



# SportExpert L-Carnitine 1800 mg (in shots)

L-carnitine in a readily digestible liquid form. Promotes weight loss, builds stamina and endurance, helps convert fats into energy.

Proteins: 0 g, Fats: 0 g, Carbohydrates: 3,5 g Energy: 8,4 kcal.



# SportExpert Magnesium Liquid

Magnesium in an easily digestible liquid form. Prevents muscle cramps, reduces fatigue.



# SportExpert Protein Bar

A concentrate of whey (milk) protein and L-carnitine. For athletes' nutrition during intensive training.

Proteins: 13 g, Fats: 2 g, Carbohydrates: 15 g Energy: 130 kcal.



# SportExpert Protein Mix 908 g

A multicomponent protein to build muscle mass.

Proteins: 48 g, Fats: 1.5 g, Carbohydrates: 0.12 g Energy: 204 kcal.



# SportExpert Super Gainer

A balanced protein-carbohydrate mixture in combination with vitamins and minerals. Promotes the effective build-up of muscle mass, rapid recovery after training, provides the body with energy.

Proteins: 15.8 g, Fats: 1.13 g, Carbohydrates: 45 g Energy: 260 kcal.



# SportExpert Whey Protein

A pure whey protein (concentrate and isolate) with a rapidly assimilated and balanced amino acid composition. It improves the recovery and growth of muscle mass.

Proteins: 46 g, Fats: 4.2 g, Carbohydrates: 4.6 g Energy: 220 kcal.



# SportExpert® BCAA Powder in melon flavour

L-leucine, L-valine, and L-isoleucine are essential components for the development of muscle tissue. The 2:1:1 ratio is a classic amino acid ratio, which ensures that the amino acids are effective. SportExpert® BCAA Powder activate protein synthesis and play an important role in restoring muscle tissue after exercise and in slowing down catabolic processes. They are the purest components of protein, which are instantly absorbed and pass straight into the muscles, filling the body with energy and increasing stamina. The complex of three amino acids in SportExpert® BCAA Powder is beneficial in all types of sports and physical activity in order to increase your strength and endurance capabilities. L-leucine protects muscles from muscle breakdown, stimulates muscle tissue growth. An additional benefit of the amino acid intake is to strengthen joints and promote fat burning. L-valine has a broad spectrum of action. It is of particular importance to athletes, as it increases muscle endurance during exercise and promotes regeneration of muscle tissue afterwards. In combination with leucine and isoleucine, valine enhances muscle growth and provides an energy boost. Valine helps reduce anxiety, prevents insomnia, and supports the immune system. L-isoleucine has anti-catabolic properties and prevents muscle deterioration during exercise. If taken before a workout, it promotes energy effects in muscles, muscle growth, and tissue repair after workouts and injuries. SportExpert® BCAA Powder promotes:

- 1: growth of lean muscle mass reduces fatigue and improves endurance

SportExpert® BCAA Powder in melon flavour is a great option for a quick amino acid boost before a workout, for increasing energy levels and decreasing fatigue during workout and also for preventing muscle breakdown afterwards. Ingredients: L-leucine, L-valine, L-isoleucine, citric acid (acidity regulator), melon flavouring, inulin, sucralose (sweetener), acesulfame potassium (sweetener), natural yellow dye turmeric, amorphous silicon dioxide (anti-caking agent). 1 Information confirmed by SGR (State Registration Certificate)



# SportExpert® Glucosamine Chondroitin MSM

New! Evalar's sport line now features a popular and effective complex chondroprotector for keeping joints and ligaments healthy.

Glucosamine Chondroitin with MSM is the most popular and effective combination of components for joints health.

Being the structural elements of the cartilage itself, glucosamine and chondroitin contribute to the natural regeneration of connective tissue.

MSM (methylsulphonylmethane) has an anti-inflammatory and analgesic effect.

To sustain joints and ligaments in health, prevent injuries, reduce inflammation and pain sensations during movements and vigorous exercises use SportExpert® Glucosamine Chondroitin MSM.

SportExpert®GlucosamineChondroitinMSMcontains maximum daily doses of the three components.

In particular:

Sodium chondroitin sulphate contributes to the sustention of joints' functional capacity, to cartilage protection and reduction of discomfort when moving. It has the property of accelerating the natural regeneration of cartilage tissue cells.

Glucosamine hydrochloride is a natural substance that is a specific component of synovial fluid, tendons, connective tissue and bones. Its function is to protect cartilage tissue cells. It contributes to collagen production. Despite the fact that the body can produce glucosamine on its own, in case of injuries or intensive burden on joints the natural production will be too low for recovery, that is why an additional intake is recommended.

MSM is an organosulfur compoundthat is used for regeneration of damaged tissues and reduction of inflammation. The effectiveness of MSM in accelerating the regeneration of muscles and joints after physical activities, its anti-inflammatory and antioxidative effect are confirmed by numerous foreign studies. As a component, MSM contributes to skin elasticity improvement, muscle strengthening, is good for hair growth and collagen biosynthesis.

The components contribute to1:

fast regeneration of joints and muscles after exercises,  
reduction of pain sensations and inflammation,  
improvement of joint mobility,  
natural regeneration of connective tissue,  
prevention of injuries of the joint and ligament apparatus.

Advantages:

Maximum2doses of glucosamine, chondroitin and MSM in daily intake;  
Produced after the GMP3 standard, has pharmaceutical quality and effectiveness.

Composition: glucosamine hydrochloride, methylsulphonylmethane, chondroitin sulphate, capsule component (dietary supplement) gelatine, microcrystalline cellulose (carrier), calcium stearate and amorphous silica (anti-caking agents)



# SportExpert® L-carnitine 3600 mg

SportExpert® L-carnitine 3600 mg is a popular product in a liquid, easily digestible form to activate fat metabolism and convert fat cells into energy during intense workouts. High dosage<sup>1</sup> - 3600 mg in each shot.

The vitamin-like substance L-carnitine is produced in the liver and is involved in metabolic processes. It is found in foods but destroyed by the thermal processing. L-carnitine promotes the active breakdown of fatty acids, increases stamina and endurance, replenishes energy reserves.

SportExpert® L-carnitine 3600 mg promotes<sup>2</sup>:

conversion of fat cells into energy during aerobic activity

gain of lean muscle mass and acceleration of recovery after workouts

protection against muscle damage

metabolism acceleration

decrease in fatigue and pain

normalization of the cardiovascular system

normalization of "bad" cholesterol in the blood

Benefits:

- High dosage of 3600 mg of L-carnitine per shot
- Easily digestible liquid form
- Packaging - easy to take during your workout
- Pleasant peach flavour

Ingredients: water, glycerin (thickener), L-carnitine, citric acid (acidity regulator), "Peach" natural flavoring, sodium benzoate and potassium sorbate (preservatives), sucralose (sweetener).

<sup>1</sup> In the product range of Evalar <sup>2</sup> Information confirmed by SGR (State Registration Certificate)



# Stimmunal

Stimmunal is a product for strengthening the immune system in the season of colds. It is based on the extract of the bark of Cat's Claw (*Uncaria Tomentosa*), one of the best known herbal remedies for strengthening the immune system.

Oxindole alkaloids of *Uncaria Tomentosa* strengthen the immune responses because they contribute to restoring normal production of peptides coordinating the interaction of all parts of the immune system.

Ingredients: *Uncaria Tomentosa* Bark Extract.



