

**NEW
PRODUCT**



LIQUID IONIC IODINE

With selenium
90ug-300ug
Suitable for vegans and vegetarians

Easy to adjust dosage for children, adults and pregnant women. Iodine is an essential trace mineral, which is important throughout your life. Selenium is also a trace mineral, which is important for the production of antioxidants to protect the cells in the thyroid. Iodine is used to produce thyroid hormones that affect the entire body. We have included selenium in our product to support the thyroids production of thyroid hormones.

Iodine contributes to normal cognitiv function, normal nervoussystem function, energymetabolism, production of thyroid hormones, normal thyroid function and normal skin. The Norwegian Directorat of Health recommend iodine especially to young women, pregnant and children because of lack in the population. Iodine in ionic form has 96% bioavailability.

**BEST-
SELLER**



LIQUID HIGHDOSE B12

With methylcobalamin
2000 µg
Suitable for vegans and vegetarians

Vitamin B12 is a watersoluble vitamin that is important to make energy in our muscles, and to make red bloodcells. There are many forms of B12. In our Liquid B12 you get methylcobalamin, which is considered the best absorbable and most active form of B12.

In most other supplements with B12 you get a synthetic form of B12. Methylcobalamin is produced by natural fermentation and is immediatly bioavailable. With Liquid B12 the absorption starts already in the mouth.

**ONLY 2
INGRED-
IENTS!**



LIQUID D3

Vegetable sourced from lichen
10-80 µg
Suitable for vegans and vegetarians

Vitamin D3 is a fatsoluble vitamin, which is absolutely essential for good health. Especially for people living in the northern countries with little sun exposure. The most important source of D3 is sun exposure to the skin, which makes our body produce its own D3. D3 is equally important for infants and children, as it is for grown ups and elderly.

Vitashine is a well established and safe manufacturer of vegan D3. Vitashine is registered with UK Vegan Society and UK Vegetarian Society as an effective plantbased source of D3. Our D3 contains only 2 ingredients: Vitamin D from lichen and MCT oil from coconut. It doesn't get more pure than this.

**WITH
MENAQ7**



LIQUID K2 WITH D3

With MenaQ7 and Vitashine D3
200 µg
Suitable for vegans and vegetarians

Vitamin K2 is a very important vitamin that has recieved a lot of attention all over the world. Norway is in the front line of research on Vitamin K2. The most used natural K2 is MenaQ7 from the Norwegian company Nattopharma. They make K2 from chickpea now, not from soy as before.

It has been scientifically proven that optimalization of K2 levels is associated with stronger bones and lower risk of fractures. D3 produces proteins involved in bone health, and K2 activates them. K2 contributes to avoiding calscium buildup in other tissue than bones, t.ex. bloodvessels, and makes sure the calscium is moved to the bones. K2 is best known for its role in bloodcoagulation. It is absolutely necessary for wounds to heal.

**BEAUTY
MINERAL**



REN MSM

Flakes (200g) and pills (180pc) with OptiMSM
Suitable for vegans and vegetarians

MSM gives our body organic sulfur. With increased sulfur availability from MSM, we get better ability for restitution after challenging activities like exercising. MSM is also good for aching muscles and joints, because sulfur is important in renewing and maintaining cartilage and muscle tissues. MSM is also good for skin, hair and nails since sulfur is an important part of keratin. Many call it the «beauty mineral». It is also good for gastrontestines because sulfur is used to maintain and renew the mucous lining in the intestines.

MSM flakes are easily dissolved in water and have a very high bioavailability. In our products you get OptiMSM, which are produced by distillation. This gives you the most pure and safe MSM product on the norwegian market.

ORGANIC



FULL SPECTRUM MACA

Powder (180g) and capsules (90pc)
Gelatinized black, red and yellow maca
Suitable for vegans and vegetarians

Maca gives more energy and stamina, and has a strengthening effect on the immunesystem. Maca is a superfood, best known to increase vitality. Maca has been used for over 2000 years in Peru. It is a root vegetable that grows 4500 meters above sea level, and thrives in the harsh conditions on the plains in the Andes mountains. Maca increases the bodys ability to cope with stress, and has a normalizing effect on many body functions. There are 3 main types of maca. Black, red and yellow. All have their own beneficial abilities. Full Spectrum Maca contains all these to give a complete powdered maca product.



ABOUT US

We run a small family business. Our companys vision is to offer pure and effective supplements. We specialise in getting new products approved, and changing the strict regulations in Norway. All our products are unique, and help people take responsibility for their own wellbeing. Our products are suitable for vegans and vegetarians. All products are produced in Drøbak, Norway.

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