THE COMPLETE BALANCE METHOD

THE SMART SUPPLEMENT GUIDE

Understand what your body needs, so you can choose what truly works for you.

- DIGESTION
- ENERGY
- STRESS
- SLEEP
- METABOLISM
- HEALTHY AGING



KNOW MORE.
SUPPORT BETTER.
LIVE IN BALANCE.

SUPPLEMENTS WITH PURPOSE.

REAL KNOWLEDGE. REAL RESULTS.

SCIENCE. INSIGHT. CHOICE. YOUR BALANCE.

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The Complete Balance Method™ — Understand. Adjust. Persist.



Important Safety Information & Disclaimer

Not medical advice

The information in this guide is intended for educational purposes only and does not replace professional medical advice, diagnosis, or treatment.

Not a replacement for nutrition

Dietary supplements are a complement to — not a replacement for — a varied and balanced diet and a healthy lifestyle.

Recommended dosage

Do not exceed the recommended daily dosage unless advised otherwise by a doctor or pharmacist.

Medication use

Are you taking prescription or over-the-counter medications? Always consult a doctor or pharmacist first before adding supplements to your routine.

Pregnancy & breastfeeding

If you are pregnant, trying to conceive, or breastfeeding, always consult a healthcare provider before using supplements.

Illness or medical treatment

If you have an existing condition or are undergoing medical treatment, consulting a doctor is always recommended.

Individual needs

What works for one person does not automatically work for another. Individual needs, health situations, and lifestyles vary.

Keep out of reach of children

Always store supplements out of the reach of children.

The Complete Balance Method™ does not make diagnoses and does not provide personal medical advice.



Introduction — Supplements: what are they and what are they not?

Dietary supplements are concentrated sources of nutrients or other substances with a nutritional or physiological effect. They are available in various forms: capsules, tablets, powders, drops, or drinks. They are intended as a **supplement** to the diet — not as a replacement for it.

Supplement, not a substitute

No supplement can fully replicate the complex mix of fibers, phytochemicals, enzymes, and nutrients found in whole foods. Real food remains the foundation.

Lifestyle first

Sleep, exercise, stress management, hydration, and dietary habits form the foundation of your health. Supplements can provide support, but they cannot compensate for an unhealthy lifestyle.

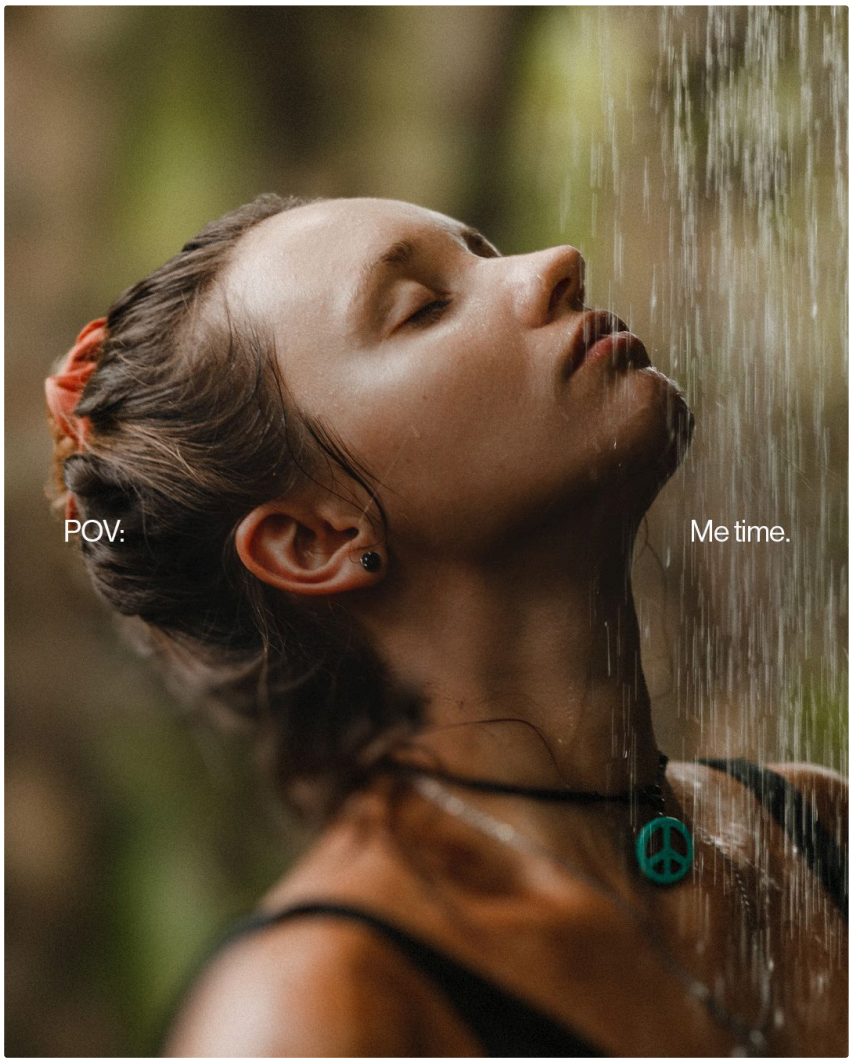
More is not better

A higher dosage does not automatically lead to a better result. Some nutrients can have unwanted effects when used in excess. Always follow the recommended dosage.

Individual needs

Age, gender, lifestyle, dietary patterns, health condition, and medication use all play a role in determining whether and which supplement may be relevant for you.

> *"Your body works as one whole. Your approach should too."* — De Complete Balans Methode™



How do you look at supplements smartly?

The core of making smart choices

Marketing claims on packaging are not the same as scientific evidence. This guide helps you understand what is actually in a product — and in what amount.

Not more supplements. Just better understanding.

Ingredients over marketing

Look at what is actually in a product and in what amount — not at the marketing texts on the packaging.

Recognized functions vs. product claims

There is a difference between the presence of an ingredient and a proven effect of the product as a whole.

Interactions & transparency

Some supplements can affect the action of medications. Transparency with your doctor or pharmacist is always advisable.

Quality matters

Pay attention to the composition, the forms of ingredients used, and the reliability of the manufacturer. When in doubt: seek advice from a doctor, dietitian, or pharmacist.



About this guide — 16 supplements, one clear approach

This guide covers 16 carefully selected supplements that align with themes relevant to many people.

Themes in this guide

- Gut health & digestion
- Energy & metabolism
- Sleep & recovery
- Stress & balance
- Skin, hair & healthy aging
- Muscles, bones & joints
- Hydration & electrolytes
- General vitality

What you'll find per supplement

- A clear description of what the product is
- An overview of the ingredients based on current product information
- Explanation of relevant functions that can be linked to the ingredients
- Practical usage information

What you won't find here: medical diagnoses, guaranteed results, or miracle promises. Instead: honest, accessible information to help you make more informed choices.

The supplements in this guide were selected based on their ingredient composition, the transparency of the manufacturer, and their relevance within the themes of The Complete Balance Method™. They are not recommended as a treatment for any condition, but as a possible addition to a conscious and healthy lifestyle.

Each product is discussed based on the most recent product information available at the time this guide was compiled. Ingredients, dosages, and formulas may be updated by the manufacturer. Therefore, always check the current product label before use.

This guide is not a substitute for personal advice. Do you have questions about which supplement suits your situation, or are you taking medication or do you have an existing condition? Always consult a doctor, pharmacist, or dietitian. Making informed choices starts with being well-informed.

"The first wealth is health."