# Tea Evalar BIO at cough

Promotes liquefaction and excretion of sputum in case of dry and chesty cough, cleanses the bronchi, relieves dry coughing fits, and eases breathing.

Ingredients: Greater Plantain Leaves, Chamomile Flowers, Marigold Flowers, Oregano Herb, Black Tea, Elecampane Root, Thyme Herb, Natural Black Currant Flavor.

Advantages of Evalar BIO Teas:

100% natural composition. Most of the herbal ingredients are collected in the Altai or grown on Evalar's own plantations in the ecologically pristine foothills of Altai without using any chemicals or pesticides

Excellent microbiological purity of teas is ensured with a gentle method of instant steam treatment using high-tech French equipment

For the best preservation of medicinal properties, delicate taste and aroma of herbal tea, each teabag is individually packed in a multi-layer protective envelope



# Tea Evalar BIO at diabetes

Based on Galega officinalis, which contributes to lowering the blood levels of glucose and cholesterol.

Ingredients: Galega Officinalis (Goat's Rue) Herb, Buckwheat Herb And Flowers, Rosehips, Nettle Leaves, Currant Leaves, Red Cowberry Leaves, Natural Black Currant Flavor.

Advantages of Evalar BIO Teas:

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# Tea Evalar BIO Calendula

Calendula officinalis flowers (marigold flowers) 100%.

Ingredients: Flowers of Calendula Officinalis.

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# Tea Evalar BIO cleansing

Has a mild diuretic and laxative effect, contributes to cleansing the body.

Ingredients: Birch Leaves, Senna Leaves (Alexandrine Senna), Meadow Clover Herb, Bupleurum Multinerve Herb, Wild Strawberry Leaves, Black Tea, Black Currant Leaves, Peppermint Leaves, Natural Black Currant Flavor.

Advantages of Evalar BIO Teas:

100% natural composition. Most of the herbal ingredients are collected in the Altai or grown on Evalar's own plantations in the ecologically pristine foothills of Altai without using any chemicals or pesticides

Excellent microbiological purity of teas is ensured with a gentle method of instant steam treatment using high-tech French equipment

For the best preservation of medicinal properties, delicate taste and aroma of herbal tea, each teabag is individually packed in a multi-layer protective envelope



# Tea Evalar BIO Energy

For maintaining energy and efficiency, and promoting vitality throughout the day.

Ingredients: Rooibos, Rosehips, Maral Root, Hibiscus Flowers, Rosemary Leaves, Magnolia Vine Fruit.

Advantages of Evalar BIO Teas:

100% natural composition. Most of the herbal ingredients are collected in the Altai or grown on Evalar's own plantations in the ecologically pristine foothills of Altai without using any chemicals or pesticides

Excellent microbiological purity of teas is ensured with a gentle method of instant steam treatment using high-tech French equipment

For the best preservation of medicinal properties, delicate taste and aroma of herbal tea, each teabag is individually packed in a multi-layer protective envelope



# Tea Evalar BIO for appetite control

Curbs the appetite. Helps maintain a diet and control weight.

Ingredients: Mate Tea, Corn Stigmas, Horsetail Herb, Birch Leaves, Strawberry Leaves, Black Tea, Black Currant Leaves, Peppermint Leaves, Garcinia Extract, Natural Black Currant Flavor.

Advantages of Evalar BIO Teas:

100% natural composition. Most of the herbal ingredients are collected in the Altai or grown on Evalar's own plantations in the ecologically pristine foothills of Altai without using any chemicals or pesticides

Excellent microbiological purity of teas is ensured with a gentle method of instant steam treatment using high-tech French equipment

For the best preservation of medicinal properties, delicate taste and aroma of herbal tea, each teabag is individually packed in a multi-layer protective envelope



# Tea Evalar BIO for kidneys

Helps maintain good functional state of the kidneys and urinary tract.

Ingredients: Knot Grass, Bearberry Leaves, Birch Leaves, Cherry Fruit Stems, Strawberry Leaves, Tea Leaves, Black Currant Leaves, Peppermint Leaves.

Advantages of Evalar BIO Teas:

100% natural composition. Most of the herbal ingredients are collected in the Altai or grown on Evalar's own plantations in the ecologically pristine foothills of Altai without using any chemicals or pesticides

Excellent microbiological purity of teas is ensured with a gentle method of instant steam treatment using high-tech French equipment

For the best preservation of medicinal properties, delicate taste and aroma of herbal tea, each teabag is individually packed in a multi-layer protective envelope



# Tea Evalar BIO for liver health

Helps restore and maintain the normal liver function, has a mild choleretic effect.

Ingredients: Chamomile Flowers, Peppermint Leaves, Marigold Flowers, Rosemary Leaves, Yarrow Herb, Tansy Flowers.

Advantages of Evalar BIO Teas:

100% natural composition. Most of the herbal ingredients are collected in the Altai or grown on Evalar's own plantations in the ecologically pristine foothills of Altai without using any chemicals or pesticides

Excellent microbiological purity of teas is ensured with a gentle method of instant steam treatment using high-tech French equipment

For the best preservation of medicinal properties, delicate taste and aroma of herbal tea, each teabag is individually packed in a multi-layer protective envelope



# Tea Evalar BIO gastro-intestinal

Evalar BIO Gastro Support Herbal Tea helps:

eliminate flatulence and bloating

reduce spasms

promote normal function of the gastrointestinal tract

improve digestion

reduce the risk of inflammation

Ingredients: Chamomile Flowers, Dill Seeds, Yarrow Herb, Peppermint Leaves, Black Tea, Natural Black Currant Flavor.

Advantages of Evalar BIO Teas:

100% natural composition. Most of the herbal ingredients are collected in the Altai or grown on Evalar's own plantations in the ecologically pristine foothills of Altai without using any chemicals or pesticides

Excellent microbiological purity of teas is ensured with a gentle method of instant steam treatment using high-tech French equipment

For the best preservation of medicinal properties, delicate taste and aroma of herbal tea, each teabag is individually packed in a multi-layer protective envelope



# Tea Evalar BIO green

Green tea with chamomile flowers.

Ingredients: Green Tea, Chamomile Flowers.

Advantages of Evalar BIO Teas:

100% natural composition. Most of the herbal ingredients are collected in the Altai or grown on Evalar's own plantations in the ecologically pristine foothills of Altai without using any chemicals or pesticides

Excellent microbiological purity of teas is ensured with a gentle method of instant steam treatment using high-tech French equipment

For the best preservation of medicinal properties, delicate taste and aroma of herbal tea, each teabag is individually packed in a multi-layer protective envelope



# Tea Evalar BIO Gynaecological herbs

Evalar BIO Woman Balance Tea helps:

improve the functional state of the genitourinary system in women

reduce the number of recurrent flare-ups

make antibiotic therapy more effective

restore and maintain normal periods

Ingredients: Oregano Herb, Marigold Flowers, Rosehips, Yarrow Herb, Chamomile Flowers, Ortilia Secunda Herb, Rhodiola Quadrifida Rhizomes And Roots, Natural Black Currant Flavor.

Advantages of Evalar BIO Teas:

100% natural composition. Most of the herbal ingredients are collected in the Altai or grown on Evalar's own plantations in the ecologically pristine foothills of Altai without using any chemicals or pesticides

Excellent microbiological purity of teas is ensured with a gentle method of instant steam treatment using high-tech French equipment

For the best preservation of medicinal properties, delicate taste and aroma of herbal tea, each teabag is individually packed in a multi-layer protective envelope



# Tea Evalar BIO Immunity

To support and strengthen the immune system.

