

Kyani®



PRODUCTS

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SUNRISE & NITRO
IN THE MORNING


NITRO
IN THE NOON


SUNSET & NITRO
IN THE EVENING

KYÄNI TRIANGLE OF WELLNESS



KYÄNI IS THE STORY OF OUR PRODUCTS

From the very beginning, Kyäni's Founders realized the nutritional potential of the Wild Alaskan Blueberry, combining it with 20 other foods to create Kyäni Sunrise, a delicious blend of juices that provide the body with 10 vitamins and minerals. Complementing Sunrise is Kyäni Sunset, formulated with Tocotrienols, along with Omega-3 fatty acids from fish including the Wild Alaskan Salmon. The unifying factor completing the Triangle of Wellness is Kyäni Nitro, which helps the body absorb the nutrients in Sunrise and Sunset.* The Triangle of Wellness joins Kyäni's protein nutritionals as the ideal way to get the most out of our diet and ensure that we are taking in the nutrients we need to maintain our Healthy Living Lifestyle.

*Kyäni Nitro Xtreme contains Thiamine and Niacin that contribute to normal energy-yielding metabolism and Niacin that contributes to the reduction of tiredness and fatigue.

#HEALTHYLIVINGLIFESTYLE



KYÄNI SUNRISE

The Wild Alaskan Blueberry contains powerful anthocyanin pigments that protect it from damage caused by the harsh environment. Blended with more than 20 additional ingredients, the result is what we now enjoy as Kyäni Sunrise, with water-soluble nutrients and antioxidants.

KEY BENEFITS



Vitamin B5 (Pantothenic Acid)
Contributes to normal mental performance



Vitamin B1 (Thiamine)
Contributes to the normal function of the heart



Vitamin B2, B5, C
Enables Healthy Stress Management

Vitamin B1 (Thiamine), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic Acid), B6, B7 (Biotin), B12



Contribute to normal energy-yielding metabolism
Contribute to normal functioning of the nervous system

Vitamin B6, B9 (Folate), B12, C
Contribute to the normal function of the immune system



Vitamin B2 (Riboflavin), C
Contribute to the protection of cells from oxidative stress



Vitamin C
Contributes to normal collagen formation for the normal function of cartilage



Vitamin B7 (Biotin)
Contributes to normal macronutrient metabolism

*Kyäni Nitro Xtreme contains Thiamine and Niacin that contribute to normal energy-yielding metabolism and Niacin that contributes to the reduction of tiredness and fatigue.



ADDITIONAL INGREDIENTS

- + **Thiamin / Vitamin B1**
- + **Riboflavin / Vitamin B2**
- + **Niacin / Vitamin B3**
- + **Pantothenic Acid / Vitamin B5**
- + **Vitamin B6**
- + **Biotin / Vitamin B7**
- + **Inositol / Vitamin B8**
- + **Folic Acid / Vitamin B9**
- + **Vitamin B12**
- + **Vitamin C**

INGREDIENTS KYÄNI SUNRISE

Water, fructose, White Grape Juice Concentrate (Vitis vinifera L.), Pear Juice Concentrate (Pyrus communis L.), Concord Grape Juice Concentrate (Vitis labrusca L.), Blueberry Juice Concentrate (Vaccinium corymbosum L.), Aronia Juice Concentrate (Aronia melanocarpa Michx), Pomegranate Juice Concentrate (Punica granatum L.), Red Raspberry Juice Concentrate (Rubus idaeus L.), Clarified Lime Juice Concentrate (Citrus latifolia Tanaka), Concentrate of Carrot (Daucus carota L. var. sativus) and Blueberry (Vaccinium corymbosum L.), Acidity Regulator Malic Acid & Citric Acid, Grape Skin Extract (Vitis vinifera L.), Mangosteen Juice Concentrate (Garcinia mangostana L.), Alaskan Wild Blueberry Concentrate (Vaccinium uliginosum L.), Thickener Xanthan Gum, Natural Raspberry Flavouring, Vitamin C (Ascorbic Acid), Inositol, Vitamin B3 (Niacin/Niacinamide), Preservative Potassium Sorbate & Sodium Benzoate, Pantothenic Acid (Vitamin B5/D-calcium pantothenate), Biotin, Grape Seed Extract (Vitis vinifera L.), Aloe Vera Gel Extract (Aloe barbadensis Mill.), Spinach powder (Spinacia oleracea L.), Sweetener Steviol glycoside, Pomegranate Extract (Punica granatum L.), Broccoli Powder (Brassica oleracea L. var. Italica), Kale Powder (Brassica oleracea L. var. Acephala), Panax Ginseng Extract (Panax ginseng C.A. Meyer), Vitamin B6 (Pyridoxine Hydrochloride), Thiamin (Vitamin B1/Thiamin Hydrochloride), Cranberry Extract (Vaccinium macrocarpon Aiton), Riboflavin (Vitamin B2), Acai Extract (Euterpe oleracea Mart.), Amla Berry Powder (Phyllanthus emblica L.), Vitamin B12 (Cyanocobalamin), Folic Acid (Pteroylmonoglutamic Acid).

HOW TO USE

Start your day with a big glass of water, 1 Pouch Sunrise and 20 drops Nitro. Make it your morning routine, you will love it.

Drinking water on an empty stomach reduces hunger and makes us eat less an easy to implement support for any diet. In comparative studies, water drinkers lost significantly more weight.

It helps the body to eliminate toxins of the night. In the night, the body cleanses itself. The toxins produced during this process want to be flushed out. By drinking water in the morning, we promote the flushing out of these toxins. The metabolism is stimulated. Water provides the cells with the necessary fluid for smooth operation. An indispensable prerequisite for a functioning metabolism. Besides, the body burns calories by treating the water. A large part of these calories is consumed by heating the cold water to body temperature.

