



nfo SINCE 1987

BY NORWEGIAN FISH OIL®





ABOUT THE COMPANY

NFO® is a European leader in the development of bioactive Omega-3 polyunsaturated fatty acid (PUFA) complexes, as well as vitamin-mineral and plant complexes. It is a European leader in the production of Omega-3 products derived from fish oil.

The headquarters of NFO® are in Trondheim, Norway. NFO® products are sold in more than 50 countries across the world.

NFO® products are among the best in the premium segment.

1992



ISSO 9002
quality
system

1995



GMP
retail
packaging
license

1996



HACCP

2004



ISO 9001

2006



ISO 22000
GMP

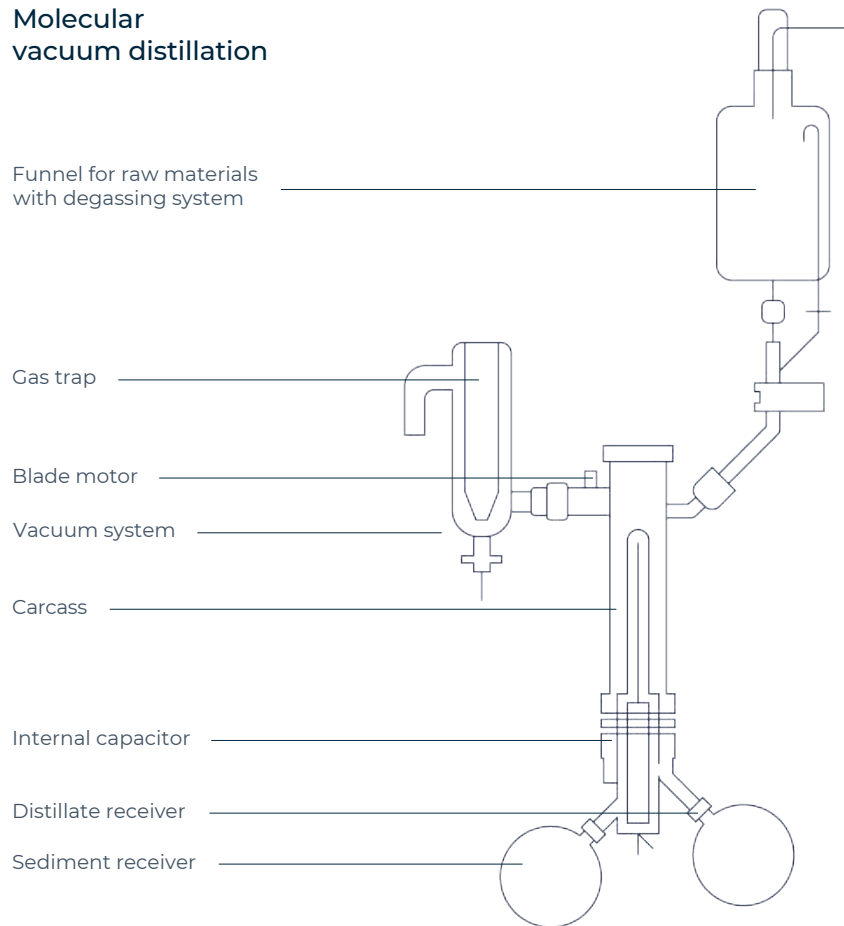


License for all
production

Our mission is to improve everyone's quality of life by assisting them to experience full health, energy, harmony and attractiveness at any age. For this purpose, the NFO® brand has developed a comprehensive line of organic products that meet the highest international quality requirements.



Molecular vacuum distillation



In every aspect, the highest Norwegian quality is maintained:

- Compliance with GMP and ISO standards;
- Synthetic substances or genetically modified organisms are not used in the products;
- Heavy metal purification;
- Only allowed doses of vitamins in the Customs Union, and in Russia in particular;
- Technology deodorization of raw materials and the capsule;
- High quality of the capsule itself.

QUALITY CONTROL

NFO® products are manufactured in a state-of-the-art facility, which ensure the highest level of quality.

Pharmatech's cutting-edge facility has been generating high-quality Omega-3 from carefully selected raw materials retrieved from wild fish caught in the clearest waters of the Norwegian Sea since 1987.

The plant is located near the Rawlsy harvesting station in Norway, which allows to create a finished product within a few hours after catching, reducing TOTOX* levels and conserving all of the raw material's beneficial characteristics.

NFO® products fulfill the highest international quality standards.

1. We produce Omega-3 from wild fish carcasses;
2. We can keep the full advantage of the natural form of Omega-3 found in fish oil from pure wild fish caught in Norway's northern seas, thanks to the unique processing technology. This method helps you to save the most Omega-3 nutrients; It is unrivaled;
3. Our vitamins and supplements are made entirely of natural raw ingredients;
4. For each batch, input control and laboratory testing of all incoming raw materials;
5. Oxidation control and raw material selection (TOTOX level conforms with UN criteria, verified quality of low TOTOX index, all NFO® Omega-3 complexes have TOTOX below 15*);
6. Utilization of cutting-edge manufacturing technologies;
7. For each batch of finished product, output control and laboratory testing are carried out, and a Certificate of Analysis (CoA — Certificate of Analysis) is issued;
8. We guarantee that the specified concentrations will be maintained during the product's expiration date;
9. During the expiration date of the released batch, samples of each product batch are stored for additional study and quality control.

*TOTOX (Total Oxidation Index) is an indicator of the active oxidation of Omega-3 and the appearance of a large amount of free radicals. European Union regulations set the maximum allowable level of TOTOX at 26.





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OMEGA-3

Polyunsaturated
fatty acids



OMEGA-3 POLYUNSATURATED FATTY ACIDS

Polyunsaturated fatty acids. Why does the body need them?

Polyunsaturated fatty acids (PUFAs) play a key role in the creation of all body cell membranes, as well as the manufacture of physiologically active molecules such as tissue hormones. These chemicals serve an important part in the control of all organs and systems' activities.

Two types of polyunsaturated fatty acids, **Omega-3** and **Omega-6**, are particularly important. Since these Omega acids cannot be synthesized in sufficient amounts in the body and must be obtained through food, they are referred to as essential.

Deficiency in Omega-3 PUFAs raises the risk of metabolic disorders and other chronic diseases.

The health benefits of Omega-3 PUFAs include:

