

bestdiet

Affordable preventive health &
wellness for everyone







- | | | | | | |
|---|---|------------------|----|---|----------------------|
| 4 | ■ | ARTICHOKE PLUS | 10 | ■ | PROBIOTIC |
| 4 | ■ | CAPTOFAT | 10 | ■ | ANTIACID |
| 5 | ■ | ALOE VERA | 11 | ■ | CHEWY PROPOLIS |
| 5 | ■ | LAXI PLUS | 12 | ■ | VITAMIN C |
| 6 | ■ | L-CARNITINE MAXI | 12 | ■ | VITAMIN D3 |
| 7 | ■ | COLLAGEN POWDER | 13 | ■ | MULTI VITAMINS |
| 7 | ■ | COLLAGEN TABLETS | 14 | ■ | HAIR, SKIN AND NAILS |
| 8 | ■ | CIRCULA ACTIV | 15 | ■ | INTELECT FORTE |
| 8 | ■ | OUTCOLEST | 15 | ■ | MELATONIN |
| 9 | ■ | OMEGA 3 | 17 | ■ | SUBSTITUTE SHAKES |
| 9 | ■ | ONAGRA | 18 | ■ | COMING SOON |

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SUPPLEMENTS / WEIGHT CONTROL



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 offi cinalis* L.) 29mg, Bulking agent (Microcrystalline cellulose) and Anti-caking agents (Magnesium stearate and Silicon dioxide). Capsule (Gelatin and colouring (E-171, E-172 and E-132)).

1 capsule a day.

EAN CODE · 8436578720095

SUPPLEMENTS / WEIGHT CONTROL



CAPTOFAT

60 capsules of 422.4mg

INGREDIENTS PER 2 CAPSULES

Cocoa Fibre (*Theobroma cacao* L.) 100mg, Orange Fibre (*Citrus sinensis* (L.) Osbeck) 100mg, Bulking agent (Fosfato tricálcico), Chicory Fibre (Inulina) 30mg, Anti-caking agents (Magnesium stearate and Magnesium silicate). Capsule (Gelatin and colouring (E-171)).

2 capsules a day.

EAN CODE · 8436578720125

SUPPLEMENTS / WEIGHT CONTROL



ALOE VERA

60 tablets of 500 mg

INGREDIENTS PER 2 TABLETS

Bulking agent (Celulosa microcristalina), Inulin 200mg, Acibar dried juice powder (Aloe ferox Mill.) 200mg, Aloe dry extract. (Aloe ferox Mill., leaves, 10% Barbaloin) 200mg and Anti-caking agents (Magnesium stearate and Silicon dioxide).

1 or 2 tablets a day.

EAN CODE · 8436578720088

VEGAN 

SUPPLEMENTS / WEIGHT CONTROL



LAXI PLUS

30 capsules of 566mg

INGREDIENTS PER 2 CAPSULES

Rhubarb dry extract (Rheum palmarum L., 10% Emodina) 444mg, Licorice dry extract (Glycyrrhiza glabra L., 20% Ácido glicirricínico) 110mg, Bulking agent (Maltodextrina), Bulking agent (microcrystalline cellulose), Rose dry extract (Rosa gallica L.) 74mg, Marshmallow dry extract (Althaea offi cinalis L., ratio 4:1) 74mg, Artichoke dry extract (Cynara scolymus L., 2,5% Cinarina) 37mg and Anti-caking agents (Magnesium stearate and Silicon dioxide). Capsule (Gelatin).

2 capsules a day.

EAN CODE · 8436578720149



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 a day.

EAN CODE · 8436578720057



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 a day (12g).

EAN CODE · 8436578720569

RED FRUITS FLAVOUR



COLLAGEN

+ ORGANIC SILICON + MAGNESIUM

180 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 a day.

EAN CODE · 8436578720552



CIRCULA ACTIV

60 capsules of 486mg

INGREDIENTS PER 2 CAPS.

Horse chestnut dry extract (*Aesculus hippocastanum* L., 18% Aescin) 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 stearate), Vitamin C (L-ascorbic acid) 21,18mg (26,5%NRV*) y and Anti-caking agent (Silicon dioxide). Capsule (Gelatin and Colouring [E-171]). *%NRV: Nutrient Reference Values.

2 capsules a day.

EAN CODE · 8436578720033



OUTCOLEST

60 capsules of 501mg

INGREDIENTS PER 1 CAPS.

