

	Omega 3	Garlic	Vitamin D	Green Tea	Ubiquinone	Chondroitin-Glucosamine	Inulin	Probiotic	Acetyl-L-carnitine	Creatinine	Berberine	Curcumin
For	Everyone. Biggest benefit: MBO, prediabetics and diabetics, hypertension, high triglycerides, coronary heart disease, low-grade inflammation, depression	Everyone. Biggest benefit: MBO, prediabetics and diabetics, hypertension, high triglycerides, coronary heart disease, low-grade inflammation	For everyone. Especially beneficial for MBO, diabetics and prediabetics, people in risk of coronary heart disease, osteoporosis and with lowered immune response.	Obesity and MBO, prediabetics and diabetics, hypertension, dyslipidemia, coronary heart disease, fatty liver	People who are more physically active; MBO, diabetes, obesity; levels decrease with age. Must-have for people who use statins.	Osteoarthritis	For everyone, especially beneficial for "leaky gut" syndrome and gut microbioma dysbalance. Helps boost metabolism.	For everyone, especially beneficial for "leaky gut" syndrome and gut microbioma dysbalance. Helps boost metabolism and immune response.	Physically active people. Low energy. Obesity, effective fat burner. Cardiometabolic risk.	Physically active people. People, who want to boost strength, energy and aerobic capacity.	Insulin resistance. Prediabetics and diabetics. Hypertension. High cholesterol.	Prediabetics, diabetics. Fatty liver, depression, osteoarthritis, chronic pain, high cholesterol
Dosage	500-1000 mg x 1; diabetics 1000-4000 mg x1	600-1000 mg x 1	100-150 mikrograms x 1	850-1700 mg x 1-2 depending on the goal - bigger dose gives better metabolic effect	100-300 mg x 1	1200/1500 mg x 1	500 - 3000 mg/daily, the dose can be gradually increased	1-2 times a day (preferably with food)	500-1000 mg x 2	Depending on the form of creatinine, but max recommended	1000-1500 mg x 1	Depending on the product, max amount
Mechanism of action	It is an essential polyunsaturated fatty acid with many important functions in the body. It is involved in the metabolism of fats, hormones and energy, neuronal function and many other vital processes	Garlic contains dozens of useful substances - phytonutrients, vitamins, antioxidants and minerals that have important functions throughout the body	Vitamin D is involved in many metabolic processes in the body, such as calcium, insulin, energy metabolism and resistance	Green tea contains polyphenols and caffeine, which have broad effects in energy and fat metabolism and a strong antioxidant effect.	Ubiquinone a substance whose level drops by up to 40% s glucinamine	is an extracellular component with an anti-inflammatory, anabolic, anti-catabolic, healing effect. Chondroitin is a building block of cartilage, in addition to the same effects as glucosamine, it also has an antioxidant effect.	Inulin is a fiber that is used as "food" by colon helper bacteria while reducing the number of harmful bacteria	Probiotics are microorganisms that are beneficial to the body, most of which are lactic acid bacteria. They improve the functioning of the intestinal wall and intestinal well-being, inhibit the absorption of harmful substances (lipopolysaharidit) into the bloodstream and at the same time secrete beneficial substances into the bloodstream (short-chain fatty acids)	Aminoacid that works in energy metabolism. It helps to deliver fatty acids to be burnt inside mitochondria. That's how it boosts fat burning. Also important in brain function, immune response and other functions of the body.	Creatinine is a molecule that helps produce lots of fast energy in cells.	Not fully understood	It is a polyphenol and antioxidant.
