHOCOLATE SMOOTHIE

5 sachets of 46g

INGREDIENTS

Skimmed MILK powder, 80% MILK whey protein, cocoa powder, mixed fat powder (sunflower oil) (contains MILK and SOY), maltodextrin, chocolate flavouring, sodium citrate, potassium bicarbonate, tricalcium phosphate, dipotassium phosphate, thickener (guar gum), magnesium oxide, thickener (xanthan gum), L-Ascorbic acid (Vitamin C), sweetener (sucralose), DL-alpha tocopherol acetate (Vitamin E), Ferric saccharide, niacinamide (Niacin), zinc oxide, Calcium D-Pantothenate (Pantothenic Acid), Manganese Sulfate, Copper Sulfate, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Hydrochloride (Vitamin B1), Retinyl Acetate (Vitamin A), Pteroylmonoglutamic Acid (Folic acid), potassium iodide, menaquinone (Vitamin K), sodium selenite, D-Biotin (Biotin), cholecalciferol (Vitamin D), cyanocobalamin (Vitamin B12).

5 sachets = 5 meals





L-CARNITINE MAXI

12 sticks of 10ml

INGREDIENTS PER 1 STICK

Water, L-Carnitine base 1.053g, Flavouring (Strawberry flavouring), L-Carnitine tartrate 526.32mg, Choline bitartrate 451.86mg (185.26mg Choline), Acidity correctors (Citric acid and Malic acid), Preservative (Potassium Sorbate), Sweetener (Sucralose), Vitamin B6 (Pyridoxine Hydrochloride) 2.11mg (150.71%NRV*) and Thiamine (Thiamine Hydrochloride) 1.47mg (133.63%NRV*). *%NRV: Nutrient Reference Values.

1 stick per day.





COLLAGEN

+ MAGNESIUM

250g (Powder)

INGREDIENTS PER 12G

Hydrolysed porcine collagen 10g, Magnesium citrate 1,25g (202mg Magnesium, 54%NRV*), Red fruits flavouring, Acidity corrector (Citric acid), Maltodextrin, Vitamin C (L-ascorbic acid) 40mg (50%NRV*), Colouring (Beet Red), Sodium hyaluronate 25mg, Sweetener (Sucralose) and Vitamin D (Colecalciferol, 100.000 UI) 0,6mg (1,5µg Vitamin D, 30%NRV*). *%NRV: Nutrient Reference Values.

1 scoop per day (12g).

FLAVOUR
RED FRUIT



NEW PRESENTATION

COLLAGEN

+ ORGANIC SILICON + MAGNESIUM

120 tablets of 832mg

INGREDIENTS PER 6 TABLETS

Hydrolysed porcine collagen 3600mg, Magnesium carbonate 462mg (131,67mg Magnesium, 35,11%NRV*), Calcium carbonate 348mg (132,24mg de Calcium, 16,5%NRV*), Bulking agent (Microcrystalline cellulose), Magnesium hydroxide 120mg (50mg Magnesium, 13,3%NRV*), Anti-caking agent (Stearate Magnesium), Vitamin C (L-ascorbic acid) 60mg (75%NRV*), Anti-caking agent (Silicon dioxide), Bamboo dry extract (Bambusa arundinacea (Retz.) Willd., 70% Silicic Acid) 30mg and Vitamin D (Colecalciferol) 4,88µg (97,6%NRV*).

*%NRV: Nutrient Reference Values.

6 tablets per day.



NEW FORMULA
AND FORMAT

CIRCULA ACTIV

30 capsules of 487mg

INGREDIENTS PER 2 CAPS.

Horse chestnut dry extract (*Aesculus hippocastanum* L., 20% Escin) 370.58mg, Grape dry extract (*Vitis vinifera* L., 95% Proanthocyanidins) 211.76mg, Ruscus dry extract (*Ruscus aculeatus* L., 3% Ruscogenin) 123.52mg, Anti-caking agent (magnesium salts of fatty acid), Vitamin C (L-ascorbic acid) 21.18mg (26.5%VRN*) and Anti-caking agent (silicon dioxide). Capsule (Gelatine). *%NRV: Nutrient Reference Values.

2 capsules per day.



NEW FORMULA
AND FORMAT

OUTCOLEST

30 capsules of 725mg

INGREDIENTS PER 1 CAP.

Garlic dry extract (*Allium sativum*, 1% allicin) 300mg, Microcrystalline cellulose (bulking agent), Glazing agent (gelatin), Red rice yeast (*Monascus purpureus*, 2.9mg total Monacolins) 58mg, *Saccharomyces cerevisiae* yeast betaglucan (min 70% beta-glucan) 50mg, Magnesium salts of fatty acids (anti-caking agent), Silicon dioxide (anti-caking agent), Coenzyme Q10 1.25mg.

1 capsule per day.



