

BOOK OF PRODUCTS

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# NUTRICOMIDE



Information and training materials for FM WORLD Business Partners

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## ADVISORY INFORMATION

Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, taking any medication or under medical supervision, please consult a doctor or healthcare professional before use. Discontinue use and consult a doctor if adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing. Remember: Always read the label.

# NUTRICODE

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## Response of the 21st century

We want to live life to the fullest, not to miss out on anything and try everything. Life has a lot to offer but it is equally demanding. We live faster and more intensely than our grandparents, we have much more passion than our parents. At the same time the quality of the environment we live in continues to deteriorate: modified foods, pollution, lots of artificial preservatives and additives that we unwittingly take into our body.

Do you know why we experience fatigue? Why do we tend to say „I don't feel like doing it" and our skin tends to look worse day by day? If you feel that your body can not keep up with the changing world, your metabolism is slowing down, your skin has lost its glow, you lack energy, feel the lowered immunity – we have a solution for you. A solution tailored to the twenty-first century.

## Natural strengthening

Food supplements, which have been known for ages, contain the substances that stimulate our body in a beneficial way. In the past these were used in the form of herbs, today supplements have a convenient form that requires no time to prepare before we take them. With the development of science and technology, there appeared new possibilities of acquiring what is most important in nature. The trick is to develop a set of nutrients that does not overload the body but stimulate and motivate it to work. We have mastered this trick to perfection. Nutricode is a result of years of research for the correct recipes and proportions of ingredients that complement each other. A unique compilation of active substances, as well as care for their natural origin, have enabled us to create a complete support system for your body.

## Nutricode – caring for every cell

Food supplements prepared by our specialists will help you take care of your body at the cellular level, which in turn will translate into better physical and mental conditions. We have developed five programmes that complement one another and are a response to the needs of the modern human. Our programmes will help you get back in shape, stand on your feet and regain strength. The secret lies in the unique recipe of the supplementation system. We applied the latest technologies, drawing from both the riches of nature and the knowledge of the best specialists. Each set of the Nutricode supplements is a result of many years of work and research, thanks to which we are sure that our supplements stimulate the cells of our body.

## Systemic answer to your needs

Each set of the Nutricode supplements is the optimal proportion of ingredients prepared to correspond to the needs of the body. Stop for a moment and take care of yourself. Look at yourself and think what you expect from your body, determine your needs, set your goals. You can count on the support of Nutricode. It is best to start supplementation with de-acidifying the body, which will minimise the effects of your previous neglect. With the Nutricode systems, you will gradually get your dream body and regain vital powers. You will be full of energy and ready for the daily challenges. Seasonal running nose will not stand in your way to getting what you want; you will enjoy a healthy appearance and luminous skin!

## It's easier when we do things together

We are presenting the result of a years-long search for perfectly balanced solutions for your body. We know how difficult it is to persevere with a resolution and change existing habits, which is why we support your goals and offer you a range of affordable solutions, such as nutrition programmes, an online platform with tips which you will find useful on a daily basis, a mobile app that will be of help in achieving your success. Is there someone you really care about? Invite them to join the programme and fight for your health together! Through mutual support and the help of our supplementation systems, you can realise the most ambitious plans with ease.

# INNER BALANCE



- ▶ maintains the acid-base balance
- ▶ source of crucial microelements



Your body may be acidified if you:

- ▶ eat sweets and other foods which are rich in sugar
- ▶ drink coffee, alcohol, sweet, fizzy drinks
- ▶ often eat ready-made meals
- ▶ eat a lot of meat
- ▶ have a bad mood, feel fatigue
- ▶ live in stress, are nervous

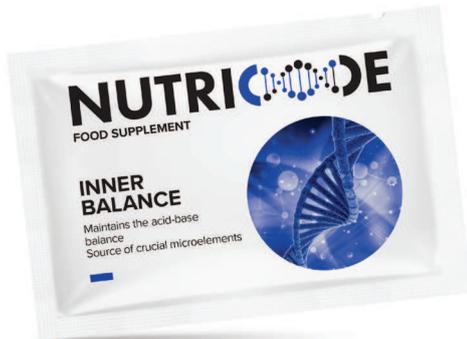
**Remember!** Even a slight change in the blood pH is dangerous. The optimum level is 7.35-7.45. A decrease may result in serious health consequences. Your kidneys, lungs, skin, muscles and bones are most vulnerable in this case.

