



DuoLife

DuoLife Catalogue

Let your every day be a **special day...**

Issue 2021

EN



Let your every day be a **special day...**

If you are holding this catalogue in your hands, it means that the values important to you match DuoLife values. It is also a sign that you want to care consciously about what is most precious to you: your health and the health of those who are close to you, and you want to create the best conditions for achieving the set objectives. Excellent choice - in DuoLife all this is really possible.



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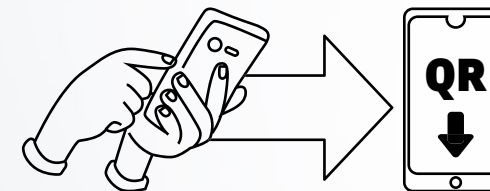
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QR code instruction

Using the QR codes, you will learn more about all details of the products, history, mission and values pursued in DuoLife. The codes that are added to the catalogue will allow you to open specially prepared tabs with additional information on the smartphone or any other mobile device. To view the tabs, download an application for scanning QR codes, start it, scan the code from the catalogue, and enter the fascinating DuoLife world!

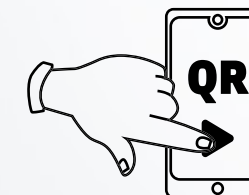
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Download the application

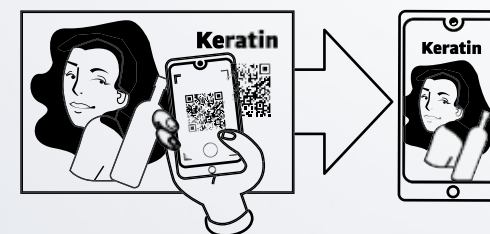


②



Start the application

③



Scan the code



Health Fashion

The way modern world is organised made health become trendy. Increased awareness contributed to changing human needs: people more and more often look for products that support caring about the health and keeping your body fit. DuoLife addresses those needs!

Be trendy - be healthy!

More and more people all over the world are aware of how important it is to care about your health. This is influenced by development of science and definitely easier access to information than in the past. Those factors cause that the new trend, i.e. health fashion, is becoming increasingly popular.

DuoLife greatly contributes to development of this trend, producing innovative and natural dietary supplements, cosmetics, healthy food and environmentally friendly cleaning products. Additionally, in cooperation with the World Healthy Living Foundation, DuoLife organises pro-health Social Campaign "I live Consciously", and promotes 5S Strategy, which attracts more and more enthusiasts.



Physical fitness



Conscious nutrition



**Stress management,
i.e. work with your mind**



**Efficient
cleansing**



Natural supplementation



Health

Health, supported with the use of unique dietary supplements, is the first of DuoLife pillars. Their quality, effectiveness and manner of operation will not build your business, but they will become its foundation. Understanding the need of supplementation and the resulting strength will let you create high product culture.

Scan QR code for
more information



The most important pillars in human life.

Health

Business

Development

Take care of what's the most important!

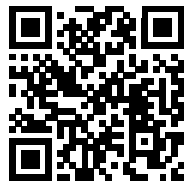
Nowadays, in the world full of challenges and tasks done in a constant rush, it is easy to forget about such an important thing as caring about your health. And it is health that is the highest value, which must be looked after every day, regardless of the circumstances.

DuoLife Company, producing exceptionally effective dietary supplements, addresses the needs of the contemporary world. People across the globe need top quality products, thanks to which they can take care of proper condition of their body. And everything they need, they find in DuoLife.

Business

Financial opportunities created thanks to the unique Compensation Plan is the second DuoLife pillar. The idea behind this system will let you quickly reach the conclusion that inviting people to DuoLife Club and its extension is the most profitable business practice.

Scan QR code for more information



The most important pillars in human life.

Health

Business

Development

Softmarketing[®], i.e. safe business, innovation and passion.

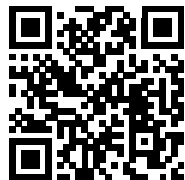
Softmarketing[®], i.e. an innovative model on which the success and operation of DuoLife are based, is the revolution in business thinking. It is a response to the requirements of a dynamically changing market, which is the best alternative to other forms of business activity and full-time employment.

Functioning under softmarketing[®], DuoLife develops rapidly, being an attractive place to persons of different business environments and different financial status. Each of the persons, under the innovative business model, has a much better opportunity to achieve real success.

Development

Personal development is the third DuoLife pillar, which is supported by Personal Excellence Network platform. Common global development programs are dedicated to DuoLife Club Leaders and they accompany them at each stage of development of the conducted business. Therefore, Leaders can fully release their potential and the potential of Club Members from their structures. Due to systematic, planned development, Leaders become very effective in a relatively short time. The whole process takes place under a watchful eye of Experts responsible for PEN programs: Beata Kapcewicz and Joanna Gdaniec.

Scan QR code for more information



The most important pillars in human life.

Health

Business

Development

Change your life for the better!

Apart from huge business opportunities, DuoLife gives you the chance to increase your own competences and gain new skills. Focusing on personal development, the Company wants to educate and promote persons associated in DuoLife Club, and consequently to create perfect conditions for improving the quality of their lives.

DuoLife Club Members can take care of their personal development by participating in Leadership Development Seminars and Business Development Seminars. During those events, under a watchful eye of the best specialists, they learn about the secrets of being an effective Leader, but first and foremost, they constantly increase their knowledge and gain a new dose of necessary inspiration and motivation.



Co-founders and the Supervisory Board of DuoLife S.A.

DuoLife is made up of people to whom the Company is a true passion. They keep saying that if you do what you love, then you're actually never at work. The co-founders joined their passions and together they translated them into a business based on strong foundations, creating softmarketing® - an innovative business model, which puts individual human dreams, talents and abilities in the centre. This is why you can meet them so often among people - Club Members and employees, with whom they build together the future of DuoLife.

Scan QR code for
more information



Bartosz Królikowski

Co-founder, President of
DuoLife S.A. Management Board



Łukasz Godyń

Co-founder, Vice-President of
DuoLife S.A. Management Board



Norbert Janeczek

Co-founder, Chairman of
DuoLife S.A. Supervisory Board



Piotr Pacyga

Co-founder, Vice-Chairman of
DuoLife S.A. Supervisory Board



Ludwik Sobolewski

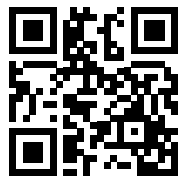
Member of the Supervisory
Board DuoLife S.A.

DuoLife Scientific Council

DuoLife Scientific Council is composed of the best experts in natural and academic medicine, people with passion for healthy lifestyle, with outstanding scientific achievements, who want to share the knowledge gained over the years.

The mutual objective adopted by Members of DuoLife Scientific Council is to create dietary supplements which combine benefits and wisdom of nature with the latest medical discoveries, thus being a response to the most current human needs.

Scan QR code for more information



dr h.c.

Piotr Kardasz

Chairman of DuoLife Scientific Council
Biologist, teacher, journalist, author of many educational and scientific publications and films. Author of a scientific paper on phytoremediation and winner of 'Eureka 2003' prize.



prof. dr hab. n. med.

Waldemar Hładki

Member of DuoLife Scientific Council
Associate Professor of Chair of Anaesthesiology and Intensive Therapy of Collegium Medicum of the Jagiellonian University.



prof. dr n. farm. i med.

Wiktor Stelmach

Member of DuoLife Scientific Council
Winner of the prize of the Minister of Education for achievements in teaching and tutoring work. Professor of Open International University for Complementary Medicine in Colombo.



prof. dr hab. n. farm

Ilona Kaczmarczyk-Sedlak

Member of DuoLife Scientific Council
Head of the Chair of Pharmacognosy and Phytochemistry of the Silesian Medical University, pharmacist, expert pharmacologist.



prof. dr hab.

Janusz Solski

Member of DuoLife Scientific Council
Head of the Chair and Department of Laboratory Diagnostics of the Medical University in Lublin, clinical biochemist, Professor of MU Lublin and University of Information Technology and Management in Rzeszów.



prof. dr hab.

Mieczysław Pasowicz

Member of DuoLife Scientific Council
President of the Polish Associations of Hospital Heads, in the years 2005-2010 he was also a member of the Management Board of International Forum Gastein. Associate Professor of the Andrzej Frycz Modrzewski Cracow University.



prof. dr n. med.
Witold Furgat

Member of DuoLife Scientific Council
Medical doctor, specialist in internal disease, sports medicine and medical rehabilitation. Dean of the Health Sciences Department, professor of Vincent Pol University in Lublin.



dr n. med.
Maria Bortel-Badura

Member of DuoLife Scientific Council
Specialist in clinical pharmacology and internal disease doctor of the Medicine Department of the Silesian Medical University in Katowice. Coordinator of Clinical Tests and Medical Director of the biggest international pharmaceutical consortiums.



prof. dr hab.
Oleg Pokotylo

Member of DuoLife Scientific Council
Head of the Department of Biotechnology and Chemistry of Food Ternopil National Ivan Pul'uj Technical University, Member of Experts' Council of Biological Sciences and Superior Certification Commission of the Ministry of Education and Science in Ukraine.



prof. dr hab. n. med.
Andrzej Ziemba

Member of DuoLife Scientific Council
Mossakowski Medical Research Centre, Polish Academy of Sciences, Head of the Applied Physiology Department. Deputy Head for General Affairs.



