



Product catalogue 2020



NUTRILEYA  
sintonia naturale

## Nature in its most advanced form.

COSMETIC NUTRACEUTICAL PHYTOTHERAPY



Nature offers numerous opportunities; Nutrileya makes the most of the therapeutic properties of plants and their active principles which, when extracted, selected and combined correctly, have a beneficial effect on our body. Phytotherapy has its roots in tradition and is still as valid today as it combines century-old experience and the innovation of scientific research and production processes. This is why Nutrileya resorts to a pool of specialised and highly experienced subcontractors that guarantee high-performance and safe products made with cutting-edge technology.

## Quality according to Nutrileya

- **Original formulas:**

all products are carefully formulated by Nutrileya.

- **Searching for the best:**

herbal extracts from the best scientific evidence, most of which patented, in a mix developed for specific needs.

- **Science and innovation:**

with the right amounts and an active principle titration, every product can express its maximum effectiveness.

- **Nutrileya products are 100% made in Italy.**

Thanks to these characteristics, Nutrileya products give value to the Pharmacists' recommendation and they are ideal for those who:

- have decided to invest in specialization and qualified advice
- want to differentiate themselves, also in the offer, and to make their customers loyal.

Nutrileya products are distributed exclusively in Pharmacy and Parapharmacy channel.



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# Nutridef adulti

Immune system booster.  
Cold prevention.



## Range of application

- for all people **over 12 who want to prevent seasonal ailments**
- for those **who frequently get sick**
- for those **with a weakened immune system due to various kinds of stress**
- for those **in convalescence to avoid relapse**
- for those **who are frequently in contact with the public**
- for those **who practice intense physical activity**

## Associations

- Nutriregular boulardii
- Nutriregular flora
- Nutrilen repair

## Dosage form:

20 tablets

## Dosage:

1 tablet per day  
for 20 days of treatment,  
followed by 10 days  
of suspended treatment,  
in a 3 month cycle.

Gluten and preservative free

**Regulatory status in  
Italy: Food supplement**

## Benefits of Nutridef adults

It is a modern and sophisticated immunostimulant that acts on a broad spectrum on the specific and non-specific immune system. The presence of an adaptogenic plant (Schisandra) favors adaptation to seasonal changes. The presence of the tindalized paracasei associated with betaglucan is useful in cases of relapsing candida. The increase in circulating IgA values makes the formula effective in those who carry out physical activity. The once-daily administration, for 20 days a month, makes it comfortable to take. One pack for one month of therapy.

## Components (1 tablet):

**Tyndallized Lactobacillus paracasei (1.5 billion cfu):** stimulates the production of antibodies produced by B lymphocytes, increases the production of IgA, protecting the mucous membranes of the respiratory and urogenital system.

**Astragalus membranaceus root 100 mg dried extract titrated 16% in polysaccharides:** activates Th1 and Th2, increases the production of IL-1 and TNF-. Particularly good against the rhinovirus.

**Shiitake (Shiitake) 100 mg dried extract titrated 8% in polysaccharides:** the most important active ingredient of the plant complex is a beta-glucan, the lentinan, that is able to stimulate macrophages, T lymphocytes, and natural killer cells.

**Schisandra chinensis fruit 60 mg dried extract titrated 5% in schisandrine:** has tonic-adaptogenic and immunostimulant effects. Increases tone and adaptability during changes of season. It also has antiviral, antitussive, and mucolytic activity.

**Wild rose fruit 65 mg dried extract titrated 70% in Vitamin C:** white blood cells use this source of natural Vitamin C more easily than synthetic ascorbic acid, thanks to its higher bioavailability.

**Zinc gluconate 93 mg (zinc 12.5 mg):** activates white blood cells by increasing the count of T-helper lymphocytes, useful in fighting infections.

**Beta Glucan 210 mg:** it activates the immune system in a gentle and balanced way by stimulating the activity of phagocytes which have the function of trapping and destroying foreign substances such as viruses and bacteria. It is also known for its antifungal action.

# Nutridef bambini

Immune system booster.  
Cold prevention.



## Range of application

- for all children **over 3 years of age to prevent colds**
- for children **who have frequent respiratory infections**
- for all children **in convalescence to prevent relapses**

## Associations

- Nutrireregular flora kids
- Nutrisprint cell power

## Benefits of Nutridef bambini

Formulation that combines modernity and tradition with complete activation of the defense mechanisms of the immune system. It also supports growth and provides energy to the baby thanks to the presence of high concentration royal jelly and vitamin C. The daily administration (10 ml), for 20 days a month, makes it comfortable to take. One pack for one month of therapy



**Dosage form:**  
200 ml bottle

**Dosage:**  
10 ml per day for 20 days  
of treatment,  
followed by 10 days  
of suspended treatment,  
in a 3 month cycle.

Gluten and preservative free

## Components (10 ml):

**Tyndallized Lactobacillus paracasei (1.0 billion cfu):** stimulates the production of antibodies produced by B lymphocytes and increases the production of IgA, protecting the mucous membranes of the respiratory and urogenital systems.

**Blackcurrant (Ribes nigrum L.) fruit 50 mg dried extract tit. 1% in anthocyanins:** has a strong anti-inflammatory effect on the respiratory mucosa, regulating the expression of IL-6, IL-8 and TNF- $\alpha$ , proinflammatory cytokines. It supports the immune system and has an antiviral effect. In fact, recent studies demonstrate its effectiveness against influenza viruses.

**Echinacea angustifolia root 50 mg dried extract titrated 0.6% in echinacoside:** known for helping to prevent and treat cold and flu symptoms.

**Royal jelly 100 mg titrated 4% in 10-HDA:** improves immune response and the general function of the body.

**Wild rose fruit 100 mg dried extract titrated 70% in Vitamin C:** source of natural Vitamin C that has an higher bioavailability compared to synthetic ascorbic acid.

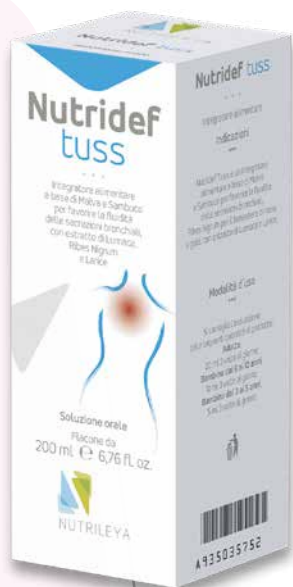
**Zinc gluconate 56 mg (Zinc 7,5 mg):** determines the activation of white blood cell by increasing the count of T-helper lymphocytes, useful in fighting infections.

**Regulatory status in Italy: Food supplement**



# Nutridef **tuss**

Treatment of dry and productive cough and cold symptoms.



## Range of application

- in case of **dry and irritating cough**
- in case of **productive cough**
- in case of **cold symptoms that affect the upper respiratory system**
- in case of **vellichio**
- for adults and children over **3 years of age**.

## Associations

- Nutridef tuss pastiglie
- Nutridef flu bustine
- Nutridef aerosol

## Dosage form:

200 ml bottle

## Posologia:

5 ml three times per day  
for children up to 6 years;

10 ml three times per day  
from 6 to 12 years;

20 ml 2 times per day  
over 12 years.

## Flavored:

raspberry

Gluten and preservative free

**Regulatory status in  
Italy: Food supplement**

## Benefits of Nutridef tuss

One of the richest products on the market as regards the formulation, with a low content of sugar (oral solution and not syrup). Useful in case of dry, irritative (snail extract) and productive cough. It does not only perform symptomatic action but is also able to activate the immune system (Elderberry, Currant, Larch). For the whole family. Excellent quality, quantity and price ratio.

## Components (20 ml):

**Snail extract (*helicis pomatiae*) 400 mg (in Nutridef tuss):** rich in enzymes that decompose many organic molecules such as proteins, glycoproteins, and polysaccharides. The mucopolysaccharides give the characteristic viscosity and film-forming ability, and are protective and moisturizing. Its rich composition has important healing properties.

**Larch (*Larix occidentalis*) cortex 150 mg dried extract titrated in arabinogalactans:** arabinogalactan is a polysaccharide found in the bark of larch and useful to promote intestinal and the whole-body health (due to its prebiotic effect). Recent studies have shown that arabinogalactan helps to increase the total count of white blood cells by enhancing the immune system response. Recently, it has been discovered that Larch arabinogalactans possess mucoadhesive properties that protect the inflamed oropharyngeal mucosa.

**Mallow (*Malva sylvestris* L.) leaves 150 mg dried extract:** rich in mucilage that have demulcent protective and filming properties of the upper respiratory tract, protecting against irritation. It is therefore useful for dry, irritating, and productive coughs.

**Elderberry (*Sambucus nigra* L.) flowers 150 mg dried extract titrated 10% in anthocyanins:** the dry extract obtained from inflorescences has antiviral effects against the common flu virus, as well as anti-inflammatory, decongestant, and expectorant properties. The mucilage contained in the extract also soothes irritated mucous membranes. The diaphoretic effect is also useful against fevers.

**Blackcurrant (*Ribes nigrum* L.) fruit 110 mg dried extract:** has a strong anti-inflammatory effect on the respiratory mucosa, regulating the expression of IL-6, IL-8 and TNF- $\alpha$ , proinflammatory cytokines. It supports the immune system and has an antiviral effect. In fact, recent studies demonstrate its effectiveness against influenza viruses.

# Nutridef tuss complex

Treatment of dry and productive cough and cold symptoms.

## Range of application

- in case of **dry and irritating cough**
- in case of **productive cough**
- in case of **cold symptoms that affect the upper respiratory system**
- for adults and children **over 3 years of age**

## Associations

- Nutridef tuss pastiglie
- Nutridef flu bustine
- Nutridef aerosol

## Benefits of Nutridef tuss complex

One of the richest products on the market as regards the formulation, with a low content of sugar (oral solution and not syrup). Useful in case of dry or productive cough, it has an antispasmodic action (Grindelia). It does not only perform symptomatic action but is able to activate the immune system (Elderberry, Currant, Larch). For the whole family. Excellent quality, quantity and price ratio.

## Components (20 ml):

**Grindelia flowers dried extract 150 mg (in Nutridef tuss complex):** the main active ingredients are diterpenic acids such as grindelic acid and other polyphenolic compounds, characterized by expectorant, bechica, protective, antispasmodic and anti-inflammatory activity. Grindelia is mainly used for the treatment of productive coughs and for the catarrh elimination from the first respiratory tract

**Larch (*Larix occidentalis*) cortex 150 mg dried extract titrated in arabinogalactans:** arabinogalactan is a polysaccharide found in the bark of larch and useful to promote intestinal and the whole-body health (due to its prebiotic effect). Recent studies have shown that arabinogalactan helps to increase the total count of white blood cells by enhancing the immune system response. Recently, it has been discovered that Larch arabinogalactans possess mucoadhesive properties that protect the inflamed oropharyngeal mucosa.

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**Dosage form:**  
200 ml bottle

**Dosage:**  
5 ml three times per day  
for children up to 6 years;

10 ml three times per day  
from 6 to 12 years;

20 ml 2 times per day  
over 12 years.

**Flavored:**  
raspberry

Gluten and preservative free

**Regulatory status in Italy: Food supplement**



# Nutridef aerosol

Treatment of cold and allergy symptoms.

## Range of application

- in case of **respiratory tract infections**
- in case of **cough, to fluidity secretions**
- in case of **allergy symptoms such as bronchial asthma, rhinitis**
- for adults and children.

## Associations

- Nutridef flu bustine o compresse
- Nutridef tuss - complex
- Nutridef naso spray
- Nutridef gola & voce



## Dosage form:

10 re-sealable vials

## Dosage:

**Adults:** spray one vial, without diluting it, once or twice a day.

**Children:** half a vial, once or twice a day

Sterile and preservative free

**Regulatory status in Italy: Medical Device**

## Benefits of Nutridef allergen

It is a formulation that represents a unique solution for different patient targets (suitable for children and adults). It can be used as a base for spraying various drugs thanks to the presence of hyaluronic and hypertonic; thanks to these two active ingredients and Boswellia it is useful in case of rhinosinusitis. It performs decongestant and expectorant action, as well as bronchodilator (Boswellia). Sterility and absence of essential oils allow pediatric nebulization. It can also be used in case of allergy (Perilla and Boswellia). Class 2 sterile medical device, without preservatives.

## Components (1 vial):

**Sambucus nigra L. flower dried extract:** the dry extract obtained from inflorescences has antiviral effects against common flu viruses, as well as anti-inflammatory, decongestant and expectorant properties.

**Grindelia flowery grass dried extract:** the main active ingredients are diterpene acids such as the grindelic acid and other polyphenol compounds with expectorant, antitussive, protective, antispasmodic and anti-inflammatory properties. Grindelia is mainly used to treat productive cough and phlegm in the upper airways.

**Casperome® Boswellia serrata resin dried extract titrated 25% in boswellic acids complexed with phospholipids of soybean:** the main active principles are boswellic acids, which have a pharmacological effect, inhibiting some enzymes such as 5-lipoxygenase, part of leukotriene synthesis, which is involved in chronic inflammatory processes typical of immunologic and allergic reactions. Unlike common NSAIDs, boswellic acids do not interfere with the synthesis of prostaglandins and its ulcerogenic effects have not been demonstrated. Clinical indications are allergic rhinosinusitis and bronchial asthma.

**Perilla frutescens leaf and seed dried extract:** the main active principles are flavonoids and rosmarinic acid, i.e. antioxidant and anti-inflammatory compounds important to prevent allergies. Perilla actively regulates immunoglobulin E (IgE) and histamine levels, which are naturally high in case of an allergic reaction.

**Hyaluronic acid:** its mist forms a thin protective layer on the respiratory system's mucous membrane, which restores the right level of hydration, protects it against contact with allergens and favours mucociliary clearance.

**Saline hypertonic solution 2%:** very useful especially in case of dense secretions difficult to expectorate due to an increased osmotic effect. The water drawn by the mucous membranes makes the mucus more fluid and easier to expectorate.



# Nutridef naso spray

Treatment of cold symptoms, rhinitis and sinusitis.



## Range of application

- in case of **viral and allergic rhinitis**
- in case of **nasal congestion**
- in case of **acute and chronic sinusitis**
- in case of **prevention and treatment of catarrhal otitis**.

## Associations

- Nutridef flu, Nutridef tuss e Nutridef aerosol in case of cooling symptoms
- Nutridef allergen e Nutridef aerosol in case of allergic symptoms



## Benefits of Nutridef naso spray

Complete formulation for the whole family and wide range of indications: from viral rhinosinusitis (Echinacea and Japanese honeysuckle) to allergic rhinosinusitis (Perilla). Contains Hypertonic and Hyaluronic. Class 2 sterile medical device, without preservatives. Thanks to the sophisticated technology of the cap that filters the air, sterility is preserved for 3 months after opening.

**Dosage form:**  
20 ml spray bottle

**Dosage:**  
after blowing the nose,  
1-2 nebulizations for nostril  
up to 5 times a day.

Sterile and preservative free

## Components:

**Echinacea purpurea root dried extract:** it is known for its activity in the treatment of cold&flu symptoms.

**Perilla frutescens leaves and seeds dried extract:** the most relevant active ingredients are flavonoids and rosmarinic acid, antioxidant anti-inflammatory compounds, precious for allergies prevention. The extract acts by modulating the level of immunoglobulins E (IgE) and histamine levels, naturally high in case of an allergic reaction.

**Polygonum cuspidatum (Japanese Honeysuckle) root dried extract:** the Japanese Honeysuckle is the plant with the highest content in resveratrol. Several studies have shown inhibitory effect of resveratrol on rhinovirus replication, influenza virus and syncytial respiratory virus. In particular, resveratrol would reduce the synthesis of pro-inflammatory molecules induced by infection, which are mainly responsible for the symptoms associated with viral respiratory tract infections.

**Hyaluronic acid:** it forms a thin protective layer on the nasal mucosa, restoring the correct hydration status. It protects from contact with allergens and facilitates their removal. Some studies show how the topical application of hyaluronic acid promotes the repair mechanisms of the skin lesions.

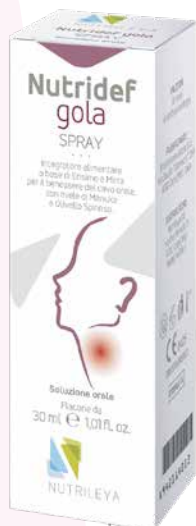
**2% hypertonic solution:** useful in case of very dense secretions thanks to an increase osmotic effect. The recalled water by the mucous membranes allows the mucus to be more fluid and eliminable. Useful in case of sinusitis, allergic rhinitis and in the prevention of catarrhal ear infections.

**Regulatory status in Italy: Medical Device**



# Nutridef gola spray

Treatment of oropharynx diseases.