**CHECK TO SEE IF YOUR BODY IS ACIDIFIED! TAKE A FREE TEST ON**

**[nutricode.fmworld.com](http://nutricode.fmworld.com).**

# INNER BALANCE

Monthly day-night system, 24-hour care to maintain the acid-base balance of the body.



## ▶ DAY INSTANT SACHETS – LEMON FLAVOUR

**Nutricode Inner Balance** is a rich set of complementary active ingredients. It has been based on **Rosa Centifolia flower extract**, which supports physiological processes of metabolic waste products elimination and helps to maintain the acid-base balance. **Zinc** favourably affects the functioning of the immune system and protects cells from oxidative stress and along with **calcium**, it helps to maintain healthy bones. Calcium is also responsible for normal energy metabolism and helps in the proper function of digestive enzymes. **Magnesium** and **iron** affect the reduction of tiredness and fatigue, whereas **potassium** and **copper** support the proper functioning of the nervous system. **Nettle herb extract** supports elimination of water from the body.

**Ingredients:** calcium citrate, bulking agent: sorbitols, sodium citrate, magnesium citrate, potassium citrate, nettle herb extract, rosa centifolia flower extract, iron (II) gluconate, aroma, zinc citrate, sweetening agents: aspartame and acesulfame K, copper (II) sulphate, dye: riboflavins.

▶ **Contains sweetening agents.**

▶ **A source of phenylalanine.**

**Directions:** Dissolve the sachet content in 200 ml of water. Take 1 sachet 2 times a day. Do not exceed recommended servings for consumption during the day. The product is intended for 13 years plus.

**Net mass:** 240 g  
60 sachets

NUTRICODE INNER BALANCE day sachets	1 sachet contains:	2 sachets contain:
Zinc	5 mg (50%)*	10 mg (100%)*
Copper	0,5 mg (50%)*	1 mg (100%)*
Iron	5 mg (36%)*	10 mg (71%)*
Calcium	275 mg (34%)*	550 mg (69%)*
Magnesium	75 mg (20%)*	150 mg (40%)*
Potassium	175 mg (9%)*	350 mg (18%)*
Sodium	175 mg	350 mg
Rosa Centifolia extract	100 mg	200 mg
Nettle extract	150 mg	300 mg



## ▶ NIGHT CAPSULES

Night capsules, which contain **lemon balm extract** and **hops**, facilitate falling asleep and by providing the proper sleep they contribute to further de-acidification of the body.

**Ingredients:** lemon balm extract, ingredient of the capsule: gelatin, bulking agent: calcium citrate, ground hops, magnesium citrate, zinc citrate, anti-caking agent: magnesium salts of fatty acids, colourant: E171.

**Directions:** It is recommended to take 2 capsules a night. Follow with drinking plenty of water (at least 1 glass). Do not exceed recommended servings for consumption during the day. The product is intended for 13 years plus.

**Net mass:** 30 g  
60 capsules

NUTRICODE INNER BALANCE night capsules	2 capsules contain:
Magnesium	15 mg (4%)*
Zinc	5 mg (50%)*
Lemon balm extract	400 mg
Ground hops	100 mg

# SLIM EXTREME



- ▶ weight loss enhancement, appetite suppression
- ▶ with glucomannan – highly effective body mass reduction ally
- ▶ beautiful skin during weight loss



Go to  
**[nutricode.fmworld.com](http://nutricode.fmworld.com)**  
and check how much  
weight you should loose!  
Use the free BMI Online  
Calculator!

Also, calculate your daily calorie  
requirement using the BMR  
calculator. We have prepared  
for you a diet programme and  
numerous dietary guidelines.

If your BMI index is too high or  
you feel that you should lose a few  
extra kilograms, do not wait – take  
care of your health and future  
today!