NUTRITIONAL INFORMATION

Serving size: 30 ml (1 pouch)
Number of servings: 30

	per daily dosage (30 ml)	
Energy	30 kcal	130 kj
Total Fat		0 g
of which saturated Fat		0 g
Carbohydrates		7,5 g
of with Sugars		5,4 g
Protein		0,3 g
Salt		0 g
	per daily dosage (30 ml)	% NRV*
Vitamin C	60 mg	75 %
Thiamin (Vitamin B1)	1.95 mg	177 %
Riboflavin (Vitamin B2)	1.7 mg	121 %
Niacin (Vitamin B3)	25 mg NE	156 %
Vitamin B6	2.1 mg	150 %
Folic acid	200 µg	100 %
Vitamin B12	3 µg	120 %
Biotin	150 µg	300 %
Pantothenic Acid (Vitamin B5)	15 mg	250 %
Inositol	25 mg	

*NRV: Nutrient Reference Values,
EU Regulation (EU) Nr. 1169/2011



KYÄNI NITRO XTREME

KYÄNI NITRO FX

Not only do we struggle with eating a healthy diet, but we also need to properly metabolize those nutrients for energy throughout the day.

Kyäni Nitro Xtreme combines the same concentrated Noni juice blend found in Kyäni Nitro FX with other important nutrients to reduce tiredness and fatigue and help your body properly metabolize the nutrients provided by the rest of the Triangle of Wellness.*

We call this the Nitro Effect which not only gives your body what it needs to boost its metabolism, but it has also helped people see results from their nutrition where they hadn't seen results before.



*Kyäni Nitro Xtreme contains Niacin which contributes to the reduction of tiredness and fatigue and Thiamine which contributes to normal energy-yielding metabolism.



Noni Juice Concentrate

Both Nitro FX and Nitro Xtreme contain Kyäni's proprietary blend of Noni concentrate.

Kyäni Nitro Xtreme contains even more Noni concentrate, plus additional components to give your body an extra boost.



INGREDIENTS*

- + Thiamin / Vitamin B1
- + Niacin / Vitamin B3
- + Zinc
- + Chromium
- + CoQ10 / Ubiquinone

KEY BENEFITS



Zinc
Contributes to normal cognitive function



Vitamin B1 (Thiamine)
Contributes to the normal function of the heart



Vitamin B3 (Niacin)
Contributes to the protection of cells from oxidative stress
Contributes to the normal function of the immune system



Zinc
Contributes to the maintenance of normal testosterone levels in the blood



Chromium, Zinc
Contribute to normal macronutrient metabolism.



Chromium, Zinc
Supports Nutrient Absorption
Nutrients metabolism

*Kyäni Nitro Xtreme contains Niacin which contributes to the reduction of tiredness and fatigue and Thiamine which contributes to normal energy-yielding metabolism.

HOW TO USE

Use 1 ml (20 drops) up to three times daily as part of your Healthy Living lifestyle. Shake well before use.

We recommend you to take Nitro before Sunrise and Sunset to ensure optimal nutrient absorption, and throughout the day to boost your energy level.

INGREDIENTS KYÄNI NITRO FX

Water, Noni juice concentrate (Morinda citrifolia), fructose, natural flavouring spearmint, acidity regulator citric acid, preservative Potassium Sorbate, preservative Potassium Benzoate.

NUTRITIONAL INFORMATION

	per 3 ml
Noni juice (Morinda citrifolia)	312 mg

INGREDIENTS KYÄNI NITRO XTREME

Ingredients Nitro Xtreme: Glycerin (humectant), purified water, Magnesium Chloride Hexahydrate, fructose, Noni juice concentrate (Morinda citrifolia), colour caramel (E 150d), acidity regulator Citric Acid, natural flavouring spearmint, Zinc Sulfate Monohydrate, masking agent (in varied amounts: water, liquorice extract), Niacinamide, Thiamin Mononitrate, Microencapsulated Coenzyme Q10, Chromium Chloride Hexahydrate.

NUTRITIONAL INFORMATION

	per 2 ml**	% NRV*
Thiamin (Vitamin B1)	1 mg	90,7 %
Niacin (Vitamin B3)	2,4 mg NE	15 %
Zinc	2,3 mg	23 %
Chromium	9,7 µg	24 %
CoQ10 (Ubiquinone)	500 µg	
Noni juice (Morinda citrifolia)	160 mg	

*NRV: Nutrient Reference Values, EU Regulation (EU) Nr. 1169/2011



KYÄNI SUNSET

Maintaining the proper function of our bodies is a high priority. Kyäni Sunset is a powerful source of Tocotrienols combined with essential Omega-3 fatty acids from fish including Wild Alaskan Salmon, as well as Vitamins A and D.





The brain is the fattest organ in the body

Our brain consists of 60 percent fat. That is why it is important to eat so-called good fats.

Nuts and fatty fish, for example, contain a particularly large amount of omega-3 fatty acids.



INGREDIENTS

- + Tocotrienol/Tocopherol
- + Omega-3 fatty acids / EPA & DHA
- + Vitamin D
- + Vitamin A / Beta Carotene

KEY BENEFITS



Omega-3 (EPA & DHA)

Contribute to the normal function of the heart



Vitamin D

Contributes to the normal function of the immune system



Vitamin A

Contributes to the maintenance of normal skin and normal vision



Vitamin A, D

Contributes to the maintenance of normal mucous membranes
Has a role in the process of cell division

HOW TO USE

Take 3 capsules together with your evening meal.

TRY OUT OUR KYÄNI 7-DAY-PACK

That contains samples of Kyäni Sunrise, Sunset and Nitro Xtreme.



