

# HEALTH & SPORT



**FUNCTIONAL  
INGREDIENTS**





The Soyuzopttorg Group of Companies is one of the largest Russian distributors of ingredients for all food industries and offers a wide range of functional ingredients.

The main objective of functional food ingredients and products containing them is to improve human health by influencing certain physiological reactions of the body. They reduce the risk of nutrition-related diseases, preserve and improve health by providing physiologically functional food ingredients.

Our company has a 25-year history. More than 5,500 large and medium sized companies have chosen GC "Soyuzopttorg" as their ingredient supplier. Our ingredient database includes more than 4,000 samples from the world's leading manufacturers.

GC "Soyuzopttorg" offers not just functional ingredients of good quality, but ready-made production solutions. Using the accumulated experience and knowledge gained at scientific conferences, seminars and exhibitions, our technologists develop formulations according to individual customer requests. All ingredients are tested in the company's own laboratory.

Criteria of GC "Soyuzopttorg" selection of quality ingredients:

- FSSC22000 safety management system;
- GMP certificates;
- ISO22000 food safety management system;
- ISO9001 quality management system;
- HACCP risk and critical control point analysis;
- Halal certificates;
- Kosher certificates.

GC "Soyuzopttorg" guarantees a high level of service. Having a large-scale network of branches in 14 cities of Russia, CIS countries and the Caucasus, we provide prompt and accurate logistics.

Modern management and turnover systems allow us to fulfill customer orders just in time, plan and ensure the constant availability of a wide range of ingredients in stock.

**Contact our specialists to receive comprehensive information on the range of functional ingredients in stock, as well as professional assistance and advice on the production processes involved in the introduction of functional ingredients.**

## AREAS OF APPLICATION OF FUNCTIONAL INGREDIENTS:

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Calming, anti-stress, relaxation, reduction of anxiety, normalization of sleep.

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Extracts.

**39**

Amino acids.

**45**

Other substance groups.

**53**

Minerals

**57**

Vitamins.

**Functional**

# ingredients

are ingredients that benefit the health of consumers; they are often an added bonus to the main purpose of the product.

Nowadays, consumers have a better understanding of the ingredients in their food and what they need to stay healthy. More and more consumers are focusing on eating right instead of following a variety of diets, and manufacturers are responding by highlighting key functional ingredients in their products.

## Calming, anti-stress, relaxation, reduction of anxiety, normalization of sleep

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Foods that can help improve sleep without medication may be of interest to consumers who are often stressed and suffer from insomnia.

Extracts

Page 34

**Standardized Griffonia extract** (at least 98% 5-HTP)

Extracts

Page 35

**Standardized green tea extract** (at least 20% polyphenols)

Amino acids

Page 40

**5-hydroxytryptophan**

Amino acids

Page 41

**L-theanine**

Amino acids

Page 41

**L-tryptophan**

Amino acids

Page 41

**L-phenylalanine**

Other subst. groups

Page 48

**Lactium**

Other subst. groups

Page 48

**Melatonin**

Minerals

Page 54

**Magnesium bisglycinate**

Minerals

Page 54

**Magnesium lactate**

Minerals

Page 54

**Magnesium citrate**

Minerals

Page 54

**Magnesium citrate nine-hydrate**

Vitamins

Page 58

**Vitamin B1**  
(thiamine hydrochloride)

Vitamins

Page 58

**Vitamin B2**  
(riboflavin, riboflavin-5'-sodium  
phosphate)

Vitamins

Page 58

**Vitamin B3** (nicotinic acid,  
nicotinamide)

Vitamins

Page 58

**Vitamin B5**  
(Calcium D-pantothenate)

Vitamins

Page 58

**Vitamin B6** (pyridoxine  
hydrochloride, pyridoxal-5-  
phosphate monohydrate)

Vitamins

Page 59

**996R vitamin premix**

## Improvement cognitive function, attention and memory

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The desire to combat problems such as stress, mental fatigue and loss of concentration has sparked a growing interest in functional foods and beverages, and this interest is only expected to increase in the coming years.

Extracts

Page 34

**Bacopa Monnieri Extract**  
(unstandardized 10:1)

Extracts

Page 34

**Standardized Gotu Kola extract**  
(at least 10% asiaticosides)

Extracts

Page 34

**Standardized guarana extract** (at least 10% caffeine)

Extracts

Page 34

**Standardized ginseng extract**  
(80% ginsenosides)

Extracts

Page 35

**Standardized green tea extract**  
(at least 20% polyphenols)

Extracts

Page 35

**Standardized green tea extract**  
(at least 95% polyphenols)

Amino acids

Page 41

**L-theanine**

Amino acids

Page 41

**L-tyrosine**

Amino acids

Page 42

**Gamma-aminobutyric acid  
(GABA)**

Amino acids

Page 43

**Glycine**

Amino acids

Page 43

**Taurine**

Other subst.  
groups

Page 46

**L-DMAE bitartrate**

Other subst.  
groups

Page 47

**Caffeine**

Other subst.  
groups

Page 48

**Omega-3**

Vitamins

Page 58

**Vitamin B4**  
(choline bitartrate)

Vitamins

Page 58

**Vitamin B8**  
(inositol)

Vitamins

Page 58

**Vitamin B9**  
(folic acid)

Vitamins

Page 59

**Vitamin B12**  
(methylcobalamin,  
cyanocobalamin)

## Immunity, immunity support

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It is important to remember that the concept of health for consumers encompasses not only the physical, but also the mental and emotional aspects that are now always implied by "wellness."

Extracts

Page 34

**Standardized ginseng extract** (80% ginsenosides)

Extracts

Page 35

**Standardized ginger extract** (5% gingerol)

Extracts

Page 35

**Cat's claw extract** (unstandardized 10:1)

Extracts

Page 35

**Standardized turmeric extract** (at least 95% curcuminoids)

Extracts

Page 37

**Standardized Echinacea extract** (at least 4% polyphenols)

Amino acids

Page 41

**L-tryptophan**

Amino acids

Page 42

**L-cystine**

Other subst.  
groups

Page 48

### Lactoferrin

Other subst.  
groups

Page 48

### Omega-3

Other subst.  
groups

Page 50

### Chlorella algae Powder and tablet

Minerals

Page 54

### Zinc glycinate monohydrate

Minerals

Page 54

### Zinc bisglycinate

Minerals

Page 54

### Zinc picolinate

Minerals

Page 54

### Zinc citrate

Vitamins

Page 58

### Vitamin A (retinol acetate, retinol palmitate)

Vitamins

Page 59

### Vitamin C (ascorbic acid, sodium ascorbate)

Vitamins

Page 59

### Vitamin D2 (ergocalciferol)

Vitamins

Page 59

### Vitamin D3 (cholecalciferol)

Vitamins

Page 59

### 730/4 vitamin premix

## Men's health

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According to recent surveys, among Millennials, about 20% take supplements to support mental health, and turmeric, green tea, and probiotics are among the top ten most popular nutraceutical ingredients men are looking for.