# SLIM EXTREME

Composition of ingredients supporting weight loss by reducing appetite. The unique „All Day Weight Control" system has been designed for all who wish to reduce weight rationally. It also allows to maintain beautiful skin when using weight loss diets.



## ▶ COATED TABLETS

Based on an innovative ingredient – **glucomannan** – plant dietary fiber which, when combined with a low calorie diet, affects weight loss. **Chromium** helps maintain normal blood glucose levels by reducing cravings for sweets and the desire to snack between meals. **Zinc** supports a balanced diet as it takes care of proper metabolism of carbohydrates, fatty acids and macronutrients as well as helps in the proper synthesis of proteins involved in metabolism. **Garcinia cambogia** extract, in turn, is a source of hydroxycitric acid (HCA), which slows down the formation of body fat.

### GLUCOMANNAN – APPETITE KILLER

Glucomannan is a dietary fibre soluble in water, extracted from the Amorphophallus Konjac plant. As it expands in stomach, glucomannan fills it and as a result sends a signal to the satiety centre, in the hypothalamus of your brain, that you are not hungry. This helps to cut the number and size of meals. Research shows that the use of glucomannan, along with a reduced calorie diet, decreases body weight in overweight people by an average of 3 kg per month. For glucomannan to do its job, make sure that you take the tablets with plenty of water.

<sup>1</sup> Birketvedt GS. "Experiences with three different fiber supplements in weight reduction." *Med Sci Monit.* 2005 Jan; 11(1): P15-8

NUTRICODE SLIM EXTREME coated tablets	2 tablets contain:	6 tablets contain:
Zinc	3,4 mg (34%)*	10 mg (100%)*
Chromium	13 µg (33%)*	40 µg (100%)*
Glucomannan	1 g	3 g
Garcinia Cambogia extract	40 mg	120 mg

Beneficial effect is obtained with a consumption of 3 g of glucomannan per day in 3 doses 1 g each (3 x 2 tablets) with one or two glasses of water before meals and as part of a low calorie diet.

**Ingredients:** glucomannan (containing sulphites), bulking agents: microcrystalline cellulose and cross-linked sodium carboxymethyl cellulose, Garcinia Cambogia extract, anti-caking agent: magnesium salts of fatty acids, zinc citrate, chromium (III) chloride, coating (thickener: hydroxypropylmethylcellulose, firming agents: talc and polydextrose, bulking agent: microcrystalline cellulose, colours: E171 and E141).

**Directions:** Take 2 tablets 3 times a day. Consume with plenty of water (1 or 2 glasses) to ensure that the substance reaches the stomach. Do not exceed recommended servings for consumption during the day.

**Important information:** There is a risk of choking for people who have difficulty swallowing or ingestion with insufficient amount of liquid. The product is intended for 13 years plus. Suitable for vegetarians and vegans.

**Net mass:** 2 x 103,5 g  
2 x 90 coated tablets

NUTRICODE SLIM EXTREME effervescent tablets	1 tablet (4500 mg) contains:
Biotin	75 µg (150%)*
Vitamin B6	1 mg (71%)*
Thiamine	0,7 mg (64%)*
Riboflavin	0,8 mg (57%)*
Folic acid	100 µg (50%)*
Vitamin C	30 mg (37%)*
Vitamin B12	0,5 µg (20%)*
Copper	0,5 mg (50%)*
Calcium	267 mg (33%)*
Magnesium	100 mg (27%)*
Potassium	300 mg (15%)*



## ▶ EFFERVESCENT TABLETS – GRAPE FLAVOUR

The perfect complement to dieting: a set of carefully selected vitamins and minerals essential for maintaining beautiful skin. **Vitamin C** supports formation of collagen which is indispensable for the normal function of skin. **Biotin** takes care of proper metabolism of energy and macronutrients, along with **vitamin B2** which helps maintain a healthy complexion. **Copper** is responsible for the maintenance of normal pigmentation of skin and hair. **Calcium** has an effect on the proper functioning of digestive enzymes.