NUTRITIONAL INFORMATION

	per daily dosage = 3 capsules (2535 mg)	% NRV*
Omega 3	749 mg	
of which:		
EPA (eicosapentaenoic acid)	425 mg	
DHA (docosahexaenoic acid)	203 mg	
Vitamin A	801 µg RE	100 %
Vitamin D	6 µg	120 %
Vitamin E (Tocotrienol-Tocopherol)	121 mg α-TE	1008 %

*NRV: Nutrient Reference Values,
EU Regulation (EU) Nr. 1169/2011

INGREDIENTS KYÄNI SUNSET

Fish oil (Salmon and other wild fish), Vitamin E (as Tocotrienol-Tocopherol from Rice Bran Oil), fish gelatin, glycerin (humectant), water, natural mixed carotenoids from Dunaliella salina, Vitamin D (as Cholecalciferol).



#HEALTHYLIVINGLIFESTYLE

KYÄNI PROTEIN NUTRITIONALS

- ✓ GROW MUSCLE MASS¹
- ✓ SUPPORT POST-WORKOUT RECOVERY²
- ✓ PROMOTE BONE HEALTH³

The most prevalent protein found in the body is collagen. In our youth, our bodies readily synthesize collagen from the amino acids and proteins we eat. As we age, however, our body's ability to produce collagen begins to decrease. Our metabolism slows, our skin begins to show aging, and our athletic performance begins to decline.

Because modern diets don't frequently include rich sources of natural collagen, supplementing our diet with healthy collagen protein helps us maintain our wellness as we get older. Kyäni's HL5 and FIT20 protein products contain hydrolysed collagen protein for maximum absorption. In addition, the grass-fed whey protein isolate in FIT20 promotes increased performance during workouts, optimizes recovery, and helps build healthy muscles.



¹ Protein contributes to a growth in muscle mass.

² Magnesium contributes to a reduction of tiredness and fatigue.

³ Magnesium contributes to the maintenance of normal bones.



KYÄNI HL5

HEALTHY LIVING

Protein is one of the critical building blocks of the body, and easily digestible protein becomes more important for maintaining wellness as we age. It can be found in skin, hair, and joints, and promotes healthy bones as well as healthy muscle growth. HL5 supports the body's need for protein with grass-fed collagen, hydrolysed for easy absorption.





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KEY BENEFITS



Protein

Contributes to a growth in muscle mass
Contributes to the maintenance of muscle mass



Protein

Contributes to the maintenance of normal bones



Erythritol

Consumption of foods/drinks containing erythritol instead of sugar induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks

INGREDIENTS KYÄNI HL5 CITRUS

Water, Grass-fed Collagen Peptides, Erythritol, Acidity Regulator Citric Acid, Thickener Xanthan Gum, Natural Flavouring (Mexican Lime Extract, Sicilian Lemon Extract, Natural Bitter Masker), Sodium Chloride, Fructo-Oligosaccharide, Preservative Potassium Sorbate, Apple Cider Vinegar Powder, Sweetener Steviol Glycoside.

NUTRITIONAL INFORMATION

Serving size: 1 Pouch (30 ml)
Number of servings: 30

	Amount per serving	per 100ml
Energy	109 kj 26 kcal	363 kj 87 kcal
Fat	0 g	0 g
Total Carbohydrates	1,4 g	4,7 g
- Sugars	0 g	0 g
Fibre	0,15 g	0,5 g
Protein	5 g	16,7 g
Salt	0,11 g	0,37 g

HOW TO USE

For maximum benefit, establish a healthy habit of taking one pouch of HL5 every day – in the morning, before bedtime, or between meals. Shake well before use.

SAME BENEFITS AS HL5 CITRUS, BUT DIFFERENT FLAVOUR:



HL5 PEACH



INGREDIENTS KYÄNI HL5 PEACH

Water, bovine hydrolysed collagen peptides, erythritol, acidity renatürliches Pfirsicharomagulator citric acid, natural peach flavouring, thickener xanthan gum, natural Bitter Masker, sodium chloride, fructooligosaccharide, preservative potassium sorbate, apple cider vinegar powder, sweetener steviol glycoside.



KYÄNI FIT20

PERFORMANCE PROTEIN

Since protein is a basic building block of the body, protein powders support the build-up of (fat-free) muscle mass (muscle anabolism). The training stimulus causes adaptation processes in the musculature and thus increases muscle fibre hypertrophy. The protein molecules that we consume from our food or with the help of protein shakes are fundamental to this process. The fast availability of this basic building block can also lead to a shortened regeneration after the workout.

Our bodies are constantly stressed from exercise and the rigors of everyday life. FIT20 delivers 10 grams of hydrolysed collagen and an additional 10 grams of grass-fed whey protein isolate – complemented by Magnesium – that helps to optimize muscle recovery and growth from exercise and the everyday demands of life.



This product is intended to be used alongside an active lifestyle and a balanced diet.

Grass-fed Collagen Peptides

Natural Vanilla Flavour

MCT Oil Powder (Milk)

Sweetener
Steviol Glycoside

Sunflower
Lecithin

ADDITIONAL INGREDIENTS

+ Magnesium Citrate

*Made from grass-fed whey protein isolate and hydrolysed collagen, FIT20 delivers a unique combination of proteins and magnesium to increase performance, support workout and recovery, and build healthy muscle.**

*Protein contributes to a growth in muscle mass.

HOW TO USE

Thoroughly mix 1 scoop (30g) of FIT20 Powder to 250-350 ml of water, your preferred milk source or blend into your favorite smoothie after workouts, at breakfast or anytime of the day to increase your daily protein intake. (This product is intended to be used alongside an active lifestyle and a balanced diet.)

Tip: The vanilla flavor of FIT20 can perfectly refresh your drink or smoothie. Enjoy it as an addition to your diet, whenever you want to.