NEW FORMAT

OMEGA 3

60 pearls of 721.3mg

INGREDIENTS PER 1 PEARL

FISH Oil [18% EPA (Eicosapentaenoic Acid) and 12% DHA (Docosahexaenoic acid)] 500mg [90mg of EPA (Eicosapentaenoic) and 60mg of DHA (docosahexaenoic acid)] and Vitamin E natural (D-alpha-tocopherol, 67%) 15mg [10mg of Vitamin E, 83.33% NRV*]. Pearl (Gelatin and Moisturizer [Glycerin]). *%NRV: Nutrient Reference Values.

1 pearl per day.



SUPPLEMENTS / WOMAN

NEW FORMAT

PRIMROSE

30 pearls of 680.1mg

INGREDIENTS PER 1 PEARL

Evening Primrose Oil (Oenothera biennis L., 10% GLA (Gamma-linoleic)) 500mg and natural Vitamin E 67% (D-alpha-tocopherol) 5mg (3.35mg of Vitamin E, 27.92% NRV *). Pearl (Gelatin and Moisturizer [Glycerin]). *%NRV: Nutrient Reference Values.

1 pearl per day.



NEW FORMAT

PROBIOTIC

30 capsules of 327mg

INGREDIENTS PER 1 CAP.

Maltodextrin, Microbial powder (Bifidobacterium bifidum 2.80x10⁷CFU, Bifidobacterium animalis ssp. lactis 2.80x10⁷CFU, Lactobacillus acidophilus 2.80x10⁷CFU, Lactobacillus bulgaricus 2.80x10⁷CFU, Lactobacillus paracasei 2.80x10⁷CFU, Lactobacillus rhamnosus 2.80x10⁷CFU and Streptococcus thermophilus 2.80x10⁷CFU) (MILK) 50mg and Anti-caking agent (Magnesium stearate). Capsule (Gelatin).

1 capsule per day.



NEW FORMAT

ANTIACID

30 tablets of 2200mg

INGREDIENTS FOR 2 COMP.

Calcium carbonate 1052.63 mg (800 mg of Calcium – 100% NRV*); Glucose Syrup, Maltodextrin; Magnesium Citrate 485.40 mg (75mg Magnesium 20% NRV*), Color (Beetroot Red); Fennel dry extract (Foeniculum vulgare miller) 120.00mg, Aroma fruits of the forest; Magnesium stearate (anti-caking agent); Sucralose (sweetener) and Ginger dry extract (Zingiber officinale roscoe, 5% gingerols) 1.00mg. *% NRV: Nutrient Reference Values.

Up to 2 tablets per day

**CHEWABLE
BERRIES FLAVOUR**



CHEWABLE PROPOLIS

30 chewable tablets of 815mg

INGREDIENTS PER 3 TABLETS

Glucose syrup, Maltodextrin, Propolis dry extract (2.5% Flavonoids) 240mg, Bromelain 240mg, Aroma (Honey-lemon flavour), Vitamin C (L-ascorbic acid) 57.60mg (72% NRV *), Anti-caking agent (Magnesium stearate), Honey powder 48mg, Dry extract of Marshmallow (*Althaea officinalis L.*) 48mg and Zinc sulfate 20.64mg (7.51mg of Zinc, 75% NRV *). *% NRV: Nutrient Reference Values.

1-3 tablets per day.

TABLET
LEMON FLAVOUR





VITAMIN C

50 capsules of 841mg

INGREDIENTS PER 1 CAP.

Vitamin C (L-ascorbic acid) 693.55 mg (866.94% NRV*), anti-caking agents (magnesium stearate and silicon dioxide). Capsule (Gelatin, Colors (E-172)). *% VRN: Nutrient Reference Values.

1 capsule per day.





MULTI VITAMINS

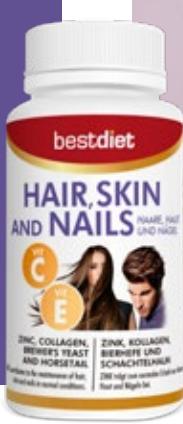
60 capsules of 546mg

INGREDIENTS PER 2 CAPS.

Calcium Carbonate 200mg (80mg Calcium, 10%NRV*), Vitamin C (L-Ascorbic Acid) 160mg (200%NRV*), Magnesium Oxide 120mg (72mg Magnesium, 19.2%NRV*), Agent of Cargo (Cellulose), Maltodextrin, Anti-caking Agent (Magnesium Salts of Fatty Acids), Potassium Chloride 40mg (20.98mg Potassium, 1%NRV*, 18.83mg Chlorine, 2.35%NRV*), Ferric Pyrophosphate 35mg (7.35 mg Iron, 52.5% NRV*), Niacin (Nicotinamide) 32mg (200% NRV*), Anti-caking Agent (Silicon Dioxide), Vitamin E (33.56% DL-a-tocopherol) 24mg (8.05 mg a-TE =67.12% NRV*), Ferrous Fumarate 20mg (6.38mg Iron, 45.55%NRV*), Zinc Oxide 18mg (14.4mg Zinc, 144%NRV *), Manganese gluconate 4mg (0.46mg Manganese, 22.82% NRV*),

2 capsules per day.