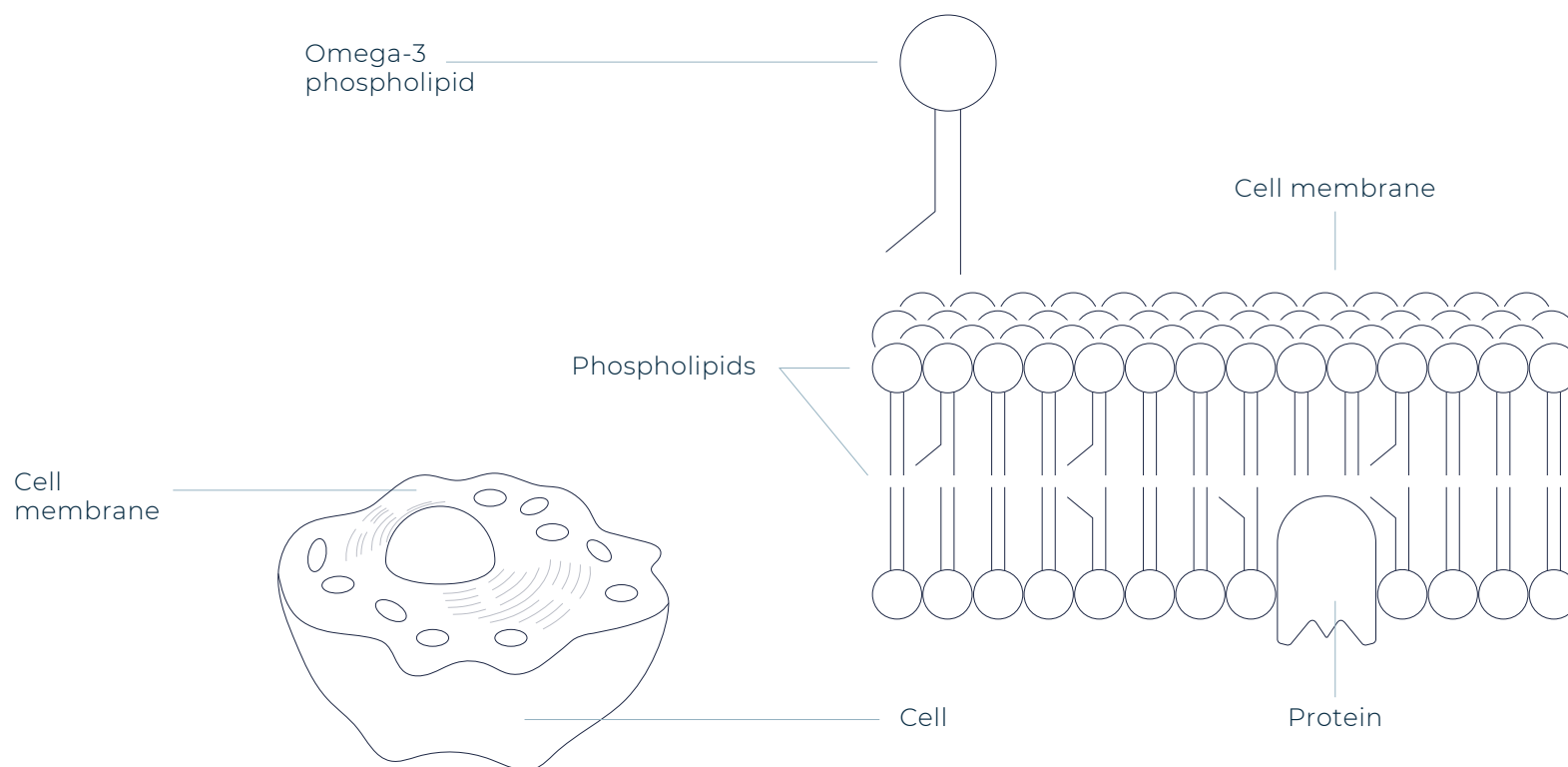
- They are involved in the development of cell membranes as well as the production of anti-inflammatory BAS;
- Stress levels are reduced, and cognitive function, memory, and attention are improved;
- Strengthen your eyesight and keep it from deteriorating;
- Lipid metabolism should be restored (decrease the synthesis of LDL and LDL, increase the production of HDL);
- Strengthen the immune system, reduce inflammation, and halt the deterioration of articular cartilage;
- Improve the rheological properties of blood (change the fluidity of erythrocyte membranes, increase their plasticity);
- Aid in the dilation of spasming blood arteries, reducing the risk of thrombosis;
- Significantly reduce the risk of oxidative stress in cells;
- Help to improve cerebral circulation (at the level of the micro-circulatory system);
- Increase the sensitivity of cells to insulin to reduce the incidence of type 2 diabetes;
- In the case of bronchial blockage, encourage bronchial expansion;
- Reduce the symptoms of steatohepatitis (fatty liver dystrophy);
- Responsible for reproductive health, increasing energy, vitality, efficiency, and preserving youth.

*All the properties of Omega-3 PUFAs have been confirmed by numerous clinical studies. Omega-3 is included in the new European recommendations ESC-2021.



OMEGA-3 POLYUNSATURATED FATTY ACIDS

Omega-3 NFO® is a pure Omega-3 from wild fish from Norway. Thanks to a unique technology that allows you to retain all the benefits of Omega-3. NFO® Omega-3 restarts the body's metabolic processes and increases the bioavailability of vitamins and trace elements taken. It has no analogues.



Omega-3 NFO® increases the plasticity of cell membranes, improving the transport of bioactive substances (including vitamins and minerals) inside the cell.



BENEFITS OF OMEGA-3 NFO®

- 1. Effectiveness.** Effectively restarts the body's metabolic processes and gives the maximum benefit of Omega-3.
- 2.** The unique **highest Norwegian quality** in every detail.
- 3. High safety. TOTOX level meets the UN criteria,** verified quality of the low TOTOX index, all NFO® Omega-3 complexes have TOTOX below 15.
- 4. High digestibility.** The body absorbs it quickly and thoroughly.

1

Revolutionary technique that retains all of the advantages of Omega-3 in its natural form;

2

For everyone his own Omega:
3 forms of release: capsules, liquid form, chewable;

3

NFO® Ecosystem (personalized therapy regimen with expert support for key consumer needs);

4

The most comprehensive Omega-3 product line on the market.

NFO® is a whole ecosystem that establishes a new standard for being fit, healthy, and active while also enhancing your quality of life.

EXPERT OMEGA-3

For every type of target audience, an expert comprehensive solution is available







OMEGA-3 ULTIMA

A new degree of well being



NFO® Omega-3 Ultima is a natural bioactive complex of Omega-3 PUFAs in soft, odorless, and tasteless gelatin capsules with the highest concentration of EPA and DHA in one capsule, based on highly purified fish oil.

Particularly suitable:

- For individuals who expect the best and want to get the most out of their Omega-3 supplementation with fewer capsules with the highest bioavailability;
- For individuals with strenuous physical activity;
- During pregnancy and breastfeeding, for women.

Form of Omega-3 PUFAs: Esterified triglycerides.

Instructions: Adults should take 1-2 capsules per day with meal.

NFO® Omega-3 Ultima Complex has the following features:

- The highest concentration of EPA and DHA in a single capsule (990 mg) among NFO® Omega-3 products, resulting in the fastest recovery of EPA and DHA levels in the body (highest effectiveness with less capsule consumption);
- Since EPA and DHA are in the form of esterified triglycerides, they have a high bioavailability;
- Clinically proven effectiveness in athletes in the complex of rehabilitation and recovery activities;
- The highest level of quality of the complex guarantees the lowest level of TOTOX among NFO® Omega-3 products.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN THE DAILY DOSE (1 CAPSULE), MG |
|--------------------------------|---|
| Fish oil | 1320 |
| Omega-3 PUFAs | 1050 |
| incl. Eicosapentaenoic acid | 600 |
| Docosahexaenoic acid | 390 |
| Vitamin E | 1,46 |

Expiration date — 3 years.

OMEGA-3 FORTE

For the whole family



NFO® Omega-3 Forte is a natural bioactive complex of Omega-3 PUFAs in soft, odorless, and tasteless gelatin capsules with a high concentration of Omega-3 PUFAs per capsule, based on highly purified fish oil.

Only freshly caught sturgeon, herring, smelt, mackerel, sand lance and anchovy fish carcasses are used in NFO® Omega 3 Forte. Because of its high degree of purity and PUFA content in the form of ethyl esters, NFO® Omega-3 Forte is easily absorbed. NFO® Omega-3 Forte's high PUFA content provides for a quick recovery of Omega-3 levels in the body.

Form of Omega-3 PUFAs: Ethyl esters.

Instructions: Adults and children over three years old to take one capsule daily with meal.

NFO® Omega-3 Forte Complex has the following features:

- Approved for use in children aged three years and older, as well as in adults — family form;
- Quickly restores the level of Omega-3 PUFAs in the body due to the high concentration of Omega-3 PUFAs in one capsule (620 mg);
- Comes in 3 sizes — 60 and 120, 360 gelatin capsules — you can choose the size of the capsule you want.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN THE DAILY DOSE (1 CAPSULE), MG |
|--------------------------------|---|
| Fish oil | 1000 |
| Omega-3 PUFAs | 620 |
| incl. Eicosapentaenoic acid | 310 |
| Docosahexaenoic acid | 205 |
| Vitamin E | 1,46 |

Expiration date — 3 years.



OMEGA-3 KRILL OIL

Beauty and youth

Beauty formula
for skin, hair, nails
60 caps.

NFO® Omega-3 Krill Oil is a natural bioactive compound of Omega-3 PUFAs and astaxanthin in soft, odorless, and tasteless gelatin capsules with enhanced antioxidant protection based on highly refined fish oil and krill oil.

Astaxanthin, which comes from the microalgae *Haematococcus pluvialis*, boosts Omega-3 PUFA's ability to neutralize free radicals and protect cell membranes. NFO® Omega-3 Krill Oil slows down UV-induced skin aging, improves collagen synthesis, and preserves skin fibroblasts thanks to its enhanced antioxidant effect.

As a result, NFO® Omega-3 Krill Oil has a more beneficial effect on the skin: it moisturizes, smooths wrinkles, preserves skin elasticity and firmness, and strengthens hair and nails.



Form of Omega-3 PUFAs: Phospholipids.

Instructions: Adults should take 1-2 capsules per day with meal.

