

**FRELIF=ENERGY**  
*FUEL FOR SPORT*

**GUIDE TO THE USE OF THE PRODUCTS**





**FUEL  
FOR  
SPORT**

# ALL4ONE

High-dose multivitamin and multimineral with antioxidants and enzymes



## WHY



Useful to guarantee the body the essential nutritional support to maintenance of psychophysical balance, especially if subjected to high levels of stress.

## WHEN



Take 1 tablet per day with water during the meal

## FORMAT



30 tablets

- Highly concentrated multi-nutrients
- 13 vitamins + 11 minerals
- Addition of Enzymes to promote assimilation
- Addition of Alpha-Lipoic Acid and Coenzyme Q10

# AMINOACIDI RAMIFICATI WITH VITAMIN B6

Pure branched chain amino acids with Vitamin B6



## WHY



Useful for reducing muscle damages caused by intense sporting activity, and promote rapid recovery.

## WHEN



Take in relation to body weight 5 to 7 capsules per day parted between before the session and immediately before going to bed in the evening

## FORMAT



150 capsules

- 100% branched chain amino acids (BCAAs)
- L-leucine, L-isoleucine, L-valine ratio: 2:1:1
- Anti-catabolic and energetic function taken before and during physical activity
- Anabolic function if taken afterwards physical activity or pre-sleep





# AMINOACIDI RAMIFICATI WITH VITAMIN B6 AND MELATONIN



Pure branched chain amino acids with Vitamin B6 and Melatonin



## WHY



Useful for reducing muscle damages caused by intense sporting activity, and promote rapid recovery.

## WHEN



Take in relation to body weight 5 to 7 capsules per day immediately before going to bed in the evening

## FORMAT



150 capsules

- 100% branched chain amino acids (BCAAs)
- L-leucine, L-isoleucine, L-valine ratio: 2:1:1
- Anti-catabolic and energetic function taken before and during physical activity
- Anabolic function if taken afterwards physical activity or pre-sleep



# ARTHRO VITAL

Collagen, Glucosamine, MSM and Chondroitin supplement



## WHY



Useful for trophism and physiological functioning of the cartilages, of tendons and articular ligaments.

## WHEN



Take 2 capsules per day with water if possible away from meals. Take in cycles 6-8 weeks

## FORMAT



60 capsules

- Highly concentrated active ingredients, standardized and titrated
- Modulates and mitigates inflammatory states and joint degeneration
- Promotes maintenance and tissue regeneration

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# ASTRAGALO

Liquid dietary supplement of Astragalus



## PERCHÈ



Useful for its anti-stress functions on a mental level, it improves learning and memory.

## QUANDO



Take one vial as needed

## FORMATO



10 vials of 25 ml

- Highly concentrated plant extract, standardized and titrated
- Immunomodulatory plant with antiviral activity
- It has cardiogenic and antioxidant activity
- Promotes healthy recovery fatigue
- Does not irritate stomach and intestines



# ENERGETIKA BARS

Bar high in sequential carbohydrates based on puffed cereals.

Apricot - Citrus fruits and Almonds - Coffee - Cherry and Black Cherry - Coconut - Walnuts



WHY



Excellent snack before any type of sporting activity and during activity which last for several hours. Very useful also after the activity to encourage recovery. Excellent energy snack for coffee breaks, snacks and/or quick snacks.

WHEN



Take 1 bar before training sessions and 1 every hour approximately during endurance activity or long duration

FORMAT



35 grams

- Bar made from puffed cereals and almond paste
- Provides carbohydrates for assimilation and sequential use
- With real fruit and natural ingredients
- Good on the palate and quick to digest
- Excellent energy snack useful before, during and after the activity

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# ENERGETIKA BARS

Bar high in sequential carbohydrates based on puffed cereals.

Apple - Mint and Chocolate - Blueberry - Lemon Cream - Red Fruits



WHY



Excellent snack before any type of sporting activity and during activity which last for several hours. Very useful also after the activity to encourage recovery. Excellent energy snack for coffee breaks, snacks and/or quick snacks.