## Range of application

- in case of **redness of oral mucosa**
- in case of **aphonia and dysphonia**
- in case of **canker sores, gingivitis, or pyorrhea**
- in case of **dental procedures.**

## Associations

- Nutridef flu bustine o compresse
- Nutridef gola & voce pastiglie

**Dosage form:**  
30 ml spray bottle

**Dosage:**  
3 sprays, up to a maximum  
of 4 times per day as needed

Gluten, Lactose and Alcohol free

**Regulatory status in  
Italy: Food supplement**

## Benefits of Nutridef gola spray

A cure-all for the entire oral cavity: the antibacterial, analgesic and re-epithelizing action of Honey and e.o. of Manuka goes perfectly with the antiseptic action of Myrrh and the anti-inflammatory action on the larynx and pharynx and mucolytic of Erisimo which contrasts the aphonia / dysphonia. It is therefore useful in case of aphthae, stomatitis of any etiological origin, hoarseness and lowering of the voice and sore throat.

## Components:

**Manuka (*Leptospermum scoparium* J.R.Forst. & G.Forst.) essential oil:** from the leaves and twigs of a plant from New Zealand, the *Leptospermum scoparium*, possesses strong antibacterial and anti-inflammatory activity (clinical studies demonstrate the ability of Manuka essential oil to lower the levels of TNF- and IL-4), with an activity about 30 times higher than Tea Tree oil. It also has a strong analgesic action.

**Manuka honey:** recent studies have demonstrated its unique antibacterial effect.

**Myrrh (*Commiphora myrrha* engl.) resin essential oil:** extract obtained from the resin possesses antibacterial and antiseptic effects useful in case of oral cavity diseases such as gingivitis, pyorrhea, and canker sores. The excellent antibacterial action also helps to neutralize the bacteria that cause bad breath.

**Erisimo (*Hedera Mustard* scop.) titrated 0.5% in glucosinolates:** also known as "the singer's herb", rich in flavonoids, it has antiseptic and anti-inflammatory effects on the respiratory system, especially on the oral cavity, and in the case of dysphonia and aphonia resulting from laryngitis, pharyngitis or tracheitis, thanks to the presence of mucilages and sulphurous compounds.

**Sea buckthorn (*Hippophae rhamnoides* L.) fruit dried extract:** it can be called a "natural multivitamin laboratory". It is rich in Vitamin C, A, E, P and numerous minerals and flavonoids. It was demonstrated that the polyphenol fraction has potent antiviral effects through the inhibition of neurominidasi on influenza viruses and the stimulation of INT- and IL-2.

# Nutridef spray propoli

Treatment of oropharynx diseases.

## Range of application

- in case of **redness of oral mucosa**

## Associations

- Nutridef flu bustine o compresse
- Nutridef gola & voce pastiglie



## Benefits of Nutridef spray propoli

It is an extraordinarily rich formulation in active ingredients. The high content of active components, in particular of the high titration in galangine (12%) of the dry extract of Propolis and the presence of Copaiba olioiresin with antiseptic and anti-inflammatory action, make it one of the richest and most well formulated products on the market.

## Dosage form:

30 ml spray bottle

## Dosage:

3 sprays, up to a maximum of 4 times per day as needed

Gluten and lactose free

## Components:

**Propolis dried extract tit. 12% in galangin:** numerous studies have shown that galangin present in propolis is among the molecules that have antiviral and antibacterial action. The higher the concentration of galangin, the more effective the propolis is.

**Calendula officinalis flowers dried extract:** it contains triterpenes, flavonoids, polysaccharides, carotenes, phytosterols, mucilages, salicylic acid and bitter substances; it possesses anti-inflammatory, antibacterial, antiviral activity. Thanks to its emollient and disinfectant properties it is used in the treatment of sore throats.

**Plantago lanceolata leaves glyceric extract:** rich in active components such as, iridoid glycosides (aucubin), flavonoids (luteolin), mucilages, tannins, pectins, salicylic acid, mineral salts, especially zinc and potassium, vitamins A, C, and K. It has anti-inflammatory and antibacterial action, thanks to the presence of aucubine. It also performs an emollient, expectorant and soothing action.

**Copaiba olioiresin:** the whole copaifera genus includes small tropical trees and is part of the fabace family. The antiseptic and anti-inflammatory properties are due to the main active ingredient, beta-carophyllene (up to 48%).

**Regulatory status in Italy: Food supplement**



# Nutridef gola&voce pastiglie

Treatment of oropharynx diseases.



## Range of application

- in case of **redness of oral mucosa**
- in case of **aphonia and dysphonia**
- in case of **canker sores, gingivitis, or pyorrhea**
- in case of **dental procedures**

## Associations

- Nutridef gola spray o propoli spray
- Nutridef flu bustine o compresse

## Dosage Form:

20 lozenges

## Dosage:

1 lozenge, up to 6 per day as needed.

## Flavour :

honey, orange,  
honey and lemon

Lozenges are preservative  
Free

**Regulatory status in  
Italy: Food supplement**

## Benefits of Nutridef gola&voce pastiglia

Perfect complement of the spray formulation of which it maintains the formulation cornerstones (Manuka Honey, Myrrh and Erisimo with one of the highest concentrations on the market), giving relief to the oral cavity and in case of hoarseness and lowering of the voice. In 3 very pleasant flavours.

## Components (6 lozenges):

**Manuka honey 240 mg:** recent studies have demonstrated its unique antibacterial effect.

**Myrrh (Commiphora myrrha engl.) resin essential oil 75 mg:** extract obtained from the resin possesses antibacterial and antiseptic effects useful in case of oral cavity diseases such as gingivitis, pyorrhea, and canker sores. The excellent antibacterial action also helps to neutralize the bacteria that cause bad breath.

**Erisimo (Hedge Mustard scop.) flowers dried extract 240 mg:** also known as "the singer's herb", rich in flavonoids, it has antiseptic and anti-inflammatory effects on the respiratory system, especially on the oral cavity, and in the case of dysphonia and aphonia resulting from laryngitis, pharyngitis or tracheitis, thanks to the presence of mucilages and sulphurous compounds.



# Nutridef tuss pastiglie

Treatment of dry and productive cough  
and cold symptoms

## Range of application

- in case of **dry and irritating cough**
- in case of **productive cough**
- in case of **cold symptoms that affect the upper respiratory system**
- in case of **vellicchio**

## Associations

- Nutridef tuss - tuss complex
- Nutridef flu
- Nutridef aerosol



## Benefits of Nutridef tuss pastiglie

Perfect complement to Nutridef tuss oral solution, of which they maintain the formulation structure (extract of Snail, Mallow and Elderberry). Unique product based on Snail extract formulated in hard tablets.

### Dosage form:

20 lozenges 2,5 g

### Dosage:

1 lozenge, up to 6 per day as needed

### Flavour :

raspberry  
and balsamic

Gluten and lactose free

**Regulatory status in Italy: Food supplement**

## Components (6 lozenges):

**Helix aspersa (snail) extract dry extract 60 mg:** rich in enzymes that decompose many organic molecules such as proteins, glycoproteins, and polysaccharides. The mucopolysaccharides give the characteristic viscosity and film-forming ability, and are protective and moisturizing. Its rich composition has important healing properties.

**Malva sylvestris L. leaves dry extract 150 mg:** rich in mucilage that have demulcent, protective, and filming effects on the upper airways, protecting them against irritation. It is therefore useful for treating both dry and productive cough.

**Sambucus nigra L. flowers dry extract titrated 10% in anthocyanins 150 mg:** has antiviral effects towards the common flu virus. In addition, it has anti-inflammatory, decongestant, and expectorant properties. The mucilage contained in the extract also has soothing effects for the irritated mucous membranes. The diaphoretic effect is useful against fever.



# Nutridef flu compresse

Treatment of cold symptoms.



## Range of application

- for all people **over 12 years** who have a respiratory infection
- for anyone who **shows the first symptoms** of sore throat, cough, rhinitis.

## Associations

- Nutridef tuss - tuss complex
- Nutridef naso spray
- Nutridef aerosol
- FANS
- Antipyretics
- Antibiotics (if prescribed)

## Dosage form:

15 tablets

## Dosage:

2 tablets in the morning  
and 2 tablets  
in the evening

Gluten, lactose,  
and preservative free

**Regulatory status in  
Italy: Food supplement**

## Benefits of Nutridef flu compresse

Very effective formulation to be taken at the first symptoms of cold. Excellent in case of rhinitis, also associated with fever. It carries out an immunomodulatory and diaphoretic action thanks to the presence of Elderberry and Andrographis. It shortens the recovery time. Association with decongestant drugs is possible.

## Components (1 tablet):

**Morus alba 150 mg dried extract titrated 1% in DNJ:** White mulberry exerts an analgesic, anti-asthmatic, and diaphoretic effect. It also has an expectorant effect. It is often used in the treatment of fever and headache.

**Andrographis paniculata aerial parts 100 mg dried extract titrated 10% in andrographolides:** contains arabinogalactan that stimulates the activity of macrophages, natural killer cells, and cytokines. The EMA suggests using it in the treatment of symptoms of influenza and other upper respiratory diseases.

**Sambucus nigra flowers 100 mg dried extracts titrated 10% in anthocyanins:** the latest research suggests that this plant has antibacterial and antiviral effects, especially against influenza viruses, which has also been highlighted by the EMA. It supports the natural recovery process, in combination with the classic antioxidants Vitamin C and Zinc.

**Zinc gluconate 31 mg (zinc 4.16 mg):** activates white blood cells by increasing the count of T-helper lymphocytes, useful in fighting infections.

**Wild rose fruit 65 mg dried extract titrated 70% in Vitamin C:** source of natural Vitamin C that is used more easily by white blood cells because of its higher bioavailability compared to synthetic ascorbic acid. It also acts as an antioxidant.

# Nutridef flu bustine

## Treatment of cold symptoms.



### Range of application

- for all people **over 6 years who have a respiratory infection**
- for anyone who **shows the first symptoms of sore throat, cough, rhinitis.**

### Associations

- Nutridef tuss - tuss complex
- Nutridef naso spray
- Nutridef aerosol
- FANS
- Antipyretics
- Antibiotics (if prescribed)



### Benefits of Nutridef flu bustine

Very effective formulation to be taken at the first symptoms of cold. Excellent in case of phlegm. It performs an immunomodulatory action thanks to the presence of Elderberry and Astragalus. N-Acetylcysteine performs mucolytic action. It shortens the recovery time. Association with decongestant drugs is possible.

### Dosage form::

14 powder sachets

### Dosage:

**Adults:** 3 sachets per day,  
**Children from 6 years on:**  
2 sachets per day.

### Flavour :

orange

Gluten, lactose,  
and preservative free

**Regulatory status in  
Italy: Food supplement**

### Components (1 powder sachet):

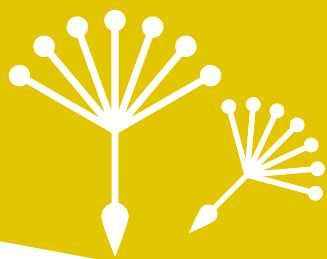
**N-acetylcysteine 200 mg [in sachet form]:** is an N-acetylated derivative of the cysteine sulfated amino acid. It has antioxidant and mucolytic activity.

**Astragalus membranaceus root 100 mg dried extract titrated 70% in polysaccharides:** activates Th1 and Th2, increases the production of IL-1 and TNF-. Particularly good against the rhinovirus.

**Sambucus nigra flowers 100 mg dried extracts titrated 10% in anthocyanins:** the latest research suggests that this plant has antibacterial and antiviral effects, especially against influenza viruses, which has also been highlighted by the EMA. It supports the natural recovery process, in combination with the classic antioxidants Vitamin C and Zinc.

**Zinc gluconate 31 mg (zinc 4.16 mg):** activates white blood cells by increasing the count of T-helper lymphocytes, useful in fighting infections.

**Wild rose fruit 65 mg dried extract titrated 70% in Vitamin C:** source of natural Vitamin C that is used more easily by white blood cells because of its higher bioavailability compared to synthetic ascorbic acid. It also acts as an antioxidant.



# Nutridef allergen

Allergic symptoms.



## Range of application

- in case of **typical allergy symptoms** such as **rhinitis, bronchial asthma, cough dry, and conjunctivitis**
- in case of **itchy skin**

## Associations

- Nutridef aerosol
- Nutrilen collirio - gocce oculari
- Nutridef naso spray
- Nutriflog crema
- Antihistamines
- Cortisone
- Decongestants

## Dosage form:

30 tablets

## Dosage:

**for prevention,**

1 tablet per day for 30-45 days;

**in case of acute symptoms,**  
up to 4 tablets per day  
as needed.

Gluten, lactose,  
and preservative free

**Regulatory status in  
Italy: Food supplement**

## Benefits of Nutridef allergen

Product that develops a unique mechanism of action. It is able to limit the chemotaxis of eosinophils (Andrographis) and performs an antihistamine action through Perilla. Thanks to the presence of Casperome® (Boswellia phytosomal) it is able to treat respiratory symptoms related to allergies. Designed both to prevent allergic manifestations and to alleviate acute symptoms, without the side effects of antihistamines, of which it can reduce the use when associated. Also useful in prevention.

## Components (1 tablet):

**Perilla frutescens leaves and seeds dry extract titrated 2,5% in total polyphenols 250 mg:** recent scientific research has allowed us to isolate the chemical constituents, which predominantly consist in polyphenols (in particular flavonoids and anthocyanins), terpenoides, and an essential oil rich in caryophyllene. This last component deters allergic inflammation, through inhibition of 5-lipoxygenase with reduction of leukotriene C4 (LTC4) synthesis, inhibition of IgE formation and inhibition alpha-Tumor Necrosis Factor production. In addition, it has an antioxidant effect. Perilla extract is free from perillaldehyde, a potential allergenic constituent.

**Andrographis paniculata aerial parts dry extract titrated 10% in andrographolides 100 mg:** able to relieve inflammation by inhibiting pro-inflammatory mediators (NO, IL-1 beta and IL-6), inflammatory mediators [PGE (2) and TXB (2)] and allergy mediators [LTB (4)]. The andrographolides are also able to down-regulate the expression of IL-5 and eotaxin and simultaneously decrease the movement of eosinophils to the mucous.

**Casperome® Boswellia serrata resin dry extract titrated 25% in boswellic acids complexed with phospholipids of soybean 130 mg:** modern scientific research has highlighted several substances in the Boswellia resin, called boswellic acids. Those acids have a particular pharmacological effect, inhibiting some enzymes such as 5-lipoxygenase, part of leukotriene synthesis, which is involved in chronic inflammatory processes (typical of immunologic and allergic reactions). Unlike common NSAIDs, boswellic acids do not interfere with the synthesis of prostaglandins. An ulcerogenic effect has not been demonstrated. Clinical indications are allergic rhinosinusitis and bronchial asthma.



# Nutridef sun

## Protection and prevention of skin aging and sun poisoning.

### Range of application

- in case of **exposure of the skin to sunlight** (in particular if frequent and prolonged)
- in the case of **melasma - chloasma**
- in case of **vitiligo**

### Associations

- Diet rich in polyphenols and carotenoids
- Cream with high protective factors during sun exposure



### Benefits of Nutridef sun

It protects the skin from damage caused by exposure to the sun. Innovative for the presence (in addition to the active ingredients commonly present in this type of product) of the well-known American fern *Polypodium leucotomos* which has shown in various studies antioxidant and protective activities also against melanoma. It is therefore able to reduce the occurrence of redness, erythema and hyperpigmentation during sun exposure. *P. Leucotomos* has also showed a proven effectiveness in fighting chloasma.

**Dosage form:**  
30 capsules

**Dosage:**  
1 capsule per day;  
it is advisable to start  
the treatment 30 days  
before the exposure

Gluten, lactose,  
and preservative free

### Components (1 capsule):

**Polypodium leucotomos 250 mg:** type of fern native to the tropical and subtropical regions of America, from Florida to the Caribbean, up to Paraguay. The rhizomes of this plant were used in traditional medicine by the natives to treat inflammation and skin diseases: the extract has interesting antioxidant properties to counteract free radicals and inhibit the lipid peroxidation of cell membranes. This means that the extract of *Polypodium leucotomos* is the best extract to protect the skin from exposure to UV rays, to reduce the risk of serious diseases including melanoma.

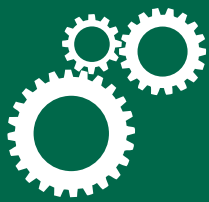
**Vitamin E 20 mg:** Vitamin E or Tocopherol is a fat-soluble vitamin, formed by a group of compounds called tocopherols and tocotrienols. The primary role of vitamin E is to protect the body's tissues from harmful reactions (peroxidation) and free radicals. Vitamin E protects cell membranes by preventing peroxidation of membrane phospholipids, protects vitamin A from oxidation and prevents cardiovascular diseases.

**Beta carotene 7 mg:** Beta carotene belongs to the category of carotenoids, plant pigments that represent the precursors of vitamin A (retinol). It has antioxidant properties, counteracting the emergence of free radicals; it is the main source of vitamin A for vegetarians: in case of need, beta carotene is converted by the body into vitamin A, involved in very important biological functions (for example the synthesis of glycoproteins).

**Lycopene 4 mg:** while normal sunscreens protect externally from UV rays, the intake of lycopene helps to repair the photoinduced damage from the infrared rays of the sun. It has an antioxidant effect 100 times more effective than Vitamin E.