NFO® Omega-3 Complex Krill Oil has the following features:

- Due to the nature of Omega-3 PUFAs — phospholipids — NFO® Omega-3 products have the highest bioavailability;
- Dual antioxidant effect: contains krill oil and the most powerful antioxidant astaxanthin from a natural source (the microalgae *Haematococcus pluvialis*);
- Boosted skin action: accelerates hydration, smooths wrinkles, maintains skin elasticity and firmness, and strengthens hair and nails.

| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN THE DAILY DOSE (2 CAPSULES), MG |
|--------------------------------|--|
| Fish Oil | 1980 |
| Krill Oil | 20 |
| Omega-3 PUFAs | 1090 |
| incl. Eicosapentaenoic acid | 594 |
| Docosahexaenoic acid | 396 |
| Astaxanthin | 0,1 |

Expiration date — 3 years.

OMEGA-3-6-9 SALMON OIL

For those on a diet

Balanced
formula
120 caps.

Omega-3-6-9 NFO® Salmon Oil is a natural bioactive compound of Omega-3 polyunsaturated fatty acids (PUFAs) based on highly refined Norwegian salmon oil in soft gelatin capsules with an ideal Omega-3-6-9 PUFA ratio. Fresh Norwegian salmon carcasses from naturally farmed fisheries are used.

Apart from Omega-3, NFO® Omega-3-6-9 Salmon Oil contains the entire Omega-acid complex, which are essential for the prevention of cardiovascular diseases, inflammatory processes, blood sugar control, maintaining healthy and youthful skin, immunity strengthening, and sleep normalization. Omega-6/Omega-3 complex is balanced in terms of ratio, ensuring a comfortable environment for metabolism and lowering the risk of disease.



Form of Omega-3 PUFAs: Triglycerides.

Instructions: Adults and children over the age of 14 should take 1 capsule 3 times per day with meals.

NFO® Omega-3-6-9 Salmon Oil Complex has the following features:

- High bioavailability — the natural form of Omega-3 PUFAs — triglycerides;
- In addition to Omega-3 PUFAs, it also contains Omega-6 and Omega-9 to compensate for the lack of the full range of Omega-acids in the body in case of insufficient intake from food;
- All dietary restrictions require balanced Omega 3-6-9 PUFAs to compensate for nutritional inadequacies and nutrient deficiencies.

| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN THE DAILY DOSE (3 CAPSULES), MG |
|--------------------------------|--|
| Salmon Oil | 1500 |
| Omega-3 PUFAs | 300 |
| incl. Eicosapentaenoic acid | 60 |
| Docosahexaenoic acid | 66 |

Expiration date — 3 years.





SHARK LIVER OIL

Strong immune system

Formula for strengthening the immune system and activation of antitumor defense

120 capsules

NFO® Shark Liver Oil is a one-of-a-kind bioactive compound containing highly purified Shark Liver Oil, Omega-3, alkoxyglycerides, squalamine and squalene in soft, odorless, and tasteless gelatin capsules to support the immune system and increase antitumor protection.

The product's shark liver oil comes from five different shark species that inhabit at extreme depths in the Atlantic Ocean (up to 1000 meters). The most unique of them are the Portuguese shark and the black dog shark (Fabrizius shark). These sharks are high in chemicals that make them highly immunological and resistant to a variety of ailments, including tumor growth.

Sharks are thought to be able to survive at large depths where oxygen levels are low due to their massive liver, which stores squalene, squalamine, and alkoxyglycerides.

Squalamine is a natural antibiotic with characteristics similar to ampicillin that can be used to treat inflammatory diseases. Squalene is a natural antioxidant with antitumor effects. Shark liver oil is also the only source of alkoxyglycerides, which are biologically active compounds that help boost the immune system by encouraging the creation of white blood cells, the first line of defense against viral and bacterial diseases. Anti-inflammatory, antitumor, immunostimulatory, and antibacterial activities of NFO® Shark Liver Oil.

Instructions: Adults should take 1 capsule 3 times per day with meals.

NFO® Shark Liver Oil Complex has the following features:

- A one-of-a-kind natural product created from the liver fat of five rare shark species (unique marine animals that are cancer-free);
- Squalene, squalamine and alkoxyglycerides are also found in Omega-3 PUFAs, which aid to boost overall immunity and antitumor protection.

| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN THE DAILY DOSE (3 CAPSULES), MG |
|--------------------------------|--|
| Shark liver oil | 1500 |
| Omega-3 PUFAs | 390 |
| Alkoxyglycerols | 300 |

Expiration date — 3 years.





OMEGA-3 1000 MG

First Omega-3

Formula
for beginners

60 caps.

NFO® Omega-3 1000 mg is a natural, highly pure fish oil in gelatin capsules that are soft, odorless, and tasteless and provide a high daily dose of Omega-3 PUFAs.

Only freshly caught sturgeon, herring, smelt, mackerel and sand lance fish carcasses are used in the production of NFO® Omega-3 1000 mg.

One capsule contains 1000 mg of Omega-3 PUFA-rich fish oil, 180 mg EPA and 120 mg DHA. The product can be used to maintain Omega-3 levels in the body on a regular basis because of the triglyceride formula.

Form of Omega-3 PUFAs: Triglycerides.

Instructions: Adults should take 1-2 capsule per day with meals.

NFO® Omega-3 Complex 1000 mg has the following features:

- High bioavailability — natural form of Omega-3 PUFAs — triglycerides;
- Recommended daily dose to start taking Omega-3;
- High level of Omega-3 PUFAs in a daily dose.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN THE DAILY DOSE (1 CAPSULES), MG |
|--------------------------------|--|
| Fish oil | 1000 |
| Omega-3 PUFAs | 300 |
| incl. Eicosapentaenoic acid | 180 |
| Docosahexaenoic acid | 120 |
| Vitamin E | 0,74 |

Expiration date — 2 years.

OMEGA-3 WITH LEMON FLAVOUR

If you don't like capsules

The formula
is suitable for dressing
cold dishes

240 ml

NFO® Lemon-flavoured Omega-3 is a natural bioactive compound of Omega-3 polyunsaturated fatty acids (PUFAs) based on highly purified lemon-flavoured fish oil in liquid form with a high daily dose of Omega-3 PUFAs. Produced from wild fish caught in Norway's finest waters. NFO® Lemon-flavoured Omega-3 complex is made from freshly collected fish carcasses such as anchovies, horse mackerel, herring, smelt, mackerel and sand lance. NFO® Lemon-flavored Omega-3 is great for dressing salads and other dishes, allowing you to incorporate Omega-3 into your daily diet while also maximizing the product's bioavailability. Due to their outstanding taste, NFO® Lemon-Flavoured Omega-3 Dressings have become quite popular.

Form of Omega-3 PUFAs: Triglycerides.

Instructions: Adults should take 5 ml (1 teaspoon) per day with meals.

NFO® Omega-3 complex with a lemon flavour:

- Liquid form of Omega-3 PUFAs without the odor of fish oil;
- High bioavailability — natural form of Omega-3 PUFAs — triglycerides;
- High level of Omega-3 PUFAs in one teaspoon;
- A delicious serving of health - great for dressing cold dishes.

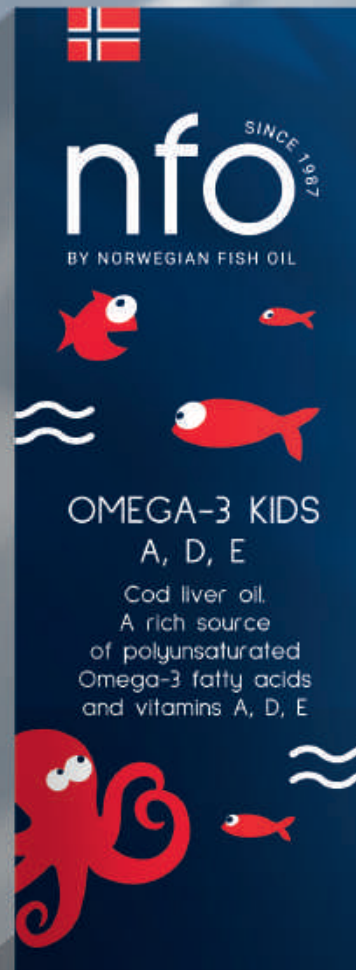


| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN THE DAILY DOSE (1 TEASPOON), MG |
|--------------------------------|--|
| Omega-3 PUFAs | 1540 |
| incl. Eicosapentaenoic acid | 736 |
| Docosahexaenoic acid | 460 |
| Vitamin E | 5 |

Expiration date — 3 years. Refrigerate the bottle after opening it at a temperature of no more than 5 degrees.



