

# Food Supplements





**Vitamin D:**  
helps in  
calcium  
absorption

**Vitamin K:**  
determines  
where the  
calcium goes  
in the body

*Normal growth of bones in babies and children*

## D3K2 DROPS FOOD SUPPLEMENT

Food supplement in drops for babies and children with the combination of D3 & K2 for the normal growth and development of bones and teeth. With vanilla coconut flavor.

### Ingredients & Benefits:

#### D3:

- ✓ Helps the body to easily absorb calcium and phosphorus
- ✓ Helps in the normal growth and development of bones and teeth
- ✓ Facilitates the normal function of the immune system

#### K2:

- ✓ Prevents the accumulation of calcium deposits in your arteries
- ✓ Ensures strong, healthy teeth and bones and cardiovascular system
- ✓ Acts as an antioxidant preventing free radical damage in the body

### **The synergistic relationship between Vitamins D & K:**

The combination of D3 and K2 helps to build strong bones and support healthy arteries. While vitamin D ensures that there is enough calcium in your blood, vitamin K helps direct calcium to the right place. So while Vitamin D alone may help with your calcium absorption, vitamin K is the nutrient that helps your bones use that calcium effectively.

**Daily dosage:** Take at least 2 drops. Instill directly into the child's mouth or mix the drops with water, juice or food.

**Vitamin D3: 5µg/2drops**

**Vitamin K2: 25µg/2drops**

### Packaging:

20ml

*Without preservatives and dyes*

*Without sugar Suitable for vegans*

**COMING SOON**



## D3 DROPS FOOD SUPPLEMENT

Food supplement in drops. With lemon flavor.

**Ingredients & Benefits:**

**Vitamin D contributes to:**

- 1)the normal absorption/utilization of calcium and phosphorus
- 2)normal blood calcium levels
- 3)the maintenance of normal bones, teeth and muscle function
- 4)the normal function of the immune system

**Daily dosage:** Take at least 1 drop daily preferably with food, or according to your doctor's instructions. Shake well before use.

**Vitamin D3: 400iu/drop**

**Packaging:**

20ml

*Without preservatives and dyes*

*Without sugar*

# HELENVITA® Q10



## Q10 FOOD SUPPLEMENT 120mg

Food supplement with Coenzyme Q10 (120mg) that powers and protects heart vitality, cardiovascular health and cellular energy

- It acts as a necessary nutrient needed for energy production and contributes to cardiovascular wellness
- It protects against the oxidative stress, boosting skin repair and regeneration

### Ingredients & Benefits:

- **Q10 (120mg):** Skincare & Cardiovascular protective effects
- **Vegetable Oils:**
- **Soya lecithin non-genetically modified:** neutral flavour and does not affect food's original taste

**Dosage:** 1 capsule per day after meal

### **Packaging:**

30caps

*Skincare & Cardiovascular protective effects*

*Rich in vegetable oils*

*Lecithin Non-GMO*



## D3 FOOD SUPPLEMENT 1200iu

Food supplement with the fat soluble vitamin cholecalciferol also known as D3 that contributes to the body support and strong bones.

- It contributes towards maintaining the proper function of the bones, teeth and muscles
- It maintains normal levels of calcium in the blood and the natural absorption of calcium and phosphorus repair and regeneration

### Ingredients & Benefits:

- D3 from Natural Lanolin Source

Dosage: 1 capsule per day after meal  
In 1 cap: 30 µg Vitamin D3 =1200IU

### Packaging:

60caps

*Body Support & Strong Bones*

*Non GMO*

*Lactose free*

*Suitable for vegetarians*

*Gluten Free*

*Allergen Free*

*Sugar Free*

## D3 FOOD SUPPLEMENT 2000iu

**Food supplement with the fat soluble vitamin cholecalciferol also known as D3 that contributes to the body support and strong bones.**