Advantages of "Evalar BIO" teas:

- 100% natural composition. Most of the herbs included in the composition are collected at the peak of their biological activity in Altai, or grown on private Evalar plantations in the ecologically clean foothills of Altai without the use of chemicals and pesticides;
- High microbiological purity of teas is ensured by a mild processing method - "instant steam" - on a modern French installation;
- For the best preservation of the healing properties, delicate taste and aroma of herbal tea, each filter bag is individually packed in a multi-layer protective envelope.
- Strict quality control at all stages of production



# Tea Evalar BIO Mastophyt

Promotes the maintenance of female breast health.

Ingredients: Oregano Herb, Chamomile Flowers, Calendula Officinalis Flowers, White Peony Roots, Vitex Agnus-Castus Fruit, Yarrow Herb, Bergamot Natural Flavor.

Advantages of Evalar BIO Teas:

100% natural composition. Most of the herbal ingredients are collected in the Altai or grown on Evalar's own plantations in the ecologically pristine foothills of Altai without using any chemicals or pesticides

Excellent microbiological purity of teas is ensured with a gentle method of instant steam treatment using high-tech French equipment

For the best preservation of medicinal properties, delicate taste and aroma of herbal tea, each teabag is individually packed in a multi-layer protective envelope



# Theanine

For mental activity and good mood. 500 mg of L-theanine amino acid per day:

Maintain high mental activity, concentration and efficiency.

Promote peace of mind and relaxation, keeping the mind clear.

Keep the pressure normal.

Ingredients: 250 mg of L-Theanine in 1 Capsule.



# TIME EXPERT, tablets, capsules

Q10 is a special substance contributing to youthful state and renewal of cells. The more of it is present in the body, the younger we look. After 25 years of age, the production of coenzyme Q10 by the body drops sharply. TIME EXPERT tablets and cream based on coenzyme Q10 help us make up for this deficiency. TIME EXPERT in capsules represents an improved formula of the coenzyme Q10, with the anti-oxydant activity enhanced with vitamin E. This composition ensures effective protection from aging.

intake of TIME EXPERT:

Stimulates energy exchange processes on cellular level.

Has antioxidant properties.

Contributes to slowing the process of aging.

Ingredients: Coenzyme Q10, Vitamin E.





# Tranzit - LymphoTranzit

Promotes:

Elimination of fluid from the edema zone.

Maintaining a healthy lymph flow, stimulating the removal of "toxins" and toxins.

Cleansing the system.

Ingredients: Liquid Extract of Nettle and Cherry Stalks, Green Tea Extract, Corn Silk Extract, Uncaria Bark Extract, Aloe Extract, Vegetable Tannins.



# Tranzit Antiparasitic, capsules

100% natural composition. The ingredients contribute to cleansing the system of parasites and their toxins, also helping to increase the body's own antiparasitic immune defense, not to contract them again. Tranzit Antiparasitic will be beneficial:

If a member of your family has parasites confirmed by laboratory tests.

In case of suspected helminthic invasions or for their prevention.

For acne, pimples, seborrhea, hyperkeratosis, pigment spots, early wrinkles, early baldness, brittle nails, etc.

For polyps, frequent ARI, sore throat, tonsillitis, sinusitis.

For frequent diseases of the genitourinary system, and fatigue.

Ingredients: Cloves, Tansy Flowers, Tansy Extract, Aspen Bark Extract, Walnut Leaf Extract, Uncaria Tomentosa Extract.



# Tranzit Lax, capsules

For cleansing the bowels in just two days! The product does not contain senna, and does not irritate the intestines walls, which ensures gentle evacuating effect.

A special selection of biologically active substances works on changing the osmotic pressure throughout the entire intestine. Normally, the water is rapidly absorbed from the intestine into the body. Transit Lax stops the absorption and creates a reverse movement of water into the intestines, which helps to clean the bowel walls, dilute and move its contents.

Ingredients: Magnesium Sulfate, Aloe Extract, Fennel Extract.



# Triple Omega-3 950 mg, capsules

The maximum daily intake concentration of omega-3 in 1 capsule. 950 mg of omega-3 in 1 capsule, for convenient intake. The product contains high-quality omega-3 produced in Norway (BASF AG). Recommended for use in pregnant and lactating women.

Promotes:

- improving heart, brain, eyes and joints function
- maintaining the normal level of cholesterol
- radiant beauty of the skin and hair





# Tropicana Slim CLA

The product tightens the silhouette by burning fat and strengthening muscles, and prevents weight gain after a diet. Maximal content of CLA in 1 capsule: 510 mg.

Ingredients: Conjugated Linoleic Acid (CLA) 510 mg.



# TROPICANA SLIM Green Coffee, tablets, drink, body cream

The extract of green coffee in these products promotes rapid fat burning, weight loss, accelerates metabolic processes, and improves the figure.

Tablets

Ingredients: Green Coffee Extract.

Drink

Ingredients: Coconut Cream, Instant Coffee (Black), Extracts of Green Coffee and Garcinia.

Cream

Ingredients: Extracts of Sweet Clover, Forskolia (Makandi), Soluble Collagen With Elastin, Tera-Vitale, Oil Extracts of Centella Asiatica and Green Coffee, Caffeine, D-Panthenol, Vitamin E, Hyaluronic Acid, Tisol.



# Tropicana Slim Konjac (dietic fibers)

For fast saturation and suppression of hunger for 4 hours. Only 28 calories in 1 serving!

Ingredients: Konjac Gum, Inulin, "Orange" Flavoring, Extracts of Garcinia, Cherry Fruit Stalks, Green Coffee, Lemon Juice Powder, "Pineapple" Flavoring.



# Troychatka Evalar for children

A specially developed combination of the extracts of 3 herbs creating unfavorable conditions for parasites. Bitter herbs in Troichatka capsules have a mild stimulating effect on liver and stomach, which helps get rid of "uninvited guests" and excreting the products of their vital functions out of the body. Bitter herbs are fatal for parasites and not toxic to humans. The unique composition of Troychatka EVALAR Antiparasitic is protected by a patent. The company EVALAR also developed the special complex Troychatka For Children. It is the only natural antiparasitic complex that can be taken since from the age of 3.

Troychatka EVALAR Antiparasitic. Ingredients: Fragrant Clove, Common Tansy Flowers, Extracts of Dried Common Tansy, Aspen Bark.

Troychatka For Children. Ingredients: Extracts of Calendula Flowers, Caraway, and Thyme.



# Tryptophan Calmness Formula

500 mg (in 2 capsules) tryptophan of natural origin will return the good mood, working performance and sound sleep. In the day, Tryptophan promotes the natural production of serotonin, the “happiness hormone.” At night, it helps the body produce more “sleep hormone” melatonin.

Ingredients: L-Tryptophan, Vitamins A5 and B6.



# Turbotrim Active fibers

Active dietary fiber (NUTRIOSE brand, France) will help you keep your weight under control by creating a lasting sensation of fullness, and curbs the hunger by blocking the production of hunger hormone ghrelin. The caloric intake is significantly decreased by reducing the craving for snacks and sugar consumption, improving the intestinal bacterial flora, and bringing bowel function back to normal (Turboslim works as a prebiotic). No laxative effect! The product does not contain sugar. The powder is completely soluble in food and drinks (even in water) without changing their taste and texture. It is recommended to be included in the diet / nutrition regimen, and to be used with any diets (including carbohydrate-free diets).