**Ingredients:** acidity regulator: citric acid, calcium carbonate, potassium citrate, magnesium carbonate, acidity regulator: sodium carbonates, potassium bicarbonate, bulking agent: sorbitols, L-ascorbic acid (vitamin C), sweetening agent: cyclamates, maltodextrin, aroma, sweetening agents: aspartame and acesulfame K, pyridoxine hydrochloride (vitamin B6), copper (II) sulfate, riboflavin 5'-phosphate sodium (vitamin B2), thiamine mononitrate (vitamin B1), sweetening agent: neohesperidine dihydrochalcone, cyanocobalamin (vitamin B12), pteroylmonoglutamic acid (folic acid), D-biotin.

- ▶ Contains sweetening agents.
- ▶ A source of phenylalanine.

**Directions:** Dissolve 1 tablet per day in a glass (200 ml) water. Drink before a meal. Do not exceed recommended servings for consumption during the day. The product is intended for 13 years plus. Suitable for vegetarians and vegans.

**Net mass:** 2 x 67,5 g  
2 x 15 effervescent tablets

# VITALITY BOOST



- ▶ Your daily dose of energy for the body & mind
- ▶ vitality rejuvenation

A composition of perfectly matched ingredients, which affect the flow of physical and mental energy throughout the day and the sleep at night.



## GOOD RHYTHM OF LIFE

Take care of your body's circadian rhythm. From 10 p.m. to 2 a.m., during the deep sleep phase, your body regenerates and rebuilds its vitality. This is the precious time of increased biological activity. However, inappropriate lifestyle, irregular rest and the use of artificial lighting weaken the rhythm of your body, which can result in sleep disorders.

**THINK OF WHAT YOU COULD ACCOMPLISH IF YOU HAD MORE VITAL POWER!**

Replace slippers with sports shoes, say goodbye to the couch and take your kids to the park.

**NUTRICODE VITALITY BOOST will help you do it!**

# VITALITY BOOST

A composition of perfectly matched ingredients, which affect the flow of physical and mental energy throughout the day. At the same time **Vitality Boost** ingredients (iron, magnesium, calcium and black pepper extract which contains piperin), by increasing metabolism, help relax at night and as a result increase energy during the day.

NUTRICODE VITALITY BOOST day sachets	1 sachet contains:
Niacin	8 mg NE (50%)*
Vitamin E	6 mg α-TE (50%)*
Pantothenic acid	3 mg (50%)*
Vitamin B6	0,7 mg (50%)*
Riboflavin	0,7 mg (50%)*
Thiamine	0,55 mg (50%)*
Folic acid	100 µg (50%)*
Biotin	25 µg (50%)*
Vitamin B12	1,25 µg (50%)*
Caffeine	50 mg
Green tea extract	50 mg
Guarana extract	50 mg



## ► DAY LIQUID SACHETS – ORANGE FLAVOUR

Your daily dose of energy. **Niacin, pantothenic acid** and **riboflavin**, additionally reinforced with **caffeine** contribute to the reduction of tiredness and fatigue. Pantothenic acid additionally affects brain efficiency. **B group vitamins** support normal energy-yielding metabolism (thiamine, riboflavin), take care of the nervous system (riboflavin, vitamin B6) and help maintain proper psychological functions (biotin, vitamin B6). **Thiamine** is responsible for the normal function of the heart. **Vitamin E** contributes to the protection of cells from oxidative stress.

**Ingredients:** water, orange juice concentrate, guarana extract, green tea extract, caffeine, antioxidant: ascorbic acid, thickening substance: xanthan gum, DL-alpha tocopheryl acetate (vitamin E), aromas, nicotine amide (niacin), preservatives: potassium sorbate and sodium benzoate, calcium D-pantothenate (pantothenic acid), pyridoxine hydrochloride (vitamin B6), riboflavin 5'-phosphate sodium (vitamin B2), folic acid, sweetening substances: sucralose and neohesperidine DC, thiamine mononitrate (vitamin B1), cyanocobalamine (vitamin B12), D-biotin.

► Contains sweetening agents.

► Contains caffeine (50 mg/sachet); it is not recommended to use by children and pregnant women.

**Directions:** Consume the content of 1 sachet per day. Do not exceed recommended servings for consumption during the day. The product is intended for 13 years plus. Suitable for vegetarians and vegans.