- It contributes towards maintaining the proper function of the bones, teeth and muscles
- It maintains normal levels of calcium in the blood and the natural absorption of calcium and phosphorus repair and regeneration

### Ingredients & Benefits:

- D3 from Natural Lanolin Source

**Dosage:** 1 capsule per day after meal  
In 1 cap: 50 µg Vitamin D3 =2000IU

### Packaging:

60caps

*Body Support & Strong Bones*

*Non GMO*

*Lactose free*

*Suitable for vegetarians*

*Gluten Free*

*Allergen Free*

*Sugar Free*



## NEW LIFE FOOD SUPPLEMENT

Food supplement specially designed to treat the main symptoms of menopause (hot flashes, night sweats, mood swings and vaginal atrophy).

- It supports the health of female reproductive organs
- It contributes to the regulation of hormonal activity the reduction of fatigue and exhaustion
- Improves the body resistance to stress

### Ingredients & Benefits:

- **Ashwagandha:** Prevents hormonal imbalance
- **Isoflavones:** Helps reduce hot flashes and other symptoms of menopause
- **Vitamin B6:** Helps reduce symptoms of depression and loss of energy

**Dosage:** 1 capsule per day after meal

### Packaging:

60caps

*Relief of menopausal symptoms*

*Lactose free    Gluten Free*

# HELENVITA®

## My Pregnancy



## MY PREGNANCY FOOD SUPPLEMENT

Food supplement carefully designed to cover the increased needs of specific ingredients for pregnant woman and the foetus during this crucial period of their lives.

- It supports normal maternal tissue growth, in pregnancy and normal blood formation, normal DNA synthesis and immune function
- It contributes to the normal brain and eye development of the foetus and the maintenance of normal bones.

### Ingredients & Benefits:

- **Folic Acid:** Vitamin B9 | Proper organ development of a developing baby
- **Pyridoxine:** Vitamin B6 | Proper development and functioning of the nervous system
- **Cyanocobalamin:** Vitamin B12 | Treats low blood levels
- **Vitamin D3:** Supports development of bones
- **Iron:** Helps move oxygen from lungs to the rest of your body and to baby's
- **Copper:** Helps on developing tissues and organ systems
- **Zinc:** Mineral | Contributes to biological functions including protein synthesis, cellular division and nucleic acid metabolism

**Dosage:** 1 capsule per day after meal

### Packaging:

30caps





**PROBALANCE FOR BABIES & KIDS FOOD SUPPLEMENT**  
Food supplement in drops for babies and kids with combination of probiotics enriched with Vitamin D. Suitable for reducing gastrointestinal disorders during and after taking antibiotics.

- It contributes to the normal function of the digestive and immune systems in babies and children by reducing colics, diarrhea and abdominal bloating
- Protects the immune system in infants, babies and kids

**Ingredients & Benefits:**

- **Lactobacillus rhamnosus (GG 53103)-microencapsulated:** contributes to the treatment of gastrointestinal disorders
- **Vitamin D:** contributes to the normal function of the immune system in babies & kids (2,5 mg/5 drops)
- **Vegetable Oil**

**Dosage:** 5 drops daily in the morning

**Packaging:**

Bottle 8ml

*Normal function of the immune, digestive system*

*Microencapsuled probiotics for improved probiotic survival*

*Lactose free*

*Sugar Free*

*Non GMO*

*Allergen Free Patented*

Food supplement with combination of probiotics and prebiotics for good bowel function. It helps to balance the friendly bacteria in the digestive system and boosts the immune system.

- It restores the balance of the intestinal flora that is affected by antibiotics and reduce the side effects of them.