KEY BENEFITS



Magnesium

Contributes to a reduction of tiredness and fatigue
Contributes to normal psychological function



Protein

Contributes to a growth in muscle mass
Contributes to the maintenance of muscle mass
Contributes to normal muscle function



Protein, Magnesium

Contribute to the maintenance of normal bones



Magnesium

Contributes to normal protein synthesis
Contributes to normal functioning of the nervous system
Has a role in the process of cell division



Magnesium

Contributes to normal energy-yielding metabolism



Magnesium

Contributes to electrolyte balance



Magnesium

Contributes to the maintenance of normal teeth

INGREDIENTS KYÄNI FIT20

Grass-fed Whey Protein Isolate (Milk), Grass-fed Collagen Peptides, Natural Vanilla Flavour, MCT Oil Powder (Milk), Magnesium Citrate, Sunflower Lecithin, Sweetener Steviol Glycoside.

TABLE OF AMINO ACIDS

Amount Per Serving 1 scoop (30 g)

	per daily dosage (30 ml)	% NRV*
Alanine	1,62 g	
Arginine	1,12 g	
Aspartic Acid	2,03 g	
Cysteine	<0,0007 g	
Cystine	0,32 g	
Glutamic Acid	3,27 g	
Glycine	3,02 g	
Histidine	0,29 g	
Hydroxyproline	1,32 g	
Isoleucine	0,96 g	
Leucine	1,61 g	
Lysine	1,67 g	
Ornithine	<0,0057 g	
Methionine	0,28 g	
Phenylalanine	0,58 g	
Proline	2,30 g	
Serine	0,92 g	
Threonine	1,06 g	
Tryptophan	0,26 g	
Tyrosine	0,41 g	
Valine	0,94 g	

*NRV: Nutrient Reference Values,
EU Regulation (EU) Nr. 1169/2011

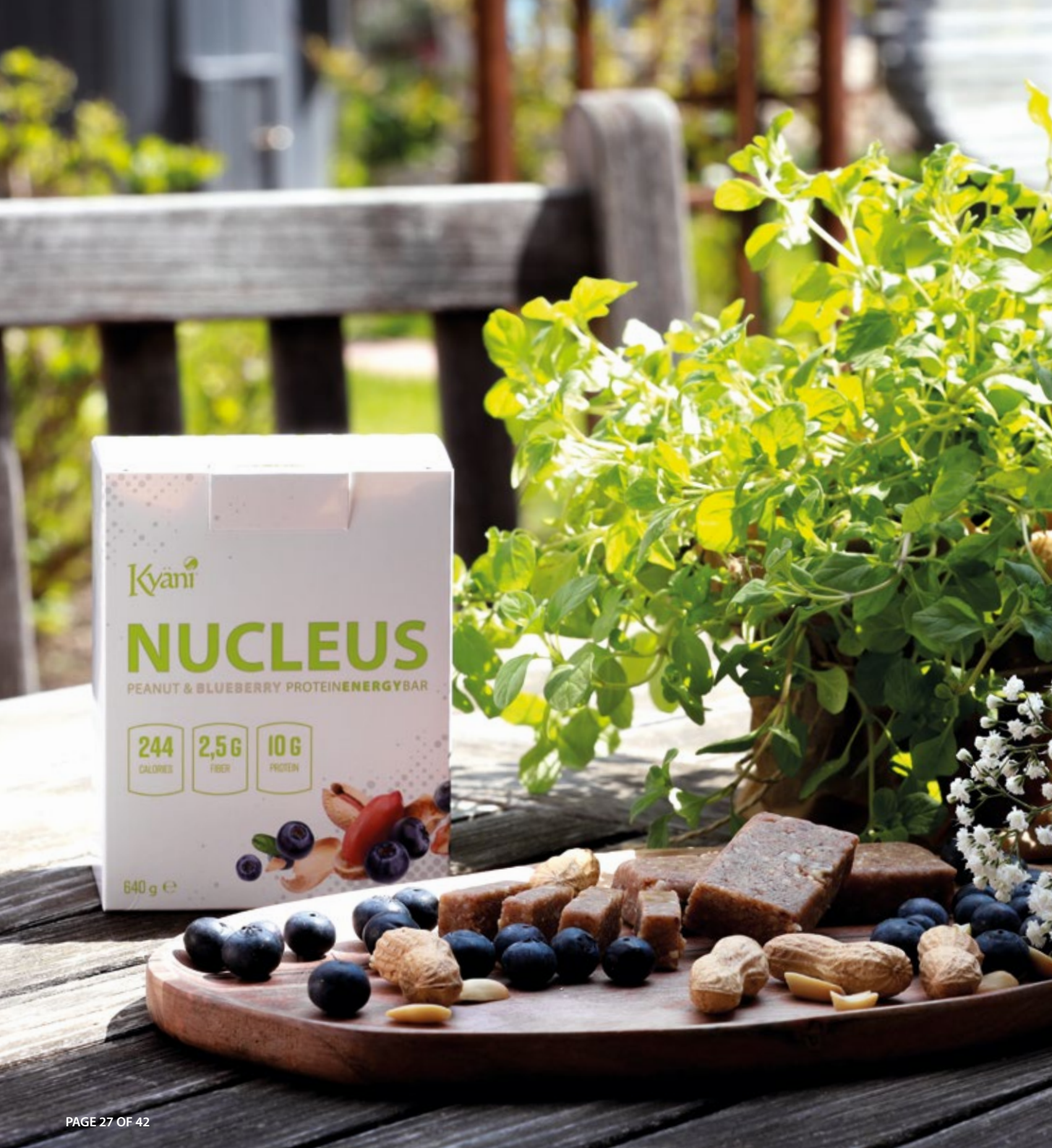
NUTRITIONAL INFORMATION

Serving size: 30g (1 Scoop)