DuoLife focuses on the top quality

DuoLife, being aware of the resulting responsibility, creates products which are bought by thousands of people all over the world. Every day, the Company makes all efforts that those products meet even the most restrictive EU standards and requirements.

5 DuoLife production rules

DuoLife brand is distinctive through:



No preservatives

DuoLife products are not subject to high-temperature processing and they do not contain preservatives, thanks to which they retain their natural biological parameters.



GMO-free

In the production process, DuoLife uses only natural materials from certified plantations across the globe, categorically rejecting their modified species (GMO), and the use of pesticides or herbicides.



Glass containers

DuoLife products in a liquid form are stored only in glass packaging. Glass is the cleanest and environmentally friendly material, which does not enter into any chemical reactions with other products. DuoLife liquid dietary supplements are encapsulated only in dark-brown glass, which ensures their best protection.



IHHP™ Method

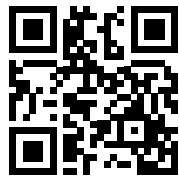
The method of preserving dietary supplements with IHHP™ technology is based on the concept of „minimal processing“. The applied technological process is based on the synergy of the performance of many fixative agents. It allows to maintain the highest quality of a product without the use of preservatives.



Complete ingredients

In the production process, DuoLife uses natural ingredients, retaining their biological background. This allows to obtain full bioavailability of active ingredients, which demonstrate the highest absorption.

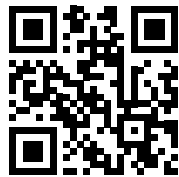
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Prizes and awards

An acknowledgement of the quality of DuoLife dietary supplements and an exceptional form of appraising the values of the Company are prestigious prizes and awards. DuoLife brand has been awarded many times for its contribution to development of economy, production of trustworthy preparations, which are manufactured according to the highest standards, and modern and competitive operations both on the Polish and foreign markets. All the prizes and awards confirm that DuoLife is a stable, reliable and pro-consumer Company where the key standards and values are followed.

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Quality of the Year
2013 / 2015



Eco Quality of the Year
2015



Golden Otis Award
2016 Edition



Green
Certificate



Luxurious Brand
of the Year 2013 Edition



Success of the Year The Edition
of 2014 and 2015



Business
with heart



SPA Prestige
Awards 2017



European Guarantee
of Top Quality



GMO Free
Quality Certificate



Cardiac Surgery
Development Foundation



Consumer Laurel
Discovery of 2015



Polish Chamber
of Herbal Medicine



Trust Award
Gold Otis



Highest Quality
Guarantee Certificate



Safety
Certificate



Preventive Healthcare
Institute



European Centre of Quality and
Promotion Certificate ISO 9001



European Centre of Quality and
Promotion Certificate ISO 22000

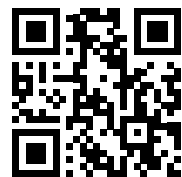


Gazele Biznesu
2020

Selected Strategic Partners

DuoLife Company, under active cooperation, provides its dietary supplements to the leading sports clubs in Poland and abroad. This is yet another proof confirming that DuoLife meets all the strictest quality standards. By supporting excellent sportsmen, including representatives of their countries in different sports disciplines, DuoLife makes a contribution to their success. This fact is a big distinction for the Company and the reason for their pride.

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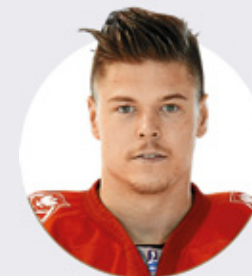


Ambassadors

Many sports and entertainment stars fully trusted DuoLife products. The Ambassadors and Strategic Partners of the brand are well-known and popular persons, who thanks to DuoLife dietary supplements can improve their results, overcome next barriers, but first and foremost - effectively care about their health. The Company is proud of the fact that it efficiently helps its Ambassadors and Partners achieve their objectives, and DuoLife brand, thanks to cooperation with outstanding personalities becomes more and more popular.



Małgorzata Jasińska
Multiple champion of Poland in women's cycling



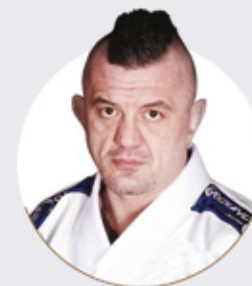
Aron Chmielewski
Hockey player, player of the Ocelari Trzyńiec club and the Polish national team



Ryszard Wolny
Gold medalist at the Olympic Games in greco-roman wrestling



Sławomir Zakrzewski
Jiu-jitsu Player



Mariusz Linke
Former fighter, and currently trainer of mixed martial arts (MMA)



Viktória Lipianska
Mixed martial arts (MMA) fighter



Michał Buchalik
Football player - Wisła Kraków Football Club



Kamil Sylwestrzak
Football Player – Piłka Nożna Chojniczanka Chojnice



Wojciech Małecki

Footballer, former player of, among others, Korona Kielce and Wisła Płock



Krzysztof Cegielski

Polish speedway rider, multiple representative of Poland national team



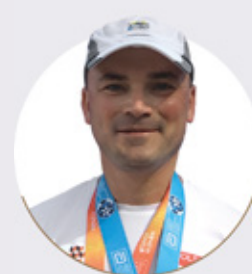
Agnieszka Rylik

Multiple world champion in kick-boxing, champion of IBO and WIBF federations in professional boxing



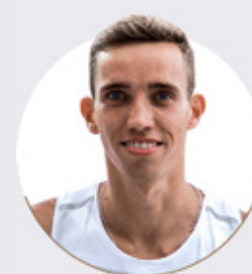
Adam Kuśka

Basketball player, player of MMKS Rybnik



Wojciech Machnik

Traveller, marathoner, world record holder



Patryk Dobek

Athlete, medalist of Polish Championships



Kamil Kosowski

Former footballer of, among others, Wisła Kraków and the Polish national team



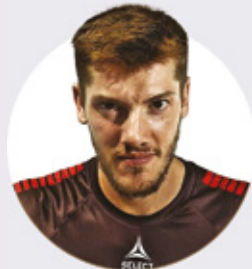
Anastasiia Fedorenko

Ballet dancer



Patricia Vittek

Singer, businesswoman, philanthropist



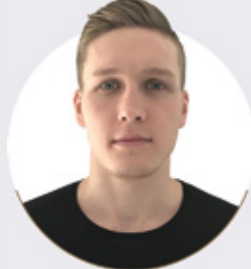
Sebastien Rossi

French handball player



Piotr Reiss

Footballer, former player of incl. Lech Poznań, Hertha Berlin and the Polish national team



Damian Węglarz

Footballer, player of Jagiellonia Białystok



Evgenia Nikulina

Fashion Blogger



Vyacheslav Uzelkov

Former boxer, world and European vice-champion, European champion of the EBU federation



João Correia

Portuguese rugby player, multiple winner of the Portuguese Championship, Portuguese Cup and Super Cup



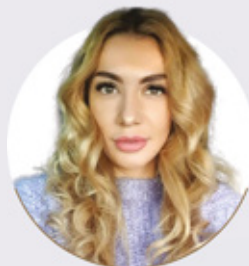
Istvan Szokolszky

Endurance athlete, ultra runner, ultrathlete



Jennifer Crasso

Model, trainer of healthy eating



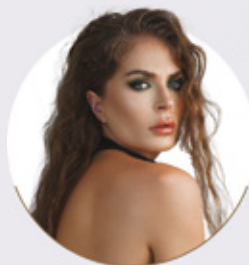
Silvia Muntean

International Fitness / Aerobic
Instructor, Trainer and Instructor,
Nutritionist



Grzegorz Zengota

The captain of the Poland
national speedway team for the
Team Speedway Junior World
Championship



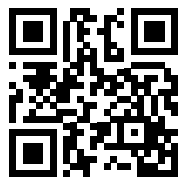
Karina Poltavtseva

Professional Ukrainian
photographer living in New York





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more information



Strategic partners from automotive sector

DuoLife, being one of few companies, closely cooperates with prestigious car brands which are famous for their top quality: Jaguar Car-Master, BMW Sikora and Mercedes-Benz Sobiesław Zasada Automotive. Many DuoLife Club Members can every day enjoy luxurious cars, as they benefit from them under Company Fleet Programs. Moreover, DuoLife, in cooperation with the aforesaid brands, organises very popular programs such as 'Fuel for Your Body' (with Mercedes-Benz Sobiesław Zasada Automotive), 'Be a Business Star' or 'Be a Business Jaguar' (with Jaguar Car-Master).