FOR CHILDREN





OMEGA-3 COD LIVER OIL A, D, E

For the littlest ones

Liquid form for a kid's body from the youngest years

240 ml



NFO® Omega-3 Cod Liver Oil A, D, E is a natural bioactive combination of Omega-3 PUFAs and vitamins A, D, and E for children aged 3 years old, based on highly purified cod liver oil in liquid form with a high concentration of Omega-3 PUFAs at a daily dose. NFO® Omega-3 Cod Liver Oil is acceptable for children as young as three years old, as it is manufactured using advanced technology. Cod liver oil is recommended by the European medical community from birth. NFO® Omega-3 Cod Liver Oil A, D, E has a higher concentration of DHA, which is critical for the growth and development of cognitive processes, memory, attention, vision support, and the nervous system at a young age. Vitamins A and E also help to support visual processes, while vitamin D promotes bone mineralization and tooth strength.

Form of Omega-3 PUFAs: Triglycerides.

Instructions: Children from 3 years and adults 5 ml (1 teaspoon) per day with meals.

NFO® Omega-3 Cod Liver Oil Complex has the following features:

- The liquid form of Omega-3 is suitable for children who can't swallow capsules;
- Contains high levels of DHA in a daily dose;
- Additionally contains vitamins A, D, E, which enhances the beneficial effects of Omega-3 PUFAs in children;
- In Europe it is used in children from birth.

| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN THE DAILY DOSE (1 TEASPOON), MG |
|--------------------------------|--|
| Omega-3 PUFAs | 1080 |
| incl. Eicosapentaenoic acid | 345 |
| Docosahexaenoic acid | 460 |
| Vitamin A | 0,15 |
| Vitamin D | 0,0065 |
| Vitamin E | 3,2 |

Expiration date — 3 years. Refrigerate the bottle after opening at a temperature of no more than 5 degrees.

OMEGA-3 KIDS CHEWABLE CAPSULES WITH VITAMIN D

Tasty Omega-3 for kids

Chewable form for children

120 caps.



NFO® Omega-3 Kid's chewable capsules with vitamin D is a natural bioactive complex of Omega-3 and vitamins D and E in the form of delightful chewable capsules with a high concentration of Omega-3 PUFAs in a daily dose for children aged 4 years. The compound makes use of highly refined fish oil derived from the carcasses of wild Atlantic tuna taken in the Norwegian Sea. In a daily intake, it contains a high quantity of EPA and DHA. In addition, the product contains a daily dose of vitamin D, which aids in the strengthening of the immune system, the avoidance of colds, and the treatment of musculo-skeletal disorders in children.

Form of Omega-3 PUFAs: Triglycerides.

Instructions: Children from 4 years old and adults should take 1 capsule 3-4 times per day with meals.

NFO® Omega-3 Complex with Lemon Flavor:

- The complex is designed specifically for children aged 4 years and older;
- Delicious portion of health - chewable capsules flavored with Tutti Frutti;
- Contains high levels of EPA and DHA in a daily dose (Vitamin D as well);
- Additionally contains vitamin E, which enhances the beneficial effects of Omega-3 PUFAs in kids;
- High bioavailability — a natural form of Omega-3 PUFA — triglycerides.

| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN THE DAILY DOSE (4 CAPSULES) |
|--------------------------------|--|
| Fish Oil | 2400 MG |
| Omega-3 PUFAs | 800 MG |
| incl. Eicosapentaenoic acid | 384 MG |
| Docosahexaenoic acid | 240 MG |
| Vitamin D | 400 IU |
| Vitamin E | 2,16 MG |

Expiration date — 3 years.



CHILDREN'S NFO® OMEGA-3 LINE

| NAME | NFO® OMEGA-3 COD LIVER OIL A, D, E | NFO® OMEGA-3 KIDS CHEWABLE CAPSULES WITH VITAMIN D | NFO® OMEGA-3 FORTE |
|-------------------------------|---|--|--|
| FOR WHOM | The liquid form is suitable for babies | Suitable for most children | Suitable for children with allergies |
| AGE RESTRICTION | For children from 3 years old and adults | For children from 4 years old and adults | For children from 3 years old and adults |
| FORM OF RELEASE | Liquid form, 250 ml bottle | Chewable gelatin capsules of 800 mg, 120 capsules in a can | Gelatin capsules of 1384 mg, 120 capsules in a jar |
| COMPOSITION PER DAILY DOSE | Cod liver oil Fatty acids Omega-3 – 1080 mg incl. eicosapentaenoic acid – 345 mg docosahexaenoic acid – 460 mg Vitamin A (retinol palmitate) – 150 mg Vitamin D3 (cholecalciferol) – 6,5 micrograms Vitamin E (d-alpha-tocopherol acetate) – 3,2 mg | Fish oil – 2400 mg Omega-3 PUFA – 800 mg incl. eicosapentaenoic acid – 384 mg docosahexaenoic acid – 240 mg Vitamin D3 (cholecalciferol) 400 IU (10 micrograms) Vitamin E (DL-alpha-tocopherol) 2,16 mg Tutti-frutti natural flavouring Orange Oil | Fish oil – 1000 mg Fatty acids Omega-3 – 620 mg incl. eicosapentaenoic acid – 310 mg docosahexaenoic acid – 205 mg Vitamin E – 1,46 mg |
| CONTRAINDICATIONS | Individual intolerance | | |
| HOW TO USE | 1 teaspoon (5ml) per day Duration of treatment 1 month | 1 capsule 3-4 times a day Duration of treatment 1 month | 1 capsule a day with meals Duration of treatment 1 month |
| EXPIRATION DATE | 3 years | | |



OMEGA-3 ANIMAL

Pet Health

Balanced formula



NFO® Omega-3 Animal is a natural bioactive complex of Omega-3 PUFAs based on highly purified salmon oil with an optimal ratio of Omega 3, 6, 9 PUFAs for the health of dogs and cats.

- A specialized product for animals;
- 100% — natural, highly refined Norwegian salmon oil;
- Liquid form — easy to dose for large and small animals;
- Optimal ratio of Omega-3-6-9;
- Does not contain preservatives - rosemary and vitamin E, which cause allergic reactions in animals;
- The product is certified for a certain amount of basic Omega-3 acids — DHA and EPA;
- Production according to GMP and ISO standards.

Instructions: 1 teaspoon 2 times per day as a supplement to the animal's normal diet.

Main properties:

- Improves the condition of the pet coat, gives it a lively shine;
- Promotes regeneration of the skin and can prevent itching and cracking of the skin as a result;
- Supports the health of the cardiovascular system;
- It improves the metabolism of the body and supports the normal functioning of the immune system;
- Supports the development and health of the brain, nervous system and sensory organs;
- Promotes the prevention of inflammatory processes.

| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN THE DAILY DOSE (10 ML / 2 TEASPOONS), MG |
|--------------------------------|---|
| Omega-3 PUFAs | 1380 |
| incl. Eicosapentaenoic acid | 250 |
| Docosahexaenoic acid | 270 |
| Docosapentaenoic acid | 110 |
| Omega-6 | 1420 |
| Omega-9 | 4040 |

Expiration date — 3 years.





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VITAMINS AND MINERALS

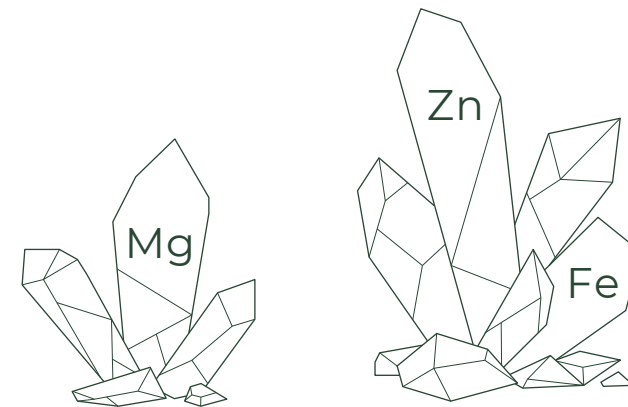
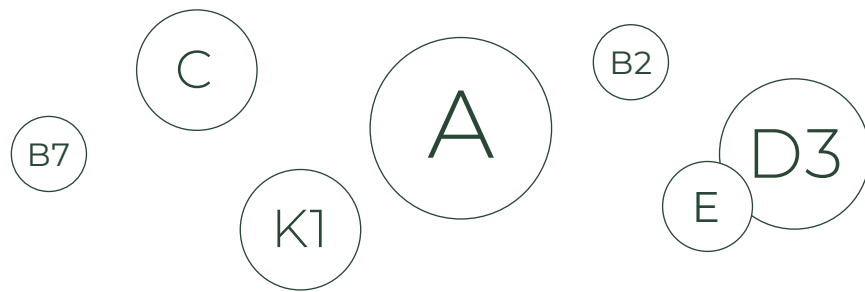


THE ROLE OF VITAMINS AND MINERALS IN THE HUMAN BODY

Vitamins and minerals play a direct role in all life processes that occur in the body. Vitamins are components of more than 100 enzymes that trigger a wide range of reactions, aid in the maintenance of the body's defenses, increase resistance to various environmental factors, aid in the adaptation to deteriorating environmental conditions, play an important role in immunity, and play an important role in the prolongation of a healthy, full life.