**Net mass:** 300 g  
30 sachetes

## ► NIGHT TABLETS

Rich source of vitamins and minerals, which increase metabolism at night, to let you operate more efficiently during the day. Chromium contributes to the maintenance of normal blood glucose levels and provides normal macronutrient metabolism. Magnesium supports electrolyte balance. Selenium takes care of the immune system and helps protect the cells from oxidative stress. Iron participates in the normal oxygen transport in the body. Copper contributes to normal energy-yielding metabolism. Zinc assists in the proper metabolism of carbohydrates and fatty acids, whereas, piperine from black pepper supports digestion and absorption of nutrients.



**Ingredients:** calcium phosphate, bulking agent: microcrystalline cellulose, magnesium oxide, L-ascorbic acid (vitamin C), DL-alpha tocopheryl acetate (vitamin E), potassium iodide, nicotine amide (niacin), iron (II) sulphate, zinc sulphate, anti-caking substances: silicon dioxide and magnesium salts of fatty acids, sodium molybdate (VI), black pepper extract, Calcium D-pantothenate (pantothenic acid), sodium selenite (IV), chromium (III) chloride, pyridoxine hydrochloride (vitamin B6), riboflavin 5'-phosphate sodium (vitamin B2), folic acid, copper sulphate, thiamine mononitrate (vitamin B1), cholecalciferol (vitamin D), manganese sulphate, cyanocobalamine (vitamin B12), phylloquinone (vitamin K), D-biotin, coating (thickeners: hydroxypropylmethylcellulose and hydroxypropylcellulose, bulking agent: cellulose, firming agent: talc, anti-caking agent: fatty acids, colours: E171 and E172).

**Directions:** Take 2 tablets a night. Consume with water. Do not exceed recommended servings for consumption during the day. The product is intended for 13 years plus.

**Net mass:** 48 g  
60 coated tablets

NUTRICODE VITALITY BOOST night tablets	2 tablets contain:
Vitamin C	80 mg (100%)*
Niacin	16 mg NE (100%)*
Vitamin E	12 mg α-TE (100%)*
Pantothenic acid	6 mg (100%)*
Vitamin B6	1,4 mg (100%)*
Riboflavin	1,4 mg (100%)*
Thiamine	1,1 mg (100%)*
Folic acid	200 µg (100%)*
Biotin	50 µg (100%)*
Vitamin D	5 µg (100%)*
Vitamin B12	2,5 µg (100%)*
Vitamin K	37,5 µg (50%)*
Copper	1 mg (100%)*
Iodine	150 µg (100%)*
Molybdenum	50 µg (100%)*
Chromium	40 µg (100%)*
Iron	7 mg (50%)*
Zinc	5 mg (50%)*
Selenium	27,5 µg (50%)*
Magnesium	100 mg (27%)*
Calcium	200 mg (25%)*
Manganese	0,5 mg (25%)*
Phosphorus	125 mg (18%)*
Black pepper extract	5 mg

\* NRV - % of the Nutrient Reference Value  
NE - niacin equivalent  
α-TE - alpha-tocopherol equivalent

# IMMUNO

- ▶ 100% natural vitamin C from acerola



## NATURAL IMMUNITY BOOST

Vitamin C has been known for years, however, it is currently experiencing a renaissance. It's a result of the latest reports not only on great influence of this vitamin on our immunity, but also on its use in the course of many diseases. Do not let recurring colds pull the rug from under your feet! Take your dose of health straight from nature!

## ▶ LOZENGES – ACEROLA AND CHERRY FLAVOUR

Vitamin C derived solely from natural acerola fruit extracts. Acerola, called the Barbados cherry, is a super fruit, which has 30 times more vitamin C than a lemon. Wild rose, in turn, is also rich in bioflavonoids, which are natural antioxidants. Regular intake of vitamin C helps to take care of immunity, especially in those who train and perform manual labour. It has a favourable effect on teeth, skin, bones and nervous system as well as protects the cells from oxidative stress.

## DID YOU KNOW THAT...

Bioflavonoids are extremely valuable ingredients, found mainly in fruit peel. They are not vitamins, however, some of them are commonly referred to as vitamin P. Bioflavonoids form a group of natural antioxidants and can be found for instance in wild rose berries.