Servings per pouch: 14

	Amount per serving	per 100 g
Energy	484 kJ 116 kcal	1577 kJ 377 kcal
Total Fat	1,7 g	5,4 g
- Saturates	1,2 g	3,9 g
Total Carbohydrates	3,6 g	11,9 g
- Sugars	0,3 g	0,8 g
Fibre	0,9 g	2,8 g
Protein	20 g	65,2 g
Salt	0,2 g	0,5 g
Magnesium	0,1 g	0,33 g

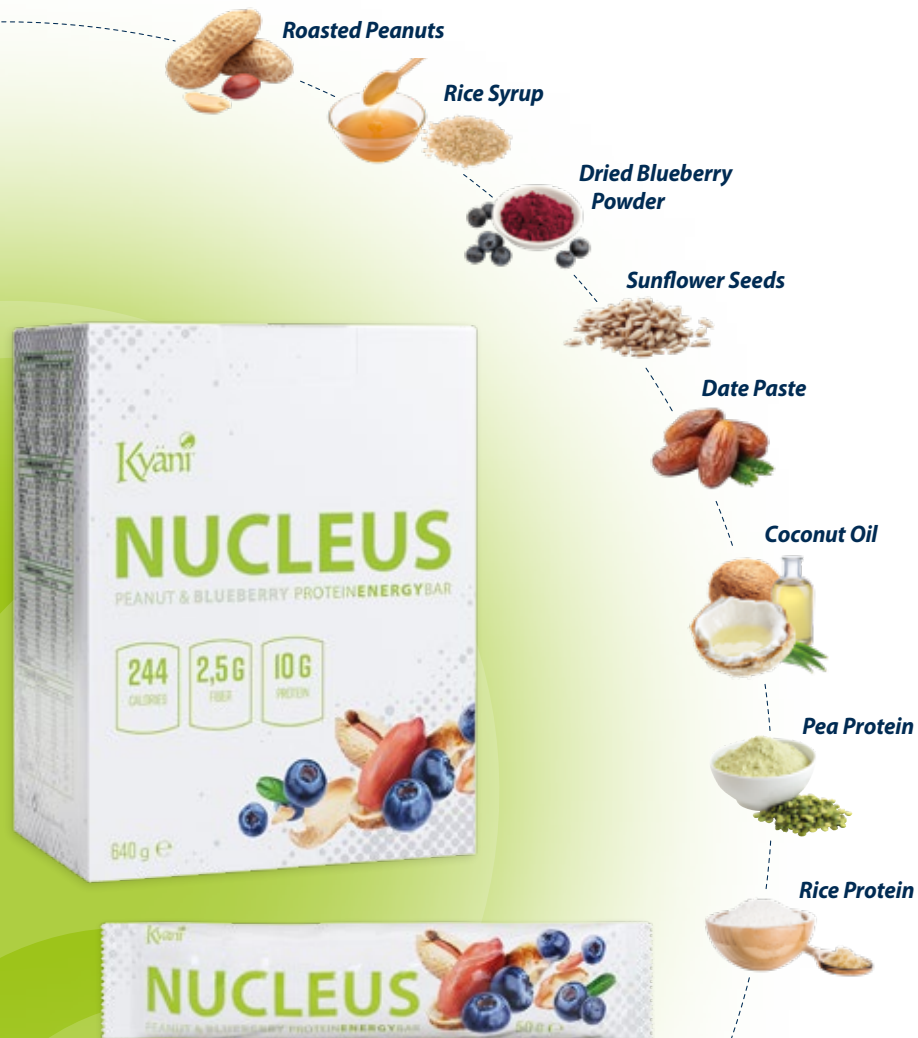
*27 % of Nutritional Reference Value,
EU Regulation (EU) Nr. 1169/2011



KYÄNI NUCLEUS PROTEIN & ENERGY BAR

If you're looking for a healthy snack, you've found it! The Nucleus bar provides you with natural protein, vitamins and minerals - whether for breakfast, after a workout or in between. The combination of crunchy peanut pieces and blueberries is simply irresistible. And best of all: this protein and energy bar comes completely without artificial flavors, sweeteners and additives. 100% vegan and gluten-free. The Nucleus Protein and Energy Bar is a natural, plant-based source of protein and guaranteed lactose-free. Valuable and nutritious plant-based ingredients support you during your workout or other active adventures.

- ✓ For quick and long-lasting energy
- ✓ Can be used before, during and after sports activity
- ✓ Also as a snack for in between
- ✓ Energy to bite into
- ✓ Very well digestible, because produced without artificial flavors, colors and preservatives.













THE NUCLEUS PEANUT & BLUEBERRY PROTEIN ENERGY BAR IS:

- ✓ **Vegan**
- ✓ **Gluten Free**
- ✓ **Diary Free**
- ✓ **Without Artificial flavor**
- ✓ **Without any additives**
- ✓ **Without preservatives**

JUST TASTY BY NATURE!

KEY BENEFITS

-  **Protein**
Contributes to a growth in muscle mass
Contributes to the maintenance of muscle mass
-  **Protein, Manganese, Phosphorus**
Contribute to the maintenance of normal bones
-  **Magnesium, Manganese, Phosphorus**
Contribute to normal energy-yielding metabolism
-  **Magnesium**
Contributes to normal protein synthesis
Molybdenum
Contributes to normal sulphur amino acid metabolism
-  **Magnesium**
Contributes to a reduction of tiredness and fatigue
Contributes to normal functioning of the nervous system
Contributes to normal psychological function
-  **Magnesium**
Contributes to electrolyte balance
-  **Magnesium**
Has a role in the process of cell division
Manganese, Vitamin E
Contribute to the protection of cells from oxidative stress
-  **Phosphorus**
Contributes to normal function of cell membranes
-  **Manganese**
Contributes to the normal formation of connective tissue

-  **Phosphorus**
Contributes to the maintenance of normal teeth

INGREDIENTS KYÄNI NUCLEUS

Roasted Peanuts (26 %), Rice Syrup, Date Paste, Sunflower Seeds, Rice Protein, Coconut Oil, Pea Protein, Natural Flavouring, Dried Blueberry Powder.