Vitamins and minerals are essential compounds, which means that without them, the body cannot function normally. Nothing can ever take their place. In the absence of vitamins or a lack of them in the diet, a specific disease or impaired health in general develops.

Because the body is unable to synthesize the majority of vitamins, they must be obtained through the diet.







VITAMIN D3 1000 ME

Active immune system



NFO® Vitamin D3 1000 is a natural product made from lanolin extracted from sheep wool that is a bioavailable form of vitamin D from a natural source to compensate for vitamin D deficiency.

Instructions: Adults should take ½ to 1 tablet daily to compensate for vitamin D deficiency.

When taken on a daily basis, NFO® Vitamin D3 1000 compensates for vitamin D deficiency in the body and also aids in:

- Strengthening of immunity and reducing the risk of developing infectious (including viral) diseases;
- Regulation of calcium and phosphorus metabolism, calcium absorption by bone tissue;
- Prevention of muscle weakness;
- Strengthening the immune system and reducing the risk of infectious (including viral) diseases;
- Normalization of blood clotting and thyroid function;
- Supporting the cardiovascular, nervous and reproductive systems;
- Prevention of osteoporosis and other age-related changes;
- Reducing inflammation in the body.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN A DAILY DOSE (1 TABLET), MCG |
|-------------------------------------|---|
| Vitamin D (cholecalciferol) 1000 IU | 25 |

Expiration date — 2 years.

VITAMIN D3 2000 ME

Strong immune system



NFO® Vitamin D3 2000 is a bioavailable form of vitamin D from a natural source designed to compensate for vitamin D deficiency.

A form of vitamin D3 (cholecalciferol), a type of vitamin D that is 30% more active than regular vitamin D, compensates deficiencies more quickly than regular vitamin D.

Instructions: Adults should take 1 capsule per day to compensate for vitamin D deficiency.

NFO® Vitamin D3 2000 compensates vitamin D deficiency in the body, and also contributes to:

- Strengthening of immunity and reducing the risk of developing infectious (including viral) diseases;
- Regulation of calcium and phosphorus metabolism, calcium absorption by bone tissue;
- Prevention of muscle weakness;
- Strengthening the immune system and reducing the risk of infectious (including viral) diseases;
- Supporting the cardiovascular, nervous and reproductive systems;
- Reducing inflammation in the body.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN A DAILY DOSE (1 CAPSULE) MCG |
|-------------------------------------|---|
| Vitamin D (cholecalciferol) 2000 IU | 50 |

Expiration date — 3 years.



VITAMIN C WITH QUERCETIN

Immune system fortification

Bioactive formula
60 chewable tablets

NFO® Vitamin C is a bioactive complex of vitamin C and quercetin derived from natural sources that has dual antioxidant properties.

Vitamin C is a water-soluble vitamin that does not accumulate in the body and is classified as essential, Quercetin is a flavonoid-group natural biochemical substance. Quercetin boosts vitamin C's antioxidant, angioprotective, immunomodulatory, and anti-inflammatory properties. Vitamin C is derived from extracts of acerola, amla and rose hips, and quercetin is derived from a natural source, Fagopyrum Esculentum (a herbaceous plant of the buckwheat family).

The complex has a high bioavailability, and the complex's components significantly enhance each other's action.

Instructions: Adults and children over 14 should take 1 chewable tablet per day.

With its dual antioxidant action, NFO® Vitamin C quickly compensates for vitamin C deficiency in the body and also helps:

- Strengthening of cell membranes, preventing the entry of viruses;
- Activating the immune reactions;
- Increasing the vascular wall's strength;
- Reducing the inflammation;
- Preventing the destruction of collagen in the skin, slowing the aging process;
- Strengthening the gums, teeth and bones.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN A DAILY DOSE, MG |
|----------------------------------|---------------------------------|
| L-ascorbic acid | 350 |
| Sodium ascorbatet | 168 |
| Quercetin (Fagopyrum Esculentum) | 50 |
| Acerola extract | 20 |
| Amla Extract | 20 |
| Rosehip powder | 20 |

Expiration date — 3 years.

IMMUNO COMPLEX

Protection and recovery of respiratory function after acute respiratory infections such as influenza, pneumonia, and COVID-19

Formula for protection and recovery of respiratory system
120 tablets

NFO® Immuno Complex is a bioactive complex that protects and restores respiratory function after infections using eight plant extracts, beta-glucans and zinc.

Complex action helps in the prevention of inflammatory diseases of the respiratory tract.

All of the active ingredients were chosen based on compatibility, are bioavailable, and function synergistically (this means they complement each other's actions).

Instructions: Adults should take 1 tablet daily with meal.

NFO® Immuno Complex promotes:

- Strengthening the immune system;
- Reducing of inflammation of the respiratory tract mucosa and lung tissue;
- Reducing the risk of viral and bacterial respiratory tract infections;
- Restoring of the respiratory system after acute respiratory infections, acute respiratory viral infections, influenza and COVID-19.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN A DAILY DOSE, MG |
|--------------------------------|---------------------------------|
| American Ginseng | 50 |
| Black elderberry | 50 |
| Echinacea purpurea | 50 |
| Greek fenugreek (shamballa) | 50 |
| Plantain | 50 |
| Licorice root | 50 |
| Beta-glucans from yeast | 41,66 |
| Thyme | 25 |
| Lipa cordate | 25 |
| Zinc sulfate | 4,16 |

Expiration date — 3 years.



nfo

SINCE 1987

BY NORWEGIAN FISH OIL

VITAMIN C
500 mg

60 TABLETS



nfo

SINCE 1987

BY NORWEGIAN FISH OIL

IMMUNO
complex

120 TABLETS





GENTLE IRON

Immunity strengthening and cellular respiration control

The formula for energy
100 tablets

NFO® Gentle Iron is a next-generation bioactive iron complex that contains the patented Ferrochel® formula, iron chelate bisglycinate, the most bioavailable form of iron for eliminating iron deficiency in the body.

Iron chelates are metal-amino acid compounds that are complex in nature. Bisglycinate chelate is an iron compound composed of one molecule of iron bonded to two molecules of the amino acid glycine, making it resistant to gastrointestinal factors after ingestion.

The NFO® Gentle Iron (iron chelate bisglycinate) has a bioavailability of more than 90%!

It has no negative effects on the gastrointestinal tract!

Instructions: 1 tablet per day for adults.

NFO® Gentle Iron quickly eliminates iron deficiency in the body and promotes:

- To increased energy levels and reduced fatigue;
- Elimination of symptoms of iron deficiency anemia such as pale face, dry skin, brittle nails, hair loss, dizziness, tinnitus, headaches, fainting, flickering "flies" in front of the eyes, memory loss, shortness of breath and tachycardia;
- Restoration of taste and smell, including after acute respiratory infections, COVID-19;
- Normalization of hemoglobin levels in the blood;
- Participation in the vital activity of cells;
- Development of essential components of various proteins and enzyme systems;
- To provide the necessary level of cellular metabolism;
- Participation in oxidation-reduction reactions.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN A DAILY DOSE (1 PILL), MG |
|--------------------------------|--|
| Iron (bisglycinate chelate) | 25 |

Expiration date — 2 years.

ZINC COMPLEX

Immunity support

Formula for a strong immune system
90 tablets

NFO® Zinc Complex is a new generation bioactive zinc complex that contains readily available zinc chelate bisglycinate and black pepper extract to help the body eliminate zinc deficiency.

Zinc is an essential mineral that is involved in over 300 cellular processes, including RNA synthesis and T-lymphocyte activation, and thus plays an important role in the development of a strong immune system. Without zinc, interferon antiviral proteins cannot be fully produced, resulting in low body resistance to infections. Furthermore, zinc promotes the synthesis of our own collagen and speeds up the healing process. Zinc chelate is an organic form of zinc that allows for maximum absorption by the body.

Zinc chelate bisglycinate is a zinc compound that combines two molecules of the amino acid glycine to increase bioavailability: the chelated form has a bioavailability of more than 90%: zinc is absorbed almost immediately into the blood.