Extracts

Page 34

**Standardized ginseng extract** (80% ginsenosides)

Extracts

Page 35

**Standardized turmeric extract** (at least 95% curcuminoids)

Extracts

Page 36

**Peruvian maca extract** (unstandardized 4:1)

Extracts

Page 36

**Eurycoma longifolia extract** (unstandardized 10:1)

Amino acids

Page 40

**L-arginine**

Minerals

Page 54

**Zinc citrate**

Minerals

Page 54

**Zinc bisglycinate**

Minerals

Page 54

**Zinc picolinate**

Vitamins

Page 59

**Vitamin D2**  
(ergocalciferol)

Vitamins

Page 59

**Vitamin D3**  
(cholecalciferol)

Vitamins

Page 59

**Vitamin E**  
(tocopheryl acetate)

## Women's health

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Women are the largest consumers of nutritional supplements. Enriched foods and supplements can play an important role in filling nutrient deficiencies, especially those containing calcium, Vitamin D, folic acid and iron for women.

Extracts

Page 34

**Standardized Grape seed extract**  
(at least 95% proanthocyanidins)

Extracts

Page 34

**Standardized ginseng extract** (80% ginsenosides)

Extracts

Page 35

**Standardized green tea extract**  
(at least 95% polyphenols)

Other subst.  
groups

Page 46

**Indole-3-carbinol**

Other subst.  
groups

Page 49

**Phytosterols**

Minerals

Page 54

**Iron bisglycinate**

Vitamins

Page 58

**Vitamin A**  
(retinol acetate, retinol  
palmitate)

Vitamins

Page 58

**Vitamin B9**  
(folic acid)

Vitamins

Page 59

**Vitamin D3**  
(cholecalciferol)

Vitamins

Page 59

**Vitamin E**  
(tocopheryl acetate)

Vitamins

Page 59

**Vitamin K2**  
(menaquinone)

## Weight control, figure correction, appetite reduction

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Consumers want more from their everyday products. They are looking for products that have not only a pleasant taste but also functional benefits.

Extracts

Page 34

**Standardized garcinia extract**  
(† least 60% hydroxylimonoic acid)

Extracts

Page 34

**Standardized guarana extract**  
(at least 10% caffeine)

Extracts

Page 35

**Standardized green coffee extract**  
(at least 45% chlorogenic acids)

Extracts

Page 35

**Standardized green tea extract**  
(at least 95% polyphenols)

Extracts

Page 36

**Burdock root extract**  
(unstandardized 10:1)

Extracts

Page 36

**Standardized Citrus aurantium extract**  
(at least 6% synephrine)

Amino acids

Page 40

**L-isoleucine**

Amino acids

Page 41

**L-methionine**

Amino acids

Page 41

**L-tyrosine**

Amino acids

Page 41

**L-tryptophan**

Amino acids

Page 42

**L-citrulline DL-malate**

Amino acids

Page 42

**Beta-alanine**

Other subst.  
groups

Page 46

**Alpha lipoic acid**

Other subst.  
groups

Page 46

**Pea protein isolate**

Other subst.  
groups

Page 47

**Conjugated linoleic acid 80%**  
(CLA) in capsules

Other subst.  
groups

Page 48

**Lactium**

Other subst.  
groups

Page 49

**APA 186i Pectin**

Other subst.  
groups

Page 49

**Pep2Dia**

Minerals

Page 54

**Chromium glycinate**

Minerals

Page 54

**Chromium picolinate**

Vitamins

Page 58

**Vitamin B4**  
(choline bitartrate)

Vitamins

Page 58

**Vitamin B8**  
(inositol)

## Joint and bone health

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The impetus for sales growth in this category is the fact that younger consumers have become more likely to take joint health supplements. The interest of the younger generation has grown due to sports such as Crossfit and various obstacle race and marathon style competitions.

Extracts

Page 34

**Standardized Boswellia extract**  
(at least 65% boswellic acids)

Extracts

Page 35

**Standardized ginger extract** (5% gingerol)

Extracts

Page 35

**Standardized white willow bark extract**  
(at least 15% salicin)

Extracts

Page 35

**Standardized turmeric extract**  
(at least 95% curcuminoids)

Extracts

Page 36

**Burdock root extract**  
(unstandardized 10:1)

Extracts

Page 35

**Ant tree bark extract**  
(unstandardized 10:1)

Amino acids

Page 41

**L-lysine**

Other subst.  
groups

Page 46

**Hyaluronic acid**

Other subst.  
groups

Page 46

**Glucosamine**

Other subst.  
groups

Page 47

**Hydrolyzed collagen**  
CollaSel

Other subst.  
groups

Page 47

**Hydrolyzed collagen fish**  
Lapi

Other subst.  
groups

Page 48

**Methylsulfonylmethane**  
MSM

Other subst. groups

Page 50

**Chondroitin sulfate**

Minerals

Page 54

**Calcium bisglycinate**

Minerals

Page 54

**Calcium gluconate**

Minerals

Page 54

**Calcium citrate**

Minerals

Page 54

**Calcium citrate anhydrous**

Minerals

Page 54

**Calcium citrate tetrahydrate**

Minerals

Page 54

**Manganese bisglycinate**

Vitamins

Page 59

**Vitamin D2**  
(ergocalciferol)

Vitamins

Page 59

**Vitamin D3**  
(cholecalciferol)

## Beauty, skin, hair and nails

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As the boundaries between beauty, health and nutrition become increasingly blurred, the development of new products from botanical ingredients is flourishing. The range can include nutritional supplements, functional beverages (for the beauty industry) and skin care products.

Extracts

Page 34

**Standardized Grape seed extract**  
(at least 95% proanthocyanidins)

Extracts

Page 34

**Standardized ginseng extract**  
(80% ginsenosides)

Extracts

Page 35

**Standardized green tea extract**  
(at least 95% polyphenols)

Extracts

Page 35

**Standardized turmeric extract**  
(at least 95% curcuminoids)

Extracts

Page 36

**Standardized kelp extract**  
(0.1% iodine)

Amino acids

Page 40

**L-carnosine**

Amino acids

Page 41

**L-lysine**

Amino acids

Page 42

**L-cysteine**

Amino acids

Page 42

**L-cystine**

Amino acids

Page 41

**L-phenylalanine**

Other subst.  
groups

Page 46

**Hyaluronic acid**

Other subst.  
groups

Page 47

**Hydrolyzed collagen**

CollaSel

Other subst.  
groups

Page 47

**Hydrolyzed collagen fish**

Lapi

Other subst.  
groups

Page 48

**Lactoferrin**

Other subst.  
groups

Page 48

**Methylsulfonylmethane**

MSM

Other subst.  
groups

Page 48

**Omega-3**

Other subst.  
groups

Page 49

**Spirulina algae**

Powder and tablet

Other subst.  
groups

Page 49

**Phytosterols**

Minerals

Page 54

**Calcium bisglycinate**

Minerals

Page 54

**Calcium gluconate**

Minerals

Page 54

**Calcium citrate**

Minerals

Page 54

**Calcium citrate anhydrous**

Minerals

Page 54

**Calcium citrate tetrahydrate**

Minerals

Page 54

**Copper bisglycinate**

Vitamins

Page 58

**Vitamin B7**

(D-biotin)

Vitamins

Page 59

**Vitamin C**

(ascorbic acid, sodium  
ascorbate)

## Gastrointestinal health support

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New research is increasingly suggesting that overall health may be significantly related to gut health.