NUTRITIONAL INFORMATION

Serving size: 1 Bar (50g)

Number of servings: 12

	Amount per serving	per 100 g	% NRV*
Energy	976 kJ 244 kcal	1951 kJ 488 kcal	
Fat	14,1 g	28,2 g	20%
of which saturates	3,4 g	6,8 g	17%
Carbohydrates	16,5 g	32,9 g	6%
of which sugars	12,5 g	25,0 g	14%
Fibre	2,5 g	5 g	**
Protein	10 g	20 g	20%
Salt	0,03 g	0,06 g	0,5%
Vitamins & Minerals			
Calcium	22,5 mg	45 mg	3%
Iron	1,5 mg	3 mg	11%
Magnesium	58 mg	116 mg	15%
Manganese	0,6 mg	1,2 mg	29%
Molybdenum	0,6 mg	1,2 mg	120%
Phosphorus	145 mg	290 mg	21%
Potassium	220,5 mg	441 mg	11%
Sodium	29,9 mg	59,7 mg	**
Zinc	1,2 mg	2,4 mg	12%
Biotin	4 µg	8 µg	8%
Folic Acid	25 µg	50 µg	12,5%
Vitamin B3	0,7 mg	1,3 mg	4%
Vitamin B1	0,1 mg	0,2 mg	10%
Vitamin E (as DL α-tocopherol acetate)	3,7 mg	7,3 mg	31%

* NRV: Nutrient Reference Values, EU Regulation (EU) NR. 1169/2021

** No NRV available



KYÄNI CORE 140+

NATURE BASED MEAL REPLACEMENT – VITAMINS, MINERALS AND PROTEIN

You're committed to eating healthy and nourishing your body so it functions at its best. You're swapping out unhealthy foods for good-for-you snacks, meal planning so you aren't tempted to eat out, and start every morning with a smoothie. But then life happens and those tempting treats start to appear in your pantry again and you can't seem to find the ten minutes it takes to make that smoothie in the morning. We've all been there.

Eating healthy and convenience don't always go hand in hand. That is, until Kyäni Core 140+ was created. Now you have a wholesome meal replacement shake packed with nutrients that you can blend or shake up in 60 seconds. It's a complete meal, so there's no need to add in other foods. Just blend with water and go on with your day knowing you are committing to your health with each sip.

The Kyäni Core 140+ meal replacement shake combines protein, fiber and essential vitamins and minerals in one convenient meal. It features 21,6 grams of grass-fed protein to support lean muscle, organic greens to complement your diet, and 2,5 grams of organic fiber. Plus, digestive enzymes and probiotics so you truly benefit from the wholesome ingredients. All this with just 243,6 calories and only 2,2 grams of sugar – just enough to give your body the energy it needs without the use of artificial sweeteners. Eating a healthy diet doesn't have to be difficult. Try nature's most convenient meal, Kyäni Core 140+.

#HEALTHYCONVENIENTNUTRITION
#HEALTHYLIVINGLIFESTYLE
#MEALREPLACEMENT



KEY BENEFITS

Vitamin A, B2 (Riboflavin), B3 (Niacin), B7 (Biotin)

Contribute to the maintenance of normal mucous membranes and to the maintenance of normal skin



Vitamin C

Contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth.

Copper

Contributes to normal hair and skin pigmentation

Copper, Selenium, Vitamin B7 (Biotin), Zinc

Contribute to the maintenance of normal hair



Vitamin A, B2 (Riboflavin), Zinc

Contribute to the maintenance of normal vision

Vitamin A, D, C, B6, B9 (Folate), B12, Iron, Zinc, Copper, Selenium

Contribute to the normal function of the immune system

Vitamin C, B1 (Thiamine), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic Acid), B6, B7 (Biotin), B12, Calcium, Copper, Iron, Magnesium, Manganese, Iodine

Contribution to normal energy-yielding metabolism



Vitamin B6

Regulation of hormonal activity

Vitamin C

Contributes to the regeneration of the reduced form of vitamin E

Contributes to maintain the normal function of the immune system during and after intense physical exercise



Vitamin B6, B9 (Folate), B12

Contribute to normal homocysteine metabolism

Vitamin B7 (Biotin), Zinc

Contribute to normal macronutrient metabolism



Zinc

Contributes to normal DNA synthesis



Vitamin D, Calcium, Magnesium

Contributes to the maintenance of normal bones and normal teeth

Vitamin B6 Contributes to normal cysteine synthesis, to normal protein and glycogen metabolism



Zinc

Contributes to normal acid-base metabolism and to normal carbohydrate metabolism

Vitamin B6, B12, Iron

Contribute to normal red blood cell formation



Vitamin D

Contributes to normal absorption/ utilisation of calcium and phosphorus and to normal blood calcium levels

Vitamin K, Calcium

Contribute to normal blood clotting



Vitamin D, Calcium, Magnesium

Contribute to normal muscle function



Zinc

Contributes to normal fertility and reproduction

Contributes to the maintenance of normal testosterone levels in the blood



Magnesium, Zinc

Contribution to normal protein synthesis

Iron, Zinc, Iodine

Contribute to normal cognitive function



Vitamin C, B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic Acid), B6, B9 (Folate), B12, Magnesium, Iron

Contribute to the reduction of tiredness and fatigue

Vitamin C, B1 (Thiamine), B3 (Niacin), B6, B7 (Biotin), B9 (Folate), B12, Magnesium

Contribute to normal psychological function and to normal functioning of the nervous system



Selenium, Zinc

Contribute to the maintenance of normal nails

WHY MEAL REPLACEMENT SHAKES?