Mercedes-Benz
Sobiesław Zasada Automotive



Jaguar
Car-Master



BMW
Sikora



DuoLife Center for
Innovation Research™

DuoLife S.A. production plants

The composition of DuoLife products was developed by a team of experts, practitioners and professionals, among others in medicine, natural medicine, human nutrition and phytotherapy, as well as with participation of the Scientific Council. While maintaining the world's top quality standards and using innovative solutions, dietary supplements of unprecedented effectiveness were created.



Supplements plant in Kozy

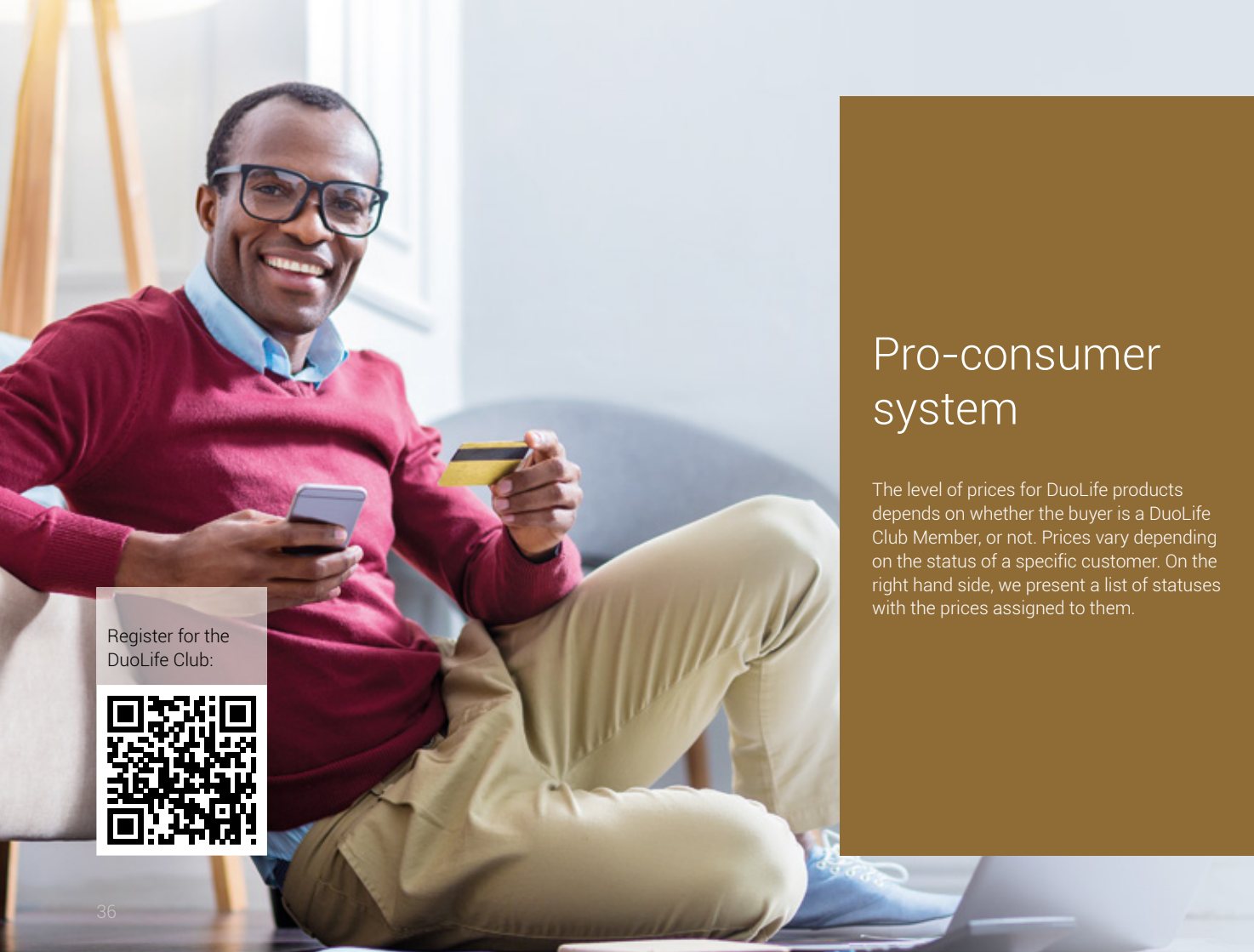
DuoLife production plant in Kozy near Bielsko-Biała, with the floor space of 5500 m² is a project fully conforming to the quality standards and requirements of the European Union. DuoLife dietary supplements are produced there, and the whole process takes place under careful control of recognised and experienced experts.

Apart from production functions, the plant in Kozy is also our logistics centre combined with the warehouse and logistics backup facilities. Dietary supplements created in DuoLife production plant demonstrate top quality, confirmed by many tests, which are conducted only in accredited laboratories and under supervision of the Chief Sanitary Inspectorate.



Cosmetics plant in Łódź

The plant in Łódź is a modern production plant, where under the eye of experts and Members of the Scientific Council, DuoLife cosmetics are manufactured. It has its own laboratories which allow to conduct specialist tests and create unique compositions, meeting the strictest UE norms and standards. In production of cosmetics DuoLife uses the latest technologies and solutions, thanks to which the products created in the Łódź plant demonstrate the highest quality.



Pro-consumer system

The level of prices for DuoLife products depends on whether the buyer is a DuoLife Club Member, or not. Prices vary depending on the status of a specific customer. On the right hand side, we present a list of statuses with the prices assigned to them.



Guest

A person who was presented with the rules of membership in DuoLife Club, but has not undergone the registration process.

In such a case, retail prices are applicable.



Preferred Customer

A person who, by registering in the DuoLife Club, has placed an order for less than a point value defined in the Compensation Plan as a level of consumer activity, thus obtaining the opportunity to purchase DuoLife Products at preferential prices.

In such a case, prices being the average between the retail and Club Member price are applicable.



DuoLife Club Member (Club Member)

An adult natural person with full legal capacity or a business entity that is not a natural person who has registered with the DuoLife Club.

In such a case, Club prices are applicable.



Dietary supplements

An appropriate dose of micro-ingredients is necessary for correct functioning of each cell of the body. Properly selected supplementation helps to achieve the expected result, as it supports the body at all levels. DuoLife dietary supplements, i.e. concentrated doses of nutritional substances (such as vitamins, minerals, aminoacids or beneficial plant extracts), is the response to the body's needs, being a perfect supplementation of daily diet. Taking care of your health and body is much easier with them!

Why supplements?

DuoLife dietary supplements are preparations of the highest quality, composed of natural ingredients, with utmost care about details. They meet even the most restrictive standards and requirements, which is confirmed by numerous certificates. Every day, thousands of people all over the world are changing their lives thanks to unique DuoLife products!

Loss of nutritional values (in mg per 100 g of dry mass* or in mg/100 g of food portion**)

		1938 ¹ UK*	2002 ¹ UK*	Decrease (%)	1941 ¹ USA*	2004 ¹ USA*	Decrease (%)
Potatoes	Calcium	32	24	-25%	49	55	
	Magnesium	100	81	-19%	130	112	-14%
Carrot	Calcium	455	245	-46%	400	282	-29%
	Magnesium	113	29	-74%	170	102	-36%
Banana	Magnesium	142	137	-4%	N/A	108	
		1950 ² USA**	1999 ² USA**	Decrease (%)			
Spinach	Vitamin C	59	28	-53%			
Broccoli	Calcium	130	48	-63%			

UK - United Kingdom

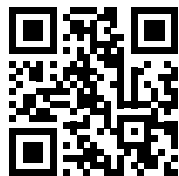
USA - United States of America

N/A - not analysed

1. WHITE, P. J.; BROADLEY, M. R. Historical variation in the mineral composition of edible horticultural products. *The Journal of Horticultural Science and Biotechnology*, 2005, 80.6: 660-667.

2. DAVIS, R. et al. Changes in USDA food composition data for 43 garden crops, 1950 to 1999. *Journal of the American College of Nutrition*, 2004, 23.6: 669-682.

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Dietary supplements Liquid forms

DuoLife Liquid Formula is a combination of nature and the latest scientific discoveries. 100% natural liquid dietary supplements encapsulated in a unique glass bottle are a guarantee of the highest quality and digestibility. Each product from that line is composed on the basis of the best, appropriately selected ingredients, based on the rules of synergy and antagonism. DuoLife Liquid Formula preparations are a response to all the needs of the body.



Why supplements in a liquid form?

DuoLife Liquid Formula line joins modernity with the pro-health properties. Preparations in a liquid form are fixed using the IHHP™ method, based on the concept of minimum processing, allowing to maintain purity and top quality of ingredients. It is a necessary support for the health, which is reflected in a strong and properly nutritioned body.



Minimum processing



Top quality



Support for the body



Many certificates

Key

- 

IHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

DuoLife Day

dietary supplement

Your daily source of health

DuoLife Day is a solution for those who want to activate the psychomotor qualities of their organism and who want to provide their body with substances essential for them to function properly every day.