**Copper 1,5 mg: the functions performed in the body by the Copper are multiple:** it is one of the main components of melanin, a pigment that intervenes in the coloring of hair, eyes and skin. Furthermore this mineral is also a powerful antioxidant that helps slow down the aging of our body cells. In practice it protects cell membranes from the harmful activity of free radicals.

**Regulatory status in Italy: Food supplement**



# Nutrireregular 3

Gastrointestinal well-being.



## Range of application

- in case of **irritable bowel syndrome**
- in case of **bowel irregularity**
- in case of **Flatulence and bloating**
- in case of **digestive problems**
- in case of **nausea**.

## Associations

- Nutriflog compresse
- Nutrireregular flora
- Nutrireregular bouldarii
- Nutrireregular digest
- Nutrireregular omega 3
- Nutrireregular lacto-boost
- Nutrireregular detox

## Dosage form:

14 powder sachets

## Dosage:

2 sachets dissolved in water per day (one after breakfast and one after lunch) for 7 days; continue with 1 sachet per day for 3 weeks.

## Flavour:

citrus

Gluten and preservative free

**Regulatory status in Italy: Food supplement**

## Benefits of Nutrireregular 3

Unique formulation, inspired by a successful drug of traditional Japanese herbal medicine. Useful in case of symptoms associated with irritable colon such as swelling, abdominal tension, alternate alvo, feeling of not complete emptying. It performs both anti-inflammatory and regularizing action of peristalsis, two key points of the pathology. Thanks to the presence of high dosage ginger it is able to facilitate digestion, reduce nausea and heaviness in the stomach.

## Components (1 powder sachet):

**Zingiber officinalis rhizome 400 mg titrated 5% in total gingerols:** the root of this plant, commonly known as Ginger, is used in modern herbal medicine for the treatment for dyspeptic disorders such as belching, heartburn, flatulence, and nausea. It also contributes to the improvement of gastrointestinal motility. Monoterpenes, sesquiterpenes, gingerol, and 6-gingesulfonic acid all seem to have an anti-ulcer effect, and are among the most interesting active components of the plant complex. Based on preclinical and clinical data, the shogaoli—produced after drying of the roots and arising from gingerols—determine the increase in intestinal blood flow.

**Zanthoxylum piperitum fruit 150 mg:** Sichuan pepper is known to improve and speed up normal digestive function. An important activity attributed to this extract is the stimulation of phasic contractions in the duodenum and jejunum, speeding up the filling of the small intestine.

**Panax ginseng root 85 mg titrated 20% in ginsenosides:** in addition to being used as a tonic, thanks to the ginsenoside content in its root, Ginseng appears to be useful in regulating intestinal motility due to an activation of the cholinergic enteric system.

**Bifidobacterium infantis and mixture of tyndallized probiotics 1.5 billion and lysate Lactobacillus acidophilus 2 billion:** probiotics are used in cases of dysfunction and imbalance of the intestinal flora (IBS, imbalance of intestinal motility, gas production, inflammation). Bifidobacterium infantis is one of the most promising probiotics in treating IBS, decreasing symptoms such as bloating, pain and difficulty of peristalsis. They also regulate the relationship between IL-10 and IL-12 (anti- and pro-inflammatory cytokines).

### \*Bibliography:

1. Effect of daikenchuto (TU-100) on gastrointestinal and colonic transit in humans; Noriaki Manabe, Michael Camilleri, Archana Rao, Banny S. Wong, Duane Burton, Irene Busciglio, Alan R. Zinsmeister, and Ken Haruma; Am J Physiol Gastrointest Liver Physiol 298: G970–G975, 2010.
2. Effect of Traditional Japanese Medicine, Daikenchuto (TJ-100) in Patients With Chronic Constipation; Akira Horiuchi, Yoshiko Nakayama, Naoki Tanaka; Gastroenterology Research 2010;3(4):151-155;
3. Intragastric Dai-Kenchu-To, a Japanese herbal medicine, stimulates colonic motility via transient receptor potential cation channel subfamily V member 1 in Dogs; Daisuke Kikuchi et al.; Tohoku J. Exp. Med., 2013, 230, 197-204;

Scientific information reserved for health professionals

# Nutrireregular nauxen

Motion sickness, gastric disorders,  
various types of nausea.

## Range of application

- in case of motion sickness
- in case of nausea of different origin, including pregnancy nausea\*
- in case of digestive problems.

## Associations

- Nutrireregular 3
- Nutrireregular digest
- Nutrireregular reflux
- Nutrireregular flora



## Benefits of Nutrireregular nauxen

Association of vitamin B6 and Ginger in the quantity and titration provided by the European Monograph which makes the product effective in case of digestive difficulties, heavy stomach, motion sickness and pregnancy nausea. Lemon flavoured and chewable tablets, from 6 years of age on.

## Components (1 tablet):

**Zingiber officinale (Ginger) rhizome dry extract 180 mg titrated 5% in gingerols:** the characterizing active ingredients are gingerols and shogaols. Traditionally, Ginger is used in treatment of digestive problems, in case of dyspepsia, colic, gas and bloating. In addition, several studies have shown an anti-nausea effect.

**Vitamin B6 1 mg:** pyridoxine is the cofactor of the enzyme Glutamic Acid Decarboxylase (GAD), responsible for the synthesis of GABA. For this pyridoxine enhances the synthesis of GABA and consequently decreases the excitability of the central nervous system.

## Dosage form:

20 chewable tablets

## Dosage:

**For motion sickness prevention:** adults and children over the age of 6, 2 tablets 30 min. before travelling.

While travelling, 1-2 tablets every 4 hours.

**In case of digestive problems:** 1-2 tablets, up to 4 times per day.

## Flavour:

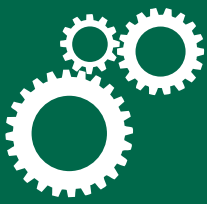
lemon

Gluten, lactose and preservative free

**Regulatory status in Italy:** Food supplement

\*Bibliography:

1. Effects of ginger for nausea and vomiting in early pregnancy: a meta-analysis. Thomson M, et al. J Am Board Fam Med. 2014 Jan-Feb.  
2. Maternal safety of the delayed-release doxylamine and pyridoxine combination for nausea and vomiting of pregnancy: a randomized placebo controlled trial.  
Koren G, et al. BMC Pregnancy Childbirth. 2015.



# NutriRegular reflux

Treatment of gastroesophageal reflux and heartburn.

## Range of application

- in case of **gastroesophageal reflux**
- in case of **heartburn**
- in case of **coughing related to acid reflux**
- in case of **gastritis**.

## Associations

- NutriRegular acid
- NutriRegular 3



### Dosage form:

12 stickgel

### Flavour:

mint

### Dosage form:

14 sachets

### Flavour:

Licorice

### Dosage:

Take 1 sachet/stickgel after meals or before going to sleep.

Maximum dosage

3 sachets/stickgel a day

Gluten, lactose, and preservative free

**Regulatory status in Italy: Food supplement**

## Benefits of NutriRegular reflux

Complete and innovative formulation that carries out various therapeutic actions: “raft” effect carried out by alginates, the barrier effect and the anti-*Helicobacter pylori* action evidenced by several studies on Chios mastic and the anti-reflux and tissue regenerating action of Chondroitin sulphate make the product a complete and effective solution. The product is free of aluminium salts and clays.

## Components (1 stickgel - 1 sachet):

**Lentiscus (*Pistacia lentiscus* L.) resin dry extract (Chio Mastic) 250 mg:** the resin contains numerous micro-elements such as polyphenols, terpene acids and essential oils with documented antibacterial properties, especially against *Helicobacter pylori*.

**Malva sylvestris L. leaves dried extract 90 mg titrated 25-30% in polysaccharides:** the leaves, rich in mucilage, give the plant emollient and anti-inflammatory properties which protect the mucous membranes from gastric acid. Thanks to these properties, mallow can help treat gastritis, heartburn and oesophageal reflux.

**Sodium alginate 250 mg:** the structure of alginic acid is similar to pectin, and therefore gels in contact with water (it can absorb a quantity of water up to 200 times its weight). The gel prevents stomach content from flowing back into the oesophagus. Associated with sodium or potassium bicarbonate, sodium alginate is indicated for the treatment of gastroesophageal reflux disease (GERD) symptoms, heartburn (acid indigestion), heartburn during pregnancy, hiatus hernia, acid reflux.

**Chondroitin sulphate 160 mg:** substance used in the most recent products. It protects and regenerates the gastric mucous tissue even when damaged by small ulcers.

**Potassium bicarbonate 100 mg:** see sodium alginate.



# Nutriregular acid

Treatment of heartburn and gastritis.

## Range of application

- in case of **gastric acidity**
- in case of **gastritis**.

## Associations

- Nutriregular reflux
- Nutriregular flora



## Benefits of Nutriregular acid

Classic formulation that relieves the symptoms of heartburn thanks to the buffer salts, enhanced by the scientifically proven anti-inflammatory action on the gastric mucosa of the patented extract of red and blue fruits. The tablets can be slowly dissolved in the mouth or swallowed if necessary.

**Dosage form:**  
20 chewable tablets

**Dosage:**  
1-2 tablets, chewed or dissolved in the mouth after meals, up to 5 tablets per day, as needed.

**Flavour:**  
wild berries

Gluten, lactose, and preservative free

**Regulatory status in Italy:** Food supplement

## Components (1 tablet):

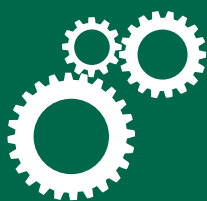
**Red fruit (mixture orac 6000) 100 mg:** recent research by the University of Milan\* has shown that ellagitannins, present in this type of fruit, have excellent anti-inflammatory effects in the stomach and can be exploited to prevent gastritis and ulcers.

**Mallow (Malva sylvestris L.) leaves 90 mg dried extract:** these leaves, rich in mucilage, give the plant emollient and anti-inflammatory features which protect the mucous membranes from gastric acid. Because of these properties, mallow can be useful to treat gastritis, heartburn, and oesophageal reflux.

**Sodium bicarbonate 100 mg:** commonly used for heartburn, gastritis, and peptic ulcers thanks to its ability to neutralize stomach acidity.

**Calcium carbonate 200 mg:** has a longer-lasting neutralizing power than Sodium bicarbonate.

\*Bibliography:  
Ellagitannins from Rubus berries for the control of gastric inflammation: in vitro and in vivo studies; Enrico Sangiovanni et al.  
Department of Pharmacological and Biomolecular Sciences, Università degli Studi di Milano. PLoS One 2013 5;8(8):e71762. Epub 2013 Aug 5.



# Nutrireregular digest

Digestive insufficiency of proteins, lipids and starches



## Range of application

- in case of **digestive insufficiency of proteins, lipids and starches**
- in case of **primary and secondary dyspepsia**
- in the case of deficiency syndromes of minerals and vitamins in **metabolic disorders**
- in case of treatment of **allergic syndromes and food intolerances**
- in the case of **diets and detoxifying therapies**
- in case of **bloating, constipation, diarrhoea**
- in case of **halitosis**
- in case of **immune system deficiencies**.

## Associations

- Nutrireregular flora
- Nutridiur
- Nutrireregular 3
- Nutrisprint multivitaminico
- Nutriflog compresse
- Nutrireregular detox
- Nutrireregular lacto-boost

## Dosage form:

20 gastroresistant capsules

## Dosage:

1 capsule 15 minutes before the main meal, up to 2 capsules a day

Gluten, lactose, and preservative free

**Regulatory status in Italy: Food supplement**

## Benefits of Nutrireregular digest

It is a complete mix of 7 enzymes (Enzi-mix) that reach the intestine unaltered thanks to the gastro-protected capsule. The digestive action is also carried out thanks to the use of high dosage Ginger. Useful in case of food intolerances, halitosis, digestive difficulties of lipid and starch proteins, primary and secondary dyspepsia, and intestinal inflammation.

## Components (1 capsule):

**Zingiber officinalis (Ginger) rhizome e.s 180 mg tit. 5% gingerol:** its active ingredients are gingerols and shogaols. Ginger is traditionally used for digestive problems, in cases of dyspepsias, colic, swelling and nausea.

**Enzi-mix, a mixture of digestive enzymes, 125 mg**

**Amylase (3,750 DU):** Amylases are enzymes involved in the digestion of carbohydrates. They are mainly produced by pancreatic cells and salivary glands. Pancreatic amylase hydrolyzes the ingested starch, completing its digestion in the first part of the small intestine (duodenum).

**Proteases (7,500 HUT):** hydrolytic enzymes involved in protein digestion. With their action, the proteases are able to break the peptide bonds; they are divided into endopeptidases and exopeptidases, which are essential for the digestion of food proteins.

**Glucoamylase (5 AGU):** different enzymes contribute synergistically to the hydrolysis of amylose and amylopectin, respectively water-soluble and non-starch fraction. Glucoamylase, a pullulanase, is able to release glucose from these chains.

**Lipase (281.25 FCC FIP):** it is an enzyme able to carry out the hydrolysis of fats, transforming triglycerides into glycerol and fatty acids, in the process of lipolysis.

**(750 CU):** they are a family of enzymes, mainly produced by fungi, bacteria and protozoa that belong to the family of hydrolases and that catalyze the hydrolysis of 1,4-s-D glycosidic bonds in cellulose, lichenine and s- Cereal D-glucans.

**Lactase (1,250 ALU):** lactase is an enzyme used to digest the characteristic sugar of milk; in more technical terms this protein is responsible for the enzymatic hydrolysis of lactose in glucose and galactose.

**Pectinase (17,5endo-PGU):** hydrolysis enzyme capable of depolymerizing pectins to methyl esters of galacturonic acid. It is a low molecular weight substance found in Fungi.

# Nutriregular lax

Lazy bowel and gut health.

## Range of application

- in case of **constipation**
- in case of **bowel irregularities**.

## Associations

- Nutriregular flora
- Intestinal prokinetic and anti-inflammatory as Nutriregular 3
- Nutriregular digest
- Appropriate diet



## Benefits of Nutriregular lax

Complete laxative as regards the action mechanism: it combines the stimulating action on intestinal smooth muscle (Senna), with the osmotic action (Sorbitol) and the prebiotic and detoxifying action (Chicory).

**Dosage form:**  
30 tablets

**Dosage:**  
1-2 tablets a day.  
The effectiveness of plants containing anthraquinones is felt after 8-12 hours

Gluten, lactose,  
and preservative free

**Regulatory status in Italy: Food supplement**

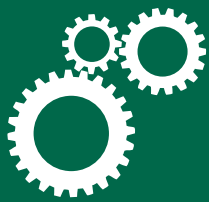
## Components (1 tablet):

**Cassia angustifolia (Senna) leaves dry extract 100 mg titrated 20% in sennosides:** it contains anthraquinone that promotes peristalsis. In fact, it stimulates the large intestine's smooth muscles through the decrease of the absorption of fluids and salts, softening the stool.

**Rhamnus frangula (Buckthorn) bark dry extract 25 mg titrated 7.5-9% in glycosides hydroxyanthracene:** the anthraquinones present in this plant stimulate the smooth muscle in the last part of the intestine by promoting peristalsis and by softening the stool in the intestinal lumen.

**Prunus domestica (Plum) fruit dry extract 50 mg titrated 7% in sorbitol:** the sorbitol contained in the extract has a laxative effect. In addition, the high fibre content and the substance oxyphenisatin are known for their laxative properties.

**Chichorium intybus (chicory) root dry extract 50 mg:** the inulin contained in this extract stimulates the growth of intestinal bacterial flora and promotes peristalsis. It is also able to reduce the production of gas and promote digestion.



# Nutriregular flora bustine

Balance of intestinal flora, dysbiosis.

## Range of application

- in case of **diarrhea**
- in the case of **antibiotic therapy**
- in the case of **eating disorders**
- in case of **vaginal mycosis (adjuvant-preventive)**.

## Associations

- Nutriregular digest
- Nutriflog compresse
- Nutriregular cyst
- Nutriregular omega 3
- Nutriregular 3
- Nutriregular cyst
- Nutriregular cyst urto
- Nutriregular lacto-boost

## Benefits of Nutriregular flora bustine

Nutriregular flora bustine is the probiotic according to Nutrileya: a rich mix of strains to colonize large tracts of the intestine consistently with the diversity of the intestinal microbiota associated with a spore that is useful in case of concomitant intake of antibiotics. The presence of the transient strain (*L. bulgaricus*) completes the structure of the modern probiotic. The sachet formulation contains prebiotics (FOS) and is flavourless and lactose free. Useful in case of constipation, dysbiosis.

### Dosage form:

14 powder sachets

### Dosage:

1 sachet per day

Gluten, lactose,  
and preservative free

**Regulatory status in  
Italy: Food supplement**

## Components (1 powder sachet):

**Fructo-oligosaccharides 500mg:** Prebiotics par excellence. They boost the positive intestinal bacteria (*Bifidobacterium* and *Lactobacillus*) at the expense of the negative ones (*Clostridia*). They are not affected by enzymatic digestion in the upper part of the gastrointestinal tract and arrive at the caecum unchanged. They are not even found in faeces, which indicates that they are degraded by the intestinal bacterial flora to a mixture of short chain fatty acids (acetic acid, propionic acid, butyric acid) and other metabolites.