Extracts

Page 35

**Standardized ginger extract** (5% gingerol)

Extracts

Page 36

**Standardized milk thistle extract**  
(at least 80% silymarin)

Extracts

Page 36

**Black walnut extract**  
(unstandardized 10:1)

Amino acids

Page 41

**L-ornithine-L-aspartate**

Amino acids

Page 41

**L-methionine**

Amino acids

Page 41

**L-threonine**

Amino acids

Page 42

**Betaine hydrochloride**

Other subst.  
groups

Page 46

**Galactooligosaccharides (GOS)**

Other subst.  
groups

Page 48

**Lactoferrin**

Other subst.  
groups

Page 49

**Pancreatin**

Other subst.  
groups

Page 49

**APA 186i Pectin**

Other subst.  
groups

Page 49

**Pep2Dia**

Other subst.  
groups

Page 49

**Fructooligosaccharides (FOS)**

Other subst.  
groups

Page 50

**Chlorella algae**  
Powder and tablet

Other subst.  
groups

Page 50

**Citrus fiber**

Other subst.  
groups

Page 50

**Plantain husks 85% and 95%**

Vitamins

Page 58

**Vitamin B4**  
(choline bitartrate)

Vitamins

Page 58

**Vitamin B8**  
(inositol)

## Heart and vascular health support

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It is true that people do need to exercise, eat well and maintain a healthy weight to have a healthy heart. However, more and more studies are showing that a common supplement can give your heart and blood vessels a healthy boost.

Extracts

Page 34

**Standardized Grape seed extract**  
(at least 95% proanthocyanidins)

Extracts

Page 36

**Leuzea extract**  
(unstandardized 10:1)

Amino acids

Page 40

**L-carnosine**

Other subst.  
groups

Page 46

**Hesperidin**

Other subst.  
groups

Page 47

**Coenzyme Q10**

Other subst.  
groups

Page 48

**Omega-3**

Other subst.  
groups

Page 49

**Resveratrol**

Other subst.  
groups

Page 49

**Phytosterols**

Minerals

Page 54

**Magnesium bisglycinate**

Minerals

Page 54

**Magnesium lactate**

Minerals

Page 54

**Magnesium citrate**

Minerals

Page 54

**Magnesium citrate nine-hydrate**

Vitamins

Page 59

**Vitamin B12**  
(methylcobalamin,  
cyanocobalamin)

Vitamins

Page 59

**Vitamin K1**  
(phyloquinone)

Vitamins

Page 59

**Vitamin P**  
(rutin, rutoside)

## Energy, sport and physical activity

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The foods in this section help maintain high energy levels, improve endurance and optimize physical performance. The ideal choice for those who strive for a healthy lifestyle and maximum performance in sports.

Extracts

Page 34

**Standardized guarana extract** (at least 10% caffeine)

Extracts

Page 35

**Standardized green tea extract** (at least 95% polyphenols)

Extracts

Page 36

**Leuzea extract** (unstandardized 10:1)

Extracts

Page 36

**Peruvian maca extract** (unstandardized 4:1)

Extracts

Page 36

**Standardized Citrus aurantium extract** (at least 6% synephrine)

Extracts

Page 36

**Eurycoma longifolia extract** (unstandardized 10:1)

Extracts

Page 37

**Standardized Eleutherococcus extract** (0.8% eleutherosides)

Amino acids

Page 40

**BCAA 2:1:1**

Amino acids

Page 40

**EAA**

Amino acids

Page 40

**L-arginine**

Amino acids

Page 40

**L-valine**

Amino acids

Page 40

**L-glutamine**

Amino acids

Page 40

**L-isoleucine**

Amino acids

Page 40

**L-carnitine**

(L-carnitine, L-carnitine tartrate,  
acetyl-L-carnitine)

Amino acids

Page 40

**L-Leucine**

Amino acids

Page 41

**L-lysine**

Amino acids

Page 41

**L-proline**

Amino acids

Page 42

**L-citrulline DL-malate**

Amino acids

Page 42

**AAKG**

Amino acids

Page 42

**Beta-alanine**

Amino acids

Page 43

**Creatine**

Amino acids

Page 43

**Taurine**

## Energy, sport and physical activity

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Other subst.  
groups

Page 46

**Hyaluronic acid**

Other subst.  
groups

Page 46

**Glucosamine**

Other subst.  
groups

Page 47

**Caffeine**

Other subst.  
groups

Page 47

**Coenzyme Q10**

Other subst.  
groups

Page 49

**Spirulina algae**  
Powder and tablet

Other subst.  
groups

Page 50

**Chlorella algae**  
Powder and tablet

Other subst.  
groups

Page 50

**Chondroitin sulfate**

Minerals

Page 54

**Iron bisglycinate**

Minerals

Page 54

**Copper bisglycinate**

Vitamins

Page 58

**Vitamin B2**  
(riboflavin, riboflavin-5'-sodium  
phosphate)

Vitamins

Page 58

**Vitamin B5**  
(Calcium D- pantothenate)

## Sweeteners

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The list of most popular healthy habits includes drinking water instead of caloric drinks, limiting or avoiding certain foods, reducing carbohydrate intake, and choosing products with less sugar.

Other subst.  
groups

Page 46

**Galactooligosaccharides (GOS)**

Other subst.  
groups

Page 46

**Isomalto-oligosaccharide**

Other subst.  
groups

Page 47

**Xylitol**

Other subst.  
groups

Page 47

**Corn fiber**

Other subst.  
groups

Page 49

**Green Sweet sweeteners**

Other subst.  
groups

Page 49

**Steviol glycosides**

Other subst.  
groups

Page 49

**Fructo-oligosaccharides (FOS)**





# Extracts

are concentrated extracts from plant raw materials, less often from raw materials of animal origin. Extracts can be liquid, thick and dry. The range includes dry extracts as the most convenient for production of various forms of final product output.

**Bacopa Monnieri 10:1**

Helps improve memory and is used in the treatment of various diseases of the nervous system, biologically active components of bacopa herb have nootropic activity and contribute to the restoration of damaged nerve tissue.

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**Boswellia (65% boswellic acids)**

Allows to significantly reduce pain in joint diseases, reduce stiffness and swelling, increase range of motion and mobility.

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**Grape seed (95% proanthocyanidins)**

The extract's effect is aimed at improving the vascular system of the body:

- reduction of symptoms of chronic venous insufficiency;
  - strengthening the walls of varicose veins and restoring their elasticity;
  - powerful anti-inflammatory effect;
  - reduction of edema and vascular permeability;
  - reduction of blood clot risk;
  - inhibition of proteolytic enzymes that destroy collagen, elastin, glucuronic acid;
  - improves blood lipid profile.
- Supports beauty and youthfulness:
- 

polyphenols contained in grape seeds reduce intoxication processes in the body, slow down aging processes, strengthen the structure of hair and nails. Resveratrol and pycnogenol, also components of grape seed extract, have powerful antioxidant properties, which helps them effectively protect the skin from free radicals and UV rays.

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**Garcinia (60% hydroxylammonic acid)**

Contributes to the normalization of blood glucose levels, which is a satiety signal for the brain and helps to reduce the feeling of hunger. Garcinia, by acting on the receptors of the brain center, regulates appetite.