Black pepper extract contains the alkaloid piperine, which improves the body's ability to use active ingredients and enhances their effect. Furthermore, piperine has antioxidant activity, which protects the body from oxidative stress.

Instructions: 1 tablet per day for adults with meals.

NFO® Zinc Complex promotes:

- Strengthening immunity;
- Increasing resistance to viral infections (including Covid-19).



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN 1 TABLET, MG |
|--------------------------------|-----------------------------|
| Zinc bisglycinate chelate | 25 |
| Black pepper extract | 2,5 |

Expiration date — 3 years.



pH-BALANCE

The best for detoxifying the body

Formula for normalizing acid balance

14 sachét

NFO® pH-Balance is a one-of-a-kind bioactive compound for restoring pH balance in the body's fluid medium during intoxication and withdrawal.

To detoxify the body, we recommend using pH-Balance, since it contains all of the necessary ingredients. NFO pH-Balance provides antihypoxic and antioxidant properties, activates organs and tissues, normalizes metabolism, and improves cognitive and muscular performance.

Instructions: Adults should take 1 sachet of 10 grams 1-2 times per day with meals. Dissolve the powder in a glass of water before use.



IMPORTANT! AVOID USING METAL OBJECTS WHEN DISSOLVING THE POWDER!

NFO® pH-balance promotes:

- Reduction of hydrochloric acid secretion in the stomach;
- Inhibition of absorption of toxins and alcohol from the gastrointestinal tract;
- Strengthening gastrointestinal motility;
- Reduction of heartburn, belching;
- Acceleration of the excretion of alcohol and products of its decay from the body;
- Cure of the hangover syndrome;
- Purification of the liver and kidneys;
- Stimulation of the brain, the central nervous system;
- Prevention and treatment of diseases of the stomach and colon.

| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN 2 SACHETS, MG |
|--------------------------------|------------------------------|
| Sodium bicarbonate | 500 |
| Calcium carbonate | 450 |
| Magnesium hydroxide | 400 |
| Ascorbic acid | 200 |
| Zinc citrate | 25 |
| Sugar beet rhizome extract | |

Expiration date — 3 years.

MACRO FIBER BIOTIC

Restoration of microflora

Patented formula for intestinal microflora balance

350 gramm

NFO® Macro Fiber Biotic is a new generation multibiotic with active, dietary fiber, plant extracts, marine magnesium, and vitamin C to normalize gut activity and rebalance intestinal microflora, based on the patented Gastro-AD® formula, dietary fiber, plant extracts, marine magnesium and vitamin C.

Instructions: 11 g (one scoop) 1-2 times per day for adults. A single dose should be dissolved in a little amount of water or juice, drank shortly after, and followed by another full glass of water. The ingestion period lasts 30-60 days.

NFO® Macro Fiber Biotic Complex promotes:

- Elimination of the symptoms of inflammation — diarrhea, bloating, abdominal pain;
- Elimination of heaviness in the stomach, improvement digestion of food for eating disorders;
- Reduction of side effects from antibiotics;
- Normalization of metabolism;
- Reduction of gastrointestinal mucosal inflammation.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN 2 SCOOPS, MG |
|--|-----------------------------|
| Gastro-Ad®, fermented soybean | 1000 |
| Vitamin C | 500 |
| Magnesium (magnesium hydroxide) | 300 |
| Oligofructose | 5286 |
| Galactose | 3958 |
| Plantain seeds (Plantago ovata) | 3000 |
| Inulin | 890 |
| Plant multienzyme complex | 600 |
| Artichoke extract (Cynara scolymus) | 600 |
| Apple acid | 220 |
| Licorice root extract (Glycyrrhiza glabra) | 200 |
| Aloe Vera extract | 200 |

Expiration date — 3 years.







OXYLAX ARTICHOKE

Easy and regularly!

Formula for regulation
of bowel activity and
to ease of constipation

60 tablets

NFO® Oxylox Artichoke is a new generation bioactive compound that regulates intestinal function (reduces constipation) while also normalizing intestinal ecology.

NFO® Oxylox Artichoke physiologically active components are in a complex in the most accessible form, reinforcing each other's effect.

The activity of this natural product is mild, predictable, and nonaddictive.

Instructions: Adults 1-4 tablet per day with meals until constipation symptoms are gone.

The complex NFO® Oxylox Artichoke promotes:

- Elimination of constipation;
- Reduction of inflammation;
- Stimulation of regular bowel function;
- Restoration of the balance of intestinal microflora.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN A DAILY DOSE, MG |
|---|---------------------------------|
| Artichoke leaf extract | 150 |
| Ascophyllum nodosum (Ascophyllum algae) | 100 |
| Field Horsetail Extract | 100 |
| Magnesium | 75 |
| Licorice root extract | 50 |
| Sour Sorrel | 50 |
| Vitamin C | 50 |
| Aloe Vera extract | 25 |
| Sodium hyaluronate | 5 |

Expiration date — 3 years.

BACTO BALANCE

Total bowel cleansing

Maximal cleansing
and detoxifying formula

270 caps.

NFO® Bacto Balance is a potent bioactive complex with a proprietary blend of substances that promotes maximal cleansing and detoxifying.

Diatomite is the principal active element in NFO® Bacto Balance. Menthol, azulene and flavonoids are the active components in peppermint oil. Ascorbic acid (vitamin C) enhances bile secretion and restores the pancreas' external secretory function.

When NFO® Bacto Balance enters the body, all biologically active components are in a complex in the most accessible form, reinforcing each other's effect.

Instructions: Adults should take 3 capsules 3 times per day with meals.

NFO® Bacto Balance complex promotes:

- Maximum intestinal cleansing from toxins, toxins, infectious agents;
- Provision of antiparasitic effect;
- Elimination of symptoms of intoxication (nausea, vomiting, pain along the intestinal tract);
- Improvement of absorption in the intestine, the normalization of metabolism;
- Growth of beneficial intestinal microflora;
- Strengthening of general and local immunity.

IMPORTANT! WHILE USING NFO® BACTO BALANCE, YOU SHOULD DRINK 1.5 TO 2 LITERS OF WATER PER DAY!



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN A DAILY DOSE, MG |
|----------------------------------|---------------------------------|
| Diatomite | 145 |
| Sodium bicarbonate | 145 |
| Magnesium hydroxide | 38,66 |
| Ascorbic acid (vitamin C) | 40 |
| Indian barberry extract | 20 |
| Peppermint oil | 3 |
| Zinc chelate (zinc bisglycinate) | 2,66 |

Expiration date — 3 years.



LIVER SUPPORT

Normalization of liver function



NFO® Liver Support is a bioactive compound that protects and normalizes liver function by combining seven plant extracts, choline and soy lecithin.

All of the active components were chosen based on compatibility, are bioavailable, and function synergistically (reinforcing each other's actions).

Instructions: 1 tablet per day with meal for adults.

Complex NFO® Liver Support promotes:

- Normalization of metabolism of fats and lipids;
- Increase the flow of bile and bile formation;
- Normalization of intestinal microflora;
- Reduce the inflammation in the liver;
- Reduce LDL ("bad" cholesterol);
- Remove the toxins, heavy metals;
- Increase intestinal peristalsis;
- Prevention of gallstones;
- Protection of hepatocytes with prolonged drug intake;
- Strengthening cell membranes and regeneration of hepatocytes (hepatoprotective effect).

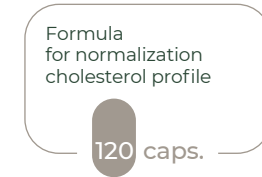


| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN A DAILY DOSE, MG |
|--------------------------------|---------------------------------|
| Milk thistle extract | 100 |
| Artichoke leaf extract | 100 |
| Turmeric extract (curcumin) | 100 |
| Dandelion Root extract | 50 |
| Choline | 25 |
| Barberry Extract | 12,5 |
| Burdock leaf extract | 12,5 |
| Chamomile flower extract | 12,5 |
| Soy lecithin | 12,5 |

Expiration date — 3 years.

LIPID BALANCE

Anticholesterol



NFO® Lipid Balance is a natural bioactive complex including fermented red rice, coenzyme Q10, B vitamins and folic acid that helps to regulate lipid profiles and reduce cardiovascular disease risks.

Cholesterol is the most significant component of fat metabolism and a structural component of the body that is needed to construct cell membranes.

When entering the body, all physiologically active components are in a complex in the most bioavailable form, reinforcing each other's actions.

Instructions: Adults should take 3 capsules twice a day with meals (6 capsules in total). After 1 month, the dose is to halved to 3 capsules per day.