— Ralph Waldo Emerson —

DAY & NIGHT DROPS



VIEW/ORDER DAY & NIGHT DROPS

Day & night drops

Your 24/7 weight loss support

What does it do?

During the day: The Day Drops stimulate your metabolism, increase your energy and support fat burning, so that you get through the day actively and in balance.

At night: The Night Drops promote relaxation and recovery, help your body to rest and support a healthy metabolism while you sleep.

This unique combination not only helps with weight loss, but also controls your appetite, reduces stress and supports a healthy body balance. Work day and night on a fitter, slimmer and more energetic body!



"Users have reported losing up to 4 kilos in 30 days"

Why choose the drops?

- Unique homeopathic formula
- Controls the appetite
- Stimulates metabolism
- Increases energy levels
- Improves mood
- Supports weight management
- Supports a balanced body function
- Supports the body's ability to manage stress
- Gluten Free
- 100% natural
- Free from hormones

Product use

- **Day Drops**

Place 0.7 ml under your tongue
When: 20-30 minutes before a meal. Note: wait 10 seconds, then swallow.

- **Night Drops**

Place 2 ml under your tongue
When: 1-2 hours before going to bed Note: it is not recommended to eat after taking the drops

PRODUCT 01

Day & Night Drops

Two complementary liquid formulas for daytime and evening use — offered together as a day/night routine.

Day Drops — Ingredients

Daily serving: 2.1 ml (0.7 ml per intake, 3× per day)

Ingredient	Type
White kidney bean extract	Plant extract
Cacao bean extract	Plant extract
Green coffee bean extract	Plant extract
Green tea leaf extract	Plant extract
Guarana seed extract	Plant extract
Cinnamon bark extract	Spice extract
Biotin	Vitamin (B7)
Chromium	Mineral

Night Drops — Ingredients

Daily serving: 2 ml

Ingredient	Type
L-theanine	Amino acid
L-glutamine	Amino acid
Acerola fruit extract	Plant extract
Fructooligosaccharides (FOS)	Prebiotic fiber
Holy basil extract	Adaptogen
Cordyceps mycelium extract	Mushroom extract
Astragalus root extract	Plant extract



PRODUCT 01

Day & Night Drops — Ingredients & Usage

What do these ingredients do?

Biotin (Day)

Contributes to normal energy metabolism and to the normal functioning of the nervous system.

Chromium (Day)

Contributes to normal macronutrient metabolism and to the maintenance of normal blood glucose levels.

Green tea leaf extract (Day)

Contains polyphenols; green tea is a well-known botanical source of antioxidants.

L-theanine (Night)

An amino acid that occurs naturally in tea.

Fructooligosaccharides — FOS (Night)

Prebiotic fibers that can serve as a food source for gut bacteria.

Acerola fruit extract (Night)

A rich natural source of vitamin C.

How do you use it?

1

Day Drops

Place 0.7 ml under the tongue, 20–30 minutes before a meal. Wait 10 seconds and then swallow. **(3× per day = 2.1 ml total.)**

2

Night Drops

Place 2 ml under the tongue, 1–2 hours before bedtime. Eating after intake is not recommended.



CULTURIIX



VIEW/ORDER CULTURIIX

Culturiix.

Culturiix

The formula for a happy stomach and strong resistance

What does it do?

Your intestines are the engine of your health.
When that engine is running well, you feel energetic, light and balanced. But stress, antibiotics or an unhealthy diet can seriously disrupt that balance.
Culturiix helps you restore that balance. It contains a powerful mix of 15 types of good bacteria (probiotics) and fermentable fiber from inulin – exactly what your intestines need to function optimally.

- Supports healthy intestinal flora
- Fights bad bacteria
- Improves your digestion
- Reduces abdominal pain
- Strengthens your immune system
- Reduces bloating, heartburn and acid reflux
- Recommended for irritable bowel syndrome (IBS) and mood disorders such as depression

Complaints such as bloating, stomach pain, constipation, low resistance or even mood swings?
There is a good chance that your intestines are asking for help.
Culturiix gives them exactly that.



"Happy gut, happy mind – it really is that simple."

Product use

Take 1 capsule daily, 1-2 hours before or after food. Store in a cool, dry place, protected from light. No refrigeration required.

PRODUCT 02

Culturiix

A probiotic formula with 15 bacterial strains and inulin as a prebiotic fiber.

Culturiix is a probiotic supplement in capsule form that offers a combination of 15 different bacterial strains from the genera *Lactobacillus, Bifidobacterium, Streptococcus* and *Saccharomyces*, supplemented with inulin as a prebiotic fiber.

Bacterial Strain	Amount (mg)	CFU
L. acidophilus	37.94 mg	5.4×10^9
L. plantarum	37.94 mg	5.4×10^9
L. casei	30.2 mg	4.3×10^9
B. lactis	23.89 mg	3.4×10^9
S. boulardii	12.75 mg	250×10^6
B. subtilis	2.55 mg	250×10^6
L. gasseri, B. bifidum, B. longum, L. paracasei, L. rhamnosus, L. reuteri, L. salivarius, S. thermophilus, L. fermentum	1.37 mg each	200×10^6 each
Inulin (prebiotic)	**250 mg**	—

What do these ingredients do?

- **Probiotic bacterial strains:** Live micro-organisms that contribute to the normal composition of the gut flora.
- **Lactobacillus strains:** Among the most extensively studied probiotic genera, naturally present in the human digestive tract.
- **Bifidobacterium strains:** Play a role in normal gut flora, particularly in the large intestine.
- **Saccharomyces boulardii:** A probiotic yeast with its own distinct profile within the world of probiotics.
- **Inulin:** A prebiotic fiber that can serve as a food source for intestinal bacteria.

Use & Storage

1

Dosage

1 capsule per day, 1–2 hours before or after eating.

2

Storage

Store in a cool, dry place, protected from light. Refrigeration is not necessary.

CARBONIIX



ORDER/VIEW CARBONIIX

Carboniix ™

The Detox You Didn't Know You Needed

What is it?

This powerful combination of activated charcoal, chlorophyll, magnesium and zinc is like a cleanse from the inside out. Think: less bloating, a fresher skin, and a happy belly. Cleanse your body - without a complicated juice diet or hungry days



"Take care of your inside, and your outside will naturally shine."

What does it do?

- Activated charcoal helps reduce gas formation after meals
- Chlorophyll supports your body's natural detoxification
- Magnesium helps your digestion and contributes to relaxation
- Zinc supports healthy skin and cell function
- Perfect for your intestinal health and a fresher feeling from within
- Vegan, gluten-free and without unnecessary additives
- deal after heavy meals, when feeling bloated or as a daily reset.

Who is it for?

- If you often suffer from a bloated stomach or flatulence
- For slow digestion or a "full" stomach after eating
- For anyone who wants to support their intestines in a natural way
- If you want to support a fresh skin from within (hello glow!)
- For people who regularly eat out or are less "clean"
- During a detox cure, reset or simply as a daily cleansing

Product use

Mix one spoonful in 120-240 ml of low glycemic water or juice, once a day, preferably one hour before a meal.

PRODUCT 03

Carboniix

A powder formula with vitamins, minerals, plant extracts, activated charcoal, and a broad mix of vegetable powders.

Carboniix is a daily powder supplement (**1 scoop / 3.75 g**) that offers a combination of antioxidant vitamins, minerals, botanical extracts, activated charcoal, spirulina, chlorella, and an extensive mix of vegetable powders.