***Lactobacillus acidophilus* 2 billion CFUs:** the main probiotic that colonizes the first intestinal tract (duodenum and jejunum). During its metabolism, it creates improper conditions for the growth of pathogenic bacteria including *Escherichia coli*. It promotes normal bowel function in case of sluggish bowel, diarrhoea, and flatulence. Useful in fighting *Candida* infections.

***Lactobacillus bulgaricus* 2 billion CFUs:** this *Lactobacillus* is transient (which means that it does not colonize the bowel), a condition that promotes the acidification of small intestine, creating an inhospitable environment for pathogenic bacteria and plays synergistic role with *Lactobacillus acidophilus*.

***Lactobacillus sporogens* 2 billion CFUs:** called this because of its "spores" that can germinate quickly once arrived in the intestine, this bacterium does not need special treatment to survive the gastric barrier. For these characteristics, it is known as the "king" of probiotics.

***Bifidobacterium bifidum* 2 billion CFUs:** colonizes the large intestine and the vaginal tract (useful in controlling yeast). It carries anti-inflammatory and immune-stimulating proprieties, promotes IgA response, and is useful for prophylactic treatment in IgE-linked responses.





# Nutrireregular flora flaconcini

## Balance of intestinal flora, dysbiosis

### Range of application

- in case of **diarrhoea**
- in the case of **antibiotic therapy**
- in the case of **eating disorders**
- in case of **vaginal mycosis (adjuvant-quote)**
- in case of **intestinal dysbiosis**
- in case of **atopy**.

### Associations

- Nutrireregular digest
- Nutriflog compresse
- Nutrireregular cyst
- Nutrireregular omega 3
- Nutrireregular 3
- Nutrireregular lacto-boost
- Nutrireregular detox
- Nutrireregular cyst urto

### Benefits of Nutrireregular flora flaconcini

Nutrireregular flora flaconcini is the probiotic according to Nutrileya: a rich mix of strains to colonize large tracts of the intestine consistently with the diversity of the intestinal microbiota. All strains are present at the same CFUs and at the correct concentrations. The presence of the transient (*Streptococcus thermophilus*) completes the structure of the modern probiotic. The formula is flavourless, equipped with a dry cap, an insulated tank that does not allow moisture to penetrate into the capsule containing the probiotics. Useful in case of dysentery, constipation, dysbiosis and as adjuvant or in prevention of pathologies of the genitourinary tract.

### Components (1 vial):

**Lactobacillus acidophilus 1 billion CFUs:** the main probiotic that colonizes the first intestinal tract (duodenum and jejunum). During its metabolism, it creates improper conditions for the growth of pathogenic bacteria including *Escherichia coli*. It promotes normal bowel function in case of sluggish bowel, diarrhoea, and flatulence. Useful in fighting *Candida* infections.

**Lactobacillus plantarum 1 billion CFUs:** one of the most common species in vaginal fluid. Namely, *Lactobacillus plantarum* has a strong capacity to adhere to skin cells. Among the most useful strains to treat IBS.

**Lactobacillus casei 1 billion CFUs:** effective for the treatment of intestine infections, it strengthens immune defences and maintains the balance of the intestinal tract by improving its function as intestinal barrier. It enhances the innate immune system and has anti-inflammatory properties, especially for the elderly.

**Lactobacillus rhamnosus 1 billion CFUs:** it regulates immune tolerance and inhibits the production of proinflammatory cytokines. It has exceptional adherence to the colon. Among the most useful strains for the treatment of diarrhoea due to viral aetiology and antibiotics. Together with *plantarum*, *acidophilus* and *bifidum*, it is one of the strains forming the vaginal flora.

**Bifidobacterium bifidum 1 billion CFUs:** it colonises the large intestine and the vaginal tract (useful in controlling yeast). It has anti-inflammatory and immunostimulant proprieties, promotes IgA response and is useful for prophylactic treatment in IgE-linked responses.

**Streptococcus thermophilus 1 billion CFUs:** it is a transient lactobacillus (does not colonise the intestinal tract) that helps acidification in the small intestine by creating an inhospitable environment for pathogenic bacteria and it complements *Lactobacillus acidophilus*. It has anti-inflammatory properties as well.

Scientific information reserved for health professionals



### Dosage form:

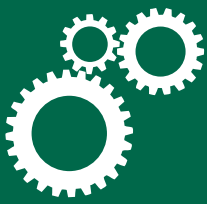
10 vials

### Dosage:

1 vial per day  
Humidity-proof  
sealing cap  
(with 3-Phase technology)

Gluten and Lactose free

**Regulatory status in Italy: Food supplement**



# Nutrireregular flora kids

Balance of intestinal flora, dysbiosis.

## Range of application

- in case of **diarrhea**
- in the case of **antibiotic therapy**
- in the case of **eating disorders**
- in case of **intestinal dysbiosis**
- in case of **atopy**.

## Associazioni

- Nutrireregular digest
- Nutriflog compresse
- Nutrireregular cyst
- Nutrireregular omega 3
- Nutrireregular 3
- Nutrireregular lacto-boost
- Nutrireregular detox
- Nutrireregular cyst urto



## Dosage form:

10 vials

## Dosage:

1 vial per day

Humidity-proof sealing cap  
(with 3-Phase technology)

Gluten, lactose-free  
and flavourless

**Regulatory status in  
Italy: Food supplement**

## Benefits of Nutrireregular flora kids

Nutrireregular flora kids is the Nutrileya probiotic to be used in paediatrics: the complete and modern mix is useful for colonizing the entire intestinal tract consistently with the biodiversity of the intestinal microbiota. The presence of GOS (Galacto-oligosaccharides) with prebiotic action make the product suitable for paediatric use. All probiotic strains are present at the same CFUs and at the correct concentrations. Furthermore, the presence of the transient (*Streptococcus thermophilus*) completes the structure of the modern and effective probiotic. The formula is flavourless and pleasant, ideal for children. The product is equipped with a dry cap, an insulated tank that does not allow moisture to penetrate into the capsule containing the probiotics. Useful in case of dysentery, constipation, dysbiosis.

## Components (1 vial):

**GOS (Galacto-Oligosaccharides) 100 mg:** they are particular substances formed by galactose and glucose; the progenitor of this family of oligosaccharides is lactose (disaccharide formed by glucose and galactose). Galacto-oligosaccharides are normally found in breast milk, but can be produced from lactose for the action of the  $\beta$ -galactosidase enzyme. They are known to perform a prebiotic action; they are used in particular by bifidobacteria and it has been shown that their use leads to the proliferation of this specific type of bacteria present in large quantities in the human intestine.

**Lactobacillus acidophilus 1 billion CFUs:** the main probiotic that colonizes the first intestinal tract (duodenum and jejunum). During its metabolism, it creates improper conditions for the growth of pathogenic bacteria including *Escherichia coli*. It promotes normal bowel function in case of sluggish bowel, diarrhoea, and flatulence. Useful in fighting *Candida* infections.

**Lactobacillus plantarum 1 bln CFU:** one of the most common species in vaginal fluid. Namely, *Lactobacillus plantarum* has a strong capacity to adhere to skin cells. Among the most useful strains to treat IBS.

**Lactobacillus casei 1 bln CFU:** effective for the treatment of intestine infections, it strengthens immune defences and maintains the balance of the intestinal tract by improving its function as intestinal barrier. It enhances the innate immune system and has anti-inflammatory properties, especially for the elderly.

**Lactobacillus rhamnosus 1 bln CFU:** it regulates immune tolerance and inhibits the production of proinflammatory cytokines. It has exceptional adherence to the colon. Among the most useful strains for the treatment of diarrhoea due to viral aetiology and antibiotics. Together with *plantarum*, *acidophilus* and *bifidum*, it is one of the strains forming the vaginal flora.

**Bifidobacterium bifidum 1 bln CFU:** it colonises the large intestine and the vaginal tract (useful in controlling yeast). It has anti-inflammatory and immunostimulant properties, promotes IgA response and is useful for prophylactic treatment in IgE-linked responses.

**Streptococcus thermophilus 1 bln CFU:** it is a transient lactobacillus (does not colonise the intestinal tract) that helps acidification in the small intestine by creating an inhospitable environment for pathogenic bacteria and it complements *Lactobacillus acidophilus*. It has anti-inflammatory properties as well.

# Nutriregular flora capsule

Balance of intestinal flora, dysbiosis.

## Range of application

- in case of **diarrhoea**
- in the case of **antibiotic therapy**
- in the case of **eating disorders**
- in case of **vaginal mycosis (adjuvant-quot)**
- in case of **intestinal dysbiosis**
- in case of **atopy**.

## Associazioni

- Nutriregular digest
- Nutriflog compresse
- Nutriregular cyst
- Nutriregular omega 3
- Nutriregular 3
- Nutriregular lacto-boost
- Nutriregular detox
- Nutriregular cyst urto

## Benefits of Nutriregular flora capsule

Nutriregular flora capsule is the probiotic according to Nutrileya: rich mix of strains to colonize large tracts of the intestine consistently with the diversity of the intestinal microbiota. All strains are present at the same CFUs and at the correct concentrations. The presence of the transient (*Streptococcus thermophilus*) completes the structure of the modern probiotic. The formula is useful in case of dysentery, constipation, dysbiosis and as an adjuvant or in prevention of pathologies of the genitourinary tract.

## Components (1 capsule):

**Lactobacillus acidophilus 1 billion CFUs:** the main probiotic that colonizes the first intestinal tract (duodenum and jejunum). During its metabolism, it creates improper conditions for the growth of pathogenic bacteria including *Escherichia coli*. It promotes normal bowel function in case of sluggish bowel, diarrhoea, and flatulence. Useful in fighting *Candida* infections.

**Lactobacillus plantarum 1 billion CFUs:** one of the most common species in vaginal fluid. Namely, *Lactobacillus plantarum* has a strong capacity to adhere to skin cells. Among the most useful strains to treat IBS.

**Lactobacillus casei 1 billion CFUs:** effective for the treatment of intestine infections, it strengthens immune defences and maintains the balance of the intestinal tract by improving its function as intestinal barrier. It enhances the innate immune system and has anti-inflammatory properties, especially for the elderly.

**Lactobacillus rhamnosus 1 billion CFUs:** it regulates immune tolerance and inhibits the production of proinflammatory cytokines. It has exceptional adherence to the colon. Among the most useful strains for the treatment of diarrhoea due to viral aetiology and antibiotics. Together with *plantarum*, *acidophilus* and *bifidum*, it is one of the strains forming the vaginal flora.

**Bifidobacterium bifidum 1 billion CFUs:** it colonises the large intestine and the vaginal tract (useful in controlling yeast). It has anti-inflammatory and immunostimulant proprieties, promotes IgA response and is useful for prophylactic treatment in IgE-linked responses.

**Streptococcus thermophilus 1 billion CFUs:** it is a transient lactobacillus (does not colonise the intestinal tract) that helps acidification in the small intestine by creating an inhospitable environment for pathogenic bacteria and it complements *Lactobacillus acidophilus*. It has anti-inflammatory properties as well.

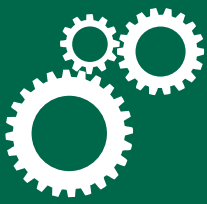


**Dosage Form:**  
20 capsules

**Dosage:**  
1 capsule a day

Gluten and Lactose free

**Regulatory status in Italy: Food supplement**



# NutriRegular flora orosolubile

Balance of intestinal flora, dysbiosis.

FROM MAY 2020



## Range of application

- in case of **diarrhoea**
- in the case of **antibiotic therapy**
- in the case of **eating disorders**
- in case of **vaginal mycosis** (adjuvant-quoté)
- in case of **intestinal dysbiosis**
- in case of **atopy**.

## Associations

- NutriRegular digest
- Nutriflog compresse
- NutriRegular cyst
- NutriRegular omega 3
- NutriRegular 3
- NutriRegular lacto-boost
- NutriRegular detox
- NutriRegular cyst urto

## Benefits of NutriRegular flora orosolubile

NutriRegular flora orosolubile is the probiotic according to Nutrileya: a rich mix of strains to colonize large tracts of the intestine consistently with the diversity of the intestinal microbiota. All strains are present at the same CFUs and at the correct concentrations. The presence of the transient (*Streptococcus thermophilus*) completes the structure of the modern probiotic. The formula is flavourless. Useful in case of dysentery, constipation, dysbiosis and as adjuvant or in prevention of pathologies of the genitourinary tract.

## Dosage Form:

20 orosoluble sachets

## Dosage:

1 sachet a day

Gluten, lactose free  
and flavourless

**Regulatory status in  
Italy: Food supplement**

## Components (1 sachet):

**Lactobacillus acidophilus 1 billion CFUs:** the main probiotic that colonizes the first intestinal tract (duodenum and jejunum). During its metabolism, it creates improper conditions for the growth of pathogenic bacteria including *Escherichia coli*. It promotes normal bowel function in case of sluggish bowel, diarrhoea, and flatulence. Useful in fighting *Candida* infections.

**Lactobacillus plantarum 1 billion CFUs:** one of the most common species in vaginal fluid. Namely, *Lactobacillus plantarum* has a strong capacity to adhere to skin cells. Among the most useful strains to treat IBS.

**Lactobacillus casei 1 billion CFUs:** effective for the treatment of intestine infections, it strengthens immune defences and maintains the balance of the intestinal tract by improving its function as intestinal barrier. It enhances the innate immune system and has anti-inflammatory properties, especially for the elderly.

**Lactobacillus rhamnosus 1 billion CFUs:** it regulates immune tolerance and inhibits the production of proinflammatory cytokines. It has exceptional adherence to the colon. Among the most useful strains for the treatment of diarrhoea due to viral aetiology and antibiotics. Together with *plantarum*, *acidophilus* and *bifidum*, it is one of the strains forming the vaginal flora.

**Bifidobacterium bifidum 1 billion CFUs:** it colonises the large intestine and the vaginal tract (useful in controlling yeast). It has anti-inflammatory and immunostimulant proprieties, promotes IgA response and is useful for prophylactic treatment in IgE-linked responses.

**Streptococcus thermophilus 1 billion CFUs:** it is a transient lactobacillus (does not colonise the intestinal tract) that helps acidification in the small intestine by creating an inhospitable environment for pathogenic bacteria and it complements *Lactobacillus acidophilus*. It has anti-inflammatory properties as well.

# Nutriregular bouldardii

Diarrhoea, IBS and colitis.

## Range of application

- in case of **diarrhoea** associated with antibiotic therapy in adults and children
- in case of **traveller's diarrhoea**
- prevention of **intestinal infections** with Candida and Escherichia coli
- in the case of **Chron's disease**
- in case of **IBS**
- in the case of **ulcerative colitis**

## Associations

- Nutriregular 3
- Nutriregular cyst
- Nutriflog compresse
- Nutriregular omega 3
- Nutriregular lacto-boost
- Nutriregular detox
- Nutriregular cyst urto

## Benefits of Nutriregular bouldardii

Nutriregular Bouldardii is effective in the prevention and treatment of diarrhoea related to intestinal, antibiotic and traveler's dismicrobism. Thanks to the unique combination of *Saccharomyces bouldardii* and *Lactobacillus rhamnosus*, it cleans before replacing the normal probiotic flora. It is able to carry out intestinal anti-inflammatory action and is therefore useful in intestinal inflammatory diseases.

## Components (1 capsule):

**Saccharomyces Bouldardii 4 billion CFUs:** it is a strain of tropical yeast isolated for the first time in 1923 by the French scientist Henri Bouldard from the cherry of China (Litchi) and from the fruit of the Mangosteen. Being a yeast, it is not inactivated by antibiotics. It is a very useful probiotic for balancing our intestinal flora. This yeast has proved to be particularly effective in preventing and treating diarrhea associated with antibiotic therapy in both adults and children, which for at least one third of cases is due to an infection of *Clostridium difficile*, as it is able to inactivate the pathogenic toxins A and B produced by *C. difficile*. Some studies have shown that *Saccharomyces bouldardii* is able to prevent intestinal infections caused by *Candida albicans* and *Escherichia coli*. *Saccharomyces bouldardii* is stable at acid pH, and it is therefore able to reach the intestine in a short time and at high concentrations. The clinical efficacy of *Saccharomyces bouldardii* has been evaluated in several types of chronic inflammatory diseases, including Crohn's disease, irritable bowel syndrome, ulcerative colitis.

**Lactobacillus rhamnosus 2 billion CFUs:** it modulates immune tolerance and inhibits the production of proinflammatory cytokines. It has an exceptional adherence to the colon. Among the most useful strains in the treatment of diarrhea with viral etiology and antibiotics. Together with plantarum, acidophilus and bifidum is one of the constituent strains of the vaginal bacterial flora.