**Ingredients & Benefits:**

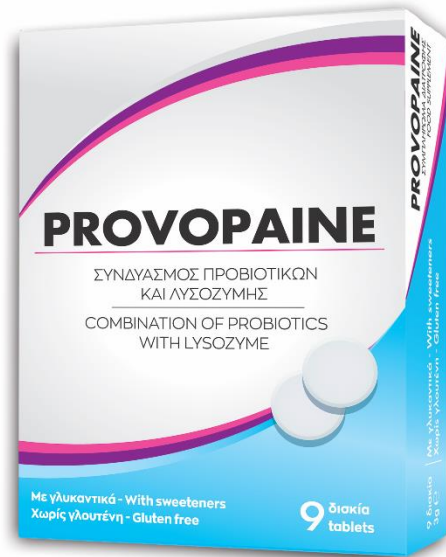
- **Lactobacillus rhamnosus LRa05:** helps maintain a balance of 'goodbacteria' needed to prevent the growth of harmful bacteria in the stomach and intestines
- **Bifidobacterium bifidum BBi32:** focuses on gastrointestinal and immunoregulation
- **Lactobacillus casei LC89:** helps maintain a balance of 'goodbacteria' needed to prevent the growth of harmful bacteria in the stomach and intestines
- **Lactobacillus acidophilus LA85:** balances intestinal flora
- **Bifidobacterium lactis BLa80:** supports everyday intestinal balance and helps strengthening the natural defense
- **Maltodextrin**
- **Fructooligosaccharides (FOS)**

**Dosage:** 1-2 capsules per day

**Packaging:**

15caps





## PROVOPAINÉ FOOD SUPPLEMENT

A new type of pioneering food supplement that acts on the upper respiratory system and contributes to the health of the oropharyngeal cavity. Suitable for adults and children (4+).

With pleasant strawberry flavor

- It has an immediate action on the upper respiratory system: ears, oral cavity, pharynx, nose
- It activates the body's natural defense through the immune system in order to maintain and restore the physiological structure of the oropharyngeal cavity.
- Adheres to oral cavity mucous coat

### Ingredients & Benefits:

- Probiotics: Lactobacillus delbrueckii(LE) & Lactobacillus rhamnosus (LB3)
- Lysozyme

Dosage: 3 tablets a day for 3 days

### Packaging:

9tabs

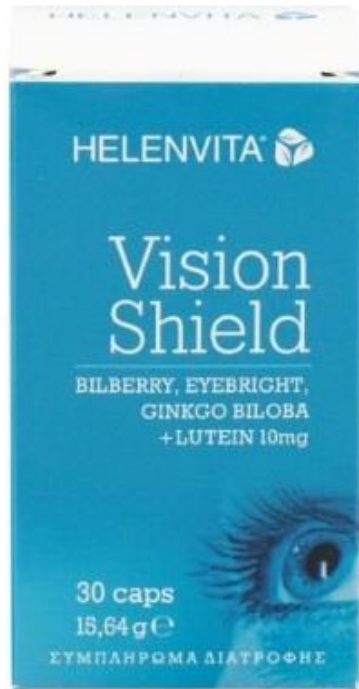
*Supports the oropharyngeal cavity*

*Gluten free Sugar Free*

# HELENVITA®



## Vision Shield



## VISION SHIELD FOOD SUPPLEMENT

A food supplement that protects the vascular and nerve system of the eye cells from the oxidative of thin capillaries of the retina to the Visual acuity of AMD (Age-Related Macular Degeneration).

### Ingredients & Benefits:

- **Vitamin A:** contributes the reduction of vision loss
- **Vitamin C:** helps stop the forming and actually reduce the effects of macular degeneration
- **Vitamin E:**
- **Beta-carotene**
- **Zinc:** can help fight off the beginning symptoms of macular degeneration
- **Copper:** helps to inhibit the progression of advanced age-related macular degeneration
- **Lutein**
- **Combination of herbal extracts Bilberry, Eyebright & Ginkgo Biloba**

**Dosage:** 1 capsule per day after meal

### Packaging:

30caps



## HELENVITA ANTI HAIR LOSS VITAMINS FOR HAIR, NAILS AND SKIN

### Special nutritional supplement, which contributes to:

- Hydration increase and oiliness reduction, rendering the skin smooth, firm and youthful.
- Reduction of hair loss and oiliness, providing shine and volume to the hair.
- Nail strength and growth increase, for stronger, healthier nails.