Ingredients: corn fiber (corn dextrin).

Presentation: powder in bottles and bags of 60 and 180 g.

Recommended use: the powder is recommended to be included in the diet / nutrition regimen, and to be combined with any diets (including carbohydrate-free diet), by adding to any drinks and dishes, which does not change their taste and texture. Stir 2 teaspoons (or dosing spoons) in a glass of any drink (hot or cold) or in 1 portion of any dish. Adults and children over 14 years of age take the powder once daily. Follow the treatment for at least 1 month and repeat it regularly.

Shelf life: 3 years.



# Turbotrim Alpha-Lipoic Acid and L-Carnitine, tablets

The optimal combination of alpha-lipoic acid and L-carnitine in one tablet speeds up the metabolism by burning fats and generating energy. The product also prevents the formation of wrinkles and age spots and has an anti-oxidant effect, protecting the body from toxins and free radicals.

Ingredients: L-Carnitine, Alpha-Lipoic Acid, Pantothenic Acid, Vitamins A6, A2, A1.



# Turbotrim Appetite control

Contributes to reducing hunger.

Helps keep a diet and avoid overeating at night.

Does not contain senna or sugar.

Ingredients: Inulin, Extracts of Hoodia and Green Tea, L-Carnitine Tartrate, Lemon Juice Powder, Mint Oil, Chromium Picolinate.



# Turbotrim calorie blocker

Contributes to reducing hunger.

Helps keep a diet and avoid overeating at night.

Does not contain senna or sugar.

Ingredients: Inulin, Extracts of Hoodia and Green Tea, L-Carnitine Tartrate, Lemon Juice Powder, Mint Oil, Chromium Picolinate.



# Turbotrim Cappuccino, sachets

Natural flavorful coffee with a fat burning complex for active weight loss. Promotes fat burning, reduces appetite, and helps to keep a diet. Recommended for combination with low-calorie diets. Does not contain laxatives or sugar. Low-calorie: only 42 kilocalories per serving!

Ingredients: Dry Coconut Vegetable Cream, Coffee, Taurin, L-Carnitine, Inulin, Extracts of Garcinia, Cherry Fruit Stalks, Turmeric, Ginger, Cinnamon, "Cappuccino" Flavoring, Chromium Picolinate.

Proteins: 0.58 g, Fats: 3.13 g, Carbohydrates: 28 g Energy: 42 kcal.



# Turbotrim Cleanse, drink

Promotes weight loss.

Reduces volumes and edemas by removing excess fluid from the body.

Cleanses the system.

Burns the fats.

Ingredients: Extracts of Cherry Fruit Stalks, Grape Leaves, Oats, Senna, Artichoke, Guarana, Fennel, Green Tea, Lemon Juice Powder, Natural Flavor "Grapes."



# Turbotrim Cleansing tea

Produces a mild laxative effect and helps remove excess fluid from the body.

Turbotrim Coffee in the morning, TurbotrimTea at night!

Tea and Coffee Turbotrim: feel the difference!

Ingredients: Senna leaves, Corn Silk, Cherry Fruit Stalks, Green Tea, Peppermint Leaves, Garcinia Extract.



# Turbotrim Coffie cappuccino

Helps:

Cleanse the body, with a mild laxative effect.

Decrease appetite.

Accelerate metabolic processes.

Fragrant black coffee with soft notes of herbal extracts, seasoned with a zesty and spicy turmeric flavor.

Ingredients: Natural Instant Coffee, Extracts of Garcinia, Horsetail, Burdock (inulin), Senna, Turmeric, Chromium Picolinate.



# Turbotrim Day Cream, Turbotrim Night Cream, body creams

Help reduce excess volume and cellulite.

Day Cream. Ingredients: Caffeine, Menthol, D-Panthenol, L-Carnitine, Tera-Active, Aminophylline, Extracts of Fucus Vesiculosus, Ruscus Aculeatus, Horse Chestnut, Ginkgo Biloba, Vitamin E.

Night Cream. Ingredients: Caffeine, Aminophylline, L-Carnitine, Tera-Active, Hyaluronic Acid, D-Panthenol, Vitamin E, Extracts of Fucus Vesiculosus, and Ruscus Aculeatus.





# Turbotrim day enhanced formula

Activates metabolic processes during the day.

Stimulates the burning of fats, transforming them into energy.

Helps reduce appetite throughout the day.

Ingredients: L-Carnitine Tartrate, Guarana Extract, Cherry Fruit Stalks Extract, Inulin, Chromium Picolinate.



# Turbotrim Dietetic Shake, sachets

Satisfies the hunger quickly.

Recommended for combination with diets or as a replacement of the evening meal.

Only 50 kcal in one portion! Strawberry taste!

Does not contain soy, artificial flavorings, sweeteners, dyes, or preservatives.

Ingredients: Inulin, Apple Pectin, Whey Protein Concentrate, Beet Powder, natural flavoring "Strawberry", Chromium Picolinate.

1) Among EVALAR products. 2) In the basic ingredients (without the glaze).

In 100 g Proteins: 31.25 g, Fats: 3.33 g, Carbohydrates: 8.33 g Energy: 188.3 kcal.





# Turbotrim express slimming

The fastest weight loss\* in just 3 days!

In just 3 days:

Up to 3 kilograms of weight loss

Slimmer waist by up to 3 centimeters

The natural scientifically developed composition includes 18 active ingredients.

Enhances fat burning

Eliminates excess fluid Cleanses the body

Reduces appetite For those who want a quick result!

Ingredients:

MORNING capsule: Extracts of Guarana, Red Seaweed, and Red Grape Leaves, Ascorbic Acid.

DAY capsule: Extracts of Garcinia, Cherry Fruit Stalks, Fennel, Senna, Corn Silk, Chromium Picolinate.

EVENING capsule: Extracts of Garcinia, Senna, Melissa Officinalis, and Fucus, L-Carnitine, Chromium Picolinate.

SACHET: Oligofructose, Lemon Juice, Extracts of Artichoke, Green Tea, Cherry Fruit Stalks, and Fennel.

\*In the line Turbotrim. Course duration: 3 days.



# Turbotrim Neuro



# Turbotrim night enhanced formula

Accelerate the natural processes of nightly weight loss.

Promote body cleansing.

Decrease appetite in the evening.

Ingredients: Extracts of Garcinia, Senna, Chitosan, Fennel, Melissa Officinalis.



# Turbotrim Protein Nutrition Banana Flavor

Turbotrim Protein Nutrition is a complete balanced diet for the possibility of replacing 1-2 meals throughout the day.

Each serving of cocktail:

- 80 kcal
- 17 g protein
- 12 vitamins
- 11 minerals
- Coenzyme Q10
- Hyaluronic acid

Turbotrim Protein Nutrition promotes:

- Long-term feeling of satiety.
- Replenishment of deficiencies in protein, vitamins, macro- and microelements, helps to balance the diet to maintain beauty and health during the diet.
- Significant reduction in caloric intake and, as a result, weight loss.



# Turbotrim Protein Nutrition Berry Mix

Turbotrim Protein Nutrition is a complete balanced diet for the possibility of replacing 1-2 meals throughout the day.

Each serving of cocktail:

- 80 kcal
- 17 g protein
- 12 vitamins
- 11 minerals
- Coenzyme Q10
- Hyaluronic acid

Turbotrim Protein Nutrition promotes:

- Long-term feeling of satiety.
- Replenishment of deficiencies in protein, vitamins, macro- and microelements, helps to balance the diet to maintain beauty and health during the diet.
- Significant reduction in caloric intake and, as a result, weight loss.



# Turbotrim Protein Nutrition Chocolate Flavor

Turbotrim Protein Nutrition is a complete balanced diet for the possibility of replacing 1-2 meals throughout the day.

Each serving of cocktail:

- 90 kcal
- 17 g protein
- 12 vitamins
- 11 minerals
- Coenzyme Q10
- Hyaluronic acid

Turbotrim Protein Nutrition promotes:

- Long-term feeling of satiety.
- Replenishment of deficiencies in protein, vitamins, macro- and microelements, helps to balance the diet to maintain beauty and health during the diet.
- Significant reduction in caloric intake and, as a result, weight loss.



# Turbotrim Protein Nutrition Vanilla Ice Cream

Turbotrim Protein Nutrition is a complete balanced diet for the possibility of replacing 1-2 meals throughout the day.

Each serving of cocktail:

- 80 kcal
- 17 g protein
- 12 vitamins
- 11 minerals
- Coenzyme Q10
- Hyaluronic acid

Turbotrim Protein Nutrition promotes:

- Long-term feeling of satiety.
- Replenishment of deficiencies in protein, vitamins, macro- and microelements, helps to balance the diet to maintain beauty and health during the diet.
- Significant reduction in caloric intake and, as a result, weight loss.

# Turbotrim slimming bar



A healthy snack without extra calories, with a taste of favorite desserts: Vanilla cookies, Citrus mix, Strawberry cheesecake, Chocolate cake.

The unique of Turbotrim bars includes:

Proteins of animal and plant origin provide a sense of fullness, for a long time

L-carnitine gives energy and contributes to fat burning

Garcinia and chromium reduce appetite

Green tea promotes fat burning and increases energy levels

No laxative effect!

There are many bars... just one makes you slimmer: Turbotrim!

Turbotrim Protein Weight Loss Bar ingredients: Coconut Flakes, Whey (Milk) Protein Concentrate, Confectionery Glaze, Egg Whites, Cocoa Powder, L-Carnitine, Extracts of Garcinia, Green Tea, Nature-Identical Flavorings "Caramel" and "Hazelnut", Chromium Picolinate.

Proteins: 8 g, Fats: 4 g, Carbohydrates: 9 g Energy: 110 kcal.

Turbotrim Weight Control Bar ingredients: Starch Syrup (Excipient), Confectionery Glaze (Lauric Cocoa Butter Substitute, Sugar, Cocoa Powder, Lecithin (Emulsifier), Flavor Identical to Natural Vanillin), Soy Protein Isolate, Pea Protein Isolate, Glycerin (Water-Retaining Agent), Wheat Protein, Maltodextrin (Excipient), Chromium Picolinate, Eucasia Complex of Nutrients (Acacia Fibers and Wheat Fibers), L-Carnitine, Simethicone, Citric Acid (Acidity Regulator), natural flavors, Sucralose (Sweetener), Potassium Sorbate (Preservative).

Proteins: 12 g, Fats: 4 g, Carbohydrates: 14 g Energy: 140 kcal.



# Turbotrim Women 45+ Cleanse, drink concentrate

The product is supplemented with phytoestrogens (cimicifuga extract), supporting the hormonal balance of a woman at this age.

Ingredients: Extracts of Green Tea, Cherry Fruit Stalks, Cranberry, Senna, Artichoke, Cimicifuga, Oats, L-Carnitine, Lemon Juice Powder, Natural Flavor "Grapes".



# Turpotrim Chrome picolinate

200 &#956;g of chromium in 1 capsule. Helps maintain normal blood sugar levels. Supplies the deficiency of chromium. Advantageous price compared to the US analogue.

Ingredients: Chromium Picolinate 1.819 mg.



# Valerian extract Evalar

Valerian extract with a normalized content of valerenic acids (France).

Valerian medicinal products are used separately or in the form of multicomponent medicinal products for the treatment of excessive nervous irritability, psychasthenia and neurasthenia accompanied by insomnia, a feeling of tension and hyperreactivity, as well as climacteric disorders, vegetovascular dystonia and neuroses. Valerian produces best effect in treatment course and during long-term use.

In the production of Valerian extract tablets, EVALAR uses raw materials from leading manufacturers in France and Germany.

Ingredients: Valerian Extract, Glycine.



# VENOKORSET, capsules, gel

Reduce swelling and sensation of heaviness in the legs<sup>1</sup>. All the products of the VENOKORSET line contain the extract of red grape leaves with a high content of active substances from the leading European manufacturer (Switzerland).

VENOKORSET promotes:

Easing edema and feeling of heaviness in the legs

Strengthening the walls of venous vessels and improvement of venous circulation.

VENOKORSET is highly efficient, providing the comprehensive effect from the outside (gel) and from the inside (capsules).



# Vitamin C + D + Zinc + Selenium, effervescent vitamins

The unique combination of vitamins and minerals enhances immune cells activity and antibodies production in response to infection.

During a pandemic, the demand for products strengthening immune defenses has increased significantly. Today, three products are among the most famous and popular: vitamin C, vitamin D and Zinc. This is the unique combination of components enhanced by the effect of selenium that you can find in the new product Vitamin C + D3 + Zinc + Selenium from the company Evalar.

Vitamin C+D3+Zinc+Selenium contributes to: strengthening immune defenses and reducing the risk of developing colds and viral diseases  
antioxidant protection

beauty of skin, hair and nails

maintaining healthy cardiovascular system and reproductive function

How do ingredients work?

Vitamin C is a recognized stimulant for the immune system. It enhances the production of interferon proteins, which are among the first defenses against viruses. It has anti-inflammatory properties, and also helps neutralize free radicals and protect lung cells from their aggressive effects 2,3.

Vitamin D is a unique adaptive immune modulator. It enhances innate immune defenses, activating antimicrobial peptides that eliminate pathogenic organisms, such as microbes, bacteria and viruses<sup>4</sup>. Vitamin D strengthens cellular immune defenses, reduces cytokine storm levels<sup>5</sup>, and supports lung function by curbing the inflammatory response caused by viruses<sup>6</sup>. It also stimulates the production of antimicrobial proteins in mucous membranes of the upper respiratory tract<sup>6</sup>.

Zinc is one of the few substances that simultaneously affect all the elements of human immune defenses. It increases the production of interferons<sup>7</sup>: proteins that are the first to protect us against infections caused by viruses, bacteria and other microorganisms<sup>8</sup>. Zinc prevents the spread of the virus in cells<sup>9</sup> and protects lymphocytes from destruction<sup>10</sup>. It also enhances the function of thymus gland that is sometimes called the heart of immune system, due to its ability to produce new T cells. They, in turn, recognize viruses and neutralize them<sup>11</sup>.

Selenium is a mineral that is vital for our body. It is especially important for people who live in big cities and in cities with unfavorable environmental conditions. Selenium is a powerful antioxidant protecting cells from damage by free radicals that cause aging. What's more, selenium protects us from toxic pollutants, promotes the clearance of arsenic, and guards against the effects of cadmium and mercury. Selenium is involved in strengthening immune defenses, has a tonic effect, and helps to activate the production of antibodies and interferon.

Benefits of Vitamin C + D3 + Zinc + Selenium

Easily accessible<sup>12</sup> effervescent presentation

Easy to take - just 1 tablet a day

Great taste, no preservatives, no gluten

High quality raw materials

Directions for use:

Adults take 1 tablet a day, dissolved in 200 ml of water. The treatment course lasts 1 month or more, and can be repeated if needed.

Ingredients:



Citric acid and sodium bicarbonate (acidity regulators), ascorbic acid, sorbitol (carrier), maltodextrin, natural orange flavor, polyvinylpyrrolidone (carrier), zinc sulfate, polyethylene glycol (carrier), sucralose (sweetener), cholecalciferol 5- sodium phosphate (dye), polydimethylsiloxane (antifoam), selexene. Contains the sweetener sorbitol, which can have a laxative effect if consumed in excess.

Content in daily intake (1 tablet) and % of recommended daily consumption

Vitamin Ñ

600 mg

1000\*

Vitamin D3

12.5 mcg (500 IU)

250\*

Zinc

10 mg

67

Selenium

55 mcg

79

\* Does not exceed the upper allowable level of daily consumption.

1 In Evalar's range of products.

2 Carr A.C., Maggini S. Vitamin C and Immune Function. *Nutrients*. 2017 Nov; 9 (11): 1211.

3 Monosova O.Yu., Sharapova K.G. Vitamins, micro- and macronutrients and their effect on the immune system. *Effective pharmacotherapy. Pediatrics*. 2010. No. 2. P. 6–11.

4 Liu, P.T.; Stenger, S.; Li, H.; Wenzel, L.; Tan, B. H.; Krutzik, S.R.; Ochoa, M.T.; Schaubert, J.; Wu, K.; Meinken, C.; et al. Toll-like receptor triggering of a vitamin D-mediated human antimicrobial response. *Science* 2006, 311, 1770-1773.

5 Huang, C.; Wang, Y.; Li, X.; Ren, L.; Zhao, J.; Hu, Y.; Zhang, L.; Fan, G.; Xu, J.; Gu, X.; et al. Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China. *Lancet* 2020.

6 Kalil, A.C.; Thomas, P. G. Influenza virus-related critical illness: Pathophysiology and epidemiology. *Crit. Care* 2019.

7 Mechanisms of antitumor effect of zinc ions / S.I. Bikanasov, I.R. Safiullina, L.M. Gazdalieva / International student scientific bulletin. - FSBEI HE Bashkir State Medical University. - No. 4, 2018

8 Interferons: prospects for clinical use / Russian Academy of Medical Sciences. N.F. Gamalei Research Institute of Epidemiology and Microbiology. Academy of Natural Sciences of the Russian Federation. - M. - SPb. : 1998

9 Ronald Klatz, Robert Goldman "Defeating Time" (Anti-Aging Revolution) - M. : AST; SPb. : Ost, 2007. - 192 p.

10 Shankar A. H., Prasad A. S. Zinc and immune function: the biological basis of altered resistance to infection // *Am. J. Clin. Nutr.* - 1998. - Vol. 68.

11 Kudrin A. V., Skalny A. V., Zhavoronkov A. A. et al. Immunopharmacology of trace elements. Moscow: KMK, 2000. 537 p.

12 Shevchenko A. M. Features of the production of instant dosage forms / A. M. Shevchenko // *Medical business*. - 2005. - No. 2 - 3.



# Vitamin C, effervescent tablets 250/900/1000/1200 mg



Vitamin C in various dosage options: 1200 mg (maximum dosage), 1000 mg, 900 mg, 250 mg in 1 tablet. Tasty citrus flavor drink.

Does not contain sugar.

Ingredients: Ascorbic Acid, Flavorings "Lemon" And "Orange."



# Vitamin D3 1200 IU + K2

Natural vitamin D3 fortified with vitamin K2, for strong immune defenses and healthy bones.

Vitamin D3 has grown increasingly popular worldwide over the past few years. It was also included in the intensive care protocol for patients with COVID-19 and became well-known as one of the products preventing coronavirus infection<sup>1</sup>. This is no coincidence. It is very important for our health, as it strengthens immune defenses, reduces inflammation and viral activity, and participates in two hundred other functions in human body.

Evalar's chewable tablets Vitamin D3 2000 IU + K2 provide high doses of natural vitamin D3, fortified with natural vitamin K2 in its most bioavailable form MK-7. K2 complements the effect of vitamin D and helps the body absorb it better. This is the only high-dose vitamin D3 in Russia, fortified with vitamin K2<sup>2</sup>. In the convenient form of chewable tablets, Vitamin D3 2000 IU + K2 from Evalar is absorbed even better.

Vitamin D3 2000 IU + K2 contributes to:

strengthening the immune system

reducing the risk of developing colds and viral infections

safe assimilation of calcium, which prevents its deposition in blood vessels and kidneys

forming and maintaining a dense bone structure

increasing muscular strength

How do ingredients work?

Vitamin D is a unique adaptive immune response modifier. It enhances congenital immunity, activates antimicrobial peptides that eliminate pathogenic organisms such as microbes, bacteria and viruses<sup>3</sup>. Vitamin D strengthens cellular immune defenses, reduces cytokine storm severity<sup>4</sup>, and supports lung function by reducing the inflammatory response caused by viruses<sup>5</sup>. In addition, it also stimulates the production of antimicrobial proteins in the mucous membranes of upper airways<sup>5</sup>.

Lately, so many people suffer from vitamin D3 deficiency that many experts recommend increasing the daily dosage in accordance with individual needs. Based on clinical guidelines of the Russian Association of Endocrinologists, an adult needs 2,000 IU or more vitamin D3 daily to maintain its optimum level<sup>6</sup>.

Vitamin K2 is a key component in the regulation of metabolic processes and calcium distribution in the body. It strengthens bone tissue by activating the production of the protein osteocalcin that increases bone density, prevents osteoporosis and reduces the risk of fractures. It has a positive effect on the cardiovascular system, prevents the deposition of calcium crystals on the walls of blood vessels, thereby reducing the risk of calcification. Vitamin K2 improves the absorption of calcium and vitamin D3, thus preventing calcium accumulation in the kidneys and joints. It prevents early aging, improves skin structure, and reduces premature wrinkling.

This vitamin has several forms, but MK-7 (menaquinone-7) has the highest level of bioavailability. When you take a package of vitamin K2 from the pharmacy shelf, make sure

that it is marked MK-7. If the manufacturer does not specify the form of K2, the supplement is likely to contain MK-4. What's the difference? MK-7 remains active longer, unlike MK-4, which loses its properties faster and is less efficient. MK-7 circulates in the blood for about 72 hours, which gives it enough time to reach all the organs in the body, including bone tissue. It is this bioavailable form of vitamin K2 that is included in the product Vitamin D3 2000 IU + K2.

Ingredients: Glucose, cholecalciferol, sorbitol (carrier), maltodextrin, menaquinone-7; amorphous silicon dioxide, stearic acid and calcium stearate (anti-caking agents), corn starch.

1 Intensive care protocol for patients with COVID-19. P. Marik. East Virginia School of Medicine, Norfolk, Virginia.

2 According to the unified register of certificates of State registration; by active ingredients, for of presentation and dosage of vitamin D3 more than 1000 IU.

3 Liu, P.T.; Stenger, S.; Li, H.; Wenzel, L.; Tan, B. H.; Krutzik, S.R.; Ochoa, M.T.; Schaubert, J.; Wu, K.; Meinken, C.; et al. Toll-like receptor triggering of a vitamin D-mediated human antimicrobial response. Science 2006, 311, 1770-1773.

4 Huang, C.; Wang, Y.; Li, X.; Ren, L.; Zhao, J.; Hu, Y.; Zhang, L.; Fan, G.; Xu, J.; Gu, X.; et al. Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China. Lancet 2020.

5 Kalil, A.C.; Thomas, P. G. Influenza virus-related critical illness: Pathophysiology and epidemiology. Crit. Care 2019.

6 Clinical guidelines "Vitamin D deficiency in adults: diagnosis, treatment and prevention." Russian Association of Endocrinologists. Federal publicly funded institution "Endocrinological Research Center" of the Ministry of Health of the Russian Federation, Moscow, 2015. Dietary supplement. This product is not a drug.



# Vitamin D3 2000 IU + K2

High dose of natural vitamin D3 fortified with vitamin K2, for strong immune defenses and healthy bones.

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Vitamin D3 2000 IU + K2 contributes to:

strengthening the immune system

reducing the risk of developing colds and viral infections

safe assimilation of calcium, which prevents its deposition in blood vessels and kidneys

forming and maintaining a dense bone structure

increasing muscular strength

How do ingredients work?

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1 Intensive care protocol for patients with COVID-19. P. Marik. East Virginia School of Medicine, Norfolk, Virginia.

2 According to the unified register of certificates of State registration; by active ingredients, for of presentation and dosage of vitamin D3 more than 1000 IU.

3 Liu, P.T.; Stenger, S.; Li, H.; Wenzel, L.; Tan, B. H.; Krutzik, S.R.; Ochoa, M.T.; Schaubert, J.; Wu, K.; Meinken, C.; et al. Toll-like receptor triggering of a vitamin D-mediated human antimicrobial response. Science 2006, 311, 1770-1773.

4 Huang, C.; Wang, Y.; Li, X.; Ren, L.; Zhao, J.; Hu, Y.; Zhang, L.; Fan, G.; Xu, J.; Gu, X.; et al. Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China. Lancet 2020.

5 Kalil, A.C.; Thomas, P. G. Influenza virus-related critical illness: Pathophysiology and epidemiology. Crit. Care 2019.

6 Clinical guidelines "Vitamin D deficiency in adults: diagnosis, treatment and prevention."

Russian Association of Endocrinologists. Federal publicly funded institution "Endocrinological Research Center" of the Ministry of Health of the Russian Federation, Moscow, 2015.

Dietary supplement. This product is not a drug.



# Vitamin D3 600 IU capsules

More than 80% of Russians have vitamin D deficiency<sup>1</sup>, because this vitamin is produced under the influence of sunlight, and Russian territory is mostly located in northern latitudes, where sunlight is very scarce. Vitamin D is proven to have a positive effect on the formation of bone tissue and proper functioning of the nervous system. It also strengthens immune defenses<sup>2</sup>. Vitamin D3 from Evalar ANTI-AGE series contains an optimal dose of vitamin D and contributes to:

- curing vitamin D deficiency
- better absorption of calcium
- strengthening bones and teeth
- reducing the risk of osteoporosis
- strengthening the immune system and reducing the risk of catching cold
- increasing the levels of serotonin, hormone of happiness that improves mood.

Ingredients: 600 IU cholecalciferol (vitamin D3).

Presentation: 60 capsules of 0.24 g.

Recommended use: adults take 1 capsule daily with meals, for 2 to 3 months.

Shelf life: 2 years.

1 Russian Association of Endocrinologists at Federal publicly funded institution Endocrinological Center of the Ministry of Public Health of the Russian Federation. Clinical guidelines. Vitamin D3 deficiency: diagnosis, treatment, prevention. Moscow 2014.

2 I.N. Zakharova, Known and unknown effects of vitamin D / S.V. Yablochkova, Yu. A. Dmitrieva // Issues of modern pediatrics. - M.: - 2013. - No. 12 (2) - p. 20-25.



# Vitamin D3 D-Sun, orodispersible tablets

Maximum<sup>2</sup> vitamin D in the most digestible form: cholecalciferol 600 IU. Excellent support for health and wellness.

Promotes:

Strengthening of bone tissue and teeth.

Assimilation of calcium.

Reducing the risk of osteoporosis.

Maintaining immune defenses.

Ingredients: Lemon Juice Powder, Cholecalciferol (Natural Vitamin D3).



# Vitamin D3 Drops

Vitamin D3 oily solution for oral administration of 500 IU in 1 drop.

Vitamin D3 500 IU Evalar helps:

- Strengthen immunity and reduce the risk of developing colds
- Replenishment of vitamin D deficiency in the body
- Promote better absorption of calcium
- Strengthen bones, teeth, reducing the risk of developing osteoporosis
- Increase muscle strength
- Maintain the cardiovascular, nervous systems and reproductive function of the body
- Increase the level of "the hormone of happiness" serotonin

Benefits of Vitamin D3 oil solution:

- Physiological for the body fat-soluble form of vitamin D3
- Convenient dosing (bottle with dropper dispenser)
- Economical consumption of the drug (20,000 IU in 1 ml)
- High absorption due to the oil form
- Neutral taste and smell, well accepted by both children\* and adults
- Does not contain allergenic components and alcohol
- Raw materials of high quality.

\*According to indications and usage recommendations. For children from 3 years old under medical supervision.



# Vitamin D3 Effervescent Tablets 2000 IU

Effervescent Tablets with the highest vitamin D3 Dose - 2000 IU.

Vitamin D3 effervescent tablets 2000 IU – highest\* dosage of vitamin D3. With just 1 tablet, you will get a juicy citrus drink with a pleasant taste, and most importantly - a high content of vitamin D3.

Vitamin D3 2000 IU helps:

- Strengthen immunity and reduce the risk of developing colds
- Better absorption of calcium, strengthening of bones, teeth, reducing the risk of osteoporosis
- Increase muscle strength
- Maintain the cardiovascular and nervous systems, regulate the reproductive function of the body, increase the level of serotonin - the "hormone of happiness", and improve mood.

\*In the assortment of Evalar



# Vitamin D3, 1800 IU

Vitamin D3 has grown increasingly popular worldwide over the past few years. Based on WHO

data, 80% of people in Russia are deficient in vitamin D3<sup>1</sup>. This vitamin is very important for our health, as it strengthens immune defenses, reduces inflammation and viral activity, and participates in two hundred other functions of human body.

Vitamin D3 contributes to reducing the risk of ARVI infections, including the new COVID-19 coronavirus infection<sup>2</sup>. It is proven that in the countries, where patients with COVID-19 have higher vitamin D3 levels, the risk of complications is significantly lower<sup>3</sup>. Vitamin D3 strengthens cellular immune defenses, reduces cytokine storm severity (hyper-inflammation), and supports the lung function.

Effects of vitamin D3 on the immune system<sup>4</sup>

Taking vitamin D3 reduces the risk of developing ARVI by 12% on average;

Vitamin D3 is best taken daily, rather than once (this reduces the risk of developing ARVI by 19%);

In people with initially low levels of vitamin D3 in the blood, the risk of developing ARVI is reduced by 70% when they take additional vitamin D3;

Vitamin D3 has a positive effect on lung function, helping to improve respiratory function;

Vitamin D3 deficiency is more common in patients with pneumonia, and on artificial lung ventilation.