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**Gotu Kola (10% asiaticosides)**

Improves blood microcirculation, including in the heart muscle and brain, helps restore energy reserves in the brain, increase mental and physical abilities, and relieve stress.

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**Griffonia (98% 5-HTP)**

5-HTP or Griffonia extract, is a serotonin precursor, improving mood, reducing nervous

tension, anxiety, stress and aggression, as well as reducing appetite and noticeably improving sleep quality.

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**Guarana (10% and 20% caffeine)**

Guarana seeds contain guaranine, which is identical to caffeine but less aggressive in its properties, xanthine alkaloids, polyphenols, tannin, vitamins E, A and B group. This dietary supplement helps athletes to concentrate, tones the body, saturates additional energy for an intense and fruitful workout.

- Effective in chronic fatigue syndrome.
  - Increases efficiency and endurance of the body.
  - Reduces appetite and accelerates fat burning.
- 

**Ginseng (80% ginsenosides)**

Ginseng has been used as an herbal remedy in Chinese culture for many years. In traditional Chinese medicine, ginseng is a tonic "qi" herb, affecting primarily the spleen and stomach, and is considered energetically warming.

- Increases stamina and endurance, improves physical condition, and relieves fatigue.
- Stabilizes the mental state, prevents stress,

neuroses and nervous disorders.

- Reduces severity of inflammatory processes.
- Prevents diseases of the gastrointestinal tract.
- Normalizes the function of respiratory organs, prevents their diseases.
- Has a rejuvenating effect, improves skin and health in general.

Regular use of ginseng helps to improve sexual health of both men and women. Benefits for men include: protecting prostate health, improving sperm quality and quantity, increasing libido, and treating erectile dysfunction. In women, the benefits of ginseng are seen in slowing aging, improving fertility, reducing menopause symptoms, regulating hormones, and supporting thyroid function.

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### **Green coffee (45% chlorogenic acids)**

Studies have shown that green coffee bean extract significantly reduces blood pressure in hypertensive patients. It increases levels of adiponectin, a hormone responsible for speeding up metabolism. When combined with a healthy diet, consumption of green coffee bean extract may reduce

the risk of developing diabetes.

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### **Green tea (20% and 98% polyphenols)**

Green tea extract has a powerful antioxidant effect, promotes the metabolism of fat deposits. It also has a tonic and antioxidant effect.

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### **Ginger (5% gingerol)**

Ginger root supports healthy digestion and helps relieve occasional stomach upset and nausea. The extract has a pronounced warming effect, which allows it to be used to treat arthritis, arthrosis, rheumatism. Ginger is also recommended for disorders of fat and cholesterol metabolism and to normalize the state of blood vessels.

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### **White willow bark**

It has anti-inflammatory, antipyretic, analgesic effect. Extensive use of the extract is found in auxiliary therapy of joint diseases, reducing inflammation and providing analgesic effect.

### **Ant tree bark (Pau de Arco 10:1)**

It is used as an auxiliary and preventive agent against fungi, parasites, bacterial and viral infections. "Pau De Arco" is an antimicrobial agent of natural origin with antioxidant, immunomodulating and anti-inflammatory effects.

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### **Cat's claw (5:1)**

Cat's claw is a woody liana that grows wild in the Amazon rainforest and other areas of Central and South America. Its thorns resemble cat's claws. The extract of the plant stimulates and strengthens the immune system, suppresses inflammatory processes. It is used for the treatment and prevention of colds, infectious and inflammatory diseases.

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### **Curcuma (95% curcuminoids)**

Curcuma is valued for its rich vitamin and mineral composition. At the moment, about 100 components have been identified. The most important is curcumin, a natural colorant with pronounced anti-inflammatory, antitumor, antioxidant, antidepressant,

hepatoprotective properties. The substance is used as an independent remedy or as part of supplements. The anti-inflammatory effect of turmeric makes it possible to use it in combination with other remedies to eliminate the symptoms of colds.

Curcumin prevents wrinkles, atony, pigmentation, increases skin immunity through its effect on T- and B-lymphocytes, has antibacterial, antiviral and antifungal action.

Some studies have found that consuming turmeric extract in certain doses is as effective in preventing cardiovascular complications as running or brisk walking. Curcumin not only stimulates rejuvenation of the body, but also avoids problems with sclerotic plaques on the walls of blood vessels.

#### **Kelp (0.1% iodine)**

Helps to remove heavy metals and toxins, cleanses blood vessels and arteries, helps to reduce thrombosis and replenishes iodine deficiency in the body, helps to eliminate inflammation and wound healing, activates the processes of intercellular metabolism and sebum secretion.

#### **Leuzea 10:1**

Helps improve blood flow and nutrition of the brain, maintain normal blood pressure, metabolism, allows the body to adapt to sudden changes in climate or the nature of stress.

#### **Burdock (burdock root 10:1)**

Burdock root has been used for centuries as food and medicine, including as a diuretic and to aid digestion. It contains many nutrients such as antioxidants and inulin that are known to help with skin conditions, inflammation, digestion and more.

#### **Peruvian maca 4:1**

It has an accumulative libido-stimulating effect, improves the process of spermatogenesis. Thanks to its antioxidant activity, it reduces sperm DNA damage caused by oxidative stress.

It also improves cognitive function, physical performance, prevents photo-aging of the skin and accelerates wound healing.

#### **Citrus aurantium (6% synephrine)**

It has antioxidant, anticarcinogenic properties. It is a source of vitamins, minerals, sugars and organic

acids. Promotes metabolism acceleration and appetite suppression.

#### **Milk thistle (80% silymarin)**

One of the active ingredients in milk thistle, called silymarin, is extracted from the seeds of the plant. Silymarin is believed to have antioxidant properties. It is mainly used as a supplement to treat liver disease. When combined with other supplements, it can relieve symptoms of upset stomach.

#### **Black walnut 10:1**

Unique natural antiseptic, has antibacterial, antifungal, antiparasitic effect, contributing to protection against pathogens. Helps to reduce excess weight and rejuvenate the body, restores and normalizes the function of the gastrointestinal tract.

#### **Eurycoma longifolia (Eurycoma longifolia root 10:1)**

Eurycoma extract increases male fertility and testosterone production. The extract also reduces stress levels, prevents the development of osteoporosis by reducing oxidative stress, and has antitumor activity.

### **Eleutherococcus (0.8% eleutherosides)**

It has a stimulating effect on the CNS, tonic and strengthening effect on the body, increases the overall non-specific resistance of the body, improves appetite, improves physical and mental performance.

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### **Echinacea (4% polyphenols)**

Echinacea extracts are among the best known immunomodulatory agents, among the effects of which are:

- antioxidant, antiradical, antimutagenic, radioprotective effects;
- stimulation of specific and non-specific immunity;
- reducing the susceptibility of the body to viral diseases;
- anti-inflammatory action;
- capillaroprotective action;
- normalization of metabolic processes.







# Amino acids

are the most important components of the body. These substances are the building blocks that make up protein structures, including muscle fibers, as well as participate in virtually every process occurring in the cell and exhibit an inexhaustible variety of functions.