NFO® Lipid Balance Complex promotes:

- Normalization of fat metabolism;
- Reduction of cholesterol levels in the blood, and decrease the risk of cholesterol plaque formation in the blood vessels;
- Normalization of the cholesterol profile, increasing the production of HDL — "good" cholesterol;
- Reduction of the risk of cardiovascular disease;
- Optimization of energy metabolism in the myocardium;
- Strengthening the nervous system;
- Normalization of the level of sugar in the blood;
- Normalization of the hematopoiesis processes;
- Strengthening of the immune system.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN 3 CAPSULES |
|--------------------------------|---------------------------|
| Fermented red rice | 1200 MG |
| Q-10 | 10 MG |
| Vitamin B3 | 16 MG |
| Vitamin B12 | 1,5 MCG |
| Vitamin B6 | 1,1 MG |
| Folic acid (Vitamin B9) | 150 MCG |

Expiration date — 3 years.







AMINO COMPLEX

Strong nerves
and muscles

Super formula
for the nervous
and muscular systems

180 caps.

NFO® Amino Complex is a natural bioactive complex of 20 essential amino acids derived from a natural plant source, which are required for the body's protein synthesis when the neurological and muscular systems are subjected to high-intensity stress.

Proteins are consists of amino acids, which are the building components. Amino acids are necessary for the body because they are involved in the creation of our own protein, hormones, and some vitamins. Amino acids also aid in the production of antibodies that fight diseases and viruses, offer biochemical reactions through the production of enzymes, participate in metabolic processes, and help to build the immune system.

NFO® Amino Complex is consists of 20 basic amino acids that are found in the body's proteins.

Instructions: Adults should take 2 capsules twice per day with meals (4 capsules per day).

NFO® Amino Complex promotes:

- Fortification of the nervous and muscular systems;
- Improvement of sleep;
- Improvement of the quality of your skin, hair and nails;
- Formation of muscle definition;
- Recovery from strenuous exercise.

You can boost the activity of all organs and systems, especially the neurological and muscular systems, by taking NFO® Amino Complex.



| BIO – ACTIVE SUBSTANCES | INGREDIENTS IN 1 CAPS., MG | DESCRIPTION |
|--------------------------|----------------------------|--|
| Beer yeast | 300 | Enriched with trace elements & compounds |
| Arginine | 39,75 | Muscle mass is increased while fat mass is reduced |
| Glutamine | 19,60 | It regulates the peripheral nervous system, stimulates metabolic processes in muscles |
| Asparagine | 11,55 | It is necessary for the neurological system to function normally |
| Lysine | 8,21 | It is involved in muscle protein production |
| Leucine | 8,18 | Responsible for the regulation of all metabolic processes |
| Alanine | 8,05 | It's in charge of keeping metabolic processes in check |
| Valin | 6,66 | Increases muscle coordination and increases resistance to temperature changes in the body |
| Serin | 6,50 | An amino acid present in the brain's neurons. Energy generation and release are made easier |
| Prolin | 6,25 | It's found in collagen and elastin proteins |
| Glycine | 5,73 | A neurotransmitter with a calming effect |
| Threonine | 5,50 | Responsible for strengthening the tendons and teeth enamel |
| Isoleucine | 5,05 | It's also referred to as a natural anabolic. It's in charge of giving your muscles the energy they require |
| Phenylalanine | 4,83 | Reduces pigmentation by helping in the regulation of skin activity |
| Tyrosine | 3,45 | This amino acid makes up tissues |
| Histidine | 3,33 | Stress-related harmful effects on the human body are reduced |
| Tryptophan | 2,08 | Aids in the management of emotional states as well as the treatment of mental illnesses |
| Digalactosyl diglyceride | 2,00 | A secondary fatty acid that aids digestion and enhances absorption |
| Cysteine | 1,76 | A keratin component. It's a powerful antioxidant |
| Methionine | 1,75 | Contributes to the synthesis of choline. The amount of fat in the liver is reduced |
| Glyceramides | 0,40 | They are in charge of intracellular signal transmission at the cellular level |

Expiration date — 3 years.



MAGNESIUM B6 COMPLEX

Anti-stress

Fast-acting formula for emotional background recovery

120 tablets

NFO® Magnesium B6 Complex is a bioactive complex of organic magnesium and vitamin B6 that provides rapid stress relief and emotional normalization.

Magnesium is a mineral that acts as a natural tranquilizer and anti-stressor. It is involved in cell regeneration, nerve impulse transmission (regulates the passage of inhibition signals from the brain to the periphery), and insulin secretion.

Vitamin B6 aids in carbohydrate metabolism and is required for the production of hemoglobin and polyunsaturated fatty acids. Regulates nervous system activity, stimulates the immune system, aids in the formation of antibodies, and the regeneration of red blood cells. It improves magnesium bioavailability and acts as a magnesium conductor in the cell, ensuring all the necessary biochemical reactions.

Magnesium is found in three forms in NFO® Magnesium B6 Complex: magnesium hydroxide, magnesium malate (magnesium salt of malic acid) and magnesium citrate (magnesium salt of citric acid).

The NFO® Magnesium B6 Complex is intended to support the nervous system, increase resistance to physical and stress loads, and promote healthy sleep.

Instructions: 1 tablet per day for adults.

NFO® Magnesium B6 Complex promotes:

- Normalization of the nervous system;
- Increase stress resistance;
- Normalization of sleep;
- Increase the secretion of insulin and improve its penetration into the cell.

| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN DAILY DOSE (1 TABLET), MG |
|--------------------------------|--|
| Magnesium | 350 |
| Vitamin B6 | 1,4 |

Expiration date — 3 years.



B-COMPLEX

Strong nerves

Formula for a healthy nervous system

90 tablets

NFO® B-complex is a bioactive complex of B vitamins that the body requires on a daily basis to cure deficiency and maintain normal body functioning.

B vitamins aid in the normal functioning of the nervous system, brain, heart and blood vessels, digestive system, defense functions, skin, hair and nails, and the prevention of premature aging. B vitamins are unique in that they do not accumulate in the body (except for vitamin B12) and must be taken on a regular basis with food.

The complex should be taken on a daily basis to help normalize the nervous system, boost immunity, and provide a burst of strength, energy, vigor and efficiency.

Instructions: 1 tablet per day for adults.

NFO® B-complex effectively compensates for B vitamin deficiency and promotes:

- Stimulation of the metabolism;
- Support for emotional health;
- Strengthening of the nervous and cardiovascular systems;
- Reduce stress, depression;
- Improve energy exchange, muscle function;
- Improve the skin, hair, nails and aging processes.

| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN 1 TABLET |
|--------------------------------|-------------------------|
| Vitamin B3 | 32 MG |
| Vitamin B5 | 15 MG |
| B12 | 9 MCG |
| B6 | 4,2 MG |
| B1 | 2,4 MG |
| B2 | 2,8 MG |
| Folic acid | 200 MCG |

Expiration date — 3 years.









CALCIUM — MAGNESIUM

Activator for Physical Activity

Enhanced formula
for increased activity
and work efficiency

90 tablets

NFO® Calcium – Magnesium is a bioactive complex of vitamins and minerals that helps to strengthen the body's joints, bones and muscles.

In order to stay in good physical shape for a long time, actively move and maintain efficiency, you need to make up for the deficiency of essential vitamins and minerals daily, monitor the level of calcium in the body, and also regularly put a load on the muscles and joints.

NFO® Calcium-Magnesium is highly bioavailable due to the balanced formula of calcium, magnesium, vitamins K and D3, and helps to strengthen bones and teeth, prevent osteoporosis, reduce muscle and joint pain, increase joint mobility, and increase activity and performance.

Calcium is a building material for bone structures and is involved in nearly all bodily processes. Magnesium regulates calcium absorption, growth uniformity, flexibility and bone tissue strength. Vitamin K promotes calcium accumulation directly in the bones. Vitamin D increases calcium absorption and helps the body use it more efficiently.

Instructions: 1–2 tablets 1–2 per day.

NFO® Calcium – Magnesium compensates for calcium and magnesium deficiency in the body, and it promotes:

- Increased activity and performance;
- Strengthening of bones and teeth, prevention of osteoporosis;
- Reduce muscle and joint pain;
- Increased mobility of the joints;
- Improve your general well-being.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN 1 PILL, MG |
|--------------------------------|---------------------------|
| Calcium | 250 |
| Magnesium | 50 |
| Vitamin K | 0,0025 |
| Vitamin D3 | 2,5 |

Expiration date — 2 years.