Key ingredients per serving

Ingredient	Amount	% NRV
Chlorella microalgae	1000 mg	—
Coriander seed extract	400 mg	—
Fennel seed	250 mg	—
Spirulina	150 mg	—
Activated charcoal	100 mg	—
Broccoli extract	100 mg	—
Ginger root	100 mg	—
Alpha-lipoic acid	60 mg	—
Glutathione	50 mg	—
Vitamin E	39 mg	325%
Vitamin A	1166 µg	146%
Selenium	100 µg	182%

Vegetable Powder Mix & Functions

Broccoli, spinach, cucumber, Brussels sprouts, celery, kale, asparagus, green pepper, cauliflower, parsley — each 714–715 mg | Carrot, tomato, beetroot — each 701 mg | Cabbage — 699 mg

Vitamin E & Selenium

Contribute to the protection of cells against oxidative stress.

Vitamin A

Plays a role in the normal functioning of the immune system and the maintenance of normal skin.

Chlorella & Spirulina

Microalgae that naturally contain proteins, chlorophyll, and various micronutrients.

Activated Charcoal

Known for its adsorptive properties in the digestive tract.

Usage

Mix 1 scoop (3.75 g) in 120–240 ml of water or a low-glycemic beverage. Once per day, approximately 1 hour before a meal.

"Take care of your body. It's the only place you have to live in for the rest of your life."

— Jim Rohn —

VINALI



VIEW/ORDER VINALI

Vinali

The ultimate beauty pill for radiant skin

What does it do?

Viná̀li is the ultimate beauty boost for youthful skin, shiny hair and strong nails. Enriched with grape seed extract, vitamin C, acerola cherry and bioflavonoids, Viná̀li helps protect and repair your skin from the inside out. This powerful antioxidant complex stimulates collagen production, reduces fine lines and supports firmer, more elastic skin.



"Radiant on the inside, stronger on the outside."

Why choose Viná̀li?

- Reduces fine lines and wrinkles
- Supports firm, supple skin
- Supports skin firmness and elasticity for a smoother appearance
- Protects against free radicals and skin aging
- Stimulates collagen production for a healthy glow
- Supports healthy hair growth and strong nails
- Gives a natural boost to your immune system

Product facts

- Vegan
- Gluten Free
- Halal
- Informed Sports Certified
- NSF Certified
- Official PDR List

Product use

Capsules per jar: 56

- Take 1 capsule per day

PRODUCT 04

Vinali

A formula with vitamin C and plant-based antioxidant ingredients derived from grape, acerola, citrus and amla.

Ingredients per daily serving (1 capsule)

Ingredient	Amount	% NRV
Vitamin C	315 mg	394%
Grape seed extract	102 mg	—
Grape skin extract	30 mg	—
Acerola fruit extract	22 mg	—
Citrus bioflavonoids	10 mg	—
Amla fruit extract	5.25 mg	—
Green pepper extract	5.25 mg	—

Packaging: 56 vegetarian capsules.

Usage

1 capsule per day.

What do these ingredients do?

Vitamin C

Contributes to normal collagen formation for the normal function of skin, blood vessels, bones and cartilage. Contributes to the protection of cells from oxidative stress. Supports the normal function of the immune system and reduces tiredness and fatigue.

Grape seed extract & grape skin extract

Contain proanthocyanidins and resveratrol — plant-based polyphenols with antioxidant properties.

Acerola fruit extract

A rich natural source of vitamin C and bioflavonoids.

Amla fruit extract

Amla (Indian gooseberry) is a traditional botanical source of vitamin C and polyphenols.



RENEW



PURE ENERGIE. PURE BESCHERMING. PURE JIJ.

VIEW/ORDER RENEW

DE COMPLETE BALANS METHODE™ | WETENSCHAPPELIJK ONDERBOUWD | PREMIUM KWALITEIT | DAGELIJKSE ONDERSTEUNING

Renew™

Life without limitations

What does it do?

The complete support for more energy, a better night's sleep and a radiant body. This unique formula helps your body naturally produce HGH (human growth hormone) - a crucial hormone for recovery, vitality and rejuvenation.



"Sleep deeper. Recover faster. Wake up recharged and glowing."

Why choose renew?

- Better sleep quality
- Firm, elastic skin
- More energy throughout the day
- Improved libido & fertility
- Faster recovery after sports or physical exertion

Product use

Mix 1 sachet with 200 to 400 ml of water and drink it 30 minutes before going to bed.

The three blends:

- **Signature Boost Blend**

A powerful blend of five botanical superfoods: Tahitian noni, green tea, turmeric, blueberry and grape seed.

- **Amino Boost Blend**

Scientifically formulated for high amino acid content – supports muscle recovery, energy and cell renewal.

- **Supplement Boost Blend**

With GABA (Gamma-Aminobutyric Acid), lutein and zeaxanthin isomers – specially designed to calm your body and help you sleep deeply.

PRODUCT 05

Renew

A stick formula with amino acids, GABA, vitamins, minerals and botanical ingredients, intended for use before bedtime.

Ingredients per daily serving (1 stick / 6.9 g)

Ingredient	Amount	% NRV
L-arginine	1200 mg	—
L-citrulline	1200 mg	—
L-lysine hydrochloride	1200 mg	—
GABA	500 mg	—
Beta-alanine	50 mg	—
Niacin (B3)	25 mg	156%
Zinc	15 mg	150%
Vitamin B6	5 mg	357%
Selenium	100 µg	182%
Vitamin B12	10 µg	400%
Chromium	50 µg	125%
Vitamin A	200 µg	25%
Zeaxanthin	0.3 mg	—

Additionally: grape seed extract (25 mg), turmeric root extract (25 mg), blueberry extract (25 mg), noni powder (65 mg), blackberry powder (15 mg), acerola fruit extract (5 mg).

What do the key ingredients do?

L-arginine & L-citrulline

Amino acids that occur naturally in the body and play a role in the nitric oxide cycle.

GABA

Gamma-aminobutyric acid is a neurotransmitter that occurs naturally in the body.

B vitamins (B3, B6, B12)

Contribute to normal energy metabolism and to the normal functioning of the nervous system.

Zinc & Selenium

Zinc contributes to normal protein synthesis. Selenium contributes to the protection of cells against oxidative stress.

Usage

Mix 1 stick with 200–400 ml of water. Drink approximately 30 minutes before bedtime.

"Health is the real wealth, not gold or silver."

— Mahatma Gandhi —

ELITE



VIEW/ORDER ELITE

Elite

Premium product for your high performance life

What is it?

Elite™ is not a basic supplement. It is an all-in-one formula with vitamins, minerals, antioxidants, adaptogens and botanicals - specially developed for everyone who gives a lot, goes hard and wants to take good care of themselves without compromise.



"Elite™ – Because you're not basic."

What does it do?

- Supports energy, focus & mental acuity
- Strengthens your immune system with vitamin C, zinc and selenium, among other things.
- Contains adaptogens (such as ginseng & ashwagandha) for stress balance and resilience
- Contributes to normal hormone balance and cell protection
- Helps with fatigue and promotes recovery after mental or physical exertion
- Rich in antioxidants that protect your body against oxidative stress
- One supplement, all-in-one – so you can peak every day

Who is it for?

- For the high achievers, go-getters and entrepreneurs who give it their all
- For people with a busy schedule and little space to recharge
- If you are often tired or stressed and still want to continue performing
- For those looking for a supplement that covers it all – without 5 jars a day
- If you give your body premium nutrition that matches your ambition
- For everyone who wants to go to the next level – physically, mentally and emotionally

Product use

Mix one sachet in 250 ml of water and shake well.