### Ingredients & Benefits:

- Essential Amino Acids: **Cysteine (Cys) & Methionine (Met)**.
- Precious Minerals: **Manganese, Zinc, Iron, Selenium & Chromium**, which help maintain, the optimum condition of hair, nails and skin.
- The important fat-soluble **Vitamin A**, which helps maintain, optimum skin condition.
- The water-soluble, anti-aging - antioxidant **Vitamin C**, which contributes to the natural collagen formation, necessary for normal skin function.
- A complex of water-soluble, multi-tasking **Vitamins B1, B2, B3, B5, B6, B7, B8, B9, B12**, which help, to maintain optimum skin condition and to the natural Cysteine synthesis.
- **Bamboo extract**, source of Silica (Si), a structural collagen element.

### Packaging:

60caps



## Pastilles Menthol flavor

### Soothe sore throat and cough

- ❖ With Greek mountain tea, Propolis, Menthol, Echinacea & Vitamin C
- ❖ With peppermint taste
- ❖ With stevia

#### WHY MOUNTAIN TEA...

- ✓ *it helps respiratory system , nasal congestion and immune system*

#### WHY PROPOLIS...

- ✓ *antibacterial*
- ✓ *Antivirus and fungi effect*

#### WHY MENTHOL...

- ✓ *relieves the congestion antibacterial and fungi effect*

#### WHY ECHINACEA...

- ✓ *boosts immune system*
- ✓ *antibiotic, antibacterial and anti-inflammatory properties*

#### WHY VITAMIN C...

- ✓ *contributes to normal function of immune system*

### Packaging:

28pcs.



## Pastilles Orange flavor 28pcs.

**Provides energy and stimulation boost**

- ❖ With Greek Royal Jerry, Ginger & Vitamin B complex
- ❖ With orange taste
- ❖ With stevia

### **WHY GINGER...**

- ✓ *antibiotic, antibacterial and mucolytic properties*

### **WHY ROYAL JELLY..**

- ✓ *against depression and stress*
- ✓ *contributes to normal function of immune system*

### **WHY VITAMIN B COMPLEX...**

- ✓ *converts fat, carbohydrates and proteins into energy*
- ✓ *helps in everyday activities*

### **Packaging:**

28pcs.

# HELENVITA® Candies



## Candies Lemon flavor

Effective in sore throat and cough

❖ With Greek Honey, Sage, Chamomile, Licorice & Vitamin C

### WHY HONEY...

- ✓ **EFFECTIVE AND SAFE TREATMENT FOR COUGH**
- ✓ **IT CONTAINS VITAMINS AND ANTIOXIDALS**

### WHY SAGE...

- ✓ **ANTIBIOTIC, ANTIBACTERIAL AND MUCOLYTIC PROPERTIES**

### WHY LICORICE...

- ✓ **MUCOLYTIC**
- ✓ **PROPERTIES**
- ✓ **IT HELPS IN RESPIRATION**

### WHY CHAMOMILE...

- ✓ **IT HAS ANTI FUNGI PROPERTIES**
- ✓ **BOOSTS IMMUNE SYSTEM**

### WHY VITAMIN C...

- ✓ **CONTRIBUTES TO NORMAL FUNCTION OF IMMUNE SYSTEM**

**Packaging:**

20pcs.