**Ingredients:** sweetening agents: isomalt, acerola fruit extract (standardized to 25% of the content of vitamin C) (*Malpighia glabra* L.), powdered wild rose (*Rosa canina* L.), red beet juice powder, aroma, anti-caking agent: magnesium salts of fatty acids, sweetening agent: steviol glycosides.

- ▶ Contains sweetening agents.

NUTRICODE IMMUNO lozenges	2 lozenges contain:
Acerola fruit extract, vitamin C	640 mg 160 mg (200%)*
Powdered wild rose	160 mg

**Directions:** Take two lozenges a day. Suck slowly. Do not exceed recommended servings for consumption during the day. The product is intended for 13 years plus. Suitable for vegetarians and vegans. Excessive consumption may produce laxative effects.

**Net mass:** 72 g  
60 lozenges

# HAIR SKIN NAILS

- ▶ Pro-Beauty formula
- ▶ pomegranate extract

Have beautiful,  
flawless skin again!  
Gain healthy and  
strong nails!  
Enjoy shiny,  
stunning hair!



## ▶ HAIR SKIN NAILS

The perfect composition of ingredients to achieve strong, shiny hair, velvety skin and healthy nails.

**Pro-Beauty Formula** contains **copper** which affects the proper hair pigmentation, **iron**, which by helping in the proper transport of oxygen in the body and cell division cares for their proper growth, **zinc** which provides the building blocks for growing strong nails, as well as **vitamin E** and **pomegranate extract**. The complex has been enriched with **brewer's yeast, vitamins A, B2, B6, B12, C** as well as **biotin** and **amino acids** which have beneficial effect on the hair, skin and nails.

### BENEFICIAL SULFUR AMINO ACIDS

Methionine and cysteine are sulfur amino acids, which can be found in brewer's yeast. They are basic constituents of keratin – a natural protein present in skin, hair and nails. Combination of methionine, cysteine and the Pro-Beauty Formula, which includes the pomegranate extract with antioxidant properties, is a true elixir for your beauty!

**Ingredients:** bulking agent: microcrystalline cellulose, dried yeast (containing gluten), pomegranate extract, L-ascorbic acid (vitamin C), iron (II) fumarate, zinc citrate, DL-alpha tocopheryl acetate (vitamin E), L-cysteine, L-methionine, nicotine amide (niacin), anti-caking agent: magnesium salts of fatty acids, retinyl acetate (vitamin A), cyanocobalamine (vitamin B12), copper (II) sulfate, riboflavin (vitamin B2), thiamine mononitrate (vitamin B1), pyridoxine hydrochloride (vitamin B6), cholecalciferol (vitamin D), D-biotin, coating (thickeners: hydroxypropylmethylcellulose and hydroxypropylcellulose, bulking agent: cellulose, anti-caking agent: fatty acids, firming agent: talc, colours: E171 and E172, apple, blackcurrant and radish concentrate).

**Directions:** Take 1 tablet a day. Consume with water. Do not exceed recommended servings for consumption during the day. The product is intended for 13 years plus.

**Net mass:** 44,8 g  
56 coated tablets

NUTRICODE HAIR SKIN NAILS tablets	1 tablet (800 mg) contains:
Riboflavin	1,6 mg (114%)*
Thiamine	1,2 mg (109%)*
Vitamin C	80 mg (100%)*
Vitamin B12	2,5 µg (100%)*
Vitamin B6	1,2 mg (86%)*
Vitamin E	10 mg α-TE (83%)*
Niacin	10 mg NE (62%)*
Vitamin A	450 µg RE (56%)*
Vitamin D	1,25 µg (25%)*
Biotin	10 µg (20%)*
Iron	20 mg (143%)*
Zinc	10 mg (100%)*
Copper	1 mg (100%)*
L-cysteine	30 mg
L-methionine	30 mg
Dried yeast	100 mg
Pomegranate- extract	100 mg