ASTAXANTHIN

Energy Booster

Powerful Antioxidant
Energy Formula

100 caps.

NFO® Astaxanthin is a natural, potent antioxidant complex derived from the seaweed Haematococcus pluvialis, as well as vitamins C and E, that protects organs and tissues from the damaging effects of free radicals.

Astaxanthin is a very powerful natural antioxidant, known as the "king of antioxidants", with a power far superior to that of vitamin C (60 times superiority) and vitamin E (100 times superiority). Once in the human body, it quickly penetrates organs and tissues and acts at the cellular level, protecting cells from oxidative stress and blocking the damaging effects of free radicals, preventing cell death and the development of chronic diseases. It slows the aging process and contributes to the preservation of youthful skin due to its antioxidant properties.

Astaxanthin's antioxidant effect is supplemented by Vitamins C and E.

The components of the NFO® Astaxanthin complex are present in optimal amounts and in the most bioavailable form, multiplying each other's effect.

Instructions: 1 pill per day for adults.

NFO® Astaxanthin Complex promotes:

- Normalization of blood pressure, cholesterol lowering, and blood glucose levels stabilisation;
- Immune system re-normalization (prevention of excessive immune response and development of allergic reactions);
- Improvement of cognitive functions while reducing physical and mental weariness;
- Improvement in skin condition and slowing down of aging processes;
- UVA and UVB protection for your skin.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN 1 CAPSULE, MG |
|--------------------------------|------------------------------|
| MTS oil | 365,7 |
| Astaxanthin | 4 |
| Vitamin C | 60 |
| Vitamin E | 10 |

Expiration date — 3 years.



MULTI-VIT

The "Full Life" Activator



NFO® Multi-Vit is a bioactive complex of essential vitamins and minerals that helps to correct deficiencies and also supports normal body function.

NFO® Multi-Vit contains 12 vitamins and 9 minerals, as well as optimal amounts of B vitamins and essential minerals, which together ensure normal body activity, support metabolism and internal energy maintenance, and participate in the processes of nervous system normalization and regeneration. Due to its balanced composition, NFO® Multi-Vit helps to quickly replenish the daily dose of vitamins and minerals that can support and restore the body during mental, physical and stress overload, which manifests as increased fatigue and reduced ability to work.



Instructions: 3 pills per day for adults.

NFO® Multi-Vit Complex quickly compensates for deficiencies of essential vitamins and minerals and promotes:

- Increase vitality;
- Restoration of the body during mental, physical and stressful overloads;
- Normalization of metabolism;
- Increase efficiency;
- Strengthening the immune system;
- Prevention of cardiovascular diseases;
- Prevention of diseases of the nervous system.

Every year, the nutrient concentration in food decreases. Artificial fertilizers, poor storage conditions and heat processing reduce vitamin content to nearly nothing. NFO® Multi-Vit vitamin complex is intended to replenish the body's reserves.

| BIO – ACTIVE SUBSTANCES | INGREDIENTS IN 3 CAPS. | DESCRIPTION |
|-------------------------|------------------------|---|
| Vitamin C | 200 MG | Boosts immunity and protects the human body from infections; protects blood vessels from cholesterol |
| Vitamin E | 30 MG | It has antioxidant properties, helps to slow cell aging, and boosts the immune system |
| Vitamin B5 | 15 MG | It is required for the biosynthesis of neurotransmitters, reduces anxiety, and helps reduce stress levels |
| Vitamin B3 | 15 MG | It normalizes cholesterol and carbohydrate metabolism, promotes energy release, enzyme synthesis |
| Vitamin A | 1,5 MG | Improves vision, boosts immunity, strengthens bones, teeth and hair, and promotes healthy skin |
| Vitamin B12 | 9 MCG | Thanks to it, the blood coagulation system is stimulated, cholesterol levels decrease |
| Vitamin B6 | 4 MG | It has a beneficial effect on metabolism, on the immune, nervous and cardiovascular systems. |
| Vitamin D | 10 MCG | Promotes calcium and phosphorus absorption, improves immune protection, improves mood |
| Vitamin B2 | 2,5 MG | It affects the functions of vision, regulates the functioning of the adrenal glands |
| Vitamin B1 | 2,4 MG | Participates in the transfer of genetic information during cell division |
| Folic acid (Vitamin B9) | 100 MCG | Affects redox reactions, skin regeneration and blood cell formation, enhances memory and nervous system |
| Vitamin B7 | 75 MCG | Regulates blood sugar levels, helps reduce muscle pain, participates in the transport of carbon dioxide |
| Calcium carbonate | 200 MG | It helps the body's vital functions by stabilizing blood pressure, stimulating heart muscle |
| Magnesium oxide | 300 MG | Required for cardiovascular system normalization |
| Potassium chloride | 100 MG | Required for cardiovascular system normalization |
| Iron fumarate | 10 MG | It raises hemoglobin levels and is used to prevent anemia |
| Zinc oxide | 15 MG | It is required for immune system health |
| Magnesium sulfate | 2 MG | Regulates metabolic processes, reduces the amount of acetylcholine in the central nervous system |
| Copper sulfate | 2 MG | It helps to maintain the elasticity of blood vessels, pulmonary alveoli and skin |
| Chromium chloride | 100 MCG | Participates in the metabolism of lipids, affects the process of splitting excess fat, regulates cholesterol levels |
| Sodium selenite | 30 MCG | Affects immune system, protects nerve cells and heart, neutralizes heavy metals, improves appearance of skin |

Expiration date — 2 years.







PROSTATA SUPPORT

Normalization of prostate function

Men's health support formula
120 tablets

NFO® Prostate Support is a bioactive compound that supports male health by combining herbal extracts, vitamins, and minerals.

It has a dual effect: it helps to relieve prostatitis symptoms while also increasing sexual activity. An extract of Palm Sabal is the principal active ingredient, which has a strong anti-inflammatory and antibacterial impact on the prostate gland. It also contains Muir Puam and ginger extracts, which have a stimulating and tonic effect. The remaining extracts, along with zinc, selenium, and vitamin B6, boost the complex's dual impact on the male body.

100% natural composition. All of the active components were chosen based on compatibility, are bioavailable, and function synergistically (reinforcing one another's actions).

Instructions: Adults should take one tablet with food each day.

NFO® Prostate Support promotes:

- Reduces swelling of prostate tissue;
- Reduces symptoms of prostatitis and urinary tract inflammation in men;
- Increase in libido and sexual activity in men.

| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN A DAILY DOSE, MG |
|----------------------------------|---------------------------------|
| Sabal Palm Extract | 160 |
| Quercetin from buckwheat extract | 100 |
| Muira-puama extract | 50 |
| Licorice Extract | 50 |
| Goldenrod root extract | 50 |
| Ginger extract | 50 |
| Fucus vesiculosus extract | 50 |
| Zinc | 3,75 |
| Vitamin B6 | 1,05 |
| Selenium | 0,025 |

Expiration date — 3 years.



URO PRO ACTIVE

Normalization of bladder function

Women's Health Support Formula
120 tablets

NFO® Uro Pro Active is a bioactive compound made up of 13 plant extracts and glutamine peptide, which helps to maintain the bladder.

Plant extracts in the complex contain anti-inflammatory, antibacterial, and diuretic effects, and they promote mucous membrane regeneration. Furthermore, phytoestrogens, which are not estrogen in the literal sense but have a competing impact on the receptors of the target organs, are present in the extract of wild yam, assisting in the normalization of the female body's hormonal backdrop.

Instructions: 1 tablet a day for adults.

NFO® Uro Pro Active promotes:

- Reduces inflammation in the bladder;
- Reduction of cystitis symptoms;
- Normalization of hormonal levels in women.



| BIOLOGICALLY ACTIVE SUBSTANCES | INGREDIENTS IN A DAILY DOSE, MG |
|--------------------------------|---------------------------------|
| Horsetail Extract | 100 |
| Lingonberry leaf extract | 100 |
| Birch leaf extract | 100 |
| Glutamine peptide | 50 |
| Goldenrod root extract | 50 |
| Chamomile Extract | 50 |
| Yarrow extract | 25 |
| Nettle Burning Extract | 25 |
| Wild yam extract | 25 |
| Barberry Extract | 12,5 |
| Green tea extract | 12,5 |
| Beet root extract | 4 |
| Calendula flower extract | 4 |
| Thyme Extract | 2,5 |

Expiration date — 3 years.



NFO International AS
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NFO® products are not medicine.
These are dietary supplements derived from a 100% natural source.

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