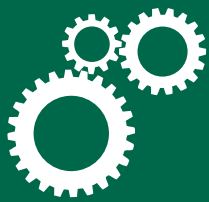
**Dosage form:**  
20 capsules

**Posologia:**  
1-2 capsules daily  
if possible on an empty  
stomach and at regular  
intervals.

Gluten and preservative free

**Regulatory status in  
Italy: Food supplement**





# NutriRegular lacto-boost

Balance of intestinal flora, dysbiosis.

FROM MAY 2020



## Range of application

- in case of **diarrheal symptoms**
- in case of **need to detoxify the intestine**
- in case of **inflammatory bowel symptoms**
- in case of **dysbiosis**
- in case of **taking antibiotics**

## Associations

- NutriRegular 3
- NutriRegular boulardii
- NutriRegular flora
- NutriRegular digest
- NutriRegular detox
- Nutriflog compresse

## Benefits of NutriRegular Lacto-boost

NutriRegular Lacto-boost is an innovative product that contains an exclusive and rich blend of active ingredients that promotes the eubiotic growth of bacteria. The modified release ensures that the active components can perform their task after 4-6 hours in the distal part of the intestine. It conveys micronutrients, amino acids, hydrolysed proteins and sugars capable of stimulating the replication of symbiotes without creating fermentation like the classic prebiotic fibres known today.

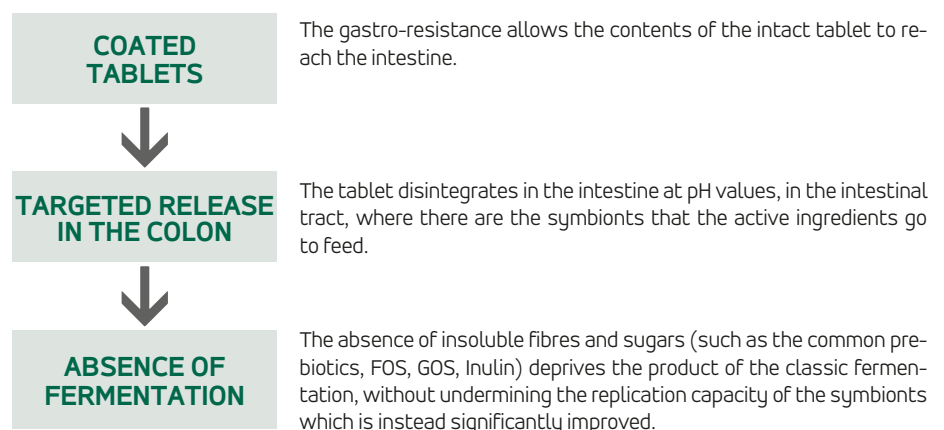
**Dosage form:**  
30 coated tablets

**Dosage:**  
1 tablet a day

Gluten and preservative free

**Regulatory status in Italy: Food supplement**

## Features:



# NutriRegular detox

Intestinal detoxification, diarrhoea, well-being of the intestinal flora.

## Range of application

- in case of **diarrheal symptoms**
- in case of **need to detoxify the intestine**
- in case of **inflammatory bowel symptoms**

## Associations

- NutriRegular 3
- NutriRegular bouldarii
- NutriRegular flora
- NutriRegular digest
- NutriRegular lacto-boost
- Nutriflog compresse

## Benefits of NutriRegular Detox

NutriRegular detox is a medical device with specific gastrointestinal detoxifying properties. Thanks to the presence of a Xerogel based on poly-methylsiloxane, an inert chemical compound, with great adsorbing capacity against numerous toxins, it is able to give benefit to the whole gastrointestinal tract. It is useful in case of diarrhoea, intestinal infections of different origins, and dysbiosis. It incorporates and eliminates toxins of various origins (heavy metals, radionuclides, hydrofluoric derivatives). It can be used in pregnancy and breastfeeding.

## Components:

**Xerogel polymethylsiloxane:** it is an adsorbent substance, it retains toxins of chemical, bacterial origin, food allergens, metabolic waste and heavy metals. Once ingested, it acts like a kind of molecular sponge. It is excreted within 12 hours of intake, without affecting the physiological gastrointestinal balance.

FROM MAY 2020



**Dosage form:**  
15 capsules

**Dosage:**  
3-4 tablets a day

Gluten, lactose  
and preservative free

**Regulatory status in  
Italy: Medical Device**



# Nutriregular cardio

Metabolism of lipids and carbohydrates.



**Dosage form:**  
20 tablets

**Dosage:**  
1 tablet per day, taken with water, preferably in the evening.

Gluten, lactose and preservative free

**Regulatory status in Italy:**  
**Food supplement**

## Range of application

- for those who want to keep **cholesterol and plasma triglycerides** under control
- for people suffering from **metabolic syndrome**

## Associations

- Nutriregular omega 3
- Nutrisprint cell power

## Benefits of Nutriregular cardio

Complete formulation with different action targets: Berberine and Monacolin K from fermented red rice for the control of cholesterol and triglycerides, oleuropein from Olive tree for the control of blood pressure, Berberine and Olive leaf extract for the control of blood sugar and Coenzyme Q10 and Folic acid for the reduction of side effects and the strengthening of the heart pump. Contains 10 mg of Monacolin K. Divisible tablets.

## Components (1 tablet):

**Berberis (Berberis aristata) cortex 350 mg dried extract tit. 85% in berberine:** berberine has generated significant interest due to its ability to decrease plasma glucose lower lipids. It up-regulates the expression of the receptor for low density lipoprotein (LDL-R), which results in a reduction of total cholesterol and LDL-C of approximately 30% and 25%, respectively. This up-regulation occurs through a post-transcriptional mechanism that stabilizes the mRNA. Berberine also seems to reduce triglycerides by about 35%.

**Rice (Oriza sativa) fermented with Monascus purpureus (red yeast) 333,33 mg dried extract tit. 3% in monacolin K:** red yeast rice contains monacolin K, whose chemical structure belongs to the class of statins that intervenes in the cholesterol metabolism in a dose dependent manner.

Olive (Olea europea) leaves 25 mg dried extract tit. 20% oleuropein: the most active pharmacological substances are the secoiridoids oleuropein and oleoside, which are best known for their peripheral hypotensive action (called vasodilation). The latter is due to a direct action of the plant complex on the smooth muscle cells of the vessel wall. Quercetin, also contained in the extract, exerts a calcium channel blocker activity on vascular smooth muscle.

**Coenzyme Q10 2 mg:** protects LDL from oxidation, which contributes to the creation of plaque. Assuming the Co-Q10 also provides heart muscles with a considerable increase of energy with a positive inotropic effect. Co-Q10 is useful for protection from the side effects produced by statins.

**Folic Acid 200 mcg:** can reduce levels of homocysteine, an amino acid in the blood whose high levels (hyperhomocysteinemia) are associated with increased cardiovascular risk.

# Nutriregular omega 3

Maintenance of normal heart, brain and vision function,  
and of normal blood pressure and blood triglyceride levels.

## Range of application

- optimal **brain functioning**
- correct **heart rhythm**
- correct **arterial pressure**
- correct **vision function**

## Indicated in the prevention of:

- **atherosclerosis**
- **inflammatory diseases** (rheumatoid arthritis, Chron's disease, ulcerative colitis)
- **psoriasis and dermatitis**
- **allergic asthma**

## Benefits of Nutriregular cardio

High concentration of EPA and DHA associated with the highest levels of quality and purity certified by the 5 stars awarded by IFOS (International Fish Oil Standard), the most famous international body based in Canada in establishing the quality standards of fish oil. It is useful for advice in the gastrointestinal, sports, skin, ocular, CNS fields.

## Components (1 capsule):

EPA 40% and DHA 30%

## Dosage for different indications

1. For the maintenance of normal cardiac function (250mg EPA-DHA)  
1 softgel per day
2. For the maintenance of normal brain and visual function (250mg DHA)  
1 softgel per day
3. For the maintenance of normal of blood triglycerides levels (2g of EPA-DHA)  
3 softgel per day
4. For the maintenance of normal blood pressure levels (3g of EPA-DHA)  
5 softgel per day



**Dosage form:**  
80 softgel

**Dosage form:**  
240 softgel

Gluten  
and lactose free

**Regulatory status in  
Italy: Food supplement**



# Nutrireregular sonno

Insomnia and difficulty falling asleep.



## Range of application

- in case of **difficulty falling asleep**
- in case of **difficulty sleeping through the night and early awakenings**
- in case of **jet lag**

## Associations

- Nutrireregular relax
- Nutrisprint magnesio

**Dosage Form:**  
30 tablets

**Dosage:**  
1 tablet per day,  
30 minutes  
before sleeping

Gluten, lactose  
and preservative free

**Regulatory status in  
Italy: Food supplement**

## Benefits of Nutrireregular sonno

Product designed to treat the different stages of insomnia, in order to facilitate falling asleep thanks to Melatonin, Tryptophan (98% from Griffonia) and Escolzia, and to limit nocturnal awakenings and early awakenings (Escolzia).

## Components (1 tablet):

**Melatonin 1 mg:** the three main activities of melatonin are the regulation of the sleep-wake schedule (also useful in case of jet lag), improved sleep quality by fastening the transition in III and IV phases (prior to the REM phase), and the regulation of body temperature, lowering it during the night.

**Griffonia simplicifolia seeds dry extract 25 mg titrated 98% in tryptophan:** appreciated for its anxiolytic, mood, and sleep regulating properties, thanks to the high concentration of tryptophan (an amino acid precursor of serotonin).

**Eschscholzia californica (California poppy) flowering tops dry extract 100 mg titrated 0.2% in protopine:** known for its sedative and hypnotic effect. These characteristics are due to the presence of alkaloids, particularly protopine. It acts on the cerebral cortex cells by promoting muscle relaxation and stimulating sleep. It facilitates falling asleep and reduces nocturnal waking.



# Nutrireregular relax

Agitation, anxiety, nervous tension, premenstrual syndrome.

## Range of application

- in case of **anxiety and agitation**
- in case of **muscle tension** or **anxiety** associated with gastrointestinal disorders
- in case of **premenstrual syndrome**
- in case of **difficulty falling asleep**.

## Associations

- Nutrireregular sonno, before bedtime
- Nutrisprint magnesio



## Benefits of Nutrireregular relax

It represents an effective advice thanks to the synergistic action of Hops and Melissa; both extracts perform Gabaergic action thus reducing anxiety and promoting sleep. The antispasmodic action, on the other hand, is useful in the states of anxiety associated with muscle and nervous tension.

## Components (1 tablet):

**Hop inflorescences dried extract 125 mg tit. 0.4% in Flavonoids:** the female inflorescences of *Humulus lupulus* (hops) have long been used in traditional medicine mainly for the treatment of sleep disorders, but are also indicated in neuralgia, in states of agitation associated with nervous tension. It seems that the sedative activity is mainly due to  $\alpha$ -acid, 2-methyl-3-buten-2-ol: the mechanism of action foresees the increase of the activity of the inhibitory neurotransmitter GABA through the modulation of GABA (A) receptors in the brain.

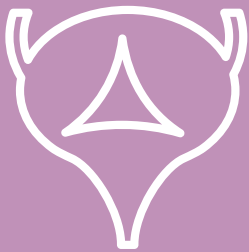
**Lemon balm leaves dried extract 100 mg tit. 12% rosmarinic acid:** the extract is known to have actions on the central nervous system of a sedative, anxiolytic and sleep-promoting type; it may also have pain-relieving action. Recently it has been shown that some flavonoids contained in the extract may have similar activity to that of benzodiazepines. It has a valid antispasmodic action on the smooth muscle of the intestine, which is due to the essential oil and partly also to the flavonoids, especially those containing apigenin, which seems due to an action to reduce the penetration of calcium into the muscle cells of the intestinal wall, which reduces its contraction.

**Dosage form:**  
20 tablets

**Dosage:**  
we recommend taking  
1-2 tablets a day  
to be swallowed with water.  
In case of insomnia,  
1-2 tablets before bedtime

Gluten, lactose,  
and preservative free

**Regulatory status in  
Italy: Food supplement**



# Nutrireregular cyst

Prevention of genitourinary tract infections.



## Range of application

- in case of **acute cystitis**
- in case of **recurrent cystitis**, to prevent it

## Associations

- Nutrireregular cyst urto in acuto
- Nutrireregular flora
- Nutrireregular bouldardii
- Nutrireregular lacto-boost
- Nutrireregular detox
- Antibiotics

## Dosage form:

20 capsules

## Dosage:

For prevention:  
1 capsule a day for 20 days.  
In case of acute symptoms:  
2 tablets a day,  
1 in the morning and 1 in the evening

Gluten, lactose  
and preservative-free

**Regulatory status in  
Italy: Food supplement**

## Benefits of Nutrireregular cyst

Interesting combination of Cranberry, correctly titrated to 36% in proanthocyanidins A, with Propolis which, as scientifically proven, increases the anti-adhesive properties of Cranberry. The formulation is completed by the presence of D-Mannose from Birch. The main indication of the product is the prevention of recurrent cystitis.

## Components (1 capsule):

**Cranberry fruit dried extract titrated 36% in proanthocyanidins 100 mg:** it helps the urinary tract function correctly and can be associated with an antibiotic therapy to treat acute episodes. It inhibits the link between Escherichia coli adhesins and urothelial cells, thereby preventing the bacteria from adhering to the cells. Local anti-inflammatory action through a marked reabsorption of acetylsalicylic acid with subsequent increase of the excreted urinary salicylate. Lowers the urine pH value, thus generating an unfavourable environment for bacterial growth.

**D-Mannose from birch 150 mg:** it is a simple sugar extracted from larch and birch wood. It is scarcely absorbed by the liver and/or other organs, thus reaching the kidneys and being expelled through the urinary tract, where it reaches high concentrations. Its anti-infective action is due to the competitive inhibition of the adhesion of bacteria, in particular E. coli, to urothelial cells.

**Propolis dried extract titrated 12% in total polyphenols 50 mg:** it boosts the anti-adhesive action of Cranberry and also has strong anti-bacterial properties.

# Nutrireregular cyst urto

Treatment of genitourinary tract infections.

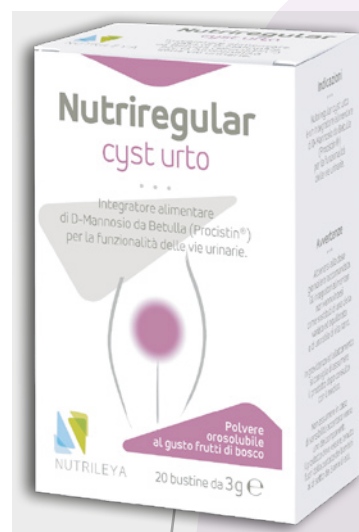


## Range of application

- in case of **acute cystitis**

## Associations

- Nutrireregular cyst
- Nutrireregular flora
- Nutrireregular bouldarii
- Nutrireregular lacto-boost
- Nutrireregular detox
- Antibiotics



## Benefits of Nutrireregular cyst urto

One of the few products with a high dosage of D-Mannose orosoluble powder. Effective against bacterial infections of the genitourinary tract, thanks to the high affinity of D-Mannose to the external lectins of many bacteria, in particular E. Coli. The adhesive capacity of D-Mannose bacteria is higher than that of the bladder cells. Therefore the higher concentration, developed thanks to the solubility, ensures greater effectiveness.

## Components (1 sachet):

**Birch D-Mannose 1.2 g:** it is a simple sugar extracted from larch and birch wood, which is poorly metabolized in the liver and / or other organs, it reaches the kidney and is expelled through the urinary tract where it reaches high concentrations. The mechanism of action is represented by the competitive inhibition of bacterial adhesion, in particular of E. coli, to urothelial cells.

## Dosage form:

20 orosoluble sachets

## Dosage:

1-2 sachets for day to be taken on an empty stomach and after emptying the bladder. Do not take food or liquid for about 30 minutes, in order to concentrate the product in the urine. After that drink plenty of water to remove the bacteria.

## Flavour:

wild berries

Gluten, lactose, and preservative free

**Regulatory status in Italy: Food supplement**



# Nutrireregular capelli & unghie

Hair loss and strengthening of the nails.

## Range of application

- in case of **weakened hair**
- in case of **brittle nails**

## Associations

- Iron-based food supplements



## Dosage form:

30 triple-layer tablets with differentiated release

## Dosage:

it is recommended to take 1 tablet per day preferably on an empty stomach, for cycles of 3 months.

Gluten, lactose and preservative-free

**Regulatory status in Italy: Food supplement**

## Benefits of Nutrireregular capelli & unghie

Nutrireregular capelli & unghie is a product rich in formulation and innovative in delivery technology that uses a 3-layer modified-release tablet. The first layer releases Ginkgo Biloba already in the first 5 minutes. The second layer contains Biotin, Horsetail, Zinc and Selenium which are released in the next 45 minutes in the first intestinal tract. Finally, the slower-release third layer allows the assimilation of L-Methionine and L-Cystine throughout the intestinal tract in the following 8 hours.