Distinctive product features



How to use

DuoLife Day:
25 ml daily in the morning, preferably during the meal


The prices apply to a set of 2 bottles (DuoLife Day and Night).


Product prices to be checked on DuoLife.eu or after scanning the QR code.


Information


Scan QR code for more information



- 

Supports antioxidant processes*
- 

Supports the cardiovascular system*
- 

Enhances functions of the immune system*
- 

Helps to detoxify the body and maintain correct body weight*

DuoLife Night

dietary supplement

Support for peaceful sleep and full regeneration of the body

DuoLife Night is a solution for people who want to enjoy life after a good night's sleep and seek full regeneration of their vital forces by providing their organism with necessary substances.

How to use


DuoLife Night:
25 ml daily in the evening, preferably during the meal


Products sold only as one set DuoLife Day and Night (2 x 750ml)


Information


Scan QR code for more information



- 

Supports body recovery and peaceful sleep*
- 

Helps to enhance functions of the immune system*
- 

Supports the alimentary system and liver functions*
- 

Supports the heart and blood vessels*



Key

- 

IHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
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powered by the nature
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- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

Vita C

dietary supplement

Suport of the body immune system

DuoLife Vita C is a solution for those looking for an infallible way to boost their mood and supplement their vitamin and minerals deficiencies, simply for those who like to enjoy their life and be full of energy!

Distinctive product features



How to use

25 to 50 ml once a day, before the meal.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Helps to enhance functions of the immune system*



Supports the body during the cold, can shorten the duration of an infection*



Helps improve the mood and provides energy*



A powerful antioxidant - protects against free radicals*



Collagen

dietary supplement

Support for the skin, bones and joints

Liquid Collagen enriched with antioxidants helps to keep the skin firm and supple, protecting it against premature ageing and improving the health of your hair and nails. Natural Collagen ensures normal functioning of articular cartilage and bones.

Distinctive product features



How to use

25 to 50 ml once a day, before the meal.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Supports the condition of skin, joints, bones and eyes*



Contributes to improving the condition of hair and nails*



Supports barrier functions of the skin and helps to prevent its dehydration*



Supports reducing the symptoms of ageing*



Key

- 

IHHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

Aloes

dietary supplement

Helps to maintain vitality, young look and beautiful shape

DuoLife Aloe is a natural source of health and beauty. It is a perfect solution for people who seek a way to preserve their young looks and vitality. Thanks to its cleansing properties, DuoLife Aloe assures full regeneration of the body.

Distinctive product features



How to use

25 to 50 ml once a day, before the meal.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Chlorofil

dietary supplement

'Liquid energy' supporting function of the immune and alimentary system

DuoLife Chlorofil is the a response to those who want to keep their body in an optimum condition as long as possible. Thanks to its beneficial effects, it is even called 'liquid energy'.

Distinctive product features



How to use


10 to 20 ml once a day, before the meal.


Information


Scan QR code for more information




Product prices to be checked on DuoLife.eu or after scanning the QR code.

- 

Supports the function of immune and alimentary systems*
- 

Supports the cardiovascular system*
- 

Supports antioxidant processes and function of the immune system*
- 

Supports the hematopoietic system*



Key

- 

IHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

Keratin Hair Complex

dietary supplement

Health and beauty in one for your hair, skin and nails

DuoLife Keratin Hair Complex is a product based on liquid keratin and natural ingredients developed on the basis of patents. It contributes to reduction of hair loss, helps to strengthen, smoothen the hair, as well as improve its thickness and elasticity.

Distinctive product features



How to use

25 to 50 ml once a day, before the meal.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Helps to protect and repair damaged hair, nails and skin*



Strenghtens the hair, helps to reduce hair loss*



Supports growth of healthy hair and nails*



Clinical efficiency (refers to selected ingredients)



My Blood

dietary supplement

Liquid support for your blood count

DuoLife My Blood is a complex of vitamins, minerals, natural fruit and vegetable extracts. This is a liquid blood morphology, which helps to maintain correct level of red blood cells and production of blood.

Distinctive product features



How to use

25 to 50 ml once a day, before the meal.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Helps to maintain correct results of complete blood count tests*



Supports haematopoietic system, helping to maintain correct level and function of blood cells*



Supports antioxidant processes and body regeneration*



Supplies necessary vitamins and minerals to the body



Key

- 

IHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

RegenOil®

dietary supplement

Liquid gold among oils.

DuoLife RegenOil Liquid Gold® is a 'liquid gold' among cold-pressed oils. It is also a source of indispensable unsaturated fatty acids, whose composition is based on 13 plant oils.

Distinctive product features



How to use


5 ml once per day, preferably during the meal.


Information


Scan QR code for more information




Product prices to be checked on DuoLife.eu or after scanning the QR code.

- 

13 unrefined cold-pressed plant oils*
- 

Enriched with natural vitamins D3 and K2 MK7; „golden proportion“ of Omega-3 and Omega-6 acids*
- 

Contributes to maintaining healthy teeth and bones*
- 

Supports immune system and brain function*



SunVital®

dietary supplement

Grow healthy like a giraffe!

SunVital® is the beginning of DuoLife Kids Formula line for children**. The syrup contains natural plant ingredients and organic zinc.

Distinctive product features



How to use


5 ml once per day, after the meal, preferably diluted with water.


Information


Scan QR code for more information




Product prices to be checked on DuoLife.eu or after scanning the QR code.

- 

Supports the immune system*
- 

Supports respiratory functions*
- 

Supports cognitive functions*
- 

Supports the natural intestinal bacterial flora*



*Based on health properties of the ingredients. See references on page 117

**The preparation can be used by children over 6 years old.



Dietary supplements

Medical Formula

DuoLife Medical Formula products are composed to support the body in a natural and fully safe manner. Drawing the best from the nature, DuoLife created dietary supplements with increased concentration and digestibility of active substances and delayed time of their release. Medical Formula line products contain chlorophyllin and inulin, they are free from bisphenol A (BPA), and their power is encapsulated in HPMC capsules - perfect for vegans and vegetarians.

Why supplements in the form of capsules?

Medical Formula line stands for carefully developed dietary supplements which strenghten the body and support its correct function. Natual strength enclosed in the capsules is reflected in effectiveness confirmed by tests. Personalised packaging and multi-lingual label make DuoLife Medical Formula products perfect for you.

- HPMC capsules **for vegans and vegetarians**
- Capsules with **delayed release time**, clinically testseed
- Packaging with **personalisation of** Medical Formula line
- Green capsules due to **100% chlorophyllin**
- Increased concentration of active substances** in the body
- BPA-free** packaging
- Multilingual labels** (12 languages)
- Increased **bioavailability (digestibility)** of active substances
- Additional content of **inulin** (prebiotic)

Scan QR code and go to online store

Key

- 

IHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

BorelissPro®

dietary supplement

Supports body immunity and alleviates effects of tick and mosquito bites

BorelissPro® supports not only the body immunity, but also the heart function. It allows to maintain correct level of cholesterol, correct functions of joints and bones, and young look of the skin.

Distinctive product features



How to use

1-2 capsules daily.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Supports antioxidant processes and function of the immune system*



Supports the cardiovascular system*



Supports the osteoarticular system*



Helps to alleviate effects of tick and mosquito bites*



ProStik®

dietary supplement

Maintains the optimal fitness of the joints and the bones and supports the motor system.

ProStik® thanks to its exceptional formula, helps to keep the muscles and joints in proper condition. Supports their elasticity and motor efficiency.

Distinctive product features



How to use

1-2 capsules daily.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Supports motor efficiency*



Supports functions of bones, articular cartilage, ligaments, tendons and muscles*



Facilitates production of synovial fluid necessary for correct function of the joints*



Contributes to ensuring appropriate mineralisation of bones and teeth*



Key

- 

IHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

ProSelect®

dietary supplement

Supports antioxidant processes and the immune system

ProSelect® helps to neutralise free oxygen radicals, facilitates removal of harmful products of metabolism, supports good condition of the body and young look.

Distinctive product features



How to use

1-2 capsules daily.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Helps to enhance functions of the immune system*



Supports antioxidant processes*



Supports the body's cleansing processes*



Supports the natural intestinal bacterial flora*



ProSlimer®

dietary supplement

Supports weight loss and maintaining it at the correct level

ProSlimer® supports weight loss and afterwards maintaining it at the correct level. Supplies the body with vitamins and minerals necessary for its correct function.

Distinctive product features



How to use

1-2 capsules daily.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Supports weight and fatty tissue reduction*



Facilitates optimum capacity of the body during exercise*



Helps to reduce the amount of consumed calories*



Contributes to reduction of craving for sweets*



Key

- 

IHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

ProDeacid®

dietary supplement

Supports acid-base equilibrium

ProDeacid® is a rich source of vitamins, micro- and macroelements, as well as elements necessary for correct functioning of the body. It facilitates the body's detoxification and regeneration.

