

SIMPLE FORMULAS

FORMULA 01

PRESENTATION: 50 Capsules

HOW TO TAKE: Take 1 capsule at lunch and another at dinner.

INGREDIENTS:

Curcubita pepo, Pumpkin
Vitamin E Ac.
Linoleic Ac. Oleic

QT. DAILY:

2000mg
13.4mg
800mg
360mg



SIMPLE FORMULAS

FORMULA 02

PRESENTATION: 30 Capsules

HOW TO TAKE IT: Take
1 capsule with dinner.

INGREDIENTS:

QT. DAILY:

<i>Melissa officinallis</i> , Cidreira	500mg
Vitamin C (Ascorbic Acid)	12mg



SIMPLE FORMULAS

FORMULA 03

PRESENTATION: 90 Capsules

HOW TO TAKE: Take 1 capsule per day, preferably in the morning.

INGREDIENTS:

Allium sativum, Garlic Oil
(Alicina)

QT. DAILY:

1000mg
>1.2mg



SIMPLE FORMULAS

FORMULA 04

PRESENTATION: 60 Capsules

HOW TO TAKE: Take 2 capsules per day.

INGREDIENTS:

Shark cartilage

QT. DAILY:

1500mg



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FORMULA 05

PRESENTATION: 120 Capsules

HOW TO TAKE: Take 2 capsules per day.

INGREDIENTS:

Shark cartilage

QT. DAILY:

1500mg



FORMULA 06

PRESENTATION: 70 Capsules

HOW TO TAKE: For the

first 10 days, take 3 capsules per day (breakfast, lunch and dinner), on the following days, take 1 capsule per day.

INGREDIENTS:

QT. DAILY:

1 capsule 3 capsules

Ginkgo biloba, Ginkgo

500mg

1500mg



FORMULA 07

PRESENTATION: 90 Capsules

HOW TO TAKE: Take 1 capsule in the morning and another at lunch.

INGREDIENTS:

QT. DAILY:

Conc dry extract. of (12:1) <i>Panax Ginseng</i> , Ginseng (with a minimum content of 7.5% saponins)	66.68mg
(Fresh root equivalent)	(800mg)



SIMPLE FORMULAS

FORMULA 08

PRESENTATION: 60 Capsules

HOW TO TAKE: Take 1 capsule twice a day.

INGREDIENTS:

QT. DAILY:

Annona muricata, Soursop 2000mg



SIMPLE FORMULAS

FORMULA 09

PRESENTATION: 100 Capsules

HOW TO TAKE IT: Take

2 capsules at breakfast and another at lunch.

INGREDIENTS:

QT. DAILY:

Paullinia cupana, Guaraná 1500mg



SIMPLE FORMULAS

FORMULA 010

PRESENTATION: 90 Capsules

HOW TO TAKE:

Take 1 capsule with the three main meals (breakfast, lunch and dinner).

INGREDIENTS:

Soy lecithin

QT. DAILY:

3600mg



FORMULA 011

PRESENTATION: 90 Capsules

HOW TO TAKE: Take 1

capsule per day, in one of the two main meals (lunch or dinner).

INGREDIENTS:

QT. DAILY:

Cod Liver Oil (Omega 3)	1000mg
(EPA)	200mg
(DHA)	>80mg
(Vitamin A)	>90mg
(Vitamin D)	180µg
	2.12µg



FORMULA 012

PRESENTATION: 90 Capsules

HOW TO TAKE: Take 1 capsule after breakfast and another after dinner.

INGREDIENTS:

Salmon Oil
EPA
DHA
Vitamin E

QT. DAILY:

2000mg
360mg
240mg
26.8mg



FORMULA 013

PRESENTATION: 90 Capsules

HOW TO TAKE: Take 1

capsule 15 minutes before main meals (breakfast, lunch and dinner) with a glass of water.

