

HEALTHY NUTRITION AND HEALTHY LIFE GUIDE

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The purpose of this brochure is to raise awareness of our valuable users by stating that you should also pay attention to your nutrition while supporting your immune system with our product.



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Liquid Supplementary Food Containing
L-CARNITIN and VITAMIN C



Triangle of Healthy Nutrition Happy Gut-Healthy Life

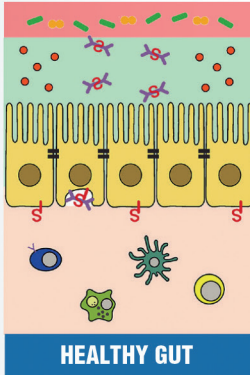
How to Have a Healthy Intestinal Flora

A healthy diet is the most important element for a healthy gut. Our intestines are our organs that host trillions of microorganisms. Most of these microorganisms are beneficial (friendly) bacteria species, but there are also fungi, yeast and mold type microorganisms. All these microorganisms exist in our intestines as a mixture and community with thousands of subspecies. This community of microorganisms in our intestines is called the microbiota or intestinal flora. Since the type and distribution of microorganisms in the intestines of each person is different, everyone has a unique intestinal flora (microbiota).

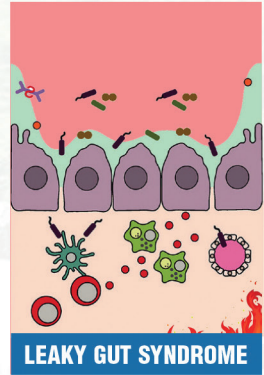
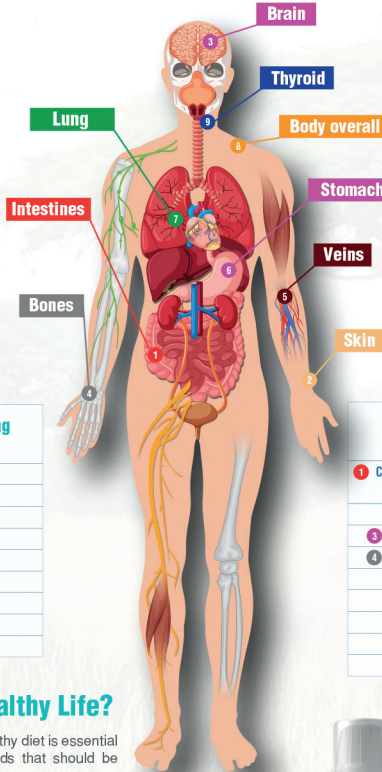
What Happens If Our Intestinal Flora Is Out of Balance

Stress, malnutrition, antibiotic use, excessive sugar use, consumption of allergic foods and gluten consumption in some people disrupt the balance in our intestines.

As a result of disturbed balances, harmful microorganisms multiply in our intestines. Harmful microorganisms produce harmful components (toxins) by breaking down the food we eat. These toxins are perceived as a threat by our immune system. For this reason, our immune system attacks the intestinal wall and begins the cascade of events that erodes the intestinal wall and extends to



HEALTHY GUT



LEAKY GUT SYNDROME

Accumulation Points of Toxins Escaping From Intestines With Unhealthy Diet

The gut itself	1
Skin	2
Brain	3
Joints	4
Veins	5
Stomach	6
Lung	7
Body Overall	8
Thyroid	9

Diseases Caused by the Immune System Attacking These Toxins

- 1 Constipation, Diarrhea, Crohn's Disease, Leaky Bowel Syndrome Obesity
- 2 Psoriasis, Eczema, Vitiligo
- 3 Autism, Multiple Sclerosis (MS), Parkinson's, Alzheimer's
- 4 Rheumatism, Rheumatoid Arthritis, Ankylosing Spondylitis
- 5 (Vascular Occlusion (Atherosclerosis)
- 6 Ulcer (Increases the Damage of Helicobacteria), Reflux
- 7 Koah, Astim
- 8 Allergy, immune imbalance
- 9 Hashimoto's Thyroid

What Should We Do for a Healthy Life?

A healthy gut is necessary for a healthy life. A healthy diet is essential for a healthy gut. The table below lists the foods that should be consumed and avoided for a healthy life.

You can support your intestinal flora with a healthy nutrition guide. Devitale S Plus helps support your immunity.