Distinctive product features



How to use

1-2 capsules daily.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Helps to eliminate toxins and heavy metals from the body*



Facilitates maintaining acid-base equilibrium of the body fluids*



Supports the function of alimentary tract*



Helps to enhance functions of the immune system*

*Based on health properties of the ingredients. See references on page 118

ProRelaxin®

dietary supplement

Helps to maintain emotional balance and reduce stress. Supports peaceful sleep

ProRelaxin®, thanks to well-balanced composition, helps to soothe the nerves, facilitates sleep and restores emotional balance. By affecting an increase in production of serotonin and dopamin, it improves the mood and eliminates feeling bad.

Distinctive product features



How to use

1-2 capsules daily.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Helps to increase the body immunity to stress and restores emotional balance*



Facilitates reduction of tension and anxiety*



Supports sound, regenerating sleep*



Helps to increase the concentration of serotonin and dopamin in the brain*

*Based on health properties of the ingredients. See references on page 119

Key

- 

IHHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

ProMigren®

dietary supplement

Contributes to reducing sensitivity to noise and ensures optimum resistance to adverse external factors

ProMigren® is an excellent source of substances supporting correct function of the central nervous system. By improving the general condition of the body, it increases the body's resistance to adverse external factors.

Distinctive product features



How to use

1-2 capsules daily.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



ProCholterol®

dietary supplement

Supports managing lipid balance in the body

ProCholterol® is a rich source of natural substances that demonstrate protective effect on the circulatory system and the heart, which contributes to maintaining correct level of cholesterol in the blood.

Distinctive product features



How to use

1-2 capsules daily.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Key



IHHP™ fixation



concentrated formula



proprietary formula



free of any corrosive substances or aggressive chemicals



gluten-free



resistance during passage through the digestive tract



powered by the nature



preservative and GMO-free



optimal strain protection



umbrella brand



BPA-free



concentrated formula



100% natural ingredients



efficient - quantity of the cleaned surfaces



special glass bottle for pharmaceutical purposes



no added sugar



source of fibre and full grain



handmade



environmentally sound



safe for the skin



lutein to zeaxanthin ratio: 5:1



clinically tested ingredients

ProSugar®

dietary supplement

Helps to control the blood sugar level and regulate metabolic disorders.

Thanks to high content of biologically active ingredients, ProSugar® regulates metabolism of sugars, helping to maintain correct level of glucose in the blood.

Distinctive product features



How to use

1-2 capsules daily.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Helps to control sugar level in the blood and regulate metabolic disorders*



Contributes to reduction of craving for sweets*



Supports the liver function and the body's cleansing processes*



Facilitates slowing down and reducing digestion of complex sugars, and reduces absorption of simple sugars*



ProCardiol®

dietary supplement

Helps to maintain an optimum condition of the heart muscle and blood vessels

ProCardiol® is a valuable source of natural substances supporting the heart function and protecting the blood vessels, which facilitates maintaining appropriate level of cholesterol in the blood.

Distinctive product features



How to use

1-2 capsules daily.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Supports the cardiovascular system*



Contributes to maintaining correct blood pressure*



Facilitates prevention of arteriosclerosis, contributing to reduction of 'bad' cholesterol level and maintenance of optimum level of 'good' cholesterol*



Key



IHHP™ fixation



concentrated formula



proprietary formula



free of any corrosive substances or aggressive chemicals



gluten-free



resistance during passage through the digestive tract



powered by the nature



preservative and GMO-free



optimal strain protection



umbrella brand



BPA-free



concentrated formula



100% natural ingredients



efficient - quantity of the cleaned surfaces



special glass bottle for pharmaceutical purposes



no added sugar



source of fibre and full grain



handmade



environmentally sound



safe for the skin



lutein to zeaxanthin ratio: 5:1



clinically tested ingredients

ProlImmuno®

dietary supplement

Supports the body in overcoming viral infections and inflammations

ProlImmuno® supports the immune and respiratory systems, helping the body fight against infections typical of the autumn-winter-spring season, such as influenza or other viral infections.

Distinctive product features



How to use

1-2 capsules daily.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Aids your body's fight with viral infections and inflammation*



Helps with recurring viral and bacterial infections of upper and lower respiratory tract*



Helps protect the body in immunocompromised states, especially during infection seasons*



ProOptical®

dietary supplement

Natural & effective.

ProOptical® from Clinical Formula line is a dietary supplement in the form of a two - phase capsule with modified, prolonged release. An innovative two-phase formula is an exceptional combination of two capsules - an external liquid one and an internal solid one.

Distinctive product features



How to use

1 capsule daily.

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



Supports sightseeing processes*



Supports prevention of macular degeneration*



Contributes to reduction of photochemical damages*



Helps to regulate eye accommodation processes*



*Based on health properties of the ingredients. See references on page 125

*Based on health properties of the ingredients. See references on page 120

Key

- 

IHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

ProBactilardii®

dietary supplement

Healthy intestines

DuoLife Clinical Formula ProBactilardii® is an innovative combination of a prebiotic, probiotic and postbiotic in one product. Viability of bacterial and yeast cultures is guaranteed in the formula at the end of the product's shelf life.

Distinctive product features

- 
- 
- 
- 
- 

How to use

1 capsule from each container 1 to 2 times a day.
The combined use involves 2 capsules taken simultaneously – synbiotic in the first capsule and postbiotic in the second capsule.

Information

Scan QR code for more information



Supports optimal immune system function and normal intestinal microflora*



Synergistic health-promoting effect on the gut-brain axis*

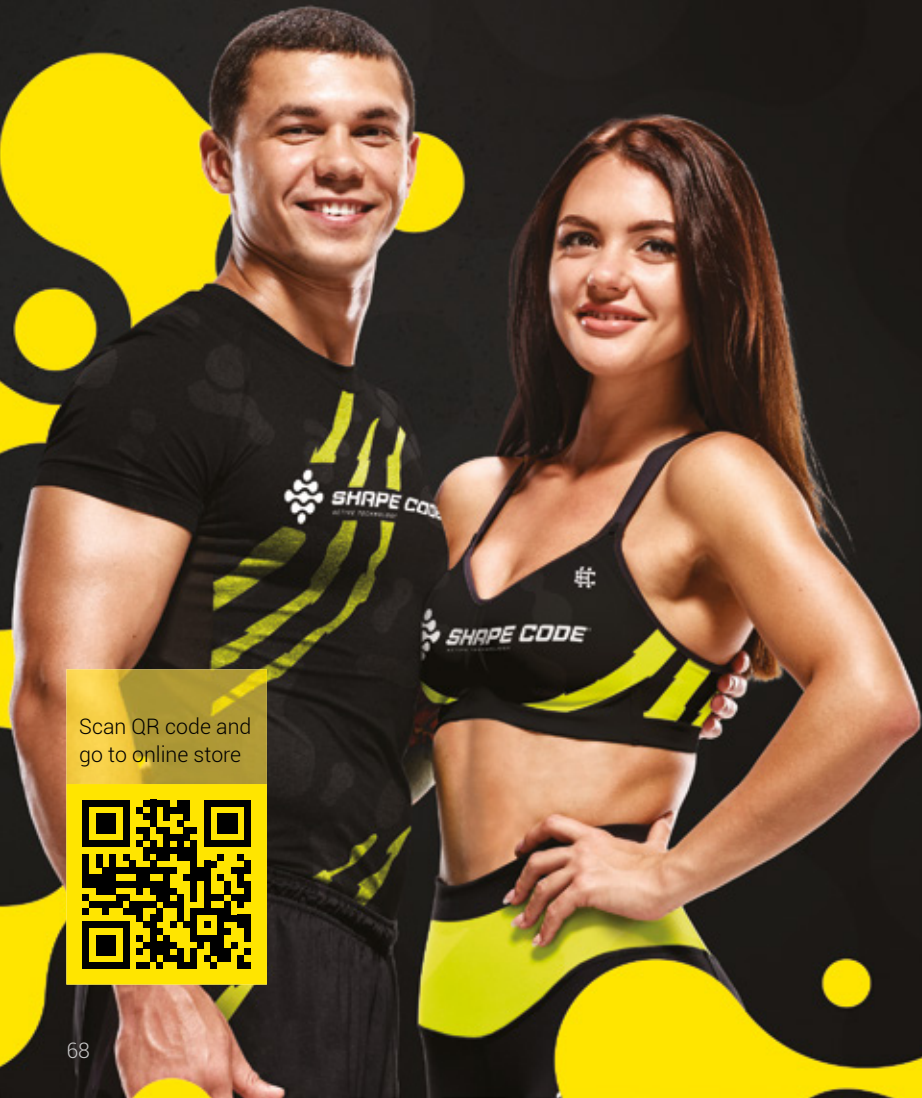


Supports functions of the digestive tract in people living under excessive stress*



*Based on health properties of the ingredients. See references on page 125

**The total number of microorganisms is 9 billion CFU = 9 x 10⁹ CFU (CFU = colony-forming unit)



Scan QR code and
go to online store



SHAPE CODE®

Struggling with excess kilograms and working on a perfect figure do not necessarily mean hard exercises or a strict diet! SHAPE CODE® will support your quest to achieve your dream results and enjoy the best version of yourself!