## Components (1 tablet):

### FAST RELEASE (5 minutes - stomach):

**Ginkgo biloba dried extract 100 mg:** improves peripheral circulation by promoting microcirculation and increasing blood fluidity. It performs an anti-radical action.

### NORMAL RELEASE (45 minutes - first part of the intestine):

**Zinc 10 mg:** hair loss can be a sign of Zinc deficiency. In fact, when the stocks of Zinc in our body are lost, the hair weakens, becomes fragile and breaks because the intake of Zinc facilitates the synthesis of Keratinose, a protein that regenerates the tissues.

**Selenium 0.08 mg:** it belongs to that group of substances called trace elements. Selenium is important because it enters the composition of an antioxidant enzyme glutathione peroxidase and is involved in the production of proteins present in the hair, improving its growth rate.

**Biotin 0.4 mg:** taking biotin can help prevent baldness, thinning hair, the appearance of grey hair and rebalance sebum production.

**Horsetail (Equiseto arvense) dried extract 200 mg:** very common plant in Italy, among the richest in mineral salts, especially silicon, useful for bones, teeth, nails and hair. Horsetail prevents and slows down hair loss and helps their growth.

### RETARD RELEASE (8 hours - intestine):

**L-Cystine 100 mg:** useful for the correct keratin synthesis, it is important for the correct structuring of hair and nails. Important for the synthesis of Taurine (liver detoxification) and Glutathione (Antioxidant)

**L-Methionine 300 mg:** its deficiency would induce accumulation of hydrogen peroxide in the hair follicles, a reduction in the effectiveness of tyrosinase and a gradual loss of hair colour. Useful for the correct synthesis of Keratin.

# Nutrisprint

Adaptogen and energizer against physical and mental fatigue.



## Range of application

- For those who **feel tired**
- For those who **have difficulties concentrating or who need more mental energy** (students and professionals under stress, etc.)
- For **convalescents**
- For **athletes, to replenish energy after intense workouts.**

## Associations

- Nutrisprint cell power
- Nutrisprint magnesio
- Nutrisprint ricarica (per sportivi)
- Nutriregular omega 3
- Nutrisprint salino
- Nutrisprint memo



## Benefits of Nutrisprint

Unique energizer in vials containing 200 mg of *Rhodiola rosea* titrated to 3% in rosavins following European Monograph's indications, associated with active ingredients with an ergogenic action. Vitamin B1 is involved in carbohydrate metabolism, Vitamin B6 in protein metabolism. The presence of *Rhodiola*, *Taurine* and a pool of B vitamins also favours the use in case of mental asthenia, difficulty concentrating and memorizing. The presence of *Guarana* titrated at low concentrations in caffeine and high in xanthines does not alter the cardiovascular parameters.

**Dosage form:**  
10 vials of 10 ml

**Dosage:**  
1-2 vials per day

**Flavour:**  
honey

Gluten and lactose free

**Regulatory status in Italy:** Food supplement

## Components (1 vial):

**Rhodiola rosea root 200 mg dried extract titrated 3% in rosavins:** globally recognized as the most complete plant with adaptogenic properties. It regulates the hypothalamus release of cortisol; it has energising properties attributable to an improvement of the ATP turn-over in the skeletal muscle cells, both in response to physical activity and oxidative stress.

**Taurine 250 mg:** an amino acid usually found only in animal products, it contributes to the digestion and assimilation of nutrients, improves tissue oxygenation, improves muscle function, and prevents cell aging by acting as an antioxidant.

**Malpighia punicifolia (Acerola) fruit 160 mg dried extract titrated to 25% in vitamin C:** a natural source of vitamin C, vitamin A, thiamin, riboflavin, niacin, calcium, iron, phosphorus, and antioxidants. One of the benefits of taking vitamin C extracted from plants, compared to a synthetic equivalent, is the bioavailability of carotenoids and flavonoids that synergize with ascorbic acid and improve its antioxidant properties.

**B Vitamins:** Vitamin B1 0.55 mg (50% NRVs), Vitamin B6 0.7 mg (50% NRVs), Vitamin B12 1.25 mcg (50% NRVs). They contribute to the reduction of fatigue.

**Paullinia cupana (Guarana) seeds 80 mg dried extract titrated 2.5% in caffeine:** the presence of caffeine gives the drug remarkable stimulating and energizing properties, improves attention and mental concentration, reduces the perception of fatigue, and facilitates the oxidation of fatty acids.

**Honey:** it is mainly composed of fructose and glucose, monosaccharide sugars that can be used more quickly as energy by our body compared to the common sucrose.





## Nutrisprint bambini

Mental and physical energizer, support for growth in children and adolescents.



### Range of application

- For **school-age children who struggle to concentrate**
- For **children who experience fatigue or engage in intense exercise**
- For **convalescents**
- For **children who have nutritional deficiencies or lack of appetite**

### Associations

- Nutrisprint cell power

### Dosage form:

10 vials of 10 ml

### Dosage:

1-2 vials per day

### Flavour:

orange

Gluten and lactose free

**Regulatory status in Italy: Food supplement**

### Benefits of Nutrisprint bambini

It contains high quality royal jelly (4% 10-HDA) with high concentration associated with B Vitamins, Vitamin C and high dosage Vitamin D (200% NRV); perfect combination of energy and support for the growth of the school-aged child. Very effective in case of loss of appetite.

### Components (1 vial):

**Royal jelly 200 mg titrated 4% in 10-HDA:** contains proteins and essential amino acids (30-50%), vitamins, and trace elements. It is a good tonic for mental and physical fatigue in children, and useful for convalescents.

**Vitamin D3 10 mcg/400 UI:** also called "the Sun Vitamin", whose primary role is to help calcium absorption for health and strong bones, it is very useful in periods of growth. Its use also helps the treatment of some skin diseases, such as psoriasis and atopic dermatitis.

**Malpighia punicifolia (Acerola) fruit 100 mg dried extract titrated 50% in Vitamin C:** a natural source of Vitamin C, Vitamin A, thiamine, riboflavin, niacin, calcium, iron, phosphorus, and antioxidants. One of the advantages of Vitamin C extracted from plants, in comparison with the synthetic equivalent, is the bioavailability of carotenoids and flavonoids which synergize with ascorbic acid and improve the antioxidant properties.

**B vitamins:** Vitamin B5 3 mg (50% NRVs), Vitamin B2 0.7 mg (50% NRVs), Vitamin B12 1.25 mcg (50% NRVs). Vitamins B5, B2, and B12 contribute to the reduction of tiredness and mental and physical fatigue.

**Honey:** it is mainly composed of fructose and glucose, monosaccharide sugars that can be used more quickly as energy by our body compared to the common sucrose.

# Nutrisprint memo

## Energy for the mind

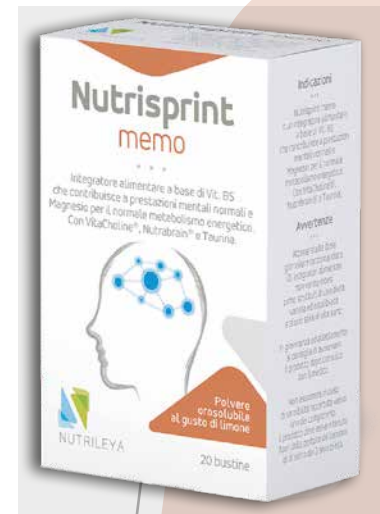


### Range of application

- in case of **mental fatigue**
- in the event of **increased energy** requirements following intense mental commitment (study, exams, work, etc.)
- in case of **cognitive impairment**

### Associations

- Nutrisprint adulti o bambini
- Nutrisprint cell power
- Nutrisprint magnesio



### Benefits of Nutrisprint memo

Nutrisprint memo is a rich and innovative formula with a broad spectrum of action that allows to provide energy to the body and mind. It combines substances that stimulate nerve transmission such as Vitacholine® (Choline) and Nutrabrain® (Nervonic Acid) with substances with a classic ergogenic action such as vitamin B5, Taurine and Magnesium. All these substances support the functionality of the central nervous system.

### Components (2 sachets):

**Nervonic acid 30 mg:** it is an important element in the biosynthesis of the myelin sheath of nerve cells. In the human brain up to 60% of the white matter sphingomyelin fatty acids are composed of nervonic acid. It is an essential nutrient for brain growth and maintenance and has significant effects on the functionality of brain nerve fibres and in the prevention of widespread pathologies such as senile dementia. It performs anti-aging, anti-stress and improvement of mnemonic abilities.

**Choline 82 mg:** it is an important component for the prenatal nutrition of infants, children, athletes and the geriatric population. Choline is converted to other important phospholipids involved in cellular signal transmission such as phosphatidylserine. It is therefore important to implement long-term memory in children and adolescents, due to age-related memory problems. It can also reduce the feeling of fatigue during exercise.

**Taurine 250 mg:** in the CNS it regulates cell volume and neurotransmission. Recently, various studies have shown that taurine plays a neuroprotective role for the CNS and is involved in neurogenesis, especially in the hippocampus, a brain area connected to memory.

**Vitamin B5 100% NRV:** pantothenic acid is useful for preventing states of mental fatigue and depressive states and contributes to the proper functioning of the nervous system.

**Magnesium 150 mg:** it enhances the synapses present in the hippocampus, that brain structure that helps us to retain long-term memories and guarantees an indispensable function in the pre-frontal cortex, that of short-term memory.

### Dosage form:

20 orosoluble sachets

### Dosage:

**Adults and children from 6 years:**

it is recommended to take 2 sticks per day preferably on an empty stomach

### Flavour:

lemon

Gluten, lactose, and preservative free

**Regulatory status in Italy: Food supplement**



## Nutrisprint cell power

Intake of vitamins, minerals and polyphenols from fruit and vegetables: energy and antioxidant action.

### Range of application

- in case of **loss of appetite in adults and children**
- in case of **daily intake of noble fruit and vegetable nutrients** not taken with the diet
- in case of **convalescence support**
- in the case of **sport activity as a basic daily supplement**

### Associations

- Nutrisprint ricarica (after physical exertion)
- Nutrisprint adulti o bambini
- Nutridiur to enhance the purifying effect
- Nutridiur metabolage to enhance the antioxidant effect
- Nutriregular omega 3
- Nutriregular cardio

### Benefits of Nutrisprint cell power

A daily dose is able to provide the equivalent in polyphenols of 5 meals of common fruit and vegetables (> 400 mg of gallic acid) thanks to the presence of the patented Oxyxynea® extract, scientifically validated. It is a concentrate of 11 fruit extracts and 11 vegetable extracts capable of bringing natural vitamins, minerals, carotenoids and polyphenols. Its complete action, (ergogenic thanks to the activation of cellular metabolism, antioxidant and cellular purification) helps the body to achieve homeostasis. The antioxidant power is equal to an ORAC 5.0 value of 45,000 µmol TEQ / day. A valid supplement for those who want to stay healthy and active every day.

10 ml =  
ANTIOXIDANT  
POWER OF  
5 PORTIONS  
OF FRUIT  
AND  
VEGETABLES



### Dosage form:

200 ml bottle

### Dosage:

10 ml per day

### Flavour:

raspberry

Gluten and lactose free

**Regulatory status in Italy: Food supplement**

### Components:

#### 11 fruits:

- **red and white grapes, black currants:** powerful antioxidants, they strengthen microcirculation and venous tone, helping to maintain the functionality of cell membranes.
- **Blueberry and grapefruit:** antioxidants, they strengthen venous tone and microcirculation, improve fluid drainage
- **Papaya and orange:** antioxidants, they improve digestive function
- **Pineapple:** it improves microcirculation, fluid drainage and digestive function
- **Apple and apricot:** they improve intestinal transit
- **Strawberry and cherry:** they mainly have an antioxidant action

#### 11 vegetables:

- **Green tea:** it carries out various actions including antioxidant, energizing and draining activity
- **Carrot:** it improves vision, urinary tract, digestive function and helps eliminate body fluids
- **Tomato:** powerful antioxidant
- **Broccoli and green cabbage:** powerful antioxidants and purifiers
- **Onion and garlic:** they play mainly antioxidant action and improve the digestive function;
- **Wheat germ:** it has a tonic and antioxidant action
- **Asparagus and cucumber:** they mainly have a draining and purifying action
- **Olive:** it has a powerful antioxidant action.

# Nutrisprint ricarica

Adjuvant for post-workout recovery and muscle fatigue.



## Range of application

- in case of **muscle fatigue**
- in case of **intense physical activity**

## When

- during periods of intense training
- after states of long convalescence

## Associations

- Nutrisprint
- Nutrisprint magnesio
- Nutrisprint cell power
- Nutriregular omega 3
- Nutrisprint salino



## Benefits of Nutrisprint ricarica

It is a unique combination that uses a patented extract (Tensless®) with solid scientific evidence that gives the formula a powerful antioxidant action, useful in the treatment of post-exercise muscle recovery (DOMS); the anti-free radical action of alpha lipoic acid associated with D-ribose, involved in the ATP regeneration process, is able to improve the recovery and maintenance of the athlete's performance.

**Dosage form:**  
14 powder sachets

**Dosage:**  
1-2 sachets  
during the day

**Flavour:**  
wild berries

Gluten, lactose and  
preservative free

**Regulatory status in  
Italy: Food supplement**

## Components (1 sachet):

**Tensless® 450 mg:** it combines the benefits of Mangosteen extracts, Pomegranate and Elderberry which synergistically contrast oxidative stress and the metabolic imbalance induced, for example, by intense sport. This innovative blend of extracts offers natural support for recovery after exercise or after convalescence: it provides energy, protects and fortifies muscle cells.

**D-ribose 500 mg:** the energy needed to carry out daily work is supplied by the ATP, formed of ribose adenine and three phosphate groups. It is useful in energy processes because it keeps active the ATP recovery route. It is used by the body in different ways, it can be used to produce glucose, it can be converted into Pyruvate that produces energy in the Krebs cycle, it intervenes in the nucleotides synthesis, necessary for the energy synthesis and for the protein synthesis. In the recovery process it increases the ability of cells to reuse ATP and AMP by 700%.

**Alpha lipoic acid 200 mg:** it has direct antioxidant action, therefore it is characterized by a scavenger action against free radicals, and indirect antioxidant action through the regeneration of other cellular antioxidants such as Vitamin C, Glutathione and Coenzyme Q-10. It carries out an important protective action towards the free oxygen radicals produced during physical activity through different mechanisms.



# Nutrisprint magnesio

Tiredness and fatigue, cramps, agitation, mood swings.



## Dosage form:

150 g jar

## Dosage:

it is recommended to take up to 2 measuring cups per day equal to 5,2 g, able to supply 430 mg of elemental magnesium (114.6% NRVs), dissolved in water. Drink when the water becomes transparent.

## Flavour:

lemon

Gluten, lactose, and preservative free

**Regulatory status in Italy: Food supplement**

## Range of application

- cramps
- agitation
- difficulty falling asleep
- constipation
- premenstrual syndrome
- unmotivated fatigue
- headache
- mood swings
- bone fragility
- kidney stones

## Associations

- Nutrisprint
- Nutrisprint salino
- Nutrisprint ricarica
- Nutriregular sonno
- Nutriregular relax

## Benefits of Nutrisprint magnesio

The composition of the product, consisting of Magnesium carbonate and citric acid, allows, in contact with water, to form much more assimilable magnesium citrate and carbon dioxide (giving the classic effervescence of the water). The lemon flavour makes the product very pleasant to drink.

## Components (1 measuring cup):

**Magnesium carbonate + Citric acid 5,2 g:** once solubilized in water, this pleasant taste mixture is able to release magnesium ions in large quantities. Magnesium in fact among all the fundamental minerals, among which calcium, potassium and sodium, is certainly the most important, since it activates over 300 different basic biochemical reactions, necessary to have a healthy and properly working organism.



# Nutrisprint salino

Fluid and electrolyte balance.



## Range of application

- in case of **sports activity associated with intense sweating**
- in case of **fatigue, chronic fatigue, and stress**
- in case of **major fluid loss**
- in case of **exhaustion following periods of intense heat**

## Associations

- Nutrisprint
- Nutrisprint multivitaminico
- Nutrisprint cell power
- Nutriregular omega 3



## Benefits of Nutrisprint salino

It combines Magnesium and Potassium citrate with other ergogenic substances such as Acetyl-L Carnitine carrier of fatty acids and Vit. B5 useful in cases of feeling tired because it is involved in the metabolism of carbohydrates, lipids and proteins. Daily single intake and absence of creatine make the product useful in the advice to the elderly.

**Dosage form:**  
14 powder sachets

**Dosage:**  
1 sachet per day

**Flavour:**  
citrus fruits

Gluten, lactose and preservative free

**Regulatory status in Italy: Food supplement**

## Components (1 powder sachet):

**Magnesium citrate 75 mg:** useful in regulating the electrolyte balance. It acts as a coenzyme in the biosynthetic processes and energy metabolism, and contributes to normal muscle contractility.

**Potassium citrate 300 mg:** supports muscle activity by replenishing the potassium that is lost by cells during exercise.