PRODUCT 06

Elite

A broad botanical stick formula with vitamin C, ashwagandha, astaxanthin and aloe.

Ingredients per daily serving (1 stick)

Ingredient	Amount
Aloe powder	560 mg
Holy basil powder	135 mg
Ashwagandha extract	131.25 mg
Evening primrose oil powder	100 mg
L-lysine hydrochloride	100 mg
Vitamin C	80 mg (100% NRV)
Indian gooseberry extract (Amla)	78.5 mg
Red clover extract	40 mg
Astaxanthin	4 mg

Usage

Mix 1 stick/sachet with approximately 250 ml of water and shake well.

What do these ingredients do?

Vitamin C

Contributes to normal collagen formation, the protection of cells from oxidative stress and the normal functioning of the immune system.

Ashwagandha

An adaptogenic plant with a long tradition in Ayurvedic medicine.

Astaxanthin

A carotenoid with antioxidant properties, naturally present in certain algae and seafood.

Holy Basil (Tulsi)

A traditionally used adaptogenic plant in the Ayurvedic tradition.

Evening Primrose Oil Powder

Contains gamma-linolenic acid (GLA), an omega-6 fatty acid.

L-lysine

An essential amino acid that the body cannot produce on its own.



MOA

De Complete



VIEW/ORDER MOA

DAY & NIGHT DROPS

MOA

The most comprehensive superfood blend on the market

What does it do?

Nutrifii MOA is a powerful, liquid nutritional supplement formulated with a blend of 36 superfoods, adaptogens, and antioxidants, carefully selected to support total body wellness. MOA helps defend against free radicals, supports the immune system, and boosts your body's natural balance and vitality.



"Unleash the power of nature in every shot!"

Why choose MOA?

- Packed with antioxidant-rich superfoods
- Supports a healthy immune system
- Promotes cellular health and energy
- Helps the body adapt to stress with adaptogens
- Supports healthy aging and detoxification
- Backed by cutting-edge research and carefully curated natural ingredients from around the world.

*No artificial flavors, colors, or sweeteners

Helps support the body in dealing with:

- Immune defense
- Oxidative stress
- Cellular aging
- Inflammation
- Cognitive function
- Energy and vitality
- Detoxification
- Gut health
- Hormonal balance
- Stress management

Product use

Drink 1 shot (30 ml) daily for best results. Shake well before use. Store in a cool, dry place and refrigerate after opening.

PRODUCT 07

MOA

A liquid nutritional supplement based on plant extracts and amino acids.

MOA is a liquid supplement that combines plant extracts and amino acids in a drinkable formula. The product is available in a bottle with 30 servings.

Nutritional value per serving of 50 ml

Nutrient	Per 50 ml
Energy	92 kJ / 22 kcal
Fat	0 g
Carbohydrates	5 g
of which sugars	3 g
Protein	0 g
Salt	<0.01 g

Servings per package: 30.

⚠ **⚠️ Usage Dosage — To Be Verified**
The provided nutritional information states a serving size of **50 ml**. An older product sheet mentions a daily intake of **30 ml**. This information is contradictory.

The exact usage dosage must be verified based on the current product label. No dosage is independently selected in this guide.

Storage

- Store in a cool and dry place.
- Refrigerate after opening.



EVERGLOW



ORDER/VIEW EVERGLOW

Everglow

The ultimate beauty boost from within - because your glow needs no filter.

What does it do?

Everglow™ is your daily beauty upgrade in a glass. A powerful blend of collagen, biotin, zinc, vitamin C, and antioxidants, designed to brighten your skin, strengthen your hair, and help your nails grow faster. Think fewer wrinkles, more shine, stronger nails, and full hair vibes.

Everything your reflection wants starts within.



> "A healthy glow is the best makeup you can wear"

Why choose Everglow?

- Stimulates natural collagen production for firmer, smoother skin.
- Reduces visible lines and fine wrinkles with daily use.
- Strengthens weak, brittle hair = more volume, less hair loss
- Make your nails grow harder and faster
- Brightens dull skin and gives you that natural glow-back
- Helps with hormonal impurities and skin stress.
- Boost your skin barrier against external influences
- Supports your immune system (thanks to zinc & vitamin C)

For whom?

- If your skin looks tired, dull or older
- For hair loss, thinning hair or brittle nails
- If you notice that your skin is losing elasticity or volume
- For mothers who want to shine despite little sleep
- If you want to work on a youthful appearance from within
- Ideal for stress, hormonal fluctuations or seasonal changes
- For anyone who wants to anti-age naturally without injections or procedures.

Product use

Mix 3 scoops in 150–250 ml of water, smoothie, or coconut water. Once a day, preferably in the morning on an empty stomach for optimal absorption. Note: Consistent use = visible results.

PRODUCT 08

EverGlow

A beauty formula with hydrolysed fish collagen, vitamin C, biotin, zinc, copper and white tomato extract.

Ingredients per daily serving (3 scoops / 5.7 g)

Ingredient	Amount	% RI
Hydrolysed fish collagen	5000 mg	—
Vitamin C	100 mg	125%
White tomato extract	100 mg	—
Zinc	6 mg	60%
Biotin	25 µg	50%
Copper	0.27 mg	27%

Number of daily servings per package: 28.

Usage

Mix 3 scoops (5.7 g) in 150–250 ml water, smoothie or coconut water. Once a day, preferably in the morning.

Skin, hair & nails — Functions per ingredient

Vitamin C

Contributes to normal collagen formation for the normal function of skin. Contributes to the protection of cells from oxidative stress.

Biotin

Contributes to the maintenance of normal skin and normal hair.

Zinc

Contributes to the maintenance of normal skin, normal hair and normal nails.

Copper

Contributes to normal pigmentation of skin and hair and to normal collagen formation.

Hydrolysed fish collagen

Collagen is a structural protein that occurs naturally in the body, including in skin, bones and connective tissue. Hydrolysed collagen consists of smaller peptides.



MAX2O



VIEW/ORDER MAX2O

Max20

More than water

What does it do?

Max20 is more than just a hydration drink.
It is a carefully formulated blend of essential minerals that not only quenches your thirst, but also supports your body at a cellular level. Through the unique combination of Magnesium Chloride, Potassium Citrate and Sodium Citrate, you get the perfect balance of electrolytes you need to keep your body healthy, energized and in balance.



> Hungry and cranky?
> Or thirsty and drained?
> You probably need more than just H_2O.

Product facts

- Vegan
- Gluten-free
- Lactose-free
- Contains no artificial colours, flavours or sweeteners

Why choose Max20?

- Promotes fast and deep hydration at a cellular level
- Supports muscle function, the nervous system and energy metabolism
- Helps reduce fatigue and cravings
- Speeds up recovery after exercise
- Improves focus and concentration
- Helps decrease tiredness and exhaustion
- Reduces bloating and fluid retention
- Provides more consistent energy throughout the day

Product use

- Mix 1 sachet in a glass of water

PRODUCT 09

Max_2O

An electrolyte drink mix with potassium and magnesium based on magnesium chloride, potassium citrate, and sodium citrate.

Max_2O is an electrolyte supplement in stick format with mango flavor. Electrolytes play a role in various normal bodily processes, including fluid balance, muscle function, and nerve conduction.

Ingredients per serving (1 stick / 4.47 g)

Electrolyte	Amount	% NRV	Source
Potassium	300 mg	15%	Potassium citrate
Magnesium	56.3 mg	15%	Magnesium chloride
Sodium	—	—	Sodium citrate (0.75 g salt)
Energy	8 kJ / 2 kcal	—	—
Carbohydrates	0.5 g	—	of which sugars: 0 g

28 sticks per package. Flavor: mango.

Functions per ingredient

Magnesium

Contributes to normal muscle function, normal functioning of the nervous system, normal energy metabolism, and the reduction of tiredness and fatigue.

Potassium

Contributes to normal muscle function and normal functioning of the nervous system.

Sodium

Plays a role in the normal fluid balance of the body.

Usage

Mix 1 sachet with water and drink.



GLICOTROL



VIEW/ORDER GLICOTROL

Glicotrol

The smart support for your blood sugar levels

What does it do?

Do you enjoy good food, a glass of wine now and then and a nice piece of cake? Then you know how that feels: first energy for ten... and then the dreaded crash. Tired, irritable, craving snacks and reaching for something sweet again. Over time, this can cause your blood sugar to become unstable. Glicotrol™ helps support healthy blood sugar levels. This powerful supplement combines natural fibers, plant extracts and chromium to help keep your blood sugar stable and prevent energy dips and cravings.



> No strict diets.
> No deprived feeling.
> Just balance, so you can enjoy life with full energy.

Product facts

- Vegan
- Gluten-free
- Lactose-free
- Contains no artificial colours, flavours or sweeteners

Why choose Glicotrol?

- For anyone who enjoys good food, but not the energy dips
- Helps reduce sugar cravings and unhealthy snacking
- Supports stable blood sugar levels, so you stay calm and focused
- Supports fat burning and metabolism, without dieting
- Helps your body get energy from food, not from sugar spikes
- Ideal for food lovers, health enthusiasts and snackers.

Product use

- Mix 1 scoop in a glass of water
- Drink immediately

PRODUCT 10

Glicotrol

A fibre-rich formula with inulin, psyllium, rice fibres, plant extracts, vitamin A and chromium.

Ingredients per daily serving (1 scoop / 14.74 g)

Ingredient	Amount
Inulin	5.5 g
Rice fibres	3.15 g
Psyllium fibres	3 g
White kidney bean extract	1 g
White mulberry extract	0.25 g
Noni powder	54.8 mg
Vitamin A	250 µg RE (31.25% NRV)
Chromium	9 µg (22.5% NRV)

15 daily servings per package.

What do these ingredients do?

Chromium

Contributes to the maintenance of normal blood glucose levels and to normal macronutrient metabolism.

Vitamin A

Contributes to the normal functioning of the immune system and the maintenance of normal skin.

Inulin

A prebiotic fibre that can serve as a food source for intestinal bacteria.

Psyllium fibres

A soluble fibre that contributes to normal bowel function.

White kidney bean extract & white mulberry extract

Plant-based extracts with a traditional history of use.

Usage

Mix 1 scoop with a glass of water and drink immediately.

Glicotrol is not a treatment for diabetes or other blood sugar conditions.

TAHITION NONI©



VIEW/ORDER TAHITION NONI©

Tahitian Noni

The nutritional supplement with 120+ clinical studies

What does it do?

Tahitian Noni® Original is a premium health juice made from the noni fruit (Morinda citrifolia), known for its powerful bioactive compounds and nutritional properties. This natural product helps your body function optimally and supports a healthy lifestyle.



> "Boost your energy and support your well-being"

Why choose Tahitian Noni?

- Supports the immune system
- Promotes healthy digestion
- Increases energy levels
- Contributes to healthy joints and muscles
- Helps maintain a clear mind

Backed by over 120 scientific publications and third-party tested: www.noniresearch.org

May support the body in dealing with:

- Cancer
- Arthritis
- Heart disease
- High blood pressure
- Immune system
- Fibromyalgia
- Cell structure
- Diabetes
- Asthma
- Depression
- Pain relief
- Weight loss
- ADHD
- Migraine
- Addictions
- Strokes
- Cholesterol
- Memory
- Nervous system
- Detoxification
- Skin problems

Product use

For optimal results drink 30 ml per day.

PRODUCT 11

Tahitian Noni Original

A fruit drink based on noni (Morinda citrifolia) from French Polynesia, supplemented with grape and blueberry juice.

Composition (bottle label)

Morinda citrifolia juice from French Polynesia — **89%**

Natural grape juice concentrate

Natural blueberry juice concentrate

Natural flavors

No added sugars or sweeteners. Contains naturally occurring sugars. Bottle: 1 liter.

What do these ingredients do?

Morinda citrifolia (noni)

The noni fruit is a tropical fruit that has traditionally been used in the traditional medicine of Polynesia and Asia. Noni naturally contains various plant-based compounds.

Grape juice & blueberry juice

Naturally contain polyphenols and antioxidant compounds.

Usage

- 60 ml per day, optionally divided into 2 × 30 ml.
- Shake well before use.
- Store refrigerated after opening.

Please note: This product is Tahitian Noni Original. Do not confuse this with other noni variants or combinations. A sachet variant of this product also exists.



MAGNICAL-D



VIEW/ORDER MAGNICAL-D

Magical-D

For strong bones & relaxed muscles

What is it?

Give your body what it really needs with this magical blend of vitamin D, calcium and magnesium. All in one handy formula to keep your muscles and bones happy & healthy – every day.

> Because sunshine isn't always in the sky.



What does it do?

- Supports a strong skeleton and helps prevent osteoporosis
- Good for your muscles and contributes to normal muscle function
- Helps maintain normal immune function and energy levels.
- Magnesium contributes to mental resilience and relaxation
- Calcium supports dental health and muscle contraction
- Vitamin D helps your body absorb calcium better
- Perfect for low sunlight, dark months or working indoors
- Compact, practical and easy to add to your routine.

Who is it for?

- People who rarely go outside or work in office light
- Everyone over 30 (because: natural decline in vitamin D absorption)
- Athletes and active types who want to support their muscles well
- Women during or after menopause – for strong bones & balance
- Anyone who often experiences tired muscles or cramps
- Anyone who wants to give themselves that little bit extra – from within

Product use

Take two capsules twice daily, preferably with meals.

PRODUCT 12

Magnical-D

A formula with calcium, magnesium, vitamin D, vitamin K and botanical ingredients targeting bones, muscles and the immune system.

Ingredients per daily serving of 2 capsules

Ingredient	Amount	% NRV
Vitamin D	25 µg	500%
Magnesium	200 mg	53%
Calcium	200 mg	25%
Vitamin K	15 µg	20%
Acerola fruit extract	12.5 mg	—
Maitake extract	12.5 mg	—
Cordyceps extract	12.5 mg	—
Ginger root powder	2.5 mg	—
Turmeric root powder	2.5 mg	—
Inland sea salt	10 mg	—

⚠ ⚠️ **To be verified:** The current table defines 2 capsules as the daily serving. An older product sheet states 2 capsules twice daily. **Please check the current product label.**

What do these ingredients do?

Vitamin D

Contributes to the normal absorption of calcium and phosphorus, to the maintenance of normal bones and teeth, to the normal functioning of the immune system and to normal muscle function.

Calcium

Contributes to the maintenance of normal bones and teeth and to normal muscle function.

Magnesium

Contributes to the maintenance of normal bones and teeth, normal muscle function, the normal functioning of the nervous system and the reduction of tiredness and fatigue.

Vitamin K

Contributes to normal blood clotting and to the maintenance of normal bones. **Caution when using blood thinners — consult your doctor or pharmacist.**

Optimal-M



VIEW/ORDER OPTIMAL-M

NATUURLIJKE INGREDIËNTEN
WETENSCHAPPELIJK ONDERBOUWD
PREMIUM KWALITEIT
DAGELIJKSE ONDERSTEUNING

Optimal-M

The multitasker for your muscles, energy and mindset

What is it?

This all-rounder is your daily mineral hero with magnesium, calcium, zinc and copper. Perfectly tuned to keep your body in balance – from muscle strength to focus, from energy levels to immune system. Everything you need in one smart formula.



"Give your body the foundation it deserves."

What does it do?

- Supports normal muscle function and aids in muscle recovery
- Contributes to a healthy energy metabolism – Say goodbye to that sluggish feeling!
- Magnesium & zinc support your mental resilience and help with stress
- Calcium helps keep your bones strong
- Zinc contributes to healthy skin, nails and hair
- Copper supports iron absorption and helps with connective tissue formation
- Contributes to a strong immune system
- Ideal for anyone who wants that extra bit of support – physically and mentally

Who is it for?

- People with an active lifestyle or athletes
- Anyone who quickly suffers from tired muscles or cramps
- Women during or after menopause – for balance & support
- Busy moms who demand a lot from their bodies (and brains)
- People who experience stress or feel exhausted quickly
- If you often have a cold or feel listless – time to replenish your minerals!
- Anyone who wants to give their skin, hair and nails some extra love

Product use

Take 2 capsules daily, preferably with a meal.

PRODUCT 13

Optimal-M

A broad minerals and trace elements formula supplemented with polyphenols, antioxidants and a plant-based powder blend.

Magnesium and calcium are not part of the current composition of this product.

Minerals & trace elements per daily serving

Mineral	Amount	% NRV
Chromium	100 µg	250%
Selenium	50 µg	91%
Iodine	75 µg	50%
Zinc	5 mg	50%
Manganese	1 mg	50%
Copper	0.5 mg	50%
Boron	0.75 mg	—
Molybdenum	12.5 µg	25%

Polyphenols & antioxidants

Substance	Amount
Citrus bioflavonoids	100 mg
N-acetyl cysteine	25 mg
Alpha-lipoic acid	25 mg
Rutin	15 mg
Trans-resveratrol	7.5 mg
Quercetin	3 mg
Hesperidin	3 mg
Pomegranate extract	2.5 mg

Botanical ingredients

Ingredient	Amount
Rosemary leaf extract	12.5 mg
Green tea leaf extract	10 mg
Olive leaf extract	10 mg
Chinese cinnamon bark extract	1 mg

Plant-based powder blend

Broccoli, spinach, cucumber, Brussels sprouts, celery, kale, asparagus, green bell pepper, cauliflower, parsley — 1.79 mg each | Carrot, tomato, beetroot — 1.76 mg each | Cabbage — 1.75 mg

Usage

Daily serving: 1 capsule (based on the current nutritional table).

⚠ ⚠️ **Exact dosage to be verified on the current product label.**

Optimal-M — Functions per Key Ingredient

Chromium

Contributes to the maintenance of normal blood sugar levels and normal macronutrient metabolism.

Selenium & Zinc

Selenium: protection of cells against oxidative stress and normal functioning of the immune system. Zinc: normal protein synthesis, immune function and maintenance of skin, hair and nails.

Iodine

Contributes to normal thyroid function and normal energy metabolism.

Polyphenols

Resveratrol, quercetin, hesperidin and rutin are plant-based compounds with antioxidant properties.



Omega-Q



VIEW/ORDER OMEGA-Q

Omega-O™

Brainfood in a softgel

What is it?

This powerful omega-3 formula is rich in EPA and DHA – essential fatty acids that your body can't make on its own, but needs sooooo much. From sharp thinking to supple joints, a healthy heart and glowing skin: Omega O™ is your daily dose of gold for inside and out.



"From sharp thinking to smooth-moving joints."

What does it do?

- Supports brain function and helps with concentration & focus
- Good for the heart, blood vessels and your cholesterol balance
- Supports eye health and clear vision
- Supports shiny hair, healthy skin and strong nails
- Ideal for a diet low in (fatty) fish
- High quality, pure omega 3 – no fishy aftertaste!
- Perfect to combine with other products for all-round support

Who is it for?

- Anyone who wants to support their brain (hello focus & memory!)
- Busy moms, entrepreneurs and students with a lot on their minds
- People who eat little fish or are vegan (check if it is plant-based, depending on the version!)
- For dry skin, brittle nails or dull hair – for a glow from within
- 50+ people who want to continue supporting their heart and brain
- Anyone who takes their health seriously and wants all-round balance

Product use

Take 1 capsule twice daily, preferably with a meal.

PRODUCT 14

Omega-Q

An omega-3 formula based on fish oil with EPA, DHA, coenzyme Q10, and noni powder.

Ingredients per daily serving (2 capsules)

Ingredient	Amount
Fish oil (total)	2184 mg
EPA (eicosapentaenoic acid)	593 mg
DHA (docosahexaenoic acid)	470.6 mg
Total EPA + DHA	**1063.6 mg**
Coenzyme Q10	40 mg
Noni powder	34 mg

Usage

1 capsule twice daily, preferably with a meal (= 2 capsules per day total).

What do these ingredients do?

EPA & DHA — Omega-3 Fatty Acids

EPA and DHA contribute to the normal functioning of the heart. DHA contributes to the maintenance of normal brain function. DHA contributes to the maintenance of normal vision. *(Health claims regarding EPA and DHA are subject to legal conditions with respect to daily intake.)*

Coenzyme Q10

A substance that occurs naturally in the body and plays a role in cellular energy processes. Its concentration naturally decreases with age. Coenzyme Q10 has antioxidant properties.

Noni Powder

Derived from the noni fruit (Morinda citrifolia), a tropical fruit with a long tradition in Polynesian herbal medicine.



OPTIMAL-V



VIEW/ORDER OPTIMAL-V

NATUURLIJKE INGREDIËNTEN
WETENSCHAPPELIJK ONDERBOUWD
PREMIUM KWALITEIT
DAGELIJKSE ONDERSTEUNING

Optimal-V

Your daily vitamin boost in one capsule.

What is it?

Optimal V™ is your all-in-one multivitamin with a balanced blend of essential vitamins and botanical extracts to nourish, protect and balance your body – every day. No more 100 bottles, just everything you need in one smart formula



"All your daily essentials. One simple step."

What does it do?

- Supports your immune system with, among other things, vitamin C, D and zinc
- Contributes to a healthy energy balance – Say goodbye to feeling sluggish
- Helps maintain healthy skin, hair and nails
- Contains antioxidants that help protect your cells from oxidative stress
- Contributes to mental resilience and focus
- Supports the nervous system and your hormonal balance
- Plant-based formula, clean and easy to combine with your other supps
- No excessive doses – just what your body truly needs.

Who is it for?

- Anyone who lives a busy life and forgets themselves (yes, you)
- People with irregular eating habits or limited dietary variety
- At every stage – from busy mom to menopause and beyond
- If you get sick easily or could use some extra resistance
- For stress, fatigue or simply to support your body daily
- For those who take their health seriously, but want to keep it simple

Product use

Take 1 capsule daily, preferably with a meal.

PRODUCT 15

Optimal-V

A broad daily vitamin formula with the full vitamin B complex, vitamins A, C, D, E and K, supplemented with plant extracts and a vegetable powder blend.

Vitamins per daily serving (1 capsule)

Vitamin	Amount	% NRV
Vitamin B12	67 µg	2680%
Vitamin B6	5.3 mg	379%
Vitamin B2	4.7 mg	336%
Vitamin B1	4.7 mg	427%
Vitamin E	34 mg	283%
Vitamin C	220.33 mg	275%
Pantothenic acid (B5)	15 mg	250%
Vitamin D	8.3 µg	166%
Vitamin A	750 µg	94%
Biotin	50 µg	100%
Folic acid	170 µg	85%
Niacin (B3)	6.7 mg	42%
Vitamin K	20 µg	27%
Inositol	25 mg	—

Additional ingredients

Ingredient	Amount
Grape seed extract	16.7 mg
Bromelain	8.3 mg
Black pepper fruit extract	1.7 mg
Amla fruit extract	1.7 mg
Wheatgrass powder	0.66 mg

Vegetable powder blend

Broccoli, spinach, cucumber, Brussels sprouts, celery, kale, asparagus, green bell pepper, cauliflower, parsley — each 1.19 mg | Carrot, tomato, beet — each 1.16 mg | Cabbage — 1.16 mg

Use

1 capsule per day, preferably with a meal.

Optimal-V — Functions per vitamin group

B vitamins

B1, B2, B3, B5, B6, B12, biotin & folic acid contribute to normal energy metabolism and the normal functioning of the nervous system. Several B vitamins contribute to the reduction of tiredness and fatigue.

Vitamin C & E

Contribute to the protection of cells against oxidative stress.

Vitamin D

Contributes to the normal functioning of the immune system and to the maintenance of normal bones.

Vitamin A

Contributes to the normal functioning of the immune system and the maintenance of normal skin.

Vitamin K

Contributes to normal blood clotting and the maintenance of normal bones.

Bromelain & Grape Seed Extract

Bromelain: an enzyme derived from pineapple. Grape seed extract: contains proanthocyanidins — plant-based polyphenols with antioxidant properties.



BIOPRO-Q



VIEW/ORDER BIOPRO-Q

CO-ENZYME Q10
VAN HOGE KWALITEIT
LIPOSOMALE
TECHNOLOGIE
PREMIUM
KWALITEIT
DAGELIJKSE
ONDERSTEUNING

Biopro-Q

Energy from within, right down to your cells

What is it?

BioPro Q™ combines Coenzyme Q10 with biologically active B vitamins to support your body at the deepest level: your cells. Whether you're often tired, looking for an energy boost, or want to give your heart and brain some extra love – this one's for you.



"Boost your energy. Strengthen your heart. Protect your cells."

What does it do?

- Supports your energy production at the cellular level
- Helps with fatigue and contributes to maintaining a good energy level
- CoQ10 supports cardiovascular health
- Contains active forms of vitamins B2, B6, B12 and folate for maximum absorption
- Contributes to a clear mind, memory and concentration
- Protects your cells against oxidative stress
- Ideal for stress, aging or a demanding lifestyle
- Vegan friendly & clean formula – powerful without fuss

Who is it for?

- People who are often tired or have no energy (also mentally!)
- People over 40 (because natural Q10 production decreases with age)
- In case of high stress or a demanding lifestyle
- People who want to support their heart health
- Anyone looking to boost their brain function and focus
- People with neurological complaints such as brain fog, cognitive decline, MS, Parkinson's or neuropathies*
- If you want to support your body at a cellular level for recovery, energy and balance

Product use

Take 1 capsule daily, preferably with a meal.

**Please note: BioPro Q™ is a powerful supplement, not a medicine. Always consult your doctor in case of medical conditions*

PRODUCT 16

Biopro-Q

A formula with coenzyme Q10, black pepper extract, bitter melon extract and noni powder.

B-vitamins are not part of the current composition of this product.

Ingredients per daily serving (1 capsule)

Ingredient	Amount
Coenzyme Q10	50 mg
Bitter melon extract	5.1 mg
Black pepper extract	5 mg
Noni powder	5 mg

Usage

1 capsule per day, preferably with a meal.

What do these ingredients do?

Coenzyme Q10 (ubiquinone)

A substance that occurs naturally in the body and plays a role in cellular energy processes, particularly in the mitochondria. Its concentration naturally decreases with age. Coenzyme Q10 has antioxidant properties.

Black pepper extract (piperine)

Piperine, the active component of black pepper, is well known for its potential to influence the bioavailability of other substances.

Bitter melon extract

Bitter melon (Momordica charantia) is a traditionally used plant in Asian and Ayurvedic medicine.

Noni powder

Derived from the noni fruit (Morinda citrifolia), a tropical fruit with a long tradition in Polynesian herbal medicine.



Overview — 16 Supplements at a Glance

#	Product	Form	Theme	Daily Serving
01	Day & Night Drops	Liquid	Energy / Recovery	2.1 ml (day) + 2 ml (night)
02	Culturiix	Capsule	Gut Health	1 capsule
03	Carboniix	Powder	Antioxidants / General	1 scoop (3.75 g)
04	Vinali	Capsule	Immune System / Skin	1 capsule
05	Renew	Stick/Powder	Recovery / Sleep	1 stick (6.9 g)
06	Elite	Stick/Powder	Adaptogen / Skin	1 stick
07	MOA	Liquid	General Vitality	⚠️ To be verified
08	EverGlow	Powder	Skin, hair & nails	3 scoops (5.7 g)
09	Max_2O	Stick	Hydration / Electrolytes	1 stick (4.47 g)
10	Glicotrol	Powder	Fibre / Metabolism	1 scoop (14.74 g)
11	Tahitian Noni Original	Liquid	General Vitality	60 ml
12	Magnical-D	Capsule	Bones / Muscles	⚠️ To be verified
13	Optimal-M	Capsule	Minerals / Polyphenols	⚠️ To be verified
14	Omega-Q	Soft capsule	Heart / Brain	2 capsules
15	Optimal-V	Capsule	Broad vitamin spectrum	1 capsule
16	Biopro-Q	Capsule	Cellular energy	1 capsule



Supplements by Theme — Quick Navigation

Gut Health & Digestion

Culturiix (probiotics + inulin) · Carboniix (chlorella, fiber) · Glicotrol (inulin, psyllium, rice fiber)

Energy & Metabolism

Day Drops (biotin, chromium) · Renew (B-vitamins) · Optimal-V (full B-complex) · Biopro-Q (Co-Q10) · Omega-Q (Co-Q10) · Max_2O (magnesium)

Sleep & Recovery

Night Drops (L-theanine, FOS, adaptogens) · Renew (GABA, amino acids)

Skin, Hair & Healthy Aging

EverGlow (collagen, biotin, zinc, copper) · Vinali (vitamin C, polyphenols) · Elite (vitamin C, astaxanthin) · Optimal-V (biotin, vitamin A/C/E)

Muscles, Bones & Joints

Magnical-D (Ca, Mg, Vit D, K) · Max_2O (magnesium, potassium) · Omega-Q (EPA, DHA)

Immune System & Antioxidants

Vinali · Carboniix · Optimal-V · Optimal-M · Magnical-D · Tahitian Noni Original



Epilogue — Health is more than a supplement

> **Health rarely comes down to a single supplement.**

You now have an overview of 16 supplements — their ingredients, the functions that can be linked to those ingredients, and how they are used. But perhaps the most important message of this guide is not what's inside the products.

Nutrition

What you eat every day forms the foundation of everything. No supplement replaces the complex nutrients found in real, varied food.