INGREDIENTS:

Olea europaea, Oliveira

QT. DAILY:

1000mg



FORMULA 014

PRESENTATION: 90 Capsules

HOW TO TAKE: Take 1 capsule per day, preferably after breakfast.

INGREDIENTS:

Oenothera biennis, Evening primrose (GLA)
Natural Vitamin E

QT. DAILY:

1000mg
>100mg
20mg



FORMULA 015

PRESENTATION: 60 Capsules

HOW TO TAKE:

Take 1 capsule three times a day, accompanied by a glass of water on an empty stomach or half an hour before meals (breakfast, lunch and dinner). This dose should not be interrupted during the first 3 months. It is recommended to wait 7 days before starting a new cycle.

INGREDIENTS:

Uncaria tomentosa, Cat's Claw
Vitamin C

QT. DAILY:

1350 mg
80mg



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FORMULA 016

PRESENTATION: 60 Capsules

HOW TO TAKE: Take 1 capsule with one of your main meals.

INGREDIENTS:

Selenium

QT. DAILY:

200µg



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FORMULA 017

PRESENTATION: 30 Capsules

HOW TO TAKE: Take 1 capsule per day with one of your main meals, with a glass of water.

INGREDIENTS:

Coenzyme Q10

QT. DAILY:

200mg



SIMPLE FORMULAS

FORMULA 018

PRESENTATION: 60 Capsules

HOW TO TAKE: Take 1 capsule with one of your main meals.

INGREDIENTS:

Zinc

QT. DAILY:

25mg



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FORMULA 019

PRESENTATION: 72 Capsules

HOW TO TAKE: Take 2 capsules at breakfast and 2 at dinner.

INGREDIENTS:

Propolis

QT. DAILY:

280mg



SIMPLE FORMULAS

FORMULA 020

PRESENTATION: 45 Capsules

HOW TO TAKE: Take 1
capsule per day.

INGREDIENTS:

Safflower Oil, *Carthamus tinctorius*
(CLAN)

QT. DAILY:

1000mg
(800mg)



SIMPLE FORMULAS

FORMULA 021

PRESENTATION: 60 Capsules

HOW TO TAKE:

Take 1 capsule 15 minutes before breakfast and 1 capsule before lunch with a glass of water.

INGREDIENTS:

Camellia sinensis, Green Tea

QT. DAILY:

600mg



SIMPLE FORMULAS

FORMULA 022

PRESENTATION: 90 Tablets

HOW TO TAKE: Take 1
tablet with your 3 main meals.

INGREDIENTS:

Beta-carotene
(Vitamin A)

QT. DAILY:

19.15mg
1500µg



SIMPLE FORMULAS

FORMULA 023

PRESENTATION: 60 Tablets

HOW TO TAKE:

Take 2 tablets before dinner.

INGREDIENTS:

Peumus boldo, Boldo

QT. DAILY:

2000mg



SIMPLE FORMULAS

FORMULA 024

PRESENTATION: 90 Tablets

HOW TO TAKE: Take 1
tablet 3 times a day before main meals.

INGREDIENTS:

QT. DAILY:

Crataegus oxyacantha, Crataegus 1350mg



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FORMULA 025

PRESENTATION: 100 Tablets

HOW TO TAKE: Take 1

tablet after the 3 main meals (breakfast, lunch and dinner).

INGREDIENTS:

Cynara scolymus, Artichoke

QT. DAILY:

1500mg



FORMULA 026

PRESENTATION: 100 Tablets

HOW TO TAKE: Take 1

tablet three times a day, before main meals (breakfast, lunch and dinner).

INGREDIENTS:

Fucus vesiculosus, Algae
Chromium

QT. DAILY:

150mg
40µg



SIMPLE FORMULAS

FORMULA 027

PRESENTATION: 100 Tablets

HOW TO TAKE: Take 1

tablet after the three main meals (breakfast, lunch and dinner).

INGREDIENTS:

Aloe barbadensis, Aloe Vera

QT. DAILY:

1500mg



SIMPLE FORMULAS

FORMULA 028

PRESENTATION: 100 Tablets

HOW TO TAKE: Take 1
tablet with your 3 main meals.