**Acetyl-L-carnitine 150 mg:** plays a key role in the mechanisms of cellular energy production.

**Vitamin B5 4.5 mg:** indispensable element for energy production. The deficiency of this vitamin reduces the content of glycogen in the liver and in muscle, decreasing ability to perform physical activity.



# Nutrisprint multivitaminico

Ready intake of Vitamins and Minerals.



## Range of application

- in case of **vitamin deficiencies** (treatment and prevention)
- in case of **increased need for vitamins and minerals**
- in case of **convalescence and fatigue**

## Quando

- during periods of intense training
- during or after convalescence states
- during periods of increased stress
- during antibiotic therapy
- during slimming or dieting care

## Benefits of Nutrisprint multivitaminico

Classic complete multivitamin in combination with mineral salts in effervescent tablets, without sugar and old generation sweeteners (aspartame, saccharin, acesulfame K and cyclamates) nor dyes, with a pleasant orange aroma.

## Dosage form:

20 effervescent tablets

## Dosage:

1 effervescent tablet to be dissolved in a large glass of water once a day as needed

## Flavour:

orange

Gluten, lactose, preservative and sugar free

**Regulatory status in Italy: Food supplement**

## Components (1 tablet):

**Vitamins B1, B2, B3, B5, B6, B7, B9, B12:** they contribute to the reduction of tiredness and mental and physical fatigue.

**Vitamin C:** very important for antioxidant activity, plays an important role for the wellbeing of teeth and gums and is an enzymatic cofactor in the collagen production processes, a support substance for muscles, bones and cartilages.

**Vitamin D:** together with Vitamin C, Calcium and Zinc, it plays a fundamental role in maintaining the wellbeing of the bones and skin.

**Vitamin E:** it contributes to the protection of cells from oxidative stress.

**Zinc:** mineral useful for maintaining the acid-base balance, it helps to reduce mental exhaustion.

**Magnesium:** useful in the electrolyte balance, it acts as an enzymatic cofactor in the processes of biosynthesis and energy metabolism and contributes to normal muscle contractility.

**Calcium:** substance involved in many cellular metabolic processes, useful in maintaining muscle well-being and in case of cramps and muscle fatigue.

# Nutriflog compresse

Musculoskeletal and intestinal inflammations.

## Range of application

- in case of **irritable bowel (IBS)**
- in case of **muscular or articular inflammation**
- in case of **neurodegenerative diseases**

## Associations

- Nutriregular 3
- Nutriregular flora
- Nutriregular bouldarii
- Nutriregular digest
- Nutritraum
- Nutriregular omega 3
- Nutriregular lacto-boost
- Nutriregular detox
- Nutritraum thermo

## Benefits of Nutriflog compresse

It combines the anti-inflammatory properties of two extracts whose use is growing rapidly worldwide, Curcuma and Boswellia conveyed respectively by a liposome and a phytosome. Nutriflog tablets contain the best Turmeric and Boswellia extracts in circulation (Cureit® and Casperome®). Cureit® is also the only liposomal extract on the market, whose liposome is obtained from the plant's phytocomplex through the Polar Non Polar Sandwich extractive technology. It is useful in case of chronic muscle-joint and gastrointestinal inflammation.

## Components (1 tablet):

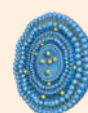
**Cureit® (Curcuma longa L.) rhizome dried extract 250 mg titrated 50% in curcuminoids:** Cureit® is the active ingredient obtained from the rhizome of Curcuma longa containing the main active compounds responsible for the multiple biological effects of the plant; it is rich in biologically active substances, in particular curcuminoids which account for 50% of the extract, that are able to exert an anti-inflammatory, antioxidant, anti-microbial and hepatoprotective activity. Cureit® also contains turmeric oil with antiviral, antimicrobial and hepatoprotective activity. Cureit® is supported by scientific evidence and has a bioavailability 10 times higher than standard Turmeric extracts, thanks to the extraction mode "Polar-Non polar-Sandwich (PNS) Technology". The apolar curcuminoids (essential oils such as the turmerone) are inserted inside of an array of "all-natural" turmeric with a liposome-like structure that allows a more effective assimilation.

**Casperome® Boswellia serrata resin dry extract titrated 25% in boswellic acids complexed with phospholipids of soybean 200 mg:** modern scientific research has highlighted several substances in the Boswellia resin, called boswellic acids. Those acids have a particular pharmacological effect, inhibiting some enzymes such as 5-lipoxygenase, part of leukotriene synthesis, which is involved in chronic inflammatory processes (typical of immunologic and allergic reactions). Unlike common NSAIDs, boswellic acids do not interfere with the synthesis of prostaglandins. An ulcerogenic effect has not been demonstrated.



**Dosage form:**  
30 tablets

**Dosage:**  
1-2 tablets a day



**With technology liposomal**

Gluten, lactose, and preservative free

**Regulatory status in Italy: Food supplement**



# Nutritraum artro

Joint pain.



## Range of application

- in case of **joint pain**
- in case of **reduced joint function**

## Associations

- Nutritraum
- Nutritraum thermo
- Nutriflog compresse

## Dosage form:

30 tablets

## Dosage:

it is recommended to take 1-2 tablets for day preferably on an empty stomach

Gluten, lactose, and preservative free

Regulatory status in Italy: Food supplement

## Benefits of Nutritraum artro

Nutritraum artro is designed to act both on joint function thanks to the presence of BiovaFlex® (hydrolysed egg film), whose active components reflect the composition of the extra-cellular matrix, and on joint pain thanks to the innovative combination of BiovaFlex® and Alpha Lipoic Acid, capable of reducing inflammation and the expression of metal proteases

## Components (1 tablet):

**BiovaFlex® 200 mg:** the BiovaFlex® water-soluble egg membrane (WSEM) is a nutritional ingredient that supports joint health with proven scientific evidence. The patented process maintains the natural relationships of the nutrients present in the egg membrane and creates a water soluble ingredient. It contains collagen, elastin, glucosaminoglycans GAG (Chondroitin, Hyaluronic acid, Glucosamine). There are also Desmosine and Isodesmosine two amino acids that help stimulate the synthesis of collagen.

**Alpha Lipoic Acid 200 mg:** alpha-lipoic acid (often abbreviated as ALA), is a fatty acid with a powerful antioxidant action that helps battle oxidative stress caused by free radicals (responsible for aging and cell damage) both outside than inside the nerve cell. Useful in the treatment of pain especially neuropathic pain.

# Nutriflog

Dermatitis and itching of different etiology.

## Range of application

- in case of dermatitis of varying etiology:
  - contact dermatitis
  - atopic dermatitis
  - diaper rash
  - seborrheic dermatitis
- in case of senile **pruritus**, or general localized itching
- **insect bites**

## Associations

- Nutriregular detox
- Nutriregular bouldardii
- Nutriregular 3
- Nutriregular digest
- Nutriregular flora
- Nutridiur
- Nutridef allergen

### Benefits of Nutriflog

A natural cortison-like with a complete formulation. It counteracts inflammation thanks to the presence of *Cardiospermum* capable of modulating phospholipase A2 and selectively inhibiting COX-2 and itching thanks to *Lithospermum erythrorhizon* and Zanthelene®. It has a base of Argan, Almond and Calendula oil which, associated with the presence of hyaluronic acid at high and low m.w., guarantees a marked soothing, moisturizing and re-epithelizing action. With clean and modern liposomal and excipient technology, without petrolatum, PEGs and alcohol, which allows you to apply the cream several times a day, for a long time even in the sun. For children from birth, adults, pregnant and breastfeeding.

## Components:

**Cardiospermum halicacabum seeds dried extract:** antioxidant and anti-inflammatory effects are the most important among the many properties attributed to this plant. It is able to modulate phospholipase A2 and inhibit the expression of COX-2.

**Zanthelene®:** a lipophilic solution containing about 20% of the extract obtained from the skins of the fruits of *Zanthoxylum bungeanum*. Its soothing and antipruritic action depends on its ability to reduce skin sensitivity to stimuli, without interfering with the physiological response to pain.

**Lithospermum erythrorhizon roots dried extract:** inhibits the release of histamine from mast cells and suppresses the transcription of proinflammatory cytokines induced by activation of nuclear factor κB. The anti-inflammatory effect appears to come from the phytocomplex molecule shikonin.

**Low and High Molecular Weight Hyaluronic Acid:** located in the connective tissue and especially the dermis. Particularly useful as a topical anti-inflammatory and promoter of epithelial repair. Some studies show that topical application of hyaluronic acid promotes all mechanisms that repair skin lesions.

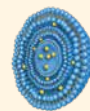


### Dosage form:

75 ml tube  
(for external use only)

### Dosage:

apply 3-4 times per day,  
or as many times  
as needed.



With technology  
liposomal

Compliant with FIMP  
guidelines

Free from Petrolatum,  
Parabens, PEGs, Sodium EDTA,  
Benzyl derivatives, Ethyl Al-  
cohol, Perfumes and Dyes.

Regulatory status in  
Italy: cosmetic



# Nutrlen

Reddened and dry skin, small abrasions.



## Range of application

- after sun exposure, particularly in case of **sunburn**
- in case of **dry skin** caused by exposure to bad weather (cold, wind, sun, etc.)
- for those who want to **improve the healing process of a wound** (keloid)
- in case of **prickly heat and / or redness of the epidermis in children**

## Associations

- Nutridef sun
- Nutriregular omega 3
- Nutriregular detox

## Dosage form:

75 ml tube  
(for external use only)

## Dosage:

apply 3-4 times per day,  
or as many times as  
needed.

## With technology liposomal



## Compliant with FIMP guidelines

Free from Petrolatum,  
Parabens, PEGs, Sodium  
EDTA, Benzyl derivatives,  
Ethyl Alcohol, Perfumes  
and Dyes

## Regulatory status in Italy: cosmetic

## Benefits of Nutrlen

Useful in case of dry skin, redness, scaly psoriasis. The high concentration in Ceramide-3 allows you to use the product to prevent rupture of the epithelia (sores, small abrasions from rubbing, redness in the diaper area, diaper). It has a base of Argan, Almond and Calendula oil which, associated with the presence of hyaluronic acid at high and low m.w. it guarantees a marked soothing, moisturizing and re-epithelizing action. With clean and modern liposomal and excipient technology, without petrolatum, PEGs and alcohol, which allows you to apply the cream several times a day, for a long time even in the sun. For children from birth, adults, pregnant and breastfeeding.

## Components:

**Calendula officinalis flowers dried extract:** demonstrates anti-inflammatory and antibacterial effects, as well as the ability to stimulate fibroblasts and angiogenesis.

**Ceramide 3:** a lipid in the stratum corneum of the skin that protects the barrier function performed by the epidermis. Some studies have shown that topical applications with Ceramide 3 enhance and restore the effect of the barrier layer of the damaged dermis.

**Low and High Molecular Weight Hyaluronic Acid:** located in the connective tissue and especially the dermis. Particularly useful as a topical anti-inflammatory and promoter of epithelial repair. Some studies show that topical application of hyaluronic acid promotes all mechanisms that repair skin lesions.



# Nutritraum

Trauma, bruises, edema, muscle and joint inflammation.

## Range of application

- in case of **trauma from compression**
- for those who want to speed up the absorption of **edema**
- in case of muscle or **tendon inflammation** due to intense physical activity
- for those who suffer from **chronic joint pain or rheumatism**
- for those who want to prepare for **muscular exertion**

## Associations

- FANS topical and oral
- Nutriflog compresse
- Nutritraum artro



## Benefits of Nutritraum

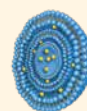
Unique formulation in Italy, which combines the anti-inflammatory action (COX-2 inhibition) of Arnica and Boswellia (LOX inhibition). Symphytum officinale (widely used in Northern Europe) has an anti-inflammatory and anti-edema action. It has a base of Argan, Almonds and Calendula oil which give nourishing and soothing properties to the cream. With clean and modern liposomal and excipient technology, without petrolatum, PEGs and alcohol, which allows you to apply the cream several times a day, for a long time even in the sun. For children from birth, adults, pregnant and breastfeeding.

## Dosage form:

75 ml tube  
(for external use only)

## Dosage:

apply 3-4 times per day,  
or as many times  
as needed



With technology  
liposomal

Compliant with  
FIMP guidelines

Free from Petrolatum,  
Parabens, PEGs, Sodium  
EDTA, Benzyl derivatives,  
Ethyl Alcohol, Perfumes  
and Dyes

Regulatory status  
in Italy: cosmetic

## Components:

**Arnica montana flowers dried extract:** the elenalina (a sesquiterpene lactone present in the plant complex) is able to block the process of inflammation by inhibiting the nuclear transcription factor NF- $\kappa$ B. The inhibition of NF- $\kappa$ B is accompanied by the reduction of the synthesis of pro-inflammatory cytokines, COX-2 and NO synthase, resulting in a significant decrease in inflammatory response.

**Symphytum officinale root dried extract:** allantoin and rosmarinic acid, contained in these roots, have a significant anti-inflammatory effect. A recent Cochrane review described preparations for topical use containing Symphytum as helpful in reducing the pain associated with inflammation.

**Boswellia serrata resin dried extract:** the resin extracted from this plant contains boswellic acids that have an anti-inflammatory effect. This occurs through the inhibition of 5-lipoxygenase and pro-inflammatory enzymes (prostaglandin E synthase-1 and cathepsin G).



# Nutritraum thermo

Joint muscle pain, rheumatic pain,  
muscle preparation.



## Range of application

- in case of **joint muscle pain**
- in case of **rheumatic pain**
- in case of **osteoarthritis**
- useful for **muscle preparation**

## Associations

- Nutritraum
- Nutriflog compresse
- FANS topical and oral
- Nutritraum artro

## Dosage form:

75 ml tube  
(for external use only)

## Dosage:

apply 3-4 times per day,  
or as many times as  
needed.

## With technology liposomal



Free from Petrolatum,  
Parabens, PEGs, Sodium  
EDTA, Benzyl derivatives,  
Ethyl Alcohol, Perfumes  
and Dyes.

## Regulatory status in Italy: cosmetic

## Benefits of Nutritraum thermo

It is a unique formulation with strong heating power (Capsicum and Vanillyl Butyl Ether) and anti-inflammatory (Copaiba and Boswellia). Ideal for alleviating muscle-joint pain, in particular pain of rheumatic origin. Also useful in case of physical activity as a warming cream for the muscles thanks to the intense and protracted vasodilatory effect. It has a base of Argan, Almonds and Calendula oil which give nourishing and soothing properties to the cream. With clean and modern liposomal and excipient technology, without petrolatum, PEGs and alcohol.

## Components:

**Capsicum oleresin:** capsaicin is an alkaloid responsible for the therapeutic effect of capsicum. It has pain-relieving properties because it has the ability to bind to some pain receptors, desensitizing them. It also produces an intense vasodilation with a consequent increase in tissue temperature.

**Vanillyl Butyl Ether:** is a synthetic compound that within its molecular skeleton has a particular structure: the vanillyl group. The vanillyl group, also contained in capsaicin, is recognized by a receptor produced by specific sensory cells, the TRPV1 receptor also sensitive to heat. Once the receptor is activated, the sensory cell communicates information not only to the central nervous system, but thanks to the release of messenger molecules, the CGRP with vasodilatory action, also to nearby cells. The consequent increase in blood circulation determines the increase in tissue temperature.

**Copaiba oleresin:** the whole copaifera genus includes small tropical trees and is part of the fabace family. The antiseptic and anti-inflammatory properties are due to the main active ingredient, beta-carophyllene (up to 48%). The synergy between the components makes it effective for all joint inflammations or skin infections.

**Boswellia serrata resin dried extract:** the resin extracted from this plant contains boswellic acids responsible for the anti-inflammatory activity. The activity is performed through the inhibition of 5-lipoxygenase and also through the inhibition of pro-inflammatory enzymes (prostaglandin-E-synthase 1 and Cathepsin G).

# Nutrilen repair

Angular cheilitis, fissures, nasal dryness.

## Range of application

- in case of **cold sores**
- in case of **itching and redness around the lips**
- in case of **cracked lips and angular cheilitis**
- in case of **nasal dryness or crusting**

## Associations

- Synthetic antivirals (Aciclovir crema)
- Nutridef adulti
- Nutrilen

## Benefits of Nutrilen repair

It is a unique product that combines re-epithelizing and repairing properties of tissues with antibacterial and antiviral action, in particular towards Herpes simplex. Useful in case of angular cheilitis, fissures of the lips, post herpes vesicles, dryness and small nasal bleeds (thanks to the ophthalmic spout). It has a base of Argan, Almond and Calendula oil which, associated with the presence of hyaluronic acid at high and low m.w., guarantees a marked strong soothing, moisturizing and re-epithelizing action. With clean and modern liposomal and excipient technology, without petrolatum, PEGs and alcohol, which allows to apply the cream several times a day, for a long time even in the sun. For children from birth, adults also pregnant and breastfeeding.