Sleep

Recovery happens during sleep. Without sufficient sleep, no supplement can reach its maximum effect.

Movement

Regular physical activity supports almost every aspect of your health, from metabolism to mood.

Stress management

Chronic stress has a measurable impact on the body. Learning to manage stress is one of the most powerful health interventions there is.

Daily habits

Small, consistent choices have more impact in the long run than occasional large efforts.

Supplements can be a meaningful addition to this foundation. But they are never the foundation itself.



Choosing Wisely — Not More. Just Better.

The supplement market is large, noisy, and full of promises. Products are promoted with impressive claims, before-and-after photos, and scientifically sounding terms. It's understandable to lose your way in all of it.



Look at the ingredients

Not just the name or the packaging — but what is actually in it and in what quantity.

Understand what a nutrient does

And what it doesn't do. There is a difference between the presence of a substance and a proven clinical effect.

Be realistic about expectations

Supplements are not a quick fix. Consistency and a healthy lifestyle are the foundation.

Be transparent with your healthcare provider

Especially if you use medication. Less is sometimes more — a well-chosen supplement is more valuable than a cupboard full of products you don't understand.

> *"Not more supplements. Just a better understanding."*



The Three Pillars of Conscious Choice

1

PILLAR 3: PERSIST

Consistency over time builds sustainable habits

2

PILLAR 2: ADAPT

Small, targeted adjustments in diet, lifestyle and supplementation

3

PILLAR 1: UNDERSTAND

Understanding the content, function and ingredient roles

The Complete Balance Method™ is built on the belief that your body works as one whole — and that your approach should too. Not changing everything at once, but learning step by step to understand what your body needs.



The Complete Balance Method™

Your body works as one whole. Your approach should too.

Understand.

What is in my food? What do the ingredients in my supplements do? What does my body need right now?

Adapt.

Small, targeted adjustments in nutrition, lifestyle and any supplementation that fit your situation.

Persist.

Consistency over time is more powerful than perfection on one day.

What this method means in practice

- You learn step by step to understand what your body needs
- You make conscious choices based on insight — not on marketing claims
- You build sustainable habits that work for your situation
- You seek professional advice when needed

We hope this guide is a step toward greater insight, more confidence, and a healthier relationship with your own body.



Thank you for reading.

With warm regards,

The Complete Balance Method™

Understand.

Adjust.

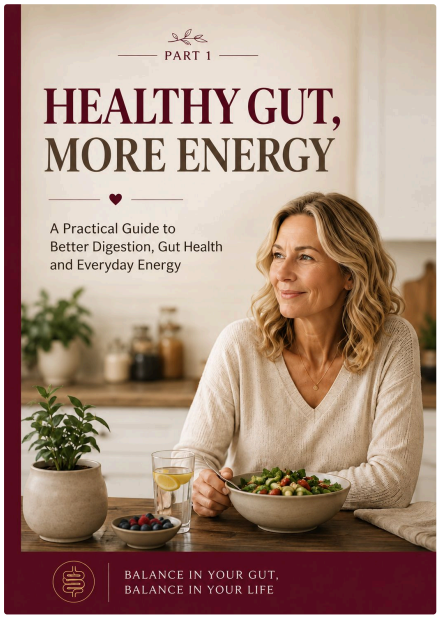
Persist.

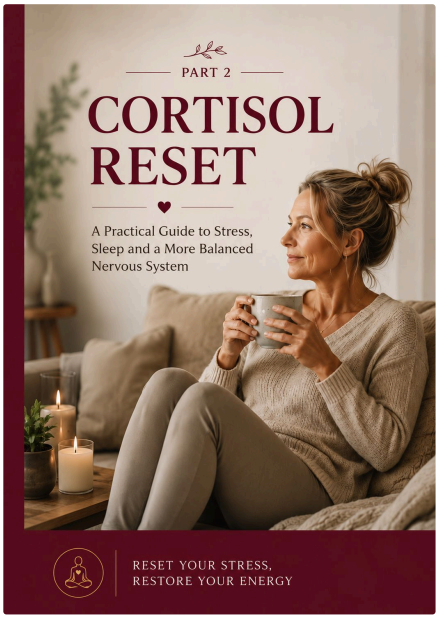
The Complete Balance Method™ does not make diagnoses and does not provide personal medical advice. The information in this guide is intended for educational purposes only and does not replace professional medical advice, diagnosis, or treatment.

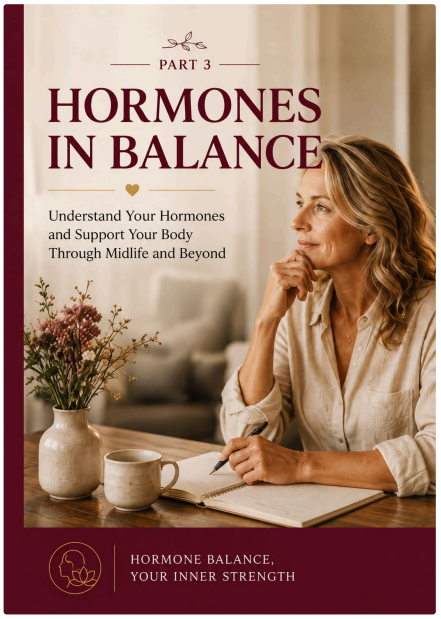
The Complete Balance Method™

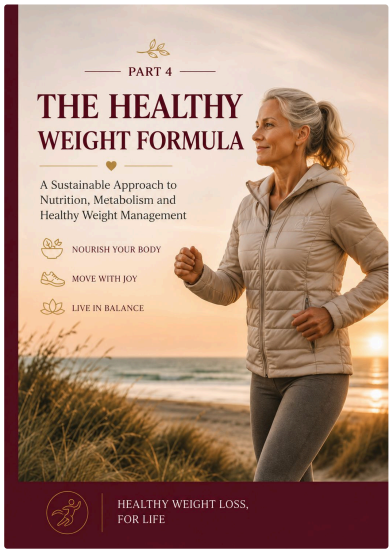
This guide is just one part of a complete approach to better health and lasting balance. **The Complete Balance Method™** brings together gut health, stress and cortisol, sleep and recovery, hormonal health, nutrition, healthy weight, energy, movement and practical daily routines — because your body does not work in separate parts. Each e-book and bonus guide has been created to help you understand your body more clearly and, above all, turn that knowledge into realistic actions you can actually maintain.

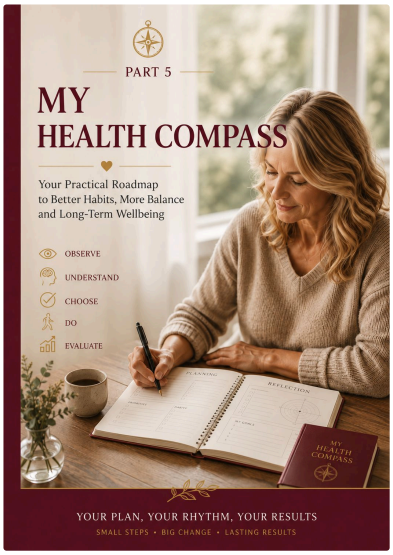
E-Books











5 Bonus Guides

This guide is just one part of a complete approach to better health and lasting balance. **The Complete Balance Method™** brings together gut health, stress and cortisol, sleep and recovery, hormonal health, nutrition, healthy weight, energy, movement and practical daily routines — because your body does not work in separate parts. Each e-book and bonus guide has been created to help you understand your body more clearly and, above all, turn that knowledge into realistic actions you can actually maintain.