Vitamin D3 1800 IU Evalar contributes to:

Rapid repletion of vitamin D3 deficiency;

Strengthening the immune system;

Reducing the risk of common colds;

Better absorption of calcium, bones and teeth strengthening, reducing the risk of osteoporosis;

Increasing muscle strength.

Benefits of Natural Vitamin D3 soft gelatin capsules:

High dosage strength of natural vitamin D3 in 1 capsule;

Soft gelatin capsules with highly absorbable<sup>5</sup> vitamin D3 oil solution;

Does not contain gluten, GMO or additives<sup>6</sup>;

Raw materials from a leading German manufacturer;

Approved for pregnant and lactating women.

Directions for use

Adults take 1 capsule 1 time a day, with a meal. The treatment course lasts 1 month.

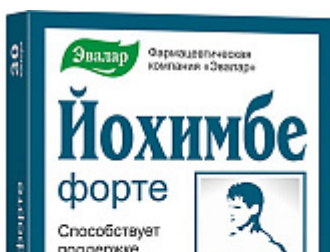
Contraindications

Individual intolerance to components, pregnancy, breastfeeding. Consult a doctor before use.

Ingredients

Refined soybean oil, capsule components (food additives): gelatin, glycerol and sorbitol syrup (water-retaining agents); cholecalciferol (vitamin D3), a mixture of tocopherols (antioxidant).

1 Federal publicly funded institution "Endocrinological Research Center" of the Ministry of Health of the Russian Federation. Clinical guidelines. Vitamin D deficiency in adults: diagnosis, treatment and prevention. Russian Association of Endocrinologists. Moscow, 2014  
2 Evidence that Vitamin D Supplementation Could Reduce Risk of Influenza and COVID-19 Infections and Deaths, William B. Grant, Henry Lahore, Sharon L. McDonnell, Carole A. Baggerly, Christine B. French, Jennifer L. Aliano and Harjit P. Bhattoa; *Nutrients* 2020, 12, 988; doi:10.3390/nu12040988. 3 Vitamin D levels appear to play role in COVID-19 mortality rates, Amanda Morris; Northwestern University; May 7, 2020. 4 Martineau A.R., Jolliffe D.A., Hooper R.L., Greenberg L., Aloia J.F., Bergman P. et al. Vitamin D supplementation to prevent acute respiratory tract infections: systematic review and meta-analysis of individual participant data. *BMJ*. 2017; 356:i6583.<http://dx.doi.org/10.1136/bmj.i6583>. 5 Based on fat-soluble form properties.



# Yohimbe Forte



To increase sexual vigor.

Yohimbe bark extract is a popular and effective stimulant for male sexual vigor. Its biologically active substance yohimbine causes a rush of blood in the pelvic organs, which increases the sexual desire and maintains healthy functional state of the spinal cord nerve ganglia that ensure the erection.

Ingredients: Extracts of Yohimbe, Ginseng, Zinc Oxide.



# Zinc + Vitamin C, effervescent tablets

Increasing our body's resistance to infections during seasonal epidemics of flu and colds. Bacteria and viruses are everywhere and can even be found in our bodies. It's in the moments when our immune defenses weaken for various reasons, bacteria become active. They multiply, and we get sick. Still, colds and flu can be prevented. Everyone knows preventive measures, such as physical activity, avoiding crowded spaces, or including garlic and onions in our daily diet. However, these steps are not always easy to take.

An easier and more effective way to become invulnerable is providing our immune system with zinc and vitamin C, the micronutrients it needs to actively function for the entire period when the risk to get sick is elevated. A close relationship has been proven between sufficient content of zinc and vitamin C in the body and the immune system's activity. Evalar Zinc + Vitamin C effervescent tablets contain these optimally dosed micronutrients.

Zinc is one of the few substances that simultaneously influence all the levels of human immune defenses. It increases the production of interferons<sup>1</sup>, proteins that are the first to protect the body against infection by viruses, bacteria and other microorganisms<sup>2</sup>. Zinc prevents the spread of the virus in cells<sup>3</sup> and protects lymphocytes from destruction<sup>4</sup>. It also enhances the function of thymus gland, which is sometimes even called heart of the immune system due to its ability to produce new T cells. They, in turn, recognize viruses and neutralize them<sup>5</sup>.

Vitamin C is generally recognized as immune stimulant. It enhances the production of interferon proteins, which are among the first to fight viruses. It has anti-inflammatory properties, helps neutralize free radicals and protect lung cells from their aggressive effects<sup>6,7</sup>.

Zinc + Vitamin C from Evalar contribute to:

- strengthening the immune system
- reducing the risk of developing colds and viral infections
- antioxidant protection
- beauty of skin and hair.

Long-term and regular intake of Zinc + Vitamin C will ensure smooth functioning of your body's defenses throughout the entire period of seasonal colds.

Ingredients:

citric acid and sodium bicarbonate (acidity regulators), ascorbic acid, sorbitol (carrier), maltodextrin, natural orange flavor, polyvinyl pyrrolidone and polyethylene glycol (carriers), sucralose (sweetener), zinc sulfate, sodium riboflavin 5-phosphate (dye), polydimethyl siloxane (antifoam).

Contains the sweetener sorbitol, which may have a laxative effect if consumed in excess.



# Zinc Chelate

Maximum<sup>1</sup> assimilation of zinc

Zinc Chelate by Evalar helps:

- Increase the body's resistance to infections (strengthen the immune system)
- Prevent hair loss
- Synthesis of own collagen
- Antioxidant protection (Anti-Age effect)
- Strengthen the production of insulin
- Testosterone synthesis
- Allows you to regulate the activity of the sebaceous glands, cope with the oily sheen of the skin and redness
- Participates in the process of spermatogenesis

Benefits of Zinc Chelate by Evalar:

- Easy to take - just 1 tablet a day
- Does not cause side effects from the gastrointestinal tract
- Economical packaging<sup>2</sup>
- Favorable price<sup>3</sup>
- High quality raw materials
- Allowed for pregnant and lactating women
- Produced according to the international quality standard GMP<sup>4</sup>

<sup>1</sup> In the assortment of CJSC "Evalar".

<sup>2</sup> 1 package is designed for 100 days of intake.

<sup>3</sup> According to "Proxima Research" LLC for the 19th and 20th weeks of 2020, the average retail price in the Russian Federation for a package of Zinc Chelate dietary supplement produced by Evalar is the most advantageous compared to its analogue.

<sup>4</sup> GMP certificate No. №0170889-173GMPMF-1, NSF International (USA).





# Zinc+Vitamin C

Zinc and vitamin C, micronutrients that are necessary for the immune system's active function, provide an easy and effective protection from colds during the entire cold season. The connection between sufficient supply of zinc and vitamin C and the immune system activity is scientifically established. When taking Zinc + Vitamin C EVALAR, you get about 80% of the required daily allowance of zinc in the organic easily digestible form of zinc lactate (20% are contained in a daily diet), and 150% of vitamin C required daily allowance.

Ingredients: Ascorbic Acid, Microcrystalline Cellulose (Excipient), Zinc Lactate, Calcium Stearate of Herbal Origin, and Silicon Dioxide (Anti-Caking Agents)