Important warning

This brochure is for raising awareness of healthy nutrition ONLY. "Supplements cannot replace normal nutrition.", "It is not a medicine, it is not used to prevent or treat diseases."

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Devitale Splus



The active ingredients in it; It supports the formation of collagen, which is necessary for the normal function of the skin, blood vessels, gums, bones and cartilage.

- Normal energy formation metabolism,
- The normal function of the immune system,
- Contributes to the reduction of fatigue and exhaustion.
- It also increases iron absorption.

The active ingredients in Devitale Splus;



HEALTHY NUTRITION GUIDE FOODS TO AVOID

- Foods containing gluten
- Milk and milk products
- Prepackaged & Processed Foods
- Home Made Sugar Desserts

(You can make dessert with natural fruits such as dates, grapes, melons, etc.)

Things to pay attention

- More than 3 types of food should not be consumed at meals.
- Vegetables and fruits should be consumed in their own season.
- 1 teaspoon of black cumin seeds should be consumed in 1 bowl of yogurt a day.
- Unroasted nuts should be preferred.
- 1 handful of black grapes should be consumed per day.
- Although our water consumption varies from person to person, it should not fall below 1.5 liters.
- When preparing meals, baking and boiling methods should be preferred instead of frying and grilling methods.

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The active ingredients in Devitale Plus;

CONTENT NAME	ACTION	AMOUNT IN 30ML PRODUCT
VITAMIN C	ACTIVE INGREDIENT	450mg
L-KARNİTİN	ACTIVE INGREDIENT	0.6mg

Excipient

NAME OF INGREDIENT	ACTION	AMOUNT IN 30ML PRODUCT
GUM ACACIA	THICKENER	1500mg

GUM ACACIA

It is a resin produced from Senegalese acacia. Its homeland is Africa. Acacia gum is used as an auxiliary substance in this product.

VITAMIN C

Contributes to the normal function of the immune system. It increases iron absorption, contributes to normal energy production metabolism, and reduces fatigue and exhaustion. It contributes to normal collagen formation, which is essential for the normal function of blood vessels, bones, cartilage, gums and skin. It contributes to the maintenance of the normal function of the immune system during and after intense physical exercise.

Preparation

All of the powder in the stick that comes out of the product is poured into the bottle. The product is shaken well so that it turns into an activated red color. The product, which has turned red, is ready to be used after waiting for one hour at room temperature. The ready-to-use red product is stored in the refrigerator (+4C).

Warnings and Precautions

Consult your doctor before taking any medication in case of illness or drug use during pregnancy and breastfeeding. If you are allergic to any substance in the product composition, consult your doctor before use. When you use it for the first time, an increase in the number of defecations, softness in the consistency of defecation, foul-smelling and gassy defecation can be observed for a while. It is recommended to drink plenty of water during this period.

IT IS NOT A MEDICINE.

It is a food supplement. Supplementary foods cannot replace normal diet

• The stick from the product box is poured into the bottle and shaken until it turns red. The product with red color is ready to be consumed after waiting for 1 hour at room temperature. Do not use the product that has not been prepared in this way.

USER WEIGHT

Between 20 - 29 kg

Between 30 - 39 kg

Between 40 - 49 kg

Between 50 - 59 kg

Between 60 - 74 kg

Between 75 - 89 kg

90kg and above

AMOUNT TO BE USED ON AN EMPTY STOMACH

In the morning = 5 ml / In the evening = 5 ml

In the morning = 7.5 ml / In the evening = 7.5 ml

In the morning = 10 ml / In the evening = 10 ml

In the morning = 12.5 ml / In the evening = 12.5 ml

In the morning = 15 ml / In the evening = 15 ml

In the morning = 20 ml / In the evening = 20 ml

In the morning = 25 ml / In the evening = 25 ml

Storage Conditions:

Store in a cool place out of the reach of children and out of direct sunlight. Store the product at room temperature (+25 °C) before turning it into active red, and in the refrigerator (+4 oC) after turning it into activated red color.

Manufacturer Factory:

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Owner:

YÜTEG Biyoteknoloji ilaç ve Gıda Takviyeleri Ltd. Şti. Kardelen Biyoteknoloji Exp. Imp. Ind. and Trd Co. Ltd.

Supplementary Food Approval No:

003846-29.01.2018

Business Registration Number: TR-34-K-185221

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