## Components:

**Polygonum cuspidatum (Caprifoglio giapponese) radice e.s. tit. al 98% in resveratrolo:** il Caprifoglio giapponese è la pianta dal più alto contenuto in resveratrolo conosciuta. Diversi studi dimostrano l'efficacia di preparazioni topiche contenenti resveratrolo verso HSV-1 e HSV-2 e HSV-1 aciclovir resistente, limitando anche la comparsa di lesioni cutanee.

**Melaleuca alternifolia (Tea Tree) o.e:** l'attività antierpetica è essenzialmente dovuta ad un'interazione diretta con il virus, impedendone la penetrazione all'interno della cellula. Il Tea Tree oil possiede inoltre la capacità di ridurre il dolore correlato all'infezione e la capacità di accelerare il processo di guarigione epiteliale.

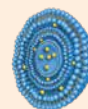
**Propoli e.s. tit. al 12% in galangina:** numerosi studi hanno dimostrato che la galangina presente nella propoli è tra le molecole in grado di contrastare la replicazione virale, anche nei confronti dell'HSV. Possiede notevole capacità di stimolo di rigenerazione dei tessuti.

**Acido ialuronico a basso ed alto PM:** si trova nel tessuto connettivo e in particolare modo nel derma. Particolare attenzione ricopre il suo uso topico come antinfiammatorio e promotore della riparazione epiteliale: alcuni studi dimostrano come l'applicazione topica di Acido ialuronico promuova tutti i meccanismi per riparare le lesioni cutanee.



**Dosage form:**  
10 ml tube

**Dosage:**  
apply 6-8 times per day  
or so many times  
as needed.



**With technology liposomal**

Free from Petrolatum, Parabens, PEGs, Sodium EDTA, Benzyl derivatives, Ethyl Alcohol, Perfumes and Dyes

**Regulatory status in Italy: cosmetic**



# Nutrilen procto

Haemorrhoid Varicose Syndrome, anal fissures.



## Range of application

- in the case of **haemorrhoids**, even chronic cases
- in case of **proctitis** symptoms and rectal pain during bowel evacuation
- in case of **anal fissures**

## Associations

- The use of the product can be associated with topical therapies with corticosteroids or local anesthetics
- Nutriregular ven
- Nutriregular flora
- Nutriregular lax

## Dosage form:

40 ml tube  
with endorectal cannula

## Dosage:

apply 3-4 times per day,  
or as many times  
as needed.

With endorectal cannula

## Regulatory status in Italy: Medical Device

## Benefits of Nutrilen procto

Very rich product of highly effective extracts that combine phlebotonic (hazel), antipruritic (Zanthalene®), soothing and healing (Opuntia, Olea and Hyaluronic Acid). Useful in case of internal (with applicator) and external hemorrhoids, anal fissures. It can be applied several times a day for long periods of time, even during pregnancy and breastfeeding.

## Components:

**Hamamelis virginiana (Witch Hazel) leaves dry extract 80 mg titrated 10% in tannins:** rich in flavonoids and tannins, with anti-inflammatory and vasoconstrictor activity. The venous circulation regulating properties are due to Rutin, which has a venotonic effect, and to the Vitamin P, which protects the vessel walls.

**Melaleuca alternifolia (Tea Tree) o.e:** has the ability to reduce pain related to inflammation and the ability to accelerate the epithelial healing process.

**Hyaluronic Acid:** located in the connective tissue and especially the dermis. Particularly useful as a topical anti-inflammatory and promoter of epithelial repair. Some studies show that topical application of hyaluronic acid promotes all mechanisms that repair skin lesions.

**Olea:** traditionally the olive leaves are used as a remedy for external use with cicatrizing and antiseptic activity on small wounds; they are in fact able to reduce the bleeding symptoms of hemorrhoids.

**Opuntia:** the mucilaginous fibers of the opuntia perform an anti-inflammatory and healing action. Opuntia is mainly used for external use as an emollient, moisturizer, soothing, for irritable skin.

# Nutrilen zanzare

Mosquito repellent. Soothing after bites.



## Range of application

- in cases of **insect bite** (mosquito, gadfly, bee, wasp, etc.), other animals (jellyfish, spider, etc.) and **stinging plants**
- for those who prefer a natural product
- for those going on holiday ideal for children.

## Associations

- Nutriflog crema



## Benefits of Nutrilen zanzare

Innovative formula thanks to the presence of Coriander extract (active on the tiger mosquito) and Zanthalene®. The repellent activity (Ledum palustre, Neem oil) is combined with the soothing and antipruritic action (Lavender and Zanthalene®) useful in post puncture. Apply several times during exposure. Ideal for children.

**Dosage form:**  
100 ml spray bottle

**Dosage:**  
spray on the affected area as many times as needed

Propellant free

**Pleasant fragrance of Lavender**

**Regulatory status in Italy: cosmetic**

## Components:

**Coriander seeds essential oil:** rich in linalool, has a very low toxicity to vertebrates, and is highly repellent to the tiger mosquito (*Aedes albopictus*), more than any other essential oils that have been tested.

**Ledum palustre:** derived from the homeopathic tradition, Ledum makes the smell of sweat unpleasant for mosquitoes. It is effective against all types of mosquitoes and makes stings less painful and itchy.

**Neem oil:** natural, non-toxic insecticide. Effective in the fight against mosquitoes, both as a larvicide and as a repellent, because insects cannot stand the smell.

**Zanthalene®:** a lipophilic solution containing about 20% of the extract obtained from the skins of the fruits of *Zanthoxylum bungeanum*. Its soothing and antipruritic action depends on its ability to reduce skin sensitivity to stimuli, without interfering with the physiological response to pain.

**Lavender essential oil:** recognised as an effective repellent, lavender essential oil also has excellent soothing and softening properties.

### \*Bibliography:

Bioactivity of natural compounds against *Aedes albopictus*, vector of arboviruses: the essential oil extracted from seeds of coriander (*Coriandrum sativum* L.); G. Fiore, G. Benelli, B. Conti; Department of Agriculture, Food and Agro-environmental University of Pisa; Food hygiene - Pest Control & Environmental Hygiene, p 29-31; Jul / Aug, 2013.



# Nutrilen gocce oculari

Treatment of eye irritation and dryness.



## Range of application

- Nutrilen eye drops are indicated for moistening, moisturizing and refreshing tired or red eyes

## When

- in cases of **irritation due to exposure to environmental elements** such as sunlight, smog, sea air, chlorinated water, wind and dust
- in cases of **prolonged computer use or study**
- in cases of **dry eyes due to scarce tear secretion**, both before and after putting in contact lenses, it increases comfort while wearing them.

## Formato flacone:

10 vials  
0.5 ml single dose

## Dosage:

place 2/3 drops  
in each eye as needed

## Formato fiale:

multidose bottle 10 ml

## Dosage:

place 2/3 drops  
in each eye as needed

Sterile and preservative-free

## Regulatory status in Italy: Medical Device

## Benefits of Nutrilen gocce oculari

The complete formulation makes it one of the most ductile products on the market: it has a wetting action (hyaluronic, vegetable glycerine) useful in case of dry eyes, decongestant, soothing action (Witch Hazel, Chamomile, Euphrasia) and antioxidant action (Blueberry). Applicable with contact lenses inserted, several times a day, for children and adults. Class 2 sterile medical device with resealable pipette (single dose) or multidose bottle with special filter that guarantees the sterility of the product up to 3 months after opening.

## Components:

**Blueberry:** distilled blueberry water contains flavonoids and anthocyanins that have a protective action against the possible oxidation damage the eye surface is exposed to every day.

**Hyaluronic acid:** to be found in the vitreous body and aqueous humour. Hyaluronic acid has a great moisturising capability as it retains water molecules. In the hydrated state, it has a viscous-elastic behaviour that makes it an excellent moisturiser and lubricant.

**Vegetable glycerin:** hygroscopic substance, highly bio-compatible, with strong moisturising properties. It acts as a lubricant as, by reducing the vapour pressure of tear fluid, it helps upper lids pass over the cornea, thereby minimising attrition when blinking.

**Hamamelis virginiana:** suitable to relieve fatigue and reddening of the eye and eye mucosa. Useful in case of allergic conjunctivitis.

**Chamomile recutita:** suitable to relieve fatigue and reddening of the eye and eye mucosa.

**Euphrasia officinalis:** suitable to relieve fatigue and reddening of the eye and eye mucosa.



# Nutridiur

Depuration and elimination of excess fluids and waste.

## Range of application

- for anyone who **wants to cleanse the body**
- for those who **wish to detox after excessive eating**, such as holiday meals
- for those who **follow a special diet**
- for those who **have to drain excess fluid**
- for those who **engage in intensive exercise**
- for those who **have an irregular schedule, or are sedentary during work**

## Associations

- Nutridiur metabolage
- Nutriregular digest
- Nutriregular detox

## Benefits of Nutridiur

Nutridiur bustine is a rich and innovative formula with a broad spectrum of action that allows you to purify the body of toxins by activating 3 of the main excretory organs: liver, kidneys and intestines. Formulated following the indications of the recent EMA Monographs, it contains extracts at recommended concentrations. It combines excellent compliance (single administration) with a pleasant taste of passion fruit and lemon and high solubility.

## Components (1 sachet):

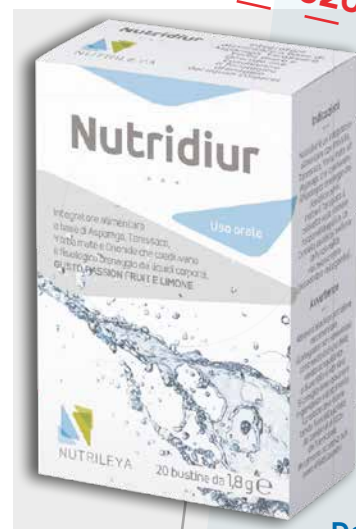
**Horsetail arvense dried extract 200 mg:** also known as ponytail boasts, it shows diuretic action thanks to the presence of flavonoids and is therefore recommended in the treatment of the elimination of metabolic waste. It also performs a capilloprotective action, due to the presence of tannins that perform an astringent action on blood vessels; it is useful against capillary fragility.

**Orthosiphon stamineus leaves dried extract tit 0.2% sinensetin 200 mg:** known as Java tea, it is known for its diuretic and purifying action also accompanied by a quite marked uricosuric action (induces an increase in urinary uric acid elimination); its intake also leads to an increase in the excretion of sodium of potassium and chlorine. It also increases the urinary elimination of oxalates and their level in the urine, thus being able to promote oxalate nephrolithiasis. It tends to alkalize the pH of the urine and is therefore recommended in the treatment of inflammation of the urinary tract and, as an adjuvant, in the treatment of urinary infections. The leaves have cholagogue activity.

**Ononis spinosa root dried extract 150 mg:** Ononide is used for its diuretic properties in herbal teas and infusions. Recently the process of drafting his monograph was started at the EMA (European Medicines Agency) where his use as a diuretic is underlined.

**Taraxacum officinale root dried extract 150 mg tit. 2% in inulin:** promotes the increase of bile production by the liver, which facilitates intestinal transit as it increases peristalsis. He is a hepatoprotector. Dandelion helps to keep the bacterial flora active and therefore the well-being of the whole organism. Finally, the action of eliminating excess liquids is relevant.

**NEW FORMULA  
FROM MAY 2020**



**Dosage form:**  
20 powder sachets

**Dosage:**  
1 sachet per day to be  
diluted in 500 ml  
of water to drink  
during the day

**Flavour:**  
passion fruit - lemon

Gluten, lactose, sugar  
and preservative free

**Regulatory status in  
Italy: Food supplement**



# Nutridiur **metabolage**

**Metabolism activation, cleansing and elimination of excess fluids and antioxidant action**



## Range of application

- in case of **slow metabolism**
- to **support a new diet**
- to **cleanse the body**
- to **prevent ageing and stay healthy in general**
- in case of **water retention**
- in case of **excess fluids**

## Associations

- Nutriregular 3
- Nutrisprint cell power
- Nutriregular detox
- Creme anti-age

## Dosage form:

240 ml bottle

## Dosage:

15 ml a day to dilute in water and drink during the day

## Flavour:

mango

Gluten and lactose-free

**Regulatory status in Italy: Food supplement**

## Benefits of Nutridiur metabolage

Innovative nutraceutical and cosmeceutical product concept: it develops a strong anti-free radical and antioxidant action which also benefits the dermis and skin (Mango Careless®) with a purifying (Dandelion) and drainage action both lymphatic (Birch sap) and renal (Lespedeza). Lespedeza is useful in case of accumulation of nitrogen waste caused by important physical activity or high-protein diet. It stimulates the metabolism due to the presence of Mate (chlorogenic acid) and Mango (lipid and glucidic metabolism). The anti-radical action allows advice combined with dermo-cosmetic products. It is sugars, lactose and gluten free. Long-term therapy possible.

## Components (15 ml):

**CARELESS® (Mango) 100 mg:** an extract obtained by mango flesh at a specific ripening stage. By activating AMPK, a key enzyme for metabolic processes, CarelessR can regulate the metabolism of carbohydrates and fats. In addition, its antioxidant and anti-ageing action complete its range of beneficial properties.

**Ilex paraguariensis (Mate) leaves dried extract 100 mg titrated 3% in caffeine:** it is known as a source of caffeine but is also used for its pharmacological properties. Anti-adipogenic effect thanks to chlorogenic acid, quercetin and rutin. Some studies show that Mate could inhibit some genes regulating adipogenesis.

**Lespedeza capitata dried extract 100 mg titrated 4% in rutin:** it reduces vascular resistance and increases glomerular filtrate volume. Thanks to the particular chemical structure of its active principles, which are more resistant to hydrolysis, it has a prolonged diuretic effect. It is considered an effective remedy to treat hyperazotemia thanks to its diuretic and hyperazodiuretic properties.

**Birch sap 100 mg:** extracted from trunks in spring, it helps the body drain excess fluid and during the cleansing process. The drainage produced by birch sap acts on the lymphatic system, which regulates fluid accumulation in tissues and is considered the defence bulwark of our body. In addition, birch sap can provide our body with the mineral salts (calcium, magnesium, potassium and phosphorous) needed to stay healthy.

**Taraxacum officinale root dried extract 100 mg titrated 2% in inulin:** supports increased production of bile by the liver, which facilitates intestinal transit because it increases peristalsis. It is a hepatoprotector. Dandelion helps keep the bacterial flora active and therefore maintains the well-being of the whole body. Finally, it is important for the elimination of excess fluids.

# Nutrireregular ven

Microcirculation, swollen and heavy legs, capillary fragility, haemorrhoids.

## Range of application

- in case of venous insufficiency
- in case of capillary fragility
- in case of swollen and heavy legs
- in case of haemorrhoids.

## Associations

- Nutridiur
- Nutrilén procto in case of hemorrhoids



## Benefits of Nutrireregular ven

The very rich formulation is unrivaled on the market: it uses all the main vasoprotective and phlebotonic extracts in the correct quantities and titrations used (often individually) by the main brands. Useful in case of tiredness and heaviness of the lower and upper limbs and in the case of haemorrhoids. The topical formulation associates the active ingredients of the tablet form with a pleasant refreshing action given by the presence of Menthol and Mentil lactate.

## Components (1 tablet):

**Aesculus hippocastanum (Horse Chestnut) bark dry extract 80 mg titrated 15% in Aescin:** Aescin is responsible for the tone, strength, and elasticity of blood vessels. Esculoside is mainly responsible for active and liquid resorption. They are therefore useful in case of capillary fragility, insufficient venous circulation (varicose veins, haemorrhoids), pain, swelling and tingling in the legs. Since it also affects lymphatic circulation, it can also be used in case of retention.

**Hamamelis virginiana (Witch Hazel) leaves dry extract 80 mg titrated 10% in tannins:** rich in flavonoids and tannins, with anti-inflammatory and vasoconstrictor activity. The venous circulation regulating properties are due to Rutin, which has a venotonic effect, and to the Vitamin P, which protects the vessel walls.

**Ruscus aculeatus (Butcher's broom) root dry extract 120 mg titrated 10% in ruscogenin:** used in venous insufficiency treatment, in particular in lower limbs and haemorrhoids. The saponosides, abundant in this extract, have an adrenergic effect on vascular smooth muscle cells, encouraging vasoconstriction phenomena and improving venous tone.

**Hydrocotyle asiatica (Spadeleaf) aerial part dry extract 50 mg titrated 40% in asiaticosides:** useful to prevent and treat venous insufficiency and consequently legs' swelling and heaviness, as well as haemorrhoids.

**Vitis vinifera (Common Grape Vine) leaves dry extract 100 mg titrated 5% in polyphenols:** rich in flavonoids, it helps stimulate microcirculation and tissue oxygenation, reducing the legs' feeling of heaviness and fatigue.

**Dosage form:**  
30 tablets

**Dosage:**  
1 tablet a day.  
In case of haemorrhoids  
2 tablets in the morning  
and 3 tablets in the evening.

Gluten, lactose, sugar  
and preservative free

**Regulatory status in  
Italy: Food supplement**

**Dosage form:**  
100 mL tube

**Dosage:**  
apply 3–4 times per day  
or as needed

**Regulatory status in  
Italy: cosmetic**



NUTRILEYA

sintonia naturale

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