SHAPE CODE® is the right offer for all who strive for maintaining beautiful, slim figure and who search for support for a reasonable diet that would facilitate body weight reduction and maintenance of proper general condition of the organism.



Why SHAPE CODE®?

SHAPE CODE® is an innovative brand in the category of products supporting a healthy lifestyle. Due to its ingredients, it supports weight loss processes and burning of excessive body fat. It does not build muscle mass, but supports weight loss.



**Dual-purpose formula that
can replace a meal**



Contains no gluten, lactose or soy



**Patented ingredient with
clinically proven effect**



**Contains no preservatives, artificial
colors, artificial sweeteners, artificial
flavors or artificial fillers**



Suitable for vegans and vegetarians

Key

- 

IHHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

SHAPE CODE® Slim Shake

dietary supplement

Supports weight loss and fat reduction

Perfect choice for everybody who is striving for losing excess kilograms and want to enjoy good health and well-being. Unique shake in slim size is a composition of natural ingredients (the product is 94% natural, enriched only with a vitamin and mineral mix), which supports a process that yields unique results.

Distinctive product features



How to use

Add a full scoop of powder (25g) to 250 ml of vegetable drink or milk, shake or stir to prevent the contents from settling to the bottom. Consume 1-2 times daily.

Information

Scan QR code for more information



Supports weight loss process, also helping to reduce appetite.



Supports the digestive system and intestinal flora.



Contains as many as three kinds of dietary fibre.



Suitable for vegans and vegetarians.



* SLENDACOR® clinically tested ingredient
** 94% natural ingredients

SHAPE CODE® Best Flavours

flavor sachets

Change the taste of your nutritional shake at will

Right before consumption, you can add a chosen natural flavor to your classic vanilla and cream cocktail and experiment. Set contains 10 flavor sachets.

Distinctive product features



How to use

Add the whole content of a chosen SHAPE CODE® Best Flavours sachet (3 g) to your SHAPE CODE® Slim Shake cocktail and shake well to mix. Consume 1-2 times per day.

Information

Scan QR code for more information



10 flavor sachets in 5 different flavors (2 x mint, 2 x coffee, 2 x blueberry, 2 x salted caramel, 2 x strawberry-cream).



Product contains only natural flavors.



Suitable for vegans and vegetarians.

* SLENDACOR® clinically tested ingredient
** 94% natural ingredients



SHAPE CODE® App

The SHAPE CODE® App is a free sports app to help you live a healthy lifestyle and support you in establishing healthy habits. In the app, you will find over 20 training plans adapted to your activity level. SHAPE CODE® App is an innovative tool which in a simple and intuitive way allows you to monitor your progress, share the results with friends and implement ambitious training plans. Lack of motivation? Download SHAPE CODE® App and start your adventure!

Meet the SHAPE CODE® App!



Maintaining regularity - with our app you will not miss any workout or healthy meal. You will remember about all the useful activities that over time will turn into habits and positively impact your health.



Nutrition dashboard - in the product database each user can find the best ingredients for themselves and calculate the calorie count of their meals. If any product is missing in the database, it can be entered manually at any time. The most frequently used products are displayed in the form of suggested products, in order from the most to the least frequently chosen.



Caring for the user - thanks to the notification system you will not forget about anything! The app will remind you to add meals, drink water or exercise. It will also help you determine your hydration level and monitor your progress with a feature that allows you to enter your current weight and other measurements. To do this, simply click the „+“ in the main panel and then select the „Entry“ option. Plus, you can share your progress with friends - SHAPE CODE® App allows you to share your own material on social media.



Clarity, intuitiveness, simplicity - SHAPE CODE® App is a very simple and intuitive tool that will determine the best workout for you and help you calculate the ideal number of calories to consume per day. Just enter your basic information on registration: age, gender, weight, height and workout level and the virtual trainer will automatically tailor the best workout program.



Your own activities - our app has an option to add forms of activity preferred by the user. Weather is good and you feel like running or walking? Or maybe you prefer swimming pool or horse riding? You can record each activity in SHAPE CODE® App by entering it manually. The results and the number of calories burned will be posted in your workout dashboard.



Additional notifications - it is worth to follow them closely. With the help of the educational notifications will learn a lot of important and interesting things about health, responsible lifestyle and proper nutrition.





Product Sets

DuoLife Sets are an excellent composition of dietary supplements adjusted to the biological clock and daily rhythms. Each of them helps to maintain correct function of the body, helping to keep it fit.

On the left: presentation of products being part of Immunity Set.



Energy



Regeneration



Heart



Movement system



Metabolism weight loss



Metabolism cholesterol



Sugar metabolism



Endocrine system



Nervous system



Sight



Cleansing

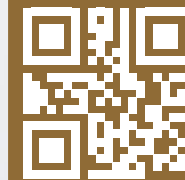


Beauty

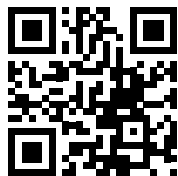


Immunity

Scan QR code and go to online store



Scan QR code and
go to online store



Cosmetics

LAZIZAL®

Beauty has many dimensions and one of them is your very self. LAZIZAL® is a brand that cares about you, your skin and your beauty.

The word LAZIZAL® is a palindrome - an expression that is read from left to right as well as right to left. In ancient times, palindromes were attributed a magical meaning. They were believed to express what cannot be expressed directly.



Why LAZIZAL®?

LAZIZAL® is a unique combination of three products (cream, serum and dietary supplement) that provides comprehensive anti-aging care.

Listening carefully to each of our needs, we invite you to the world of slow beauty: unhurried, intuitive care for your own skin. Beauty in the slow style is a return to natural cosmetics, universal beauty and timeless, multidimensional natural care.

Give your skin care that will make you feel special regardless of age.



**Effect confirmed
by research.**



**Proven
effectiveness.**



**High content of
mineral ingredients.**



**High
efficiency.**



Complete anti-ageing care.



**Proprietary Supreme
LiftAge concept.**

Key



IHHP™ fixation



concentrated formula



proprietary formula



free of any corrosive substances or aggressive chemicals



gluten-free



resistance during passage through the digestive tract



powered by the nature



preservative and GMO-free



optimal strain protection



umbrella brand



BPA-free



concentrated formula



100% natural ingredients



efficient - quantity of the cleaned surfaces



special glass bottle for pharmaceutical purposes



no added sugar



source of fibre and full grain



handmade



environmentally sound



safe for the skin



lutein to zeaxanthin ratio: 5:1



clinically tested ingredients

LAZIZAL® Advanced Face Lift Capsules

dietary supplement

Helps maintain the optimal condition of mature skin.

Food supplement that supports the functions and condition of the skin "form the inside". Composition of natural ingredients in biphasic capsules with extended release to improve the absorption of active compounds.

Distinctive product features



How to use

1 capsule per day.

Information

Scan QR code for more information



LAZIZAL® ADVANCED FACE LIFT CAPSULES is the ideal complement to the products of the LAZIZAL® line: cream and serum



Helps slow down the aging processes.



Effects visible already after 30 days of use.



Promotes the maintenance of optimal skin firmness and elasticity.



Supports the process of wrinkles reduction.

LAZIZAL®
ADVANCED FACE LIFT
CAPSULES

INGREDIENT WITH CLINICAL TRIALS
COMPONENTS FOR SKIN REVOLUTION

100%

LAZIZAL® Advanced Face Lift Serum

serum

Cocktail product intended for mature skin with immediate lifting effect.

Expert care with a formulation inspired by nature. Designed to meet the needs of the skin of the face, neck and décolletage. Combination of unique, innovative active ingredients with unparalleled naturalness.

Distinctive product features



How to use

Apply locally to wrinkles and/or bags under the eyes with a small amount (about 0.2 -1 ml) of product. Shake before use.

Information

Scan QR code for more information



LAZIZAL® ADVANCED FACE LIFT SERUM is the ideal complement to the LAZIZAL® line of products: cream and capsules



Improves the face contour.



Effect visible after already 30 seconds.



Reduced visibility of shadows, bags under the eyes.



Smaller number and size of wrinkles.



*Based on health properties of the ingredients. See references on page 124

*Based on health properties of the ingredients. See references on page 124

** 97% natural ingredients

Key

- 

IHHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

LAZIZAL® Advanced Face Lift Cream

face cream

Anti-aging line cream, intended for mature skin.

Combination of unique active ingredients with unprecedented naturalness. LAZIZAL® Advanced Face Lift Cream based on the Supreme LiftAge concept has an anti-wrinkle, tightening and lifting effect.