### 5-hydroxytryptophan (5-HTP)

Non-drug "antidepressant", promotes the natural production of serotonin and melatonin in the body, reducing the effects of stress on the body (anxiety, depression, irritability, aggressiveness, apathy, panic attacks, neurosis), helps to calm down and relax.

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### BCAA 2:1:1

BCAA is a complex consisting of three essential amino acids: leucine, isoleucine, valine. BCAA is the basic material for building new muscles, it can be considered as the main "fuel" for muscles, which increases sports performance and improves health.

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### EAA

It is a blend of important amino acids. They play a key role in supporting protein synthesis, regulating metabolism and providing essential components for tissue health and growth. EAA help improve recovery, support physical activity and promote muscle growth.

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### L-arginine

In the body, L-arginine is converted into nitric oxide, which causes blood vessels to dilate, stimulates

the release of growth hormone, insulin. It helps with angina pectoris, erectile dysfunction. In sports nutrition it is used for "pumping" - increasing blood flow in muscles.

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### L-valine

An essential amino acid with a stimulating effect. Valine is essential for muscle metabolism, repair of damaged tissues and for maintaining normal nitrogen metabolism in the body.

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### L-glutamine

Glutamine is an essential component for athletes, helping to speed recovery from workouts and reduce muscle soreness. This amino acid supports a healthy immune system, reduces the risk of fatigue and helps to preserve muscle mass. Glutamine supplementation also improves protein absorption, playing a key role in muscle repair and growth.

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### L-isoleucine

Isoleucine is used as a sports supplement for gaining muscle mass, losing weight, and maintaining current athletic form. It is used both separately and in combination with other amino acids (it is a part of BCAA).

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L-carnitine helps increase overall endurance, reduces muscle damage and muscle pain, and reduces lactate accumulation in the muscles. L-carnitine helps to use fat as fuel during long workouts, the body gets energy and gets rid of excess fat.

GC "Soyuzoptorg" assortment:

- L-Carnitine base;
  - L-Carnitine tartrate;
  - Acetyl-L-Carnitine.
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### L-carnosine

The main area of application of the product is professional sports. It increases endurance, gives strength, reduces fatigue of muscles and the body as a whole, reduces the need for rest. Thus, it is an ideal remedy for those who are actively engaged in sports, as well as for people whose work is associated with significant physical exertion.

Since L-carnosine can only be found in vertebrates, it is especially important to consume it for vegetarians, or people who do not consume beef, pork or chicken.

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### L-Leucine

protects muscle tissues and is a source of energy, as well as aids regeneration of bone,

skin, muscles. Leucine also slightly lowers blood sugar levels and stimulates the release of growth hormone.

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### **L-lysine**

An essential amino acid, a derivative of which (hydroxyproline) is abundant in collagen molecules.

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### **L-methionine**

Methionine is one of the essential amino acids required to maintain growth and nitrogen balance of the body. It participates in the synthesis of important biological compounds, activates the action of vitamins (B12, ascorbic acid, folic acid), hormones, enzymes, proteins. Participates in the neutralization of xenobiotics, used in intoxication.

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### **L-ornithine-L-aspartate**

The main function of L-ornithine-L-aspartate is to reduce ammonia levels in the body. It promotes the production of insulin and somatotrophic hormone, the main function of which is to maintain glucose levels. It is important to follow dietary and regimen recommendations, which can both enhance the effect of L-ornithine-L-aspartate,

and largely offset its positive effects.

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### **L-proline**

It actively participates in the renewal of cartilage tissue and skin, helps to improve the structure of the skin, produce collagen, preventing rapid aging. In other words, proline is an amino acid of beauty and youth, it maintains bone strength, joint flexibility, elasticity of ligaments, supports the elasticity of the vascular wall, gives smoothness to the skin.

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### **L-theanine**

An amino acid extracted from green tea leaves that awakens alertness and mental efficiency. It is theanine that works as a brain activator, but it does not cause nervous system excitability, on the contrary, it maintains calmness, clarity of mind and reduces the pressure raised due to stress.

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### **L-tyrosine**

L-tyrosine is involved in the production of hormones in the adrenal glands and thyroid gland. The body tries to regulate tyrosine levels on its own, but frequent stress can lead to a depletion of tyrosine levels.

The main value to the body is L-tyrosine's ability to prevent depression, improve mood, stimulate mental performance, and support healthy thyroid function. Some scientific sources claim that L-tyrosine helps the body recover from a stroke and improves memory.

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### **L-threonine**

An essential amino acid involved in the synthesis of tooth enamel, elastin, collagen and fat metabolism. A precursor of the glycine amino acid, which increases mental efficiency and reduces psycho-emotional stress.

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### **L-tryptophan**

An essential amino acid that performs several important functions in the human body: it regulates eating behavior, ensures a calm emotional state and sleep, and supports the immune system.

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### **L-phenylalanine**

An essential amino acid required for protein synthesis. Since L-phenylalanine is easily converted to the amino acid tyrosine, which is part of the

structures of the neurotransmitters dopamine and norepinephrine, it is important for maintaining a healthy nervous system. Tones and increases performance.

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### L-cysteine

It plays an important role in the processes of skin tissue formation. Cysteine is a part of keratin, the main protein of nails, skin and hair; it promotes the formation of collagen and improves skin elasticity and texture, and promotes hair growth. Cysteine is part of other proteins of the body, including some digestive enzymes (for example, it is involved in the formation of bile). It is one of the most powerful antioxidants. Helps in the absorption of selenium.

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### L-cystine

Cystine is a powerful antioxidant, it accelerates the processes of healing and skin renewal, protects the skin from inflammation, improves the elasticity of the skin, nails, hair strength, is necessary for the normal functioning of the nervous and immune systems.

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### L-citrulline DL-malate

It has anti-asthmatic effect, contributes to normalization of metabolism, helps with fatigue, in periods

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of increased fatigue and recovery after illnesses. It is used in sports nutrition to dilate blood vessels for the delivery of oxygen and nutrients to skeletal muscles.

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### AAKG

AAKG makes it possible to cope with high-intensity training, increases muscular endurance and promotes accelerated recovery after physical exertion, as well as stimulates the production of growth hormone, which helps to accelerate muscle mass gain and burn subcutaneous fat deposits.

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### Beta-alanine

The beta-alanine amino acid is part of carnosine, a dipeptide containing L-histidine as the second amino acid, the highest concentrations of which are found in skeletal muscles. When carnosine content in muscle is increased, physical performance at high loads is prolonged. The content of beta-alanine limits the process of carnosine synthesis, so its intake with food makes it possible to compensate for its deficiency.

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### Betaine hydrochloride

Participates in many biochemical

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processes in the body, especially triggers the production of phospholipids in cell membranes. It helps to eliminate toxic substances from the body, cleans blood vessels, improves liver function, has a beneficial effect on metabolism in general.

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In the stomach is hydrolyzed with the release of hydrochloric acid, increasing gastric acidity, which is used in hypoacid gastritis.

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### Gamma-aminobutyric acid (GABA)

An amino acid that acts as a neurotransmitter in the central nervous system. In sports (including bodybuilding), gamma-aminobutyric acid is used because of its two main effects - inhibiting (resulting in better sleep quality) and stimulating the secretion of growth hormone (resulting in better muscle mass growth and fat reduction).