Unlike protein shakes, meal replacement shakes are intended to provide the nutrition of a full meal. Most meal replacement shakes contain 200–400 calories and a good amount of protein, fiber and essential vitamins and minerals. For this reason, Kyäni Core 140+ shakes are a convenient way to get a healthy, low-calorie meal on the go. Meal replacement shakes are portable and convenient, and they may help you resist the temptation to indulge in unhealthy processed foods.

When you are stressed or in a hurry, it's much easier to grab a processed convenience food or give in to fast food. Unfortunately, typical processed foods can seriously derail your weight. Most are full of sugar, refined carbs and artificial ingredients, in addition to lacking beneficial nutrients. Furthermore, processed foods that are high in sugar, salt

and fat activate the pleasure centers of the brain, which can also lead to overeating. Conversely, meals made from healthy, whole foods are best, but that is not always practical with a busy schedule. Meal replacement shakes are easy to drink on-the-go and a significantly healthier alternative to fast foods. Meal replacement shakes are designed to provide all of the nutrients that you should consume in a complete meal.

Substituting one daily meal of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss (Maintenance of body weight after weight loss). Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss (Reduction in body weight).

Improve the benefits of Core 140+ by combining it with Kyäni Nitro and support the nutrient absorption of your body.



ADDITIONAL INGREDIENTS

- + Vitamin A
- + Vitamin B1
- + Vitamin B2
- + Vitamin B3
- + Vitamin B5
- + Vitamin B6
- + Vitamin B7
- + Vitamin B12
- + Vitamin C
- + Vitamin D2
- + Vitamin E
- + Vitamin K1
- + Calcium
- + Copper
- + Iodine
- + Iron
- + Manganese
- + Magnesium
- + Potassium
- + Selenium
- + Sodium
- + Zinc

HOW TO USE

Add 2 heaping scoop (60 g) of powder to 300ml fluid of cold water or preferred milk source. Shake or blend thoroughly.

INGREDIENTS KYÄNI CORE 140+

Ultrawhey WPI 90, Milk Protein Concentrate 85%, Coconut Creamer, Inulin, Organic Coconut Sugar, Greens Blend, Milk Creamer, Vitamin & Mineral Pre-Mix, Cocoa Powder, Brown Rice Flour, Chocolate Brownie Natural Flavouring, Organic Flaxseed Powder, Toasted Pumpkin Seed Protein, Choline Bitartrate, Pink Himalayan Salt, Digestive Enzyme Blend, Stevia, Lactospore.

NUTRITIONAL INFORMATION

Serving size: 60 g (2 Scoop)

Servings per Pouch: 14

	Amount per serving	Amount per 100 g
Energy	1019,3 kJ 243,6 kcal	1682 kJ 402 kcal
Protein	21,6 g	35,7 g
Fat	8,1 g	13,4 g
Carbohydrates	21,4 g	35,3 g
of which sugars	2,2 g	3,7 g
Fiber	2,5 g	4,1 g
Salt	530,9 mg	876 mg

VITAMIN & MINERAL PRE-MIX**

Portion of 3,550 mg of Premix

Nutrient	Minimum Nutrient amount	% NRV*
Vitamin A	240 µg RE	30 %
Vitamin D2	1,5 µg	30 %
Vitamin E	3,6 mg α-TE	30 %
Vitamin K1	22,5 µg	30 %
Vitamin C	24 mg	30 %
Vitamin B1	0,33 mg	30 %
Vitamin B2	0,42 mg	30 %
Vitamin B3	4,8 mg	30 %
Vitamin B6	0,42 mg	30 %
Vitamin B9	60 µg	30 %
Vitamin B12	0,75 µg	30 %
Vitamin H	1,5 µg	30 %
Vitamin B5	1,8 mg	30 %
Calcium	240 mg	30 %
Phosphorus	210 mg	30 %
Magnesium	112,5 mg	30 %
Iron	4,2 mg	30 %
Zinc	3 mg	30 %
Copper	0,3 mg	30 %
Manganese	0,6 mg	30 %
Selenium	16,5 µg	30 %
Iodine	45 µg	30 %
Sodium	172,5 mg	**
Potassium	500 mg	25 %

* NRV = Nutrient Reference Value

** No NRV established



KYÄNI ON COGNITIVE NUTRITION

Your brain is a pretty important thing. As the control center of your body, it is responsible for keeping your heart beating and your lungs breathing and for your ability to move, feel and think. That's why it's a good idea to keep your brain in optimal operating condition. The food you eat plays a role in keeping your brain healthy and can improve certain mental tasks such as memory and concentration.

Many of us are working hard, but not working smart. We have goals and dreams we want to accomplish and will push and push until our health is on the line. We turn to unhealthy habits to keep up like poor food choices or sacrificing sleep.

Most energy beverages only address energy. Let's be honest – caffeine can only get you so far. They lack nutrients that can enhance focus, alertness, and concentration and instead pack them full of sugar and artificial ingredients. Kyäni ON is a smart energy shot that combines the power of naturally sourced guarana caffeine for sustainable energy* with a proprietary blend of ingredients designed to support focus, attention, and clarity.**

*When consumed by humans, caffeine stimulates the central nervous system, and in moderate doses increases alertness and reduces sleepiness. (<http://www.efsa.europa.eu/en/topics/topic/caffeine>)

**Kyäni ON contains Vitamins B1 (Thiamine), B2 (Riboflavin), B3 (Niacin), B6 & B12. These vitamins contribute to the functioning of the nervous system, psychological function (exc. for Vitamin B2), and the reduction of tiredness and fatigue (exc. for Vitamin B1).