Red yeast rice (*Monascus purpureus*, 5% Monacolin K) 200mg (10mg of Monacolin K), Maltodextrin, Beta-glucans (min.70%) 50mg, Anti-caking agents (Magnesium stearate and Silicon dioxide) and Coenzyme Q10 1,25mg. Capsule (Gelatin).

1 capsule a day.

EAN CODE · 8436578720040



OMEGA 3

100 pearls of 721,3mg

INGREDIENTS PER 1 PEARLS

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%) 1.5mg (10mg of Vitamin E, 83.33% NRV*). Pearl (Gelatin and Moisturizer [Glycerin]). *%NRV: Nutrient Reference Values.

1 pearl a day.

EAN CODE · 8436578721054



ONAGRA

60 pearls of 680,1mg

INGREDIENTS PER 1 PEARLS

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 a day.

EAN CODE · 8436578721047



PROBIOTIC

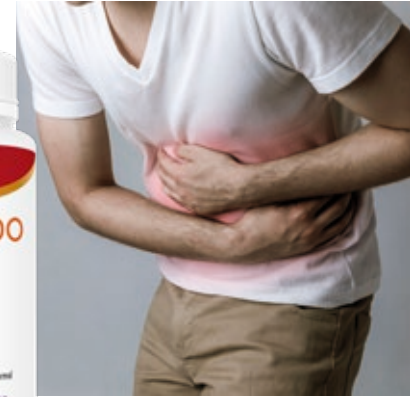
30 capsules of 327mg

INGREDIENTS PER 1 CAPS.

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 a day.

EAN CODE · 8436578720071



ANTIACID

60 chewable tablets of 2300mg

INGREDIENTS PER 6 TABLETS

Calcium carbonate 5520 mg (2208 mg Calcium, 276% NRV*), Maltodextrin, Colouring (Beet red), Dextrose, Stabilizer (Polyvinylpyrrolidone), Flavour (Red fruits flavour), Anti-caking agent (Magnesium stearate), Sweetener (Sucralose) and Ginger dry extract (Zingiber offi cinalc Rosc., 5% Gingerols) 2,76mg. *%NRV: Nutrient Reference Values.

6 tablets per day.

EAN CODE · 8436578720422

**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.

EAN CODE · 8436578720712

**CHEWABLE
LEMON FLAVOUR**





VITAMINA C

50 capsules of 839mg

INGREDIENTS PER 1 CÁPS.

Vitamin C (L-ascorbic acid) 714mg (892.5% NRV*). Capsule (Gelatin, Colors (E-171) and purified water). *% NRV: Nutrient Reference Values.

1 capsule a day.

EAN CODE • 8436578720606



VITAMINA D3

60 capsules of 377mg

INGREDIENTS PER 1 CÁPS.

Rice flour and Vitamin D3 (Cholecalciferol, 100,000 IU / g) 20mg (2,000 IU, 50µg of Vitamin D3, 1000% NRV*). Capsule (Gelatin). *%NRV: Nutrient Reference Values.

1 capsule a day.

EAN CODE • 8436578720613



MULTI VITAMINS

60 capsules of 600mg

INGREDIENTS PER 2 CAPS.

Calcium carbonate 200mg (80mg of Calcium, 10% NRV*), Vitamin C (L-ascorbic acid) 160mg (200% NRV*), Ferric pyrophosphate 154mg (30.8mg of Iron, 222% NRV*), Magnesium oxide 120mg (72.37mg Magnesium, 19% NRV*), Bulking Agent (Cellulose), Maltodextrin, Anti-caking Agent (Magnesium Stearate), Potassium Chloride 40mg (21.6mg Potassium, 1% NRV*), Niacin (Nicotinamide) 32mg (200% NRV*), Ferrous fumarate 28mg (9mg Iron, 64% NRV*), Anti-caking agent (Silicon dioxide), Vitamin E (DL-alpha-tocopheryl acetate) 24mg (200% NRV*), Zinc Oxide 20mg (15.8mg Zinc, 158% NRV*), Manganese Gluconate 4mg (0.44mg Manganese, 22% NRV*), Vitamin B6 (Pyridoxine Hydrochloride) 2.8mg (200% NRV*),

Riboflavine (Vitamin B2) 2,8mg (200% NRV*), Thiamine (Thiamine hydrochloride) 2.2mg (200% NRV*), Cupric sulphate 2mg (500µg Copper, 50% NRV*), Vitamin A (Retinyl Palmitate) 1600µg (200% NRV*), Folic Acid (Pteroylmonoglutamic Acid) 400µg (200% NRV*), Potassium Iodide 0.3mg (220µg Iodine, 147% NRV*), Sodium Selenite 0.11mg (29µg Selenium, 52% NRV*), Biotin (D-Biotin) 100µg (200% NRV*), Chromium (III) Chloride 0.08mg (15µg Chromium, 37% NRV*), Pantothenic Acid (Calcium D-Pantothenate) 0.012mg (0.2% NRV*), Vitamin D3 (Cholecalciferol) 10µg (200% NRV*) and Vitamin B12 (Cyanocobalamin) 10µg (400% NRV*). Capsule (Gelatin and Colouring [E-171]). *% NRV: Nutrient Reference Values.