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It suppresses nervous excitement, reduces tension and thus has a calming effect, relieves anxiety, makes it easier to fall asleep and makes sleep deeper, more restful and longer. GABA stimulates the activity of the pituitary gland, more precisely its anterior lobe, which produces growth hormone, but it is not a hormonal drug.

### Glycine

Substitutable amino acid, central mediator of inhibitory type. Improves metabolic processes in brain tissue, has sedative and antidepressant effect. Reduces psychoemotional stress, aggression and conflict; improves social adaptation and mood, facilitates falling asleep and normalizes sleep; increases mental performance; reduces the severity of autonomic and vascular disorders.

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### Creatine

Creatine is involved in energy metabolism in muscle and nerve cells, used as a sports supplement to increase strength, muscle mass and short-term anaerobic endurance with proven safety.  
GC "Soyuzoptorg" assortment:  
- Creatine monohydrate 200 mesh.

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### Taurine

A product of the metabolism of sulfur-containing amino acids. Improves metabolic processes in the heart, liver and other organs and tissues. It has a membrane-protective effect, regulates oxidative processes and exhibits antioxidant properties. Demonstrates the properties of an inhibitory neurotransmitter, has an anti-stress effect. Increases performance under physical exertion.







# Other substance groups

### **L-DMAE bitartrate**

Increases saturation of the brain with oxygen, glucose and other useful substances, also improves mental activity, is able to protect cells from damage and development of negative processes, and also has a rejuvenating effect.

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### **Alpha lipoic acid**

Powerful antioxidant, belongs to fatty acids. It helps to slow down aging processes, protect liver cells, reduce blood sugar and control weight. Participates in the process of converting glucose into fuel for the body (energy metabolism), increases the concentration of vitamins E and C, positively affects the metabolism of carbohydrates and fats in the body.

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### **Galactooligosaccharides (GOS)**

They are water-soluble dietary fibers with prebiotic properties. In addition to its prebiotic function, it can replace various sweeteners, as it provides 30% of the sweetness of sugar. They are a mixture of oligosaccharides (are derivatives of lactose). Produced from lactose by fermentation. GOS components are also naturally present in breast milk. They are approved for use in infant foods and help to improve the

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absorption of calcium, magnesium and phosphorus, as well as proteins.

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### **Hesperidin**

A substance of plant origin - a bioflavonoid, which is contained in and produced from the fruits of citrus fruits (most often oranges). Hesperidin is highly valued for its ability to strengthen the walls of blood vessels, increase their strength. It is also often used in preparations that prolong youth and prevent premature aging.

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### **Hyaluronic acid**

Glycosaminoglycan present in connective, epithelial and nervous tissues. The use of hyaluronic acid helps to replenish its deficiency in the skin, moisturize, reduce the depth of wrinkles and improve the condition of the skin in general.

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### **Glucosamine**

Glucosamine improves metabolism of cartilage tissue, is a part of synovial fluid surrounding articular cartilage. Slows the destruction of joints, inflammation, swelling, pain syndrome - that is, it has a chondroprotective effect. The greatest effectiveness is shown in relation to

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knee joints. Often used in combination with chondroitin sulfate, Boswellia, willow, ginger, turmeric extracts.

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### **Pea protein isolate**

Pea protein with a high protein content (80% in dry matter) and a balanced amino acid profile. In combination with other plant proteins, it can be used to create vegan products with high nutritional value.

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### **Isomalto-oligosaccharide**

Obtained from refined corn starch by fermentation, liquefaction, concentration, drying and a number of other processes. Can significantly increase the level of bifidobacteria in the body, and has the functions of water-soluble dietary fiber, low calorie, prevent tooth decay. This functional oligosaccharide is widely used in health products, dairy products, candy, cookies and baked goods.

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### **Indole-3-carbinol**

Food indoles and primarily Indole-3-carbinol (I-3-K) are among the intensively studied natural biologically active substances (BAS) and are products of

cruciferous plants glucosinolates hydrolysis.

Indole-3-carbinol has a clinically proven antitumor effect. It is used in male and female diseases associated with hormone-dependent neoplasms.

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### Hydrolyzed collagen

A product of animal origin, it is an essential protein component of connective tissue. It is found in the bones, skin, connective tissue and cartilage of animals. We offer beef and fish hydrolyzed collagen in our assortment. Collagen is light and creamy small granules that dissolve easily in warm water. Collagen does not have an E-code.

The main function of collagen in the finished product is enrichment. It promotes regeneration of joint tissues, increases bone density and keeps joints healthy for years to come, increases skin elasticity and firmness.

- Hydrolyzed CollaSel collagen.
- Hydrolyzed fish collagen Lapi.
- Hydrolyzed fish collagen quick-soluble Lapi.

### Conjugated linoleic acid 80% (CLA) in capsules

CLA is a naturally occurring essential fatty acid found in meat and dairy products. It is characterized by its ability to activate fat-burning processes while preserving muscles from destruction. It protects the heart and has anti-carcinogenic and strong anti-inflammatory properties.

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### Caffeine

Caffeine is the most widely used stimulant in the world. It has a direct excitatory effect on the cerebral cortex, increases mental and physical efficiency, stimulates mental activity. Increases reaction speed, temporarily reduces fatigue and drowsiness. The stimulation effect predominates in low doses, while in high doses it has a depressant effect on the nervous system.

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### Coenzyme Q10

A fat-soluble substance that is 95% associated with the production of cellular energy (ATP) necessary for the heart, liver, kidneys, lungs, spleen, adrenal glands, and pancreas. ATP is the main "fuel" for cells, and coenzyme Q10 is its supplier.

### Xylitol

Bulk sweetener of natural origin, compared to sugar, contains 40% fewer calories and has a low glycemic index. Xylitol is as sweet as sugar, with a similar flavor, without impurities and aftertaste. The ingredient has an inherent cooling effect, a feeling of slight freshness in the mouth. It is used in the food and pharmaceutical industry in the sphere of goods for diabetics and means for prevention and treatment of various diseases. Xylitol has a laxative effect, which should be taken into account when putting information on the label if its dosage in the product is more than 10%.

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### Corn fiber

Bulk sweetener, a relatively new product on the market, which is obtained by thermal and acid treatment (enzymatic hydrolysis) of corn starch (non-GMO).

Designed for a wide range of food and beverage products including snacks, sauces, jams, fillings, confectionery, beverages and dairy products. Due to superior processing stability, corn fibers can be used in smaller quantities for better results.

**Properties:**

- increases calcium absorption (increase bone mineralization);
- increases dietary fiber content in the diet;
- stabilizes blood glucose levels;
- reduces sugar (simple carbohydrates) and calorie intake;
- no undesirable side effects from excessive consumption.

**Lactium**

It is a component of cow's milk. Absolutely safe for the body - it does not cause addiction and side effects. It is a hydrolysate, which reduces the risk of allergies.

It has a calming effect on children and adults, which helps to improve the quality of sleep. Reduces the body's reaction to various types of stress. Increases the resistance of the nervous system to psycho-emotional tension and stress. Reduces excessive appetite caused by stress. Improves body recovery after sports and reduces cravings for bad habits.