#HEALTHYLIVINGLIFESTYLE #TURNONYOURBRAIN



ADDITIONAL INGREDIENTS

- + Thiamine HCl
- + Riboflavin
- + Nicotinamide
- + Pyridoxine
- + Methylcobalamin
- + Inositol
- + Citicoline
- + L-Citrulline
- + Taurine
- + Pyrroloquinoline Quinone

KEY BENEFITS



Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6, B12

Contribute to normal functioning of the nervous system

Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6, B12

Reduction of tiredness and fatigue



Vitamin B1 (Thiamine), Vitamin B3 (Niacin), Vitamin B6, B12

Contribute to normal psychological function

Chloride (NaCl)

Contributes to normal digestion by production of hydrochloric acid in the stomach



Vitamin B6, B12, Choline

Contribute to normal homocysteine metabolism

Vitamin B6

Contributes to normal cysteine synthesis and to normal protein and glycogen metabolism



Vitamin B1 (Thiamine)

Contributes to the normal function of the heart



Vitamin B2 (Riboflavin)

Contributes to the protection of cells from oxidative stress



Vitamin B6, B12

Contribute to normal red blood cell formation



Vitamin B2 (Riboflavin), B3 (Niacin)

Contribute to the maintenance of normal skin



Vitamin B2 (Riboflavin)

Contributes to the maintenance of normal vision

HOW TO USE

Shake well. Take one full pouch (60 ml) for maximum benefit. The maximum is 3 per day based on the caffeine levels. The effects will vary person to person but typically they last about 4-6 hours. So plan your sleep schedule accordingly.

CAUTION: Children, pregnant or nursing women and persons sensitive to caffeine should not take this product. If you are taking medication or have medical condition, consult your doctor before use.

INGREDIENTS KYÄNI ON

Purified Water, Cane Juice Syrup, Erythritol, Citric Acid, Guarana Seed Extract, Inositol, Green Tea Extract (L-Theanine), Sodium Chloride, Taurine, Vitamin B3 (Nicotinamide), Citicoline, Natural Raspberry Flavour, Xanthan Gum, Citrulline, Alpinia Galangal, Natural Masking Flavour, Ashwagandha Root Extract, Potassium Sorbate, Natural Grapefruit Flavour, Stevia, Pyrroloquinoline Quinone, Wild Alaskan Blueberry, Bacopa Monnieri, Vitamin B6 (Pyridoxine), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine HCl), Vitamin B12 (Methylcobalamin)

NUTRITIONAL INFORMATION

Serving size: 1 Pouch (62 g)

Number of servings: 7

	Amount per serving per 100 g	
Energy	88 kJ	142 kJ
	21 kcal	34,5 kcal
Fat	Trace	< 0,1 g
Carbohydrates	5,82 g	9,38 g
of which sugars	2 g	3,22 g
Protein	<0,5 g	<1g
Salt	0,29 g	0,467 g
Caffeine	100 mg	161,3 mg
Vitamins		
Vitamin B1	0,68 mg	1,1 mg
Vitamin B2	0,87 mg	1,4 mg
Vitamin B3	9,92 mg	16 mg
Vitamin B6	0,87 mg	1,4 mg
Vitamin B12	1,55 µg	2,5 µg

We live in a world where working hard and grinding it out every day is admired, even praised. Whether you're a mom juggling swim lessons and making sure there's a warm dinner on the table, a young entrepreneur pouring every waking moment into that startup, or a high-powered business executive constantly on the go, you're doing it all. We see you and we feel you. That constant hustle day in and day out can sometimes leave you feeling tired, drained, and empty.

At Kyäni, we appreciate working hard but we care more about working smart – still accomplishing all that you want in the day but doing it in a way that doesn't sacrifice your health.

With only 2 grams of sugar and 21 calories, you can feel good about taking this smart energy shot to start your day, power through important tasks, or get through that afternoon slump.



TURN YOUR BRAIN

THE BRAIN IS THE FATTEST ORGAN IN THE BODY

Our brain consists of 60 percent fat. That is why it is important to eat so-called good fats. Nuts and fatty fish, for example, contain a particularly large amount of omega-3 fatty acids.



THE BRAIN IS AN ENERGY GUZZLER

In relation to the body, the brain is relatively small. Although the organ accounts for only two percent of the total mass, it consumes 20 percent of all the energy the body uses during the day. The brain must be constantly supplied with oxygen and glucose.

BRAIN SIZE SAYS NOTHING ABOUT INTELLIGENCE

Men have a bigger brain than women. On average, it is 100 grams heavier. However, the difference in weight has no effect on intelligence.

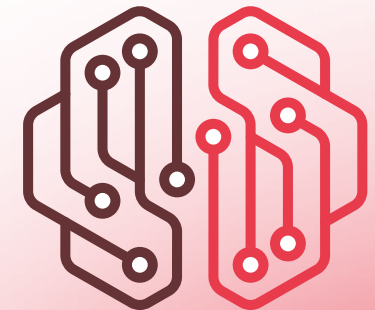
THE BRAIN CONSISTS OF DIFFERENT PARTS

CEREBRUM

This is where the centres for seeing and speaking are located, and thinking is also one of the essential functions of the cerebrum.

CEREBELLUM

The cerebellum is mainly responsible for the coordination of the body.



INTERBRAIN

The interbrain is connected to the brain stem. This is where the thalamus is located. It filters sensory impressions and transmits them into consciousness. The hypothalamus is also located here. It controls the sleep-wake rhythm, hunger and thirst, but also the sex drive and processes the sensation of pain and temperature.

BRAIN STEM

Reflexes such as yawning, breathing and heartbeat are controlled in the stem brain.



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