

## Vitality-enhancing substances for the active woman



Energy • Drive  
Anti-fatigue

Mental performance  
Concentration • Memory

Nerves • Anti-stress  
Good mood

Immune system  
Resistance

Beauty • Anti-Ageing

Eyes • Vision

## Important lifestyle tips

- Drink 2 litres of water daily (washes out connective tissue-damaging uric acid).
- Exercise training several times a week in the fresh air. Duration at least 40 to 45 minutes.
- Enjoy fresh fish twice a week or take Omega-3 fish oil or krill oil capsules.
- Take sufficient protein, possibly with a protein shake with L-carnitine and inulin that tastes good. Together with strength training, muscle mass will be preserved.
- Enjoy lots of fresh fruit, berries and fresh vegetables, eat minimal amounts of sugar.
- No smoking.
- Use high-quality oils such as olive oil or rapeseed oil for cooking.
- Take sufficient dietary fibres (whole grain products with dietary fibres).

 Swiss Made



<https://swisshealthproducts.com/en/products/84/vita-energy-complex-for-women-90-capsules>

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## The optimal vitality- enhancing substances for us women

Energy • Drive • Nerves • Beauty  
Eyes • Immune system

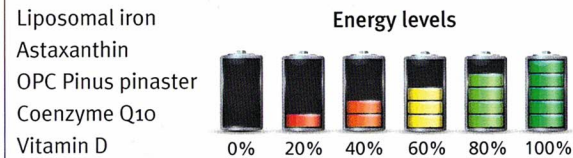
Getting older and feeling full of vitality, powerful, resistant and good in your skin is possible thanks to a healthy lifestyle with a sufficient supply of vitality-enhancing substances!

### Vitality-enhancing substances for more energy, drive and anti-fatigue = stay in shape

«Liposomal» is the name of the easily absorbable and compatible form of iron which, together with vitamin C, promotes the formation of red blood cells and haemoglobin. This improves the energy production of the female body, leaving you feeling more powerful and less tired.

The two antioxidants astaxanthin and OPC pine bark extract increase physical and mental performance and drive in synergy with coenzyme Q10.

#### Vital substances against fatigue and for enhanced performance



### Vitality-enhancing substances for mental performance, concentration and memory = stay creative

L-Theanine from green tea has been shown in studies to be the real deal when it comes to enhancing the brain's performance and, together with the extract from Ashwagandha (also known as «female ginseng»), OPC pine bark extract and the B vitamins, it can develop the following properties:

- counteract nervousness
- improved concentration and focus
- increased precision, learning ability and better memory



- less stress and fatigue
- increased memory and reaction capacity
- better sleep quality

### Vitality-enhancing substances for calmness, strong nerves and a good mood during periods of high stress

The vitality-enhancing substance combination of saffron, turmeric, ashwagandha and astaxanthin together with vitamin D and the B vitamins has an adaptogenic effect, i.e. it increases stress tolerance, helps to balance your nerves and ensures a better mood.

### Vital substances for the immune system = more resistance and resilience

The following vitality-enhancing substances are very important for a well-functioning immune system and improve resistance (resilience) to disease: Selenium, zinc, vitamins C and D in combination with astaxanthin, OPC-pine bark extract and Q10.

### Vitality-enhancing substances for skin's beauty with anti-ageing effects = feel beautiful

Collagen UC-II is a non-denatured collagen that serves as a catalyst for the formation of new collagen fibres and hyaluronic acid. Supports the effect of hyaluronic acid for

soft, smooth, supple skin and healthy joints. Pomegranate, silicon, lutein and zeaxanthin – synergy for a beautiful skin appearance through increased skin moisture and elasticity. OPC (oligomeric proanthocyanidins) from pine bark and astaxanthin are among the health-promoting, vitality-enhancing substances with well-documented effects on the skin («beauty from within») and the microcirculation in the vessels (veins and cardiovascular system). They reduce age spots and improve skin circulation.

### Vitality-enhancing substances for the eyes and to protect the retina = better vision, healthy eyes

Against eye fatigue and to protect against harmful screen blue light from computers, mobile phones and LED-lamps, the combination of lutein, zeaxanthin and astaxanthin delivers excellent results.

These vitality-enhancing substances should be taken for short or long periods of time.

Vitality-enhancing substance preparations are best taken once a day with a meal. The reason for this is good tolerance and good absorption (bioavailability) of the substances.