**Lactoferrin**

Polyfunctional protein of the transferrin family - transports iron into cells.

It is extracted from the milk of cows and other living creatures, so it is completely natural. When used, it does not cause negative reactions of the body, because it is contained in the human body and is an important element of innate immunity.

Lactoferrin regulates the body's immune response. It has antiviral effect and antibacterial, antifungal action. It has regenerative properties, stimulates the development of bone tissue, improves digestive processes.

**Melatonin**

Promotes the organization of biological rhythm and normalization of night sleep, does not cause a feeling of lethargy, brokenness and fatigue upon awakening. Melatonin also adapts the body to the rapid change of time zones, generally reduces stress reactions, helps weather-sensitive people, has a positive effect on the emotional and personal sphere. It does not cause addiction and dependence.

**MSM (Methylsulfonylmethane)**

Source of organic sulfur, relieves pain and swelling, improves joint mobility in osteoarthritis. It has analgesic (reduces pain), anti-inflammatory,

antioxidant properties. Reduces the levels of cell oxidative stress markers.

**Omega-3**

Omega-3 benefits are invaluable - these acids regulate body function, strengthen immunity, and protect against external negative factors. They are not produced by the human body and must come from food. Omega-3 have antioxidant properties and also protect against heart and vascular diseases.

It is believed that taking Omega-3 prolongs youth and slows down the aging process, enriches cells with oxygen. Fatty acids also have a positive effect on the body:

- normalize lipid metabolism;
- improve blood circulation;
- support the activity of the cardiovascular system;
- improve brain activity;
- support the proper functioning of the nervous system;
- help to cope with physical exertion.

Omega-3 fatty acids 30%, capsules.  
Omega-3 fatty acids 60%, capsules.  
Omega-3 fatty acids 75%, capsules.

Omega-3 fatty acids 30%, oil.  
Omega-3 fatty acids 60%, oil.  
Omega-3 fatty acids 75%, oil.  
Omega-3 fatty acids 90%, oil.

**Pancreatin**

Pancreatin in the form of a dietary supplement is designed to compensate for insufficient activity of the body's enzymes and improve digestion.

Pancreatin contains three enzymes: amylase (digestion of carbohydrates), lipase (digestion of fats) and protease (digestion of proteins).

**APA 186i Pectin**

Pharmaceutical apple pectin, dietary fiber content of more than 90%. A natural substance found in the cell walls and intercellular space of plants. Pectin is not only a source of dietary fiber, it is a prebiotic that promotes the excretion of heavy metals.

Numerous studies have shown that taking pectin lowers blood cholesterol levels.

Taking pectin in its pure form has been shown to be more effective than taking fruits and vegetables that contain pectin. Pectin also helps with weight control due to a longer feeling of satiety.

**Pep2Dia**

It is a milk protein from cow's milk. A unique patented biologically active substance that has an inhibitory effect on glucosidase, thus reducing the amount of glucose absorbed into the blood.

Diabetes prevention and health maintenance. Helps to control weight.

**Green Sweet sweeteners**

Green Sweet sweeteners are complex sweeteners consisting of high-quality and well-balanced components. Green Sweet sweeteners can be used as a complete or partial replacement of sugar in the confectionery, oil and fat, dairy, pharmaceutical, beverage, dietary and diabetic industries.

**Resveratrol**

It has an antioxidant effect, helps prevent premature aging of the body; helps strengthen the cardiovascular system. GC "Soyuzoptorg" assortment:

- Resveratrol (synthetic);
- Hu Zhang extract (98% Resveratrol).

**Spirulina algae  
(Powder and tablet)**

Spirulina is a microscopic cyanobacterium shaped like a perfect spiral that lives in both sea and freshwater. Spirulina powder contains a high amount of protein including

all essential amino acids. Spirulina is also rich in essential fatty acids, vitamins (including vitamin B12, which can be deficient in vegan diets) and minerals.

**Steviol glycosides**

A natural sweetener extracted from the leaves of the Stevia Rebaudiana plant. Calorie-free and with a zero glycemic index, Steviol glycosides are a great alternative to sugar. Support a healthy lifestyle, do not raise blood sugar levels and provide a sweet flavor without the extra calories.

**Phytosterols 95%**

They have a pronounced anti-inflammatory effect, promote skin healing, relieving itching, redness and irritation, can prevent the absorption of endogenous cholesterol, which is naturally formed in the human body, and exogenous cholesterol from food.

**Fructo-oligosaccharides (FOS)**

They are water-soluble dietary fibers with prebiotic properties. In addition to their prebiotic function, they can replace various sweeteners, as they provide

30% of the sweetness of sugar. They are a mixture of oligosaccharides. (derived from fructose). Produced from cane sugar by fermentation. They are authorized for use in food products for infants and are safe for diabetics, since the body does not form sugar during digestion.

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#### **Chlorella algae (Powder and tablet)**

Chlorella is a microalgae high in protein, vitamins and minerals. It supports detoxification, strengthens immunity, and improves digestion. Its natural chlorophyll helps restore energy and facilitates recovery from workouts. An ideal way to enrich your body with essential nutrients.

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#### **Chondroitin sulfate**

Stimulates regeneration, reduces the degree of degenerative changes in joint cartilage, stimulates the synthesis of glucosaminoglycans. Slows the destruction of bone tissue, accelerates the process of its recovery, reduces calcium loss. Reduces pain and swelling of joints, improves mobility.

#### **Citrus fiber**

Citrus fiber is very good at retaining water, improving digestion, normalizing intestinal motility and preventing constipation. It helps to maintain the necessary composition of microflora in the human body, increases digestion and satiety.

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#### **Plantain husks 85% and 95%**

A natural ingredient to improve the digestive process. Once it enters into the intestines, psyllium attracts a large amount of water, having a laxative effect. In addition, the use of psyllium can reduce the amount of cholesterol in the body, improve the condition in diseases of the cardiovascular system, diabetes.



Other subst. groups





# Minerals

are inorganic chemical compounds that are required by the body for normal growth, development and function. Minerals are not synthesized in the body, so it is important to get them from outside sources.

**Iron bisglycinate**

Iron is involved in many biological processes, primarily in the transfer of oxygen to tissues and muscles. Various metabolic processes in the body involve iron: hormone synthesis, drug metabolism, DNA synthesis and others.

**Calcium**

It helps to increase bone mineral density, increase bone mass, strengthen dentin and enamel of teeth. Calcium is used to maintain the correct mineral composition of the blood, is able to influence the level of potassium, which can change in severe diseases. GC "Soyuzoptorg" assortment:

- Calcium bisglycinate;
- Calcium gluconate;
- Calcium citrate anhydrous;
- Calcium citrate tetrahydrate.

**Magnesium**

Essential for the heart, nervous and digestive systems. It contributes to energy production, metabolism, nerve impulse transmission, muscle contraction and bone mineralization. By normalizing the amount of magnesium in the body, you can get rid of problems such as insomnia, stress, depression.

GC "Soyuzoptorg" assortment:

- Magnesium bisglycinate;
- Magnesium lactate;
- Magnesium citrate;
- Magnesium citrate nine-water.