Distinctive product features

- 

**
- 
- 
- 

How to use

Apply the product to the face and massage in until completely absorbed. The cream can be used as a make-up base.

LAZIZAL® ADVANCED FACE LIFT CREAM is the ideal complement to the LAZIZAL® line of products: capsules and serums

Information

Scan QR code for more information



Firmed, smoothed and lifted skin on face, neck and décolleté.



Effects visible already after 30 minutes.



Improves skin elasticity and firmness.



Improves skin illumination and hydration.



*Based on health properties of the ingredients. See references on page 124

** 97% natural ingredients

LAZIZAL® Advanced Face Lift Set

product set

Take comprehensive care of yourself with our set of products.

Complete expert care inspired by nature with the finest ingredients to address all the needs of mature skin. A triple power source working from the inside and outside.

Distinctive product features

- 

**
- 
- 
- 

How to use

Described on product pages no. 98, 89 and 98.

Information

Scan QR code for more information



Set containing a complex of 3 products: Capsules, Serum, Cream.



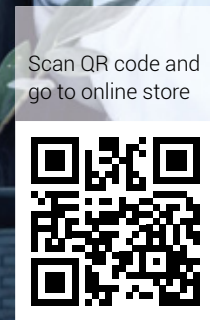
Complete anti-ageing care.



Designed for mature skin.



** up to 100% natural ingredients



Scan QR code and
go to online store

Cosmetics Beauty Care

The latest scientific reports confirm the relation between health, feeling good and the skin - the biggest organ of our body. Only a comprehensive approach to the issue of caring about the health and body is a guarantee of its appropriate function. This holistic perspective triggered a search made by DuoLife. The result is DuoLife Beauty Care line - a perfect supplementation with DuoLife products, based on formula 24/7 Nutri-Form™.



Why Beauty Care?

Products of the DuoLife Beauty Care line are matched with products of the Liquid Formula line, which are additionally enriched with reserved active formulas. This in turn allowed to maximize the effect of the cosmetics that perfectly affect the overall well-being and condition of the skin, emphasizing every aspect of beauty.



24/7 Nutri-form™



Proven effectiveness



**High content
of mineral ingredients**



Effect confirmed by tests



High efficiency



**Umbrella brand supporting
the effect of oral preparations**

Key

- 

IHHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

Beauty Care Aloes

day cream

Refreshing the skin and ensuring proper hydration level

A face cream based on adaptogens and aloe vera stem cells, designed for the daily care of young skin. This unique care product contains an ingredient activating THE YOUTH GENE. Stem cells made of aloe vera restore balance to the skin and have soothing, protective and strengthening effects.

Distinctive product features



How to use

Instructions for use described on page 98.

Information

Scan QR code for more information



Inhibits skin aging.



Restores a fresh appearance to the skin (oxygenation).



Prevents skin damage.



Improves skin elasticity and firmness.



Beauty Care Aloes

night cream

Regenerating the skin and providing the appropriate level of hydration during sleep

Its ground-breaking formula with the power of remedial ingredients works throughout the night to neutralise free radicals and inhibit young skin ageing. The stem cells of aloe vera contained in the cream stimulate regeneration of epidermis cells, allowing natural and effective prevention of the lapse of time.

Distinctive product features



How to use

Instructions for use described on page 98.

Information

Scan QR code for more information



Accelerates collagen synthesis.



Repairs and regenerates.



Reduces shallow wrinkles.



Rich formula of the cream has nourishing properties.



Key

-  IHHP™ fixation
-  concentrated formula
-  proprietary formula
-  free of any corrosive substances or aggressive chemicals
-  gluten-free
-  resistance during passage through the digestive tract
-  powered by the nature
-  preservative and GMO-free
-  optimal strain protection
-  umbrella brand
-  BPA-free
-  concentrated formula
-  100% natural ingredients
-  efficient - quantity of the cleaned surfaces
-  special glass bottle for pharmaceutical purposes
-  no added sugar
-  source of fibre and full grain
-  handmade
-  environmentally sound
-  safe for the skin
-  lutein to zeaxanthin ratio: 5:1
-  clinically tested ingredients

Beauty Care Aloes

micellar fluid

Facial cleansing and makeup removal

The power of aloe vera has created a cleansing micellar fluid that removes makeup and impurities without irritating the skin. DuoLife Beauty Care Aloe Vera Micellar Cleansing Water provides a feeling of comfort and works against wrinkles.

Distinctive product features







How to use

Instructions for use described on page 98.

Information

Scan QR code for more information



-  Simple and natural composition that stimulates the genes of youth to action.
-  Restores a fresh appearance to the skin (oxygenation).
-  Effectively removes makeup.
-  Improves skin elasticity and firmness.



Beauty Care Aloes

shampoo

Hydration and conditioning of scalp and hair

Shampoo with a unique combination of plant extracts, natural vinegar and oat proteins. Gentle washing substances gently and effectively cleanse the hair and scalp. The proteins provide hydration and care, while the apple vinegar gives shine, makes combing easier and smooths your hair.

Distinctive product features







How to use

Instructions for use described on page 98

Information

Scan QR code for more information



-  85% natural product
-  Conditioner based on oat proteins - has a strong moisturizing and nourishing effect
-  Natural apple vinegar – comprehensive hair care
-  Free of SLS, SLeS, synthetic conditioners and GMO



Key

- 

IHHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

Beauty Care Aloes

hand soap

Improves skin elasticity, eliminates roughness and chapping

Unique product with the properties of balm. It is characterized by a cleansing and refreshing effect, but also intensively caring. A unique mixture of pre-, pro- and postbiotics strengthens the skin microbiome and its immune barrier.

Distinctive product features



How to use

Instructions for use described on page 98

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.

- 

94% natural product
- 

Deep sea water rich in useful minerals
- 

3-stage conditioning process
- 

Provides comprehensive hand skin care



Beauty Care Aloes

shower gel

Revitalisation and hydration of the skin

DuoLife Beauty Care Aloes revitalising-hydrating shower gel - revitalise your skin thanks to a unique shower gel whose sensual aroma will arouse your senses!

Distinctive product features



How to use


Instructions for use described on page 98


Information


Scan QR code for more information




Product prices to be checked on DuoLife.eu or after scanning the QR code.

- 

Reduces transepidermal water loss*
- 

Gives you the feeling that the skin is moisturized, gently softened and more supple
- 

Seductive scent and mild composition of washing substances
- 

Recommended for all types of skin, also sensitive skin



*Based on properties of the ingredients. See references on page 121

Key

- 

IHHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

Beauty Care Chlorofil

sugar body scrub

Detoxication and oxygenation of the skin

DuoLife Chlorofil Beauty Care detoxicating-oxygenating body peeling stimulates microcirculation and improves absorption properties, and Ashedo 24/7 Nutri-Form™ formula (avocado, shea butter) nourishes and improves skin elasticity.

Distinctive product features



How to use

Instructions for use described on page 98

Product prices to be checked on DuoLife.eu or after scanning the QR code.

Information

Scan QR code for more information



Composed of natural oils and natural abrasive



Improves the skin's absorbent properties and is therefore an ideal base for the application of other active preparations



A pleasant, unique scent reinforced with natural mint oil



Beauty Care Collagen

body butter

Firming and modelling of the skin

Firming-modelling DuoLife Beauty Care Collagen shea butter combines 3 forms of hyaluronic acid in Formula HyalTri 24/7 Nutri-Form™. Serves as a local „skin filler“, increases its suppleness and elasticity.

Distinctive product features



How to use

Instructions for use described on page 98

Product prices to be checked on DuoLife.eu or after scanning the QR code.

Information

Scan QR code for more information



Serves as a local „skin filler“, increases its suppleness and elasticity.



As much as 85% increase in hydration after 3h and as much as +71% after 7h from application



Ideal for daily care and relaxing massage with protective and caring effects



Key

- 

IHHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

Beauty Care Vita C

hand cream

Moisturises and protects your hands

Moisturising-protective DuoLife Beauty Care Vita C – Formula ECF 24/7 Nutri-Form™ hand cream (beauty vitamins: C, E i F) soothes and restores skin elasticity, eases irritations and reduces symptoms of ageing.

Distinctive product features



How to use


Instructions for use described on page 98


Product prices to be checked on DuoLife.eu or after scanning the QR code.


Information


Scan QR code for more information



- 

Studies confirm a long-lasting moisturizing effect, lasting up to 24 hours
- 

Contributes to increasing the amount of collagen in the skin and stimulates its cells to regenerate*
- 

Reduces early signs of skin aging and creates an occlusal protective layer
- 

Recommended for all types of skin, also sensitive skin



Body Care Herbal

antibacterial gel for hand skin care

Herbal protection of your hands

DuoLife Herbal Body Care is a hand care gel with antibacterial, antiviral and antiseptic effect ensured by 5 essential oils, with addition of menthol. Effective up to 8 h, does not dry hand skin.