WHEN



Take 1 bar before training sessions and 1 every hour approximately during endurance activity or long duration

FORMAT



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# PROTEIKA BARS

Bar with high protein content

Soy and Cocoa - Coconut and Cocoa - Hazelnut and Cocoa



WHY



Excellent for regenerating mass muscle after exercise, such as quick snack or to complete a meal or a protein-deficient diet.

WHEN



Take 1 bar after sessions training or as a supplement to meal

FORMAT



50 grams

- Protein-based bar, coated with dark chocolate
- Proteins with high biological value
- Carbohydrates useful for activating recovery
- Good on the palate and quick to digest
- Excellent snack after sporting activity
- Ideal for diets low in proteins

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# PROTEIKA BARS

Bar with high protein content

Hazelnut - Vanilla and Almond - Yogurt and Red Fruits - Pistachio



WHY



Excellent for regenerating mass muscle after exercise, such as quick snack or to complete a meal or a protein-deficient diet.

WHEN



Take 1 bar after sessions training or as a supplement to meal

FORMAT



50 grams

- Bar based on milk proteins and/or of soya without chocolate coating
- Proteins with high biological value
- Carbohydrates useful for activating recovery
- Good on the palate and quick to digest
- Excellent snack after sporting activity
- Ideal for diets low in proteins

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# VITAMIN C-1000

High quality Vitamin C



## WHY



Useful for optimal operation of immune system and cellular protection from oxidative stress.

## WHEN



Take 1 tablet per day with water during the meal

## FORMAT



60 tablets

- High quality Vitamin C
- Contributes to normal function of the immune system
- Adjuvant for the protection of cells from oxidative stress





# CALCIO-MAGNESIO

Food supplement based on Calcium and Magnesium



## WHY



Useful for the relaxation of contractures and muscle tension, promotes the lactic acid recycling and balance Neuromuscular.

## WHEN



Take 2 capsules up to 3 times per day

## FORMAT



60 capsules

- Calcium and Magnesium in a 2:1 ratio
- Muscle contraction and relaxation
- Regeneration of the lactic acid produced during physical activity
- Nervous balance and sleep cycle

# CARNITIN

Carnitine food supplement



## WHY



Useful for conveying lipids at a cellular level. Level needed to be metabolized for energy purposes. Useful for maintenance of the integrity of the nerves, of the abilities cognition and memory.

## WHEN



Take 1 to 2 capsules per day with water if possible away from meals

## FORMAT



60 capsules

- L-Carnitine from high purity Acetylcarnitine
- Grease carrier for use energy at the cellular level
- Supports cardiac function even under stress
- Assists in promoting reduction of fat mass



# CHOLLES FREE PLUS

Policosanol, Choline, Cinnamon and Coenzyme Q10 supplement



## WHY



Useful for promoting balance in cholesterol production, rebalancing the production of triglycerides, modular blood sugar control, promote body weight control, promote liver health and pancreas health.

## WHEN



Take 2 to 4 capsules per day with water during the meal

## FORMAT



120 capsules

- Plant extract, highly concentrated active ingredients, standardized and titrated
- Useful in case of level imbalances cholesterol and triglycerides
- Modulates and stabilizes the blood sugar level in the blood
- Supports liver and pancreatic function



# CLIMAX DONNA

Dried herbal extract supplement with Vitamin B6 and Melatonin



## WHY



Useful plant supplement to counteract menopausal disorders and the menstrual cycle disorders, promote joint functionality and regularity gastro-intestinal.

## WHEN



Take 1 capsule per day with water during the meal

## FORMAT



60 capsules

- Counteracts the discomfort due to the syndrome pre-menstrual (PMS), menopause disorders, hot flashes and hormonal imbalances
- Promotes physical energy, balance nervousness and mood, functionality circulatory and cardio-circulatory
- Supports gastrointestinal function, digestive, joint and mineralization bone



# CREATIN POWER+ WITH VITAMIN E

Pure creatine monohydrate CREAPURE® with Vitamin E



## WHY



Useful for maintaining the energy reserve in muscle cells. Promotes the natural increase of strength and muscle mass.

## WHEN




Take 4 capsules or 2 level scoops (3g) with water or fruit juice per day, between meals or 30 minutes before an intense workout

## FORMAT



- 150 capsules
- 210g - 70 doses

- 
- 100% creatine monohydrate Creapure®
  - Addition of vitamin E
  - Pre-dosed and protected from oxidation
  - Increases physical performance in case of repetitive activities of high intensity and short duration

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# DETOX

Supplement based on Milk Thistle, Reduced Glutathione and ALA



## WHY



Useful for promoting the function purifying and detoxifying, the mobilization and metabolism of fat, liver health, function digestive, an antioxidant and anti-aging effect.

## WHEN



Take 1 or 2 capsules per day with water during the meal

## FORMAT



60 capsules

- Plant extract and high active ingredients concentration, standardized and titrated
- Principles with purifying properties, antioxidant and lipotropic
- Promotes the metabolism of lipids and carbohydrates
- Supports function and protects tissue of the liver



# DIMA PLUS

Food supplement based on green coffee and chromium picolinate



## WHY



Promotes and supports metabolic function that regulates weight and physical fitness. Useful for the drainage of liquids, it has a tonic and antioxidant action.

## WHEN



Take 2 capsules per day with water during the meal

## FORMAT



60 capsules

- Tonic action on the metabolism
- Promotes body weight control
- Promotes the regulation of blood sugar levels
- Promotes the mobilization and metabolism of fats
- Has an antioxidant and anti-aging action



# ELEUTEROCOCCO PLUS

Eleutherococcus Senticosus supplement



## WHY



Useful for maintaining physical energy and mental clarity, increases capacity to adapt to stressors environmental. Excellent adjuvant for react to states of fatigue and exhaustion. Promotes resistance in intense sporting activity. It doesn't irritate stomach and intestines.

## WHEN



1 vial as needed / Take 2 capsules per day with water during the meal

## FORMAT



10 vials of 25 ml / 60 capsules

- Highly concentrated plant extract, standardized and titrated
- Plant with tonic and adaptogenic action "Eleutherococcus Senticosus"
- Does not irritate the nervous system, excellent for women and sensitive subjects
- Promotes resistance to stress and fatigue

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# ENDURANCE

Energy supplement based on Cyclodextrins (Cluster Dextrin®),  
branched chain amino acids and Guarana.



## WHY



Useful when muscle prolonged duration work leads to exhaustion of glycogen stores. BCAA reduce muscle catabolism. The extract of Guarana supports the body in conditions of physical and mental stress.

## WHEN



Take 50 gr. of product dissolved in 500 ml of water during long lasting physical activity

## FORMAT



500 gr.

- Maintenance of energy metabolism during the activity
- Reduction of the risk of contractures e muscle accidents
- Increased physical tolerance to intense effort
- Support of correct cardiac function
- Support for the mental approach to fatigue
- Without colourants, Flavorings and Sweeteners



# ENERGY MAN

Food supplement based on tonic plants and amino acids



## WHY



Plant-based supplement. Plants useful for their tonic properties, in case of physical and mental tiredness. Promote the functionality of the deep blood circulation and microcirculation, of the urinary tract and digestive system.

## WHEN



Take 2 tablets per day better in the morning

## FORMAT



60 tablets

- Promotes physical energy, tone mood and normal functioning of the male genital system
- Promotes circulatory function cerebral and peripheral
- Promotes mental clarity and mnemonic readiness
- Counteracts psycho-physical stress



# ENZIMI DIGESTIVI

Food supplement based on digestive enzymes ENZIMIX



## WHY



Useful to facilitate digestion every type of food. Recommended to whom develops enzymatic deficiencies and inefficiencies digestive problems, constipation or abdominal bloating.

## WHEN



Take 2 capsules with water during the meal

## FORMAT



60 capsules

- Enzimix mixture of supported enzymes on maltodextrin
- Support for food digestion and the consequent assimilation
- Promotes the smooth running of intestinal function
- Reduces fermentation gas formation in the intestine



# FERROLIP

Liposomal Iron Supplement with Vitamin C and Minerals



## WHY



Useful to compensate for iron deficiency and Anemia, to support an intense sport activities, bleeding and abundant menstruation, pregnancy and breastfeeding, vegetarianism and veganism, alopecia and nail fragility, malabsorption and gastric hypo-acidity.

## WHEN



Take 1 capsule per day with water during the meal

## FORMAT



60 capsules

- Liposomal iron supplement
- Added Vitamin C and minerals
- Manganese and Copper improve use of iron inside red blood cells
- Highly assimilated



# FITOGAMBE

Food supplement of Bromelain, Hesperidin, Rutin and Quercetin



## WHY



Useful in reducing edema and cellulite, chronic inflammatory and traumatic states, adjuvant in case of hemorrhoids, venous stasis and in case of hypertension. Stimulates the microcirculation and lymphatic system.

## WHEN



Take 2 capsules per day with water during the meal

## FORMAT



60 capsules

- Highly concentrated plant extract, standardized and titrated
- They promote the natural functionality of microcirculation and lymphatic system
- Anti-inflammatory and anti-edematous on soft tissue
- Counteract cellulite blemishes, swelling and leg heaviness

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# GINSENG COMPLEX

Tonic and stimulating blend of plants



## WHY



Useful as a tonic, energetic and adaptogen. Promotes resistance to fatigue, temperature variations and altitude variations. Recommended during periods of intense psychophysical stress.

## WHEN



Take 1 vial in the morning before breakfast

## FORMAT



10 vials of 25 ml

- Liquid blend of high quality plant extracts, standardized and titrated
- Tonic and adaptogenic plants: Ginseng, Eleutherococcus and Astragalus
- Promotes adaptation skills, resistance to stress and fatigue, recovery condition of tiredness and fatigue
- Eliminates the risk of overtraining



# GLUTAMMINA

Food supplement based on L-Glutamine



## WHY



It performs a regeneration and repair function. Promotes sports performance, reduces the accumulation of lactic acid. A deficiency can slow and reduce an adequate immune response.

## WHEN



Dissolve 5 g of product, equal to a level scoop, in approximately 150 ml of water per day

## FORMAT



200 gr

- 100% pure L-Glutamine
- Anti-catabolic of muscle tissue
- Regenerating the gastrointestinal mucosa
- Support for immune defenses
- Powder with measuring cup - 200 gr.



# HYDRORACE EVOLUTION - ORANGE



Orange flavor hypotonic saline supplement with Magnesium, Potassium, Vitamin C and Vitamin E



## WHY



Useful for giving back to the body the precious mineral salts lost due to the intense sweating. Easily digestible and rapid assimilation. Without dyes and chemical sweeteners.

## WHEN



Take 1 sachet or 1 level scoop (20 gr.) in 1/2 liter of water during or after sporting activity or after intense sweating

## FORMAT



- 14 sachets of 20 grams
- 600 gram jar

- Highly assimilable magnesium and potassium added with vitamin C and vitamin E
- Without dyes, without chemical flavorings and without chemical sweeteners
- No gastrointestinal consequences
- Eliminates the risk of cramps and contractures
- Helps restore impaired electrolytes from intense sweating



# HYDRORACE EVOLUTION PINK GRAPEFRUIT

Pink Grapefruit flavor hypotonic saline supplement with Magnesium,  
Potassium, Vitamin C and Vitamin E



## WHY



Useful for giving back to the body the precious mineral salts lost due to the intense sweating. Easily digestible and rapid assimilation. Without dyes and chemical sweeteners.

## WHEN



Take 1 sachet or 1 level scoop (20 gr.) in 1/2 liter of water during or after sporting activity or after intense sweating

## FORMAT



- 14 sachets of 20 grams
- 600 gram jar

- Highly assimilable magnesium and potassium added with vitamin C and vitamin E
- Without dyes, without chemical flavorings and without chemical sweeteners
- No gastrointestinal consequences
- Eliminates the risk of cramps and contractures
- Helps restore impaired electrolytes from intense sweating

# IMMUNO MAX

Betaglucans, Echinacea and Uncaria supplement



## WHY



Useful for promoting and modulating the immune response, health airway and urinary tract health. Assists in the treatment of pain and swelling in chronic inflammatory states.

## WHEN



Take 1 to 2 capsules per day with water during the meal

## FORMAT



60 capsules

- Principles with immunomodulatory properties, immunostimulants and antivirals
- Alkaloids possess activity anti-inflammatory and antimutagenic
- For smooth system function immune and respiratory tract
- Promotes regular function joint and urinary tract

# KARBO GEL

Rapidly absorbed carbohydrate blend: high-quality maltodextrins and dextrose



## WHY



Useful immediately before or during the sport activity to prevent and combat the onset of the decline crisis power. It allows a distribution of energy over time.

## WHEN



Take 1 to 4 packs per day during physical activity according to need and intensity of effort

## FORMAT



30 ml single-dose pack

- Constant energetic support thank you to sequential use
- Total gastric tolerability
- Neutral taste perception
- Absence of chemical flavourings, chemical colourants, stimulants
- High addition of bioavailability magnesium and potassium



# MELATONINA COMPLEX

Melatonin supplement and relaxing plants



## WHY



Useful for adjusting rhythms circadian day-night / sleep-wake, for improving the quality of sleep, for muscle relaxation and nervous and for the reduction of Stress somatizations.

## WHEN



Take 1 capsule per day with water before bed the evening

## FORMAT



90 capsules

- Blend of Melatonin and plant extracts concentrated, standardized and titrated
- Blend with regulating effect on the cycle circadian sleep-wake cycle
- Improves sleep quality and reduces sleep waking time
- Has sedative and muscle relaxant activity, promotes sleep



# MG 375

Highly concentrated magnesium



## WHY



Useful for reducing the sense of fatigue and muscle tiredness, prevent contractures and cramps.

## WHEN



Take 2 tablets per day with a large sip of water during the meal

## FORMAT



100 tablets

- Highly concentrated magnesium
- Essential for energy production, nerve transmission, protein synthesis and carbohydrate metabolism
- Helps nervous and psychological balance



# OMEGA 3

OMEGA 3 fatty acids



**WHY**



Useful for the antioxidant effect and anti-inflammatory effect on tissues.

**WHEN**



Take 2 pearls per day with a large sip of water during the meal

**FORMAT**



100 pearls

- Highly concentrated fish oil of EPA and DHA
- Modulation of stress and inflammation
- Contributes to reducing the incidence of risks of cardiovascular disorders

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# OXY PLUS

Food supplement based on Antioxidants



## WHY



Has an antioxidant and anti-degenerative action. With vitamins and minerals. Counteracts premature aging and degeneration of the organism.

## WHEN



Take 1 capsule per day with water during the meal

## FORMAT



60 capsules

- Anti-oxidant and anti-degenerative action
- Counteracts aging and dehydration of the skin
- Counteracts damage from sun exposure
- Supports the cardiovascular system and the microcirculation



# POTAXIUM

Highly concentrated and assimilated potassium



## WHY



Useful to ensure optimal cellular oxygenation performance and hydrosaline balance.

## WHEN



Take 2 tablets per day with a large sip of water during the meal

## FORMAT



100 tablets. Available in neutral or grapefruit flavors.

- Highly concentrated and assimilation potassium
- Regulates blood pressure and function cardiac
- Reduces the risk of muscle cramps
- Improves heat tolerance and altitude



# PROBIO DEFENCE

Highly concentrated mixture of Probiotics with addition of gluconate Magnesium



## WHY



Useful for maintenance and restoration of the normal intestinal bacterial flora and the mucous membranes of the genital organs, they counteract the development of bacteria pathogens or other microbes and maintain the right balance of naturally present flora.

## WHEN



Take 2 capsules per day with water during the meal

## FORMAT



60 capsules

- Highly concentration Probiotic Blend
- Bifidobacterium + Rhamnosus + Acidophilus + Casei + Salivarius
- Addition of gluconate Magnesium

# PROTEIN POWER 90% SOY ISOLATE PROTEINS

90% Soy isolate Proteins - OGM FREE - with Digestive Enzymes



## WHY



They contribute to growth and maintenance of muscle mass. Protein snack to supplement a protein-deficient meal.

## COME



Can be used in milkshakes, smoothies, diluted in water, soy milk, milk, rice milk, almond or coconut, fruit juices, soups and vegetable purees.

## WHEN



Take 30 g per day

## FORMAT



400 grams. Available in neutral, cocoa or coconut flavors.

- 100% OGM Free Soy Protein
- High purity vegetable proteins
- Addition of digestive enzymes and vitamin B6

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# PROTEIN WHEY OPTIPEP

Hydrolysed whey proteins (Optipep® certified), isolated by microfiltration (WPI certified) with Vitamin B6 and Digestive Enzymes



## WHY



They contribute to growth and maintenance of muscle mass. Protein snack to supplement a protein-deficient meal.

## COME



Can be used in milkshakes, smoothies, diluted in water, soy milk, milk, rice milk, almond or coconut, fruit juices, soups and vegetable purees.

## WHEN



Take 30 g per day

## FORMAT



400 grams. Available in neutral or cocoa flavors

- Hydrolysed whey proteins Optipep® certified
- Whey proteins isolated by WPI certified microfiltration
- Addition of digestive enzymes and Vitamin B6



# RE-BALANCE

Rhodiola and Withania supplement



## WHY



Useful for promoting and maintaining mental clarity, ability learning, nervous balance and mood. Increase mental and psychic stress tolerance, particularly useful in case of stress from study or mental work prolonged over time.

## WHEN



Take 1 to 2 capsules per day with a large sip of water during the meal

## FORMAT



60 capsules

- Blend of high quality concentration plant extracts, standardized and titrated
- Promotes cognitive functions: mental clarity, memory and learning
- Supports the nervous system: tone mood and sleep-wake cycle
- Improves tolerance to psychophysical stress



# RECUPERO FAST

Food supplement based on highly branched cyclodextrins Dextrin® quality  
and Kiowa quality L-Glutamine



## WHY



Promotes post-activity recovery rapid detoxification of the muscle from waste produced during effort and regeneration of glycogen stores. It does not create any gastro-intestinal discomfort.

## WHEN



To be used within 30 minutes after physical activity. For medium-duration activity: 1 sachet or 1 1/2 level scoops. For intense or prolonged activity: 2 sachets or 3 level scoops.

## FORMAT

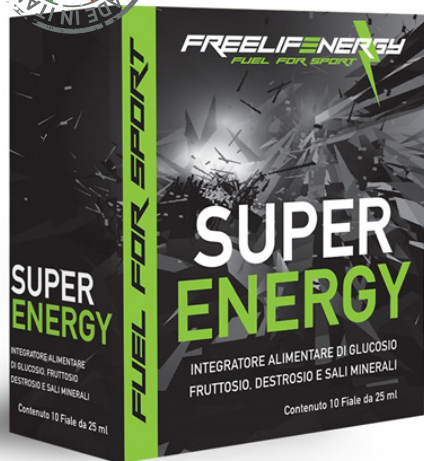


- 16 single-dose sachets of 25 grams
- 600 gram jar

- Based on highly branched cyclodextrins Dextrin® cluster, fructose and dextrose
- Sequential assimilation carbohydrates without glycemic peaks or drops or swings insulin
- With Kiowa high quality L-Glutamine
- Absence of chemical flavorings and dyes

# SUPER ENERGY

Rapidly assimilated energetic. Liquid mixture of carbohydrates  
rapidly absorbed: glucose, dextrose, fructose



## WHY



Useful for providing energy quickly and promote rapid recovery of strength when a situation of fatigue arises and sudden tiredness.

## WHEN



Take 1 vial approximately every hour during medium-long term activity or as needed in case of onset of the crisis. Take a vial little before intense, short-term activities

## FORMAT



10 vials of 25 ml

- Liquid and rapid absorption carbohydrates: glucose, dextrose, fructose
- Immediate feeling of energy also useful in crisis conditions
- Constant energetic support thank you to sequential use
- Total gastric tolerability
- Neutral taste perception

# VITAMINA D3+K2

Vitamin D3 and Vitamin K2 supplement



## WHY



Useful for maintaining an optimal distribution of calcium in bones and teeth, promote vascular health and muscle function, support the immune system.

## WHEN



Take 1 capsule per day with water during the meal

## FORMAT



90 capsules

- Vitamin D3 + vitamin K2 in correct ratio 1000 IU / 100mcg
- Promotes healthy bones and teeth
- Promotes good functioning muscular and cardiovascular
- Supports the immune system





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