**Manganese bisglycinate**

Is a cofactor of many enzymes, of which it is involved in:

- metabolizing amino acids, cholesterol, glucose, and other carbohydrates;
- neutralization of reactive oxygen species;
- bone formation and reproductive function;
- immune response reactions. Together with vitamin K, manganese is also involved in the process of blood coagulation and maintenance of hemostasis.

**Copper bisglycinate**

An essential trace element, an important participant in many metabolic processes:

- participates in iron metabolism, maintaining hemoglobin levels;
- participates in the process of angiogenesis (growth and formation of blood vessels), functioning of the immune system;
- is a cofactor of many enzymes involved in the processes of energy formation, synthesis of connective tissue;
- protects the body from oxidative stress, being a part of superoxide dismutase;

- copper deficiency in the body contributes to the manifestation of early gray hair.

**Chromium**

Trivalent chromium is an important participant in carbohydrate metabolism, helping cells to utilize glucose and potentiating the action of insulin. It is also involved in the metabolism of fats and proteins. Increasing chromium intake reduces plasma triglyceride and cholesterol levels and increases high-density lipoprotein levels. Chromium compounds help maintain the structural integrity of nucleic acids, as chromium protects RNA from thermal denaturation.

GC "Soyuzoptorg" assortment:

- Chromium picolinate;
- Chromium glycinate.

**Zinc**

Zinc is essential for the development and functioning of cells associated with the immune response, as well as for the activation of a specific group of lymphocytes that mitigate the body's inflammatory response during immune stress. Contributes to the health of skin, hair and nails, causes collagen synthesis in bone tissue, is necessary

for the normal functioning of the hormonal and nervous systems.  
GC "Soyuzoptorg" assortment:

- Zinc citrate;
- Zinc bisglycinate;
- Zinc glycinate monohydrate;
- Zinc picolinate.







# Vitamins

are biologically active organic compounds that are necessary for the regulation of metabolism and normal vital activity of the body.

## A (retinol acetate, retinol palmitate)

One of the most important functions of vitamin A in the body is to maintain normal twilight vision. It participates in the growth and differentiation of cells, supports the normal functioning of the immune system, female reproductive system. Ensures the integrity of epithelial tissues, has an antioxidant effect. Vitamin A deficiency is manifested by conjunctivitis, dry skin, flaking, dullness and brittleness of hair and nails.

## B1 (thiamine hydrochloride)

It is an important substance for the nervous system - improves memory, regulates insulin levels in the body.

## B2 (riboflavin, riboflavin-5'-sodium phosphate)

It participates in all kinds of metabolic processes, affects the growth and development of the body, the work of reproductive organs, esophagus and thyroid gland.

## B3 (nicotinic acid, nicotinamide)

Vitamin B3 is a member of coenzymes involved in a variety of redox reactions, mainly transferring energy from food into energy (ATP) stored by body cells.

Participates in the synthesis of cholesterol and fatty acids, plays an important role in maintaining the antioxidant function of the body. Deficiency can lead to pellagra, manifested by diarrhea, dermatitis and dementia.

Vitamin B3 improves carbohydrate metabolism, has a vasodilating effect, including on brain vessels, has hypolipidemic activity.

It is available in the forms of nicotinic acid (has a vasodilating effect) and nicotinamide.

## B4 (choline bitartrate)

It is an important substance for the nervous system, improving memory and regulating insulin levels in the body. Stimulates enzymatic breakdown of fats, normalizing fat metabolism. It plays a major role in the normal functioning of the nervous system, and is also involved in the formation of the protective myelin sheath of nerves.

## B5 (Calcium D-pantothenate)

Participates in hormone synthesis, hemoglobin production and energy metabolism, and supports

intestinal microflora.

## B6 (pyridoxine hydrochloride, pyridoxal-5-phosphate monohydrate)

Helps reduce the risk of heart attack, affects the balance of the female hormonal system, supports the synthesis of hemoglobin and other proteins.

## B7 (D-biotin)

It strengthens brittle nails and lowers blood glucose levels, preventing diabetic neuropathy. Signs of biotin deficiency include fatigue, lack of appetite, dermatitis, hair loss, anemia, high cholesterol and blood glucose levels.

## B8 (inositol)

Reduces fat accumulation in the liver, restores the structure of nerve tissue, antioxidant, antidepressant, normalizes sleep, revitalizes the skin.

## B9 (folic acid)

Promotes nucleic acid formation and cell division, red blood cell formation, development of the immune and circulatory system, has a positive effect on intestinal and liver functions.

Stimulates erythropoiesis, prevents the development of congenital malformations

(neural tube defects) in the fetus.

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### **B12 (methylcobalamin, cyanocobalamin)**

Vitamin B12 plays a key role in maintaining a healthy nervous system and the production of red blood cells. Its intake maintains energy levels, reduces fatigue and promotes normal brain function. It is essential for DNA formation and cell growth.

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### **C (ascorbic acid, sodium ascorbate)**

Vitamin C plays an important role in maintaining good health. This Vitamin is a powerful antioxidant, helping to protect cells from free radicals and strengthen the immune system. In addition, Vitamin C promotes collagen production, supporting healthy skin, hair and nails.

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### **D2 (ergocalciferol)**

Regulates the metabolism of phosphorus and calcium in the body, activates the synthesis of immune cells, controls the production of adrenal, thyroid and pituitary hormones, has antioxidant properties.

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### **D3 (cholecalciferol)**

D3 ensures the balance of calcium and phosphorus in the blood. This is very important, because a change in the concentration of calcium in the blood, even by 1%, causes serious disturbances in the body. Vitamin D3 activates the formation of immune cells, which are synthesized in the bone marrow.

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### **E (tocopheryl acetate)**

It protects body cells from oxidative changes, stimulates the synthesis of heme and heme-containing enzymes, improves the elasticity of large and small vessels, and slows the formation of cholesterol plaques. Additionally, this Vitamin is vital for the normal functioning of the reproductive system.

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### **K1 (phyloquinone)**

Vitamin K1 has a stimulating effect on the synthesis of prothrombin, proconvertin and a number of other clotting factors in the liver. It also promotes the synthesis of ATP, creatine phosphate, and a number of enzymes. Vitamin K deficiency is manifested by bleeding tissues.

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### **K2 (menaquinone)**

Strengthens bone tissue, has a positive effect on the cardiovascular system, prevents the deposition of calcium crystals

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on the walls of blood vessels, improves the absorption of calcium and vitamin D3, prevents early aging.

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### **P (rutin, rutoside)**

Rutin reduces capillary permeability and fragility, helps strengthen the vascular wall, reducing its swelling and inflammation. It has an antiaggregant effect, which contributes to the improvement of microcirculation.

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### **730/4 vitamin premix**

Premix of vitamins A, D3, E, B1, B2, B3, B6, B5, B9, B12, biotin, ascorbic acid. Recommended for food fortification and production of dietary supplements. Contains a wide range of vitamins and is easy to use.

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### **996R vitamin premix**

A premix containing B vitamins (pyridoxine, niacinamide, pantothenic acid and biotin). Supports normal functioning of the nervous system, healthy skin and hair. Recommended for enrichment of food products and production of dietary supplements.

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