Distinctive product features



How to use

Instructions for use described on page 98

Product prices to be checked on DuoLife.eu or after scanning the QR code.

Information

Scan QR code for more information



- 

Antibacterial, antiviral* and antiseptic action
- 

Effectively protecting up to 8 hours.
- 

Does not require the use of water
- 

Quickly absorbed, dermatologically tested



Key

- 

IHHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

KHC Advanced Formula Shampoo

hair shampoo

Intensive hair repair

An expert recommendation for falling out, dry, damaged hair, with split ends and without shine. The preparation composed of 6 active ingredients is an intensive therapy for your hair.

Distinctive product features



How to use

Instructions for use described on page 98

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.



KHC Advanced Formula Conditioner

hair Conditioner

Expert hair restoration

A revitalising SOS for falling out, dry, damaged hair, with split ends and without shine. The elixir composed of 8 active ingredients, duo-functional in use.

Distinctive product features



How to use

Instructions for use described on page 98


Information


Scan QR code for more information




Product prices to be checked on DuoLife.eu or after scanning the QR code.



- 

Expert recommendation for falling out, dry, damaged hair, with split ends and without shine
- 

Elixir with 8 active ingredients - an intensive therapy for your hair*
- 

Dual use: as a mask or conditioner

Key

- 

IHHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

Beauty Care Day & Night

toothpastes Set

Fresh breath in the morning,
white smile in the night

Day & Night Beauty Care is a revolution in the field of hygiene and oral care. A set adjusted to the biological clock, helps to ensure all-day long protection for the teeth, gums and oral mucosa.

Distinctive product features



How to use


Instructions for use described on page 98


Information


Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.

- 

Up to 98% of the substance of natural origin
- 

2 Step Diamond Effect - 24-hour protection adjusted to the biological clock*
- 

Safety – effective action without the risk of damaging the tooth enamel thanks to patented ingredients (hydroxyapatite, perlite).



Cosmetics - how to use:

Beauty Care Aloes

Shower gel

Pour a small amount of gel on your hand or a sponge, wipe the skin gently and then rinse it.

Beauty Care Aloes

Hand soap

Apply a small amount of soap on damp hands, spread and rinse with water. Suitable for everyday use. It leaves a pleasant scent on the skin.

Beauty Care Aloes

Shampoo

Apply a small amount of shampoo to wet hair, massage it into the scalp, and then rinse. Repeat if necessary. The product is suitable for everyday use.

Beauty Care Vita C

Hand cream

Massage a small amount of the cream in the skin of your hands.

Beauty Care Day & Night

Toothpastes Set

To achieve best effects, brush your teeth with a small amount of toothpaste (pea-size) daily right after waking up (Day toothpaste) and right before sleep (Night toothpaste).

KHC Advanced Formula Shampoo

Hair shampoo

Apply a small amount of shampoo to wet hair, spread over the entire length of the hair and massage into the scalp, then rinse with warm water.

KHC Advanced Formula Conditioner

Hair Conditioner

Apply a walnut size portion to damp hair for 1-2 minutes, then rinse thoroughly with water.

Beauty Care Collagen

Body butter

Apply a small amount of the body butter directly to the skin. Rub gently until it is completely absorbed.

Body Care Herbal

Antibacterial gel for hand skin care

Apply a thin layer to the skin of your hands and spread thoroughly. Wait until the product is completely absorbed. Do not wash off.

Beauty Care Chlorofil

Sugar body scrub

Apply the peeling to the dry (recommended) or damp skin. Make a circular massage and rinse thoroughly. Wash the residues if necessary. Use once or twice a week.

Beauty Care Aloes

Day cream

Apply on cleansed skin of the face, neck and lower neck, omitting the area of the eyes. Ideal under make-up. Use in the morning.

Beauty Care Aloes

Night cream

Apply on cleansed skin of the face, neck and lower neck, omitting the area of the eyes. Use in the evening.

Beauty Care Aloes

Micellar fluid

Apply the fluid on a cosmetic pad and gently rub the skin of the face, neck and lips. To remove makeup from the eye, hold a soaked pad on a closed eyelid and rub it towards the eyelashes.







Functional food

How to prepare for daily challenges?
By reaching for healthy and functional food, which will supply you with the necessary dose of energy. Tasty and healthy Hi5! products are the best choice for breakfast and a snack during the day - perfect for 7 days a week. With Hi5! your challenges are simpler and objectives achievable. 100% natural food without added sugar enriched with Polish honey and full grain - it is a guarantee of health and full effectiveness of the body.





Why Hi5! food?

Hi5! products are good straight from the nature, based on a simple, high-quality composition. Thanks to functionality of their ingredients, they are classified as 'Superfoods', therefore they perfectly fit the current trends in nutrition. Apart from pro-health properties, they are also distinguished by practical, environmentally-friendly packaging.

- **Functional food**
- **Natural ingredients**
- **Fruit and vegetables**
- **Grain, nuts and honey**
- **Lyophilized ingredients**
- **We support bees**

Scan QR code and go to online store



Key

- 

IHHP™ fixation
- 

concentrated formula
- 

proprietary formula
- 

free of any corrosive substances or aggressive chemicals
- 

gluten-free
- 

resistance during passage through the digestive tract
- 

powered by the nature
- 

preservative and GMO-free
- 

optimal strain protection
- 

umbrella brand
- 

BPA-free
- 

concentrated formula
- 

100% natural ingredients
- 

efficient - quantity of the cleaned surfaces
- 

special glass bottle for pharmaceutical purposes
- 

no added sugar
- 

source of fibre and full grain
- 

handmade
- 

environmentally sound
- 

safe for the skin
- 

lutein to zeaxanthin ratio: 5:1
- 

clinically tested ingredients

Hi5! beeCrunchy

Complete and properly balanced breakfast

Hi5! beeCrunchy is 100% natural, carefully selected mix of fruit, vegetables and full grains, without added sugar. It is a high source of fibre and gains, but above all - a unique meal for each of the 7 days of the week.

Distinctive product features



Weight

Packaging 300g (7 servings)

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.

- 

High content of fibre
- 

49% whole grain
- 

No added sugar
- 

13 ingredients



Hi5! beeSnap

All of the good in the snack for every day

Hi5! beeSnap is a functional response to daily challenges. Handmade, 100% natural, with Polish honey, tastes excellent and has perfect properties. With Hi5! you'll never lack energy for action!

Distinctive product features



Weight

Collective packaging 14 x 45 g (2 x7 types of functional bars)

Information

Scan QR code for more information



Product prices to be checked on DuoLife.eu or after scanning the QR code.

- 

Simple, high-quality composition
- 

No artificial additives
- 

Local product: from the Polish honey, handmade in the Polish company
- 

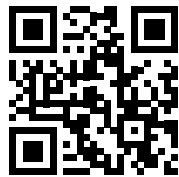
A good snack for every time of the day



Virtual Presenter

The Virtual Presenter is a system that is a business breakthrough in developing activities within the DuoLife Club. This is an absolute novelty providing great profits that will result in measurable effects, not only in business, but also personal development and health.

Scan QR code for more information



How does it work?



This is one of few systems in the world that does over 80% of work for the user.



The system guides you from the very beginning and shows you step by step what you need to do to achieve your goals, regardless of your place in your career structure.



The system will help you manage time - it has a built-in panel of activities that you plan as part of the calendar, and you will receive a system reminder about them in due time.



Virtual Presenter is also fitted with a tool for effective team management, which can be used with a computer, tablet or smartphone. The tool provides insight into the activities of people in your structure and verification of the steps they have taken within the system! This will optimize the time and activities you need to perform to support your team.



Virtual Presenter provides precise information on how to use the DuoLife account. The system also explains how to register a new Candidate, how to withdraw money etc.



It also has a recruitment and verification option, which allows encouraging people to join you business by sending a referral link. All you have to do is send a message with a ready invitation to a potential Candidate!



Education in the system is really simple and pleasant. You do not need to analyze hundreds of pages of text. Acquiring knowledge mainly involves watching video material.



Leadership Development Seminars

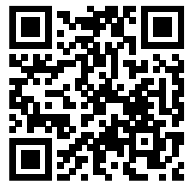
Leadership Development Seminars is the new quality! This unique program has been created thinking about those who want to consciously improve their qualifications and aim for a specific objective. LDS is an event prepared for almost 14 weeks, based on the experience and knowledge of an amazing team of experts. Three-day seminars held every quarter are among the most important items in the timetable of each true Leader and persons for whom constant development is one of the most important values.

During LDS events, you will:

- ▶ gain knowledge and tools from practitioners;
- ▶ learn to communicate better with people close to you;
- ▶ learn to build long-lasting, strong relations;
- ▶ know your strengths and weaknesses;
- ▶ learn to use your strengths in the best possible way;
- ▶ build your self-confidence;
- ▶ learn to manage your emotions.

**Each LDS is thematic, and you can gain the above knowledge throughout the whole series of trainings.*

See the report:



Business Development Seminars

Business Development Seