DIETARY SUPPLEMENTS

YOUTH AND BEAUTY CLOSED IN CAPSULES

WHY DIETARY SUPPLEMENTS FROM SOUVRE?

Dietary supplement from „Souvre International” do not contain preservatives, artificial coloring or harmful synthetic substitutes. They are manufactured under strict control in our Polish laboratory using, among others methods, an innovative freeze-dry method for collagen that is naturally derived directly from fish. Our supplements distinguished from others due to our unique composition of nutrients (fish collagen from shark cartilage, extract from the fruit of wild rose, algae - a natural source of iodine, glucosamine, hyaluronic acid, Indian incense extract, natural vitamins A, C, K2, D3, E, cod liver oil, and others). In addition, supplements from „Souvre Internationale”, include a wide range of applications:

SOUVRE JOINTS:
- Helps maintain healthy joints and their flexibility.
- Activates repair processes of articular cartilage and bone.
- Promotes bone regeneration.
- Rebuilds resources of synovial fluid.

SOUVRE SKIN BEAUTY:
- Provides amino acids and peptides.
- Affects the delay the aging process.
- Iodine helps maintain the proper functioning of the thyroid gland and the nervous system and skin health.

SOUVRE VITAMIN C:
- Helps in the production of natural collagen.
- Promotes the proper functioning of the nervous system.
- Helps in the proper functioning of the immune system.
- Increases the absorption of iron.

SOUVRE VITAMIN K2 + D3 PLUS:
- Helps maintain healthy bones and has a positive effect on blood.
- Helps in the proper development and bone mineralization.
- Helps in functioning of the immune system.
- Has positive effect on maintaining healthy bones, teeth, eyes, and normal function of the cardiovascular system.

DIETARY SUPPLEMENTS - ORIGINAL METHOD

A few years after the development of the original methods of obtaining collagen from fish there was another breakthrough, the introduction of a supplement containing a composition of biologically active collagens. This was achieved thanks to a complex and costly process which is lyophilization.

It is one of the methods of obtaining anhydrous products based on freeze-drying, that is achieved at a temperature lower than 0°C and under low pressure. This process is used in drying sensitive ingredients and substances, particularly those that are heat sensitive.

In the process, the active substances retain their activity, and valuable elements such as vitamins, proteins, enzymes, minerals are not destroyed.

SUPPLEMENTS - THE QUALITY IS IMPORTANT

A balanced diet and active lifestyle is the key to youth and beauty. However, this goal is easier said than done. Nowadays, it is difficult to provide the optimal quantity of vitamins and essential minerals relying only a proper diet. Supplements give us the necessary amounts of nutrients which we need, but lack despite the efforts we take to lead a healthy lifestyle. Our bodies and skin need constant care, not only from the outside but also from the inside. Dietary supplements available on the market can play an important role in our lives. However, keep in mind that only high quality supplements resulting from the use of specially selected ingredients, will allow us to enjoy the tangible results. It is also important to choose supplements whose ingredients are easily assimilated and safe.
DIETARY SUPPLEMENT
SKIN BEAUTY

COLLAGEN DOSE OF BEAUTY FROM THE INSIDE

Souvre Skin Beauty is a dietary supplement containing nutrients of natural origin, including: lyophilized tertiary fish collagen, micronized algae and tocopherol - vitamin E as D-alpha tocopherol acetate derived from soy beans.

The main ingredient of the Skin Beauty supplement – tertiary lyophilized collagen type I with lemon is obtained by original method of our manufacturer.

Algae are a source of iodine that helps to maintain the proper functioning of the thyroid, the nervous system and skin health. Vitamin E enhances the protection of cells from oxidative stress.

EFFECTS:
- Collagen nourishes the skin from the inside, making it flexible.
- Collagen is responsible, among other things, directly for the skin condition.
- Vitamin E enhances the protection of cells from oxidative stress.
- Iodine helps to maintain proper functioning of the thyroid gland and affects the maintenance of the structure of the skin.

DAILY RECOMMENDED USE:
2 capsules per day during a meal. Do not exceed the recommended dosage during the day. Dietary supplements can not be used as a substitute for a varied diet. Balanced diet and a healthy lifestyle are important to maintain good health. Do not use if you suffer from hypersensitivity to any of the ingredients. You will achieve results by using only 2 capsules per day.

INGREDIENTS:
- Seaweed (Fucus vesiculosus)
- Lyophilized collagen
- Vitamin E

INCI:
Freeze-dried fish collagen with lemon (collagen gel, freeze-dried lemon powder), algae (Fucus vesiculosus) gelatin capsule (fish gelatin, coloring – titanium dioxide), vitamin E (D-alpha-tocopherol acetate) from soy beans.

INGREDIENTS:
- Seaweed (Fucus vesiculosus)
- Lyophilized collagen
- Vitamin E

NRV – Nutrient Reference Values

INCI 2 caps. (794 mg)
Freeze-dried fish collagen with lemon 180 mg
Vitamin E (mg equiv. Alpha-tocopherol) 12 mg (100% NRV)
Algae (Fucus vesiculosus) (g, including:
- Iodine 200 mg
- Iodine 90 µg (60% NRV)

INCI: Freeze-dried fish collagen with lemon (collagen gel, freeze-dried lemon powder), algae (Fucus vesiculosus) gelatin capsule (fish gelatin, coloring – titanium dioxide), vitamin E (D-alpha-tocopherol acetate) from soy beans.

Catalogue number: S0001
- 30 capsules

Catalogue number: S0002
- 60 capsules

Catalogue number: S0003
- 90 capsules

Catalogue number: S0004
- 120 capsules
Our dietary supplement Vitamin C contains four standardized herbal extracts, which are natural sources of the Vitamin C. Why is vitamin C so important to our body?

**EFFECTS:**
- Essential for the proper formation of collagen fibers.
- Helps in the proper functioning of the immune system.
- Helps maintain normal energy metabolism.
- As an antioxidant protection against harmful effects of free radicals.

**DAILY RECOMMENDED USE:**
1 capsule per day. Do not exceed recommended dosage during the day. Dietary supplements can not be used as a substitute for a varied diet. Balanced diet and a healthy lifestyle are important to maintain good health. It shouldn't be used by people prone to kidney stones and with hypersensitivity to any of the ingredients. You will achieve results by using only 1 capsules per day.

**INGREDIENTS:**
- Wild rose extract (Rosa canina)
- Acerola extract (Malpighia glabra L.)
- Goji berries extract (Lycium Barbarum)
- Bitter melon extract (Momordica charantia)

**Nutritional value 1 caps. (420 mg)**
- Wild rose extract (Rosa canina) 191 mg
- Acerola extract (Malpighia glabra L.) 17 mg
- Goji berries extract (Lycium Barbarum) 8 mg
- Bitter melon extract (Momordica charantia) 8 mg
- Vitamin C 204.5 mg (256% NRV)

NRV – Nutrient Reference Values

**CATALOGUE NUMBERS:**
- Catalogue number: S0009 - 30 capsules
- Catalogue number: S0010 - 60 capsules
- Catalogue number: S0011 - 90 capsules
- Catalogue number: S0012 - 120 capsules

*NRC* – Nutrient Reference Values

**INCI:**
- Wild rose extract (Rosa canina, anti-caking agent - silicon dioxide), capsule (fish gelatin, coloring - titanium dioxide), acerola extract (Malpighia glabra L.), Goji berries extract (Lycium barbarum), bitter melon extract (Momordica charantia).
**DIETARY SUPPLEMENT:**

**JOINTS**

**PROTECT YOUR FITNESS**

Socre Joints is a dietary supplement containing a combination of four components affecting the functioning of the locomotor system: an innovative complex of freeze-dried native fish collagen from shark cartilage, glucosamine, hyaluronic acid and extract of Indian incense.

**EFFECTS:**

- Indian incense extract helps maintain healthy joints and their flexibility. Acids included in this extract have potent anti-inflammatory and analgesic properties.
- Glucosamine helps restore cartilage and participates in building the cartilage structure.
- Hyaluronic acid helps the diffusion of nutrients and nutrition to cartilage and provides adequate strength.
- Collagen is a major protein in the human body and the main component of connective tissue. It is directly responsible for the condition of the skin, tendons and joints.

**DAILY RECOMMENDED USE:**

2 capsules per day during a meal. Do not exceed recommended dosage during the day. Dietary supplements can not be used as a substitute for a varied diet. Balanced diet and a healthy lifestyle are important to maintain good health. Do not use if you suffer from hypersensitivity to any of the ingredients. You will achieve results by using only 2 capsules per day.

**INGREDIENTS:**

- Lyophilized fish collagen from shark cartilage
- Glucosamine Sulfate 2 KCl
- Extract of Indian incense (Boswellia serrata)
- Hyaluronic acid

Our unique complex of freeze-dried fish collagen from shark cartilage is produced according to the original method of our manufacturer and provides 200 mg of collagen, 80 mg of natural collagen in the daily intake of the supplement. In addition, shark cartilage contains chondroitin. Both collagen and chondroitin are important building blocks for cartilage.

Glucosamine included in the composition of the supplement benefits the joints as the sulfate is of natural origin. Holistic properties of this supplement are supplementation of hyaluronic acid, which is a component of structural and functional tissue in our body. It is also the most important component of the synovial fluid in joints and is responsible for the lubrication. Indian incense extract helps maintain healthy joints and their flexibility.

**INGREDIENTS:**

- Lyophilized fish collagen from shark cartilage
- Glucosamine Sulfate 2 KCl
- Extract of Indian incense (Boswellia serrata)
- Hyaluronic acid

**INCI:**

Freeze-dried fish collagen from shark cartilage (collagen gel, shark cartilage), glucosamine sulfate 2 KCI from shellfish, capsule (fish gelatin, coloring - titanium dioxide), extract of Indian incense (Boswellia serrata), hyaluronic acid.

**CATALOGUE NUMBERS:**

- Catalogue number: S0005
  - 30 capsules
- Catalogue number: S0006
  - 60 capsules
- Catalogue number: S0007
  - 90 capsules
- Catalogue number: S0008
  - 120 capsules

**INCL:** Freeze-dried fish collagen from shark cartilage (collagen gel, shark cartilage), glucosamine sulfate 2 KCI from shellfish, capsule (fish gelatin, coloring - titanium dioxide), extract of Indian incense (Boswellia serrata), hyaluronic acid.
DIETARY SUPPLEMENT
VITAMIN K2+D3 PLUS

PROTECT YOUR EFFICIENCY

Souvre Vitamin K2 + D3 Plus is recommended for adults as a supplement of vitamin D3 together with omega 3, vitamins A, D3 and K2, for people staying in the sun less than 15 minutes a day and / or applying creams with UV protection. As well as for people who are physically active, the elderly and people who care for maintaining healthy bones, teeth, eyes, and normal function of the cardiovascular system.

EFFECTS:
- Important to maintain healthy bones and processes of blood clotting.
- Helps in the proper development and bone mineralization.
- Helps in the functioning of the immune system.
- Has a positive effect on maintaining healthy bones, teeth, eyes, and normal function of the cardiovascular system.

DAILY RECOMMENDED USE:
1 capsule per day. Do not exceed recommended dosage during the day. Balanced diet and a healthy lifestyle are important to maintain good health. You will achieve results by using only 1 capsule per day.

INGREDIENTS:
- Cod liver oil (fish oil)
- Vitamin A
- Vitamin K2 (menaquinone)
- Vitamin D3

Souvre Vitamin K2 + D3 Plus is a dietary supplement containing Cod liver oil, which is the source of omega 3, including valuable health acids EPA and DHA, as well as natural vitamin A. The formula of the product is enhanced by the high amount (100% reference intake values) of natural vitamin K2 in the best digestible and most active form - menaquinone-7. This preparation also has a very high dose of vitamin D3, up to 2000 IU in one capsule.

Omega-3 fatty acids belong to the group of polyunsaturated fatty acids and are called essential fatty acids (EFA), as they should be regularly supplied through the diet. Many studies have shown that taking Omega 3 acids has a beneficial effect on the maintenance of normal functioning of the body. Also Vitamin K2 should be regularly supplied with food, because the human body is not able to synthesize it, and it helps to keep healthy bones and has a positive effect on blood coagulation. Vitamin D plays an important role in the regulation of calcium-phosphate system and normal growth and bone mineralization. In addition, Vitamin D helps in the proper functioning of the immune system.

Ingredients 1 caps. (420 mg)

- Cod liver oil including:
  - EPA - eicosapentaenoic acid
  - DHA - docosahexaenoic acid
  - Vitamin A (retinol equivalent): 31 µg (100% NRV*)
  - Vitamin K2 (menaquinone-7): 75 µg (100% NRV*)
  - Vitamin D3 (cholecalciferol): 50 µg (1000% NRV*)

NRV – Nutrient Reference Values

InCI: Cod liver oil, gelatin capsule (gelatin, glycerin - humectant, water, iron oxide - coloring), sunflower seed oil, medium chain triglycerides (MCT), vitamin K2 (menaquinone-7 - obtained from the fermentation of soy), vitamin D3 (cholecalciferol).

Catalogue number: S0013
30 capsules

Catalogue number: S0014
60 capsules

Catalogue number: S0015
120 capsules