Vitamin B6 (Pyridoxine Hydrochloride) 2.8mg (200% NRV*), Vitamin B2 (Riboflavin) 2.8mg (200% NRV*), Vitamin B1 (Thiamine) 2.2mg (200% NRV*), Cupric Sulfate 2mg (800µg Copper, 80% NRV*), Vitamin A (Retinol Acetate) 1.6 mg (240µg RE = 30% NRV*), Folate (Pteroylmonoglutamic Acid) 400µg (200% NRV*), Potassium Iodide 0, 19mg (145.3 µg of Iodine, 96.84% NRV*), Sodium Selenite 0.11mg (49.2µg of Selenium, 89.40% NRV*), Biotin (D-Biotin) 100µg (200% NRV*), Chromium Chloride 80 µg (15.54µg Chromium, 38.84% NRV*), Pantothenic Acid (Calcium D-Pantothenate) 0.012mg (0.2% NRV*), Vitamin D (Cholecalciferol) 10µg (200% NRV*) and Vitamin B12 (Cyanocobalamin) 10µg (400% NRV*). Capsule (Gelatin). *NRV: nutrient reference value.



HAIR, SKIN AND NAILS

60 capsules of 660mg

INGREDIENTS PER 1 CAP.

Hydrolyzed Collagen 150mg, Brewer's Yeast Powder 90mg, Horsetail Dry Extract (Equisetum arvense L., 1% Silicon Acid) 75mg, Microcrystalline Cellulose (bulking agent), Zinc Gluconate 37.12mg (5mg Zinc, 50 % NRV*), Ferrous Gluconate 34.57mg (4.2mg Iron, 30% NRV*), Vitamin C (L-Ascorbic Acid) 25mg (31.25% NRV*), Taurine 25mg, Yeast enriched with Selenium 10mg (Selenium 22µg, 40% NRV*), Vitamin E (DL-alpha-tocopheryl acetate) 50% 10mg (5mg vitamin E 42% NRV*), Niacin

(Nicotinamide) 9.12mg (57% NRV*), Pantothenic Acid (Calcium D-Pantothenate) 3mg (50% NRV*), Vitamin B6 (Pyridoxine Hydrochloride) 0.98mg (70% NRV*), Riboflavin (Vitamin B2) 0.80mg (57%NRV*), Thiamin (Thiamine Hydrochloride) 0.70mg (64%NRV*), Vitamin A (Retinyl Acetate) 424µg (53%NRV*), Folic Acid (Pteroylmonoglutamic Acid) 94µg (47% NRV*) and Biotin (D-Biotin) 0.5µg (1% NRV*). Capsule (Gelatin). *% VRN: Nutrient Reference Values.

1 capsule per day.



INTELECTO FORTE

60 capsules of 476mg

INGREDIENTS PER 1 CAP.

Ginkgo dry extract (Ginkgo biloba L., 24% Ginkgofl avonoides) 150mg, Maltodextrin, Bacopadryextract (Bacopamonnieri(L.)Pennell, 20% Bacosides) 60mg, Anti-caking agents (Silicon dioxide and Magnesium stearate), Zinc oxide 7mg (5.53mg Zinc, 55.3% NRV*), Pantothenic Acid (Calcium D-Pantothenate) 3mg (50% NRV*) and Vitamin B6 (Pyridoxine Hydrochloride) 0.7mg (50% NRV*). Capsule (Gelatin). *%NRV: Nutrient Reference Values.

1 capsule per day.



MELATONIN

60 chewable tablets of 500mg

INGREDIENTS PER 2 TABLETS

Glucose syrup, Maltodextrin, Flavouring (Strawberry), Anti-caking agent (Magnesium stearate), Acidity corrector (Citric acid), Colouring (Beet red), Vitamin B6 (Pyridoxine hydrochloride) 1.4mg (100% NRV*), Melatonin 1mg and Sweetener (Sucralose). *%NRV: Nutrient Reference Values.

2 tablets per day.

VEGAN

**CHEWABLE
STRAWBERRY FLAVOUR**

OTHERS RELEASES



PROPOLIS SPRAY

HEARD, PEPPERMINT,
CLOVE AND GINGER



IODIDE POTASSIUM

Iodine contributes to the normal function of the NERVOUS SYSTEM, to the MAINTENANCE of normal SKIN and to the normal production of THYROID HORMONES and normal thyroid function.



VITAMIN D3

Vitamin D contributes to the normal functioning of the immune system and to the maintenance of normal bones in normal condition.



JALEA REAL ROYAL JELLY

PROPOLIS, ROYAL JELLY, SHITAKE, VITAMIN C AND D, GROUP B VITAMINS. Vitamin C contributes to the normal functioning of the immune system.

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