# HELENVITA® Candies



## Candies Eucalyptus flavor

Restores breathing while you're  
fighting off a cold

- ❖ With Greek Thyme, Eucalyptus, Echinachea & Vitamin C

### WHYTHYME..

- ✓ **KILLS BACTERIA**
- ✓ **IT IS USED AS TONIC**
- ✓ **IT HELPS IN RESPIRATORY PROBLEMS**

### WHYECHINACEA..

- ✓ **IT IS USED AS TONIC**
- ✓ **ANTIBIOTIC,**
- ✓ **ANTIBACTERIAL AND ANTIFLAMMATORY ACTIONS**

### WHYEUCALYPTUS..

- ✓ **ANTISEPTIC**
- ✓ **INDICATED IN SINUSITIS AND PHARYNGITIS**
- ✓ **IT ALSO HELPS IN ASTHMA**

### WHYVITAMINC..

- ✓ **CONTRIBUTES TO NORMAL FUNCTION OF IMMUNE SYSTEM**

### Packaging:

20pcs.

# HELENVITA® Candies



## Candies Orange flavor

### Energy and Stimulation

- ❖ With Greek Royal Jerry, Ginger & Vitamin B complex

#### WHY GINGER...

- ✓ *ANTIBIOTIC, ANTIBACTERIAL AND MUCOLYTIC PROPERTIES*

#### WHY ROYAL JELLY

- ✓ *AGAINST DEPRESSION AND STRESS*
- ✓ *CONTRIBUTES TO NORMAL FUNCTION OF IMMUNE SYSTEM*

#### WHY VITAMIN COMPARTMENT B...

- ✓ *CONVERTS FAT, CARBOHYDRATES AND PROTEINS INTO ENERGY*
- ✓ *IT ALSO HELPS IN EVERYDAY ACTIVITIES*

### Packaging:

20pcs.

# HELENVITA® Candies



## Candies Tea Tree flavor

Ease breathing and contributes to normal function of immune system

- ❖ With Greek mountain tea, Propolis, Menthol, Echinacea & Vitamin C

### WHY PROPOLIS...

- ✓ **ANTIBACTERIAL**
- ✓ **ANTIVIRUS**
- ✓ **AND**
- ✓ **FUNGI**
- ✓ **EFFECT**

### WHY MENTHOL...

- ✓ **RELIEVES THE CONGESTION**
- ✓ **ANTIBACTERIAL**
- ✓ **AND FUNGI EFFECT**

### WHY MOUNTAIN TEA...

- ✓ **IT HELPS RESPIRATORY SYSTEM, NASAL CONGESTION AND IMMUNE SYSTEM**

### WHY ECHINACEA...

- ✓ **BOOSTS IMMUNE SYSTEM**
- ✓ **IT HAS ANTIBIOTIC, ANTIBACTERIAL AND ANTI-INFLAMMATORY PROPERTIES**

### WHY VITAMIN C...

- ✓ **CONTRIBUTES TO NORMAL FUNCTION OF IMMUNE SYSTEM**

### Packaging:

20pcs.

## Multivitamin Lollipops

Sugar free lollipop for kids with a rich composition of **10 vitamins & great orange taste.**



- ❖ Multivitamins
- ❖ Orange flavor
- ❖ Sugar free
  
- ❖ Vitamin C: facilitates the functioning of the immune system
- ❖ Vitamins B1, B2, B3, B5, B6, B7, B9, B12: helps prevent infections and promotes a healthy brain function
- ❖ Vitamin E: supports energy production and acts as a powerful antioxidant
  
- ✓ Suitable for children over 4 years old
- ✓ Recommended daily dose: 2 lollipops
- ✓ Content: 1 lollipop (12gr) 116,28 kj - 27,84 kcal

## Vitamin C Lollipop

**Sugar free** lollipop for kids with **Vitamin C**  
& great **orange taste** .



- ❖ Vitamin C
- ❖ Orange flavor
- ❖ Sugar free
  
- ❖ Vitamin C: facilitates the functioning of the immune system
  - ✓ Suitable for children over 4 years old
  - ✓ Recommended daily dose: 2 lollipops
  - ✓ Content: 1 lollipop (12gr) 116,28 kj - 27,84 kcal



# Thank you!



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