2 capsules a day.

EAN CODE · 8436578720132



HAIR, SKIN AND NAILS

60 capsules of 563mg

INGREDIENTS PER 1 CAPS.

Hydrolysed Marine Collagen (FISH) 149.81mg, Brewer's yeast powder 89.89mg, Horsetail Dry Extract (Equisetum arvenseL., 1% Silicon Acid) 74.90mg, Zinc Gluconate 37.45mg (5.01mg of Zinc, 50.1% NRV*), Ferrous Gluconate 34.97mg (Iron 4.19mg, 29.97% NRV*), Vitamin C (L-ascorbic Acid) 24.98mg (31.22% NRV*), Taurine 24.98mg, Selenium enriched yeast 9.99mg (40µg Selenium, 72.73% NRV*), Niacin (Nicotinamide) 9.01mg (56.31% NRV*), Vitamin E (DL-alpha Acetate-Tocopheryl) 4.99mg (41.58% NRV*), Pantothenic Acid (Calcium

D-Pantothenate) 2.98mg (49.66% NRV*), Vitamin B6 (Pyridoxine Hydrochloride) 0.98mg (70.00% NRV*), Riboflavine (Vitamin B2) 0.79mg (56.43% NRV*), Thiamin (Thiamin hydrochloride) 0.70mg (63.63% NRV*), Vitamin A (Retinyl acetate) 420µg (52, 50% NRV*), Folic Acid (Pteroylmonoglutamic Acid) 93µg (46.50% NRV*) and Biotin (D-Biotin) 0.51µg (1.02% NRV*). Capsule (Gelatin and Colouring [E-171]). *% NRV: Nutrient Reference Values.

1 capsule a day.

EAN CODE - 8436578720118

SUPPLEMENTS / NERVOUS SYSTEM



INTELECT FORTE

60 capsules of 476mg

INGREDIENTS PER 1 CAPS.

Ginkgo dry extract (Ginkgo biloba L., 24% Ginkgofl avonoides) 150mg, Maltodextrin, Bacopa dry extract (Bacopa monnieri (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 and Colouring (E-171)). *%NRV: Nutrient Reference Values.

1 capsule a day.

EAN CODE · 8436578720101

SUPPLEMENTS / NERVOUS SYSTEM



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 a day.

EAN CODE · 8436578720156

VEGAN 

**CHEWABLE
STRAWBERRY FLAVOUR**

SUPPLEMENTS / WEIGHT CONTROL



SUBSTITUTE SHAKE CHOCOLATE

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, nicotinamide (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), Pteroylmonglutamic Acid (Folic acid), potassium iodide, menaquinone (Vitamin K), sodium selenite, D-Biotin (Biotin), cholecalciferol (Vitamin D), cyanocobalamin (Vitamin B12).

5 sachets = 5 meals

EAN CODE • 8436578720736

SUPPLEMENTS / WEIGHT CONTROL



SUBSTITUTE SHAKE VAINILLA

5 sachets of 46g

INGREDIENTS

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

5 sachets = 5 meals

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SUBSTITUTE SHAKE FRESA

5 sachets of 46g

INGREDIENTS

Skimmed MILK powder, 80% MILK whey protein, maltodextrin, mixed fat powder (sunflower oil) (contains MILK and SOY), strawberry flavouring, sodium citrate, potassium bicarbonate, tricalcium phosphate, acidity regulator (citric acid), Dipotassium Phosphate, Color (Beet Red), Thickener (Guar Gum), Magnesium Oxide, Sodium Chloride, Thickener (Xanthan Gum), L-Ascorbic Acid (Vitamin C), Sweetener (Sucralose), DL-Alpha Tocopherol Acetate (Vitamin E), Ferric Sacarate, Nicotinamide (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

EAN CODE • 8436578720743





PROPOLIS SPRAY

ERYSSIMO,
PEPPERMINT, CLOVE
AND GINGER.



ROYAL JELLY DEFESCE

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

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