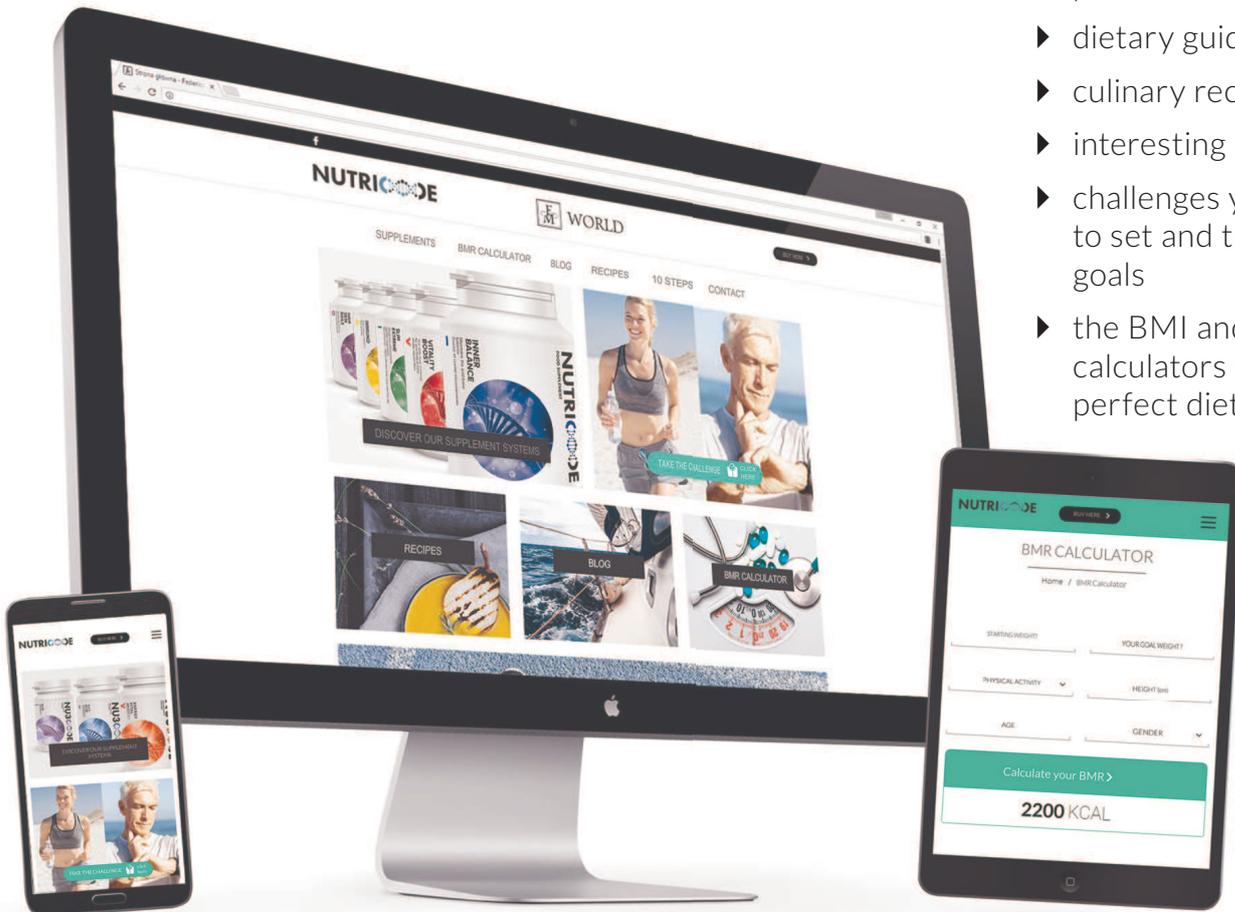
\* NRV - % of the nutrient reference value  
α-TE - alpha-tocopherol equivalent  
NE - niacin equivalent  
RE - retinol equivalent

# NUTRICODE

## Website

You will find there:

- ▶ product information
- ▶ dietary guidelines
- ▶ culinary recipes
- ▶ interesting articles
- ▶ challenges you can use to set and track your goals
- ▶ the BMI and BMR calculators to select your perfect diet plan



## Mobile application

We're also giving you a **mobile application**, with which you will supplement your healthy diet with physical activity and learn even more about healthy habits!