INGREDIENTS:

Silybum marianum, Milk Thistle

QT. DAILY:

2400mg



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FORMULA 029

PRESENTATION: 100 Tablets

HOW TO TAKE: Take 1

tablet after the 3 main meals (breakfast, lunch and dinner).

INGREDIENTS:

Charcoal

QT. DAILY:

450mg



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FORMULA 030

PRESENTATION: 100 Tablets

HOW TO TAKE:

Take one tablet after lunch and two tablets after dinner.

INGREDIENTS:

QT. DAILY:

Rhamnus purshianus, Cascara Sagrada 1500mg



FORMULA 031

PRESENTATION: 100 Tablets

HOW TO TAKE: Take 1

tablet after the 3 main meals (breakfast, lunch and dinner).

INGREDIENTS:

Equisetum arvense, Horsetail
(Fresh plant equivalent)

QT. DAILY:

300mg
(1500mg)



SIMPLE FORMULAS

FORMULA 032

PRESENTATION: 100 Tablets

HOW TO TAKE: Take 1

tablet 3 times a day, before main meals (breakfast, lunch and dinner).

INGREDIENTS:

Centella asiatica, Centella

QT. DAILY:

1500mg



FORMULA 033

PRESENTATION: 100 Tablets

HOW TO TAKE: Take 1

tablet three times a day, after the three main meals (breakfast, lunch and dinner).

INGREDIENTS:

Ginkgo biloba, Ginkgo

QT. DAILY:

1500mg



FORMULA 034

PRESENTATION: 100 Tablets

HOW TO TAKE: Take 1

tablet after the three main meals (breakfast, lunch and dinner).

INGREDIENTS:

Harpagophytum procumbens, Harpago
Vitamin C

QT. DAILY:

1500mg
80mg



SIMPLE FORMULAS

FORMULA 035

PRESENTATION: 180 Tablets

HOW TO TAKE: Take 2

tablets before the three main meals (breakfast, lunch and dinner).

INGREDIENTS:

Brewer's Yeast

QT. DAILY:

3600mg



SIMPLE FORMULAS

FORMULA 036

PRESENTATION: 100 Tablets

HOW TO TAKE: Take 1

tablet 30 minutes before main meals (breakfast, lunch and dinner).

INGREDIENTS:

Magnesium

QT. DAILY:

189.7mg



FORMULA 037

PRESENTATION: 100 Tablets

HOW TO TAKE:

Take 1 tablet with breakfast and 1 to 2 tablets with dinner.

INGREDIENTS:

Passiflora incarnata, Passiflora

QT. DAILY:

2comp. 3comp.

1000mg 1500mg



FORMULA 038

PRESENTATION: 90 Tablets

HOW TO TAKE: Take 1

to 2 tablets before the three main meals (breakfast, lunch and dinner).

INGREDIENTS:

QT. DAILY:

3 comps. 6 comp.

Tabebuia avellanedae, Pau D'Arco

495mg

990mg



SIMPLE FORMULAS

FORMULA 039

PRESENTATION: 100 Tablets

HOW TO TAKE: Take

one tablet in the morning, another at lunch and two at bedtime.

INGREDIENTS:

Valeriana officinalis (Valeriana)

QT. DAILY:

2000mg



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FORMULA 040

PRESENTATION: 120 Tablets

HOW TO TAKE: Take 1
tablet per day.

INGREDIENTS:

Vitamin C
Zinc
Vitamin B6

QT. DAILY:

1000mg
10mg
1.4mg



FORMULA 041

PRESENTATION: 20 Effervescent Tablets

HOW TO TAKE:

Dissolve 1 tablet in half a glass of water and take immediately after the effervescence ends.
Take after one of the main meals (breakfast, lunch or dinner).

INGREDIENTS:

Vitamin C

QT. DAILY:

1000mg