Benefits	Lowers the level of triglycerides; protect against cardiovascular disease; lower blood pressure; decrease the low-grade inflammatory; improves insulin sensitivity; reduce the risk of vascular thrombosis; protects beta cells (the ones that produce insulin); raise your metabolic rate - a larger number of calories are burned at rest; prevent depression; protect against memory disorders; improve bone density in postmenopausal women	Lowers blood pressure, blood sugar, low-grade inflammatory condition; improve all blood fat values; protection against cardiovascular disease; enhance the treatment of many cancers; protect against memory disorders and improve learning ability.	Helps the pancreas to secrete insulin; improves insulin sensitivity; decreases low-grade inflammatory; vitamin d deficiency increases the risk of type 2 diabetes by 20-40%; lowers blood sugar levels;	Promoting weight loss and fat burning - accelerates metabolism; protection against memory disorders; lowers blood pressure; improve LDL cholesterol levels; protection against cardiovascular disease; improves the effectiveness of many cancer treatments and reduces the risk of recurrence of many cancers;	Reduces or eliminates many of the side effects of statins; improves insulin sensitivity and beta cell function; protects against nerve damage and improves nerve function; reduces oxidative stress in the body (free radicals); likely to protect against cardiovascular disease;	Above all, relieves osteoarthritis pain (mainly in the lower limb joints), but also slows down the development of osteoarthritis and protects cartilage surfaces Lowers	blood sugar, improves blood fats, lowers low-grade inflammatory conditions, insulin resistance; helps with weight loss; reduces the risk of diabetes; improves bowel functioning and well-being;	Lowers blood sugar, improves blood fats, lowers low-grade inflammatory condition, insulin resistance; helps with weight loss; reduces the risk of diabetes; improves bowel functioning and well-being; and improve the intestinal immune system, to improve the GLP-1 hormone and leptin levels	Boosts fat burn, lowers insuline resistance, improves brain function, boosts immune response.	Improves muscle strength, aerobic capacity, boosts muscle building and metabolism, lessens muscle waisting by age and weight loss	Lowers cholesterol levels, lowers insuline resistance and blood sugar, lowers blood pressure	Helps burn visceral fat (fatty liver for example), lowers cholesterol, lowers low-grade inflammation. Improves mood and mental clarity.
Note	The risk of bleeding increases. Pause supplements no later than 2 weeks before major surgeries and procedures.	The food supplement does not cause bad breath.	Vitamin D levels should be checked with blood test in mid-winter, it is the only way to ensure that the amount of vitamin D is adequate	May in some cases raise your blood pressure (if you are sensitive to caffeine) - monitor your blood pressure when you start a supplement. For the most part, however, it falls. If you are taking Marevan or tacrolimus - talk to your doctor before taking green tea.	Ubiquinone is a completely safe dietary supplement, but it benefits most those with low levels, such as type 2 diabetics, people with metabolic syndrome, and statin users.	1. Doesn't work equally well for all people - because joint metabolism is very slow, it's a good idea to try the supplement as a course of 3-6 months before evaluating its effectiveness. 2. The further the osteoarthritis progresses, the smaller the benefit of the supplement. The biggest benefit is preventative and early stage osteoarthritis.	Very safe nutrient, but doses should be increased slowly to avoid excessive changes in the intestinal bacterial population at a time. It may cause a worsening of the symptoms of irritable bowel syndrome in some cases.	1. The benefits of probiotics depend to a large extent on concrete strains. For example, Lempi Probiotic combines the most effective strains that are beneficial in metabolic syndrome and type 2 diabetes 2. Probiotics should not be used constantly because they tend to accumulate in the wrong place (mainly in the small intestine) - where they cause more harm than good. For this reason, it is sensible to use probiotics for 2-3 months in courses, separated by equally long breaks	I recommend using the little more expensive but much more metabolically active acetyl-L-carnitine instead of regular L-carnitine	I don't recommend creatine monohydrate but other forms (like HCL), since monohydrate causes bowel bloating/pain, diarrhea and water retention in the body.	Make sure you buy the product that is actually absorbable, many are not	
Contraindications	When using anticoagulants or have a blood clotting disorder, consult with your doctor	Garlic allergy	No	No	No	No	No, but may cause IBS symptoms to worsen	No	No	Some kidney diseases, consult with your doctor if unsure	Not known	May provoke gallstone pain and raise bleeding risk
General	of pregnancy, infiltration and other special physiological and pathological conditions (such as cancer) in connection with consulting before starting the doctors. All supplements are primarily intended for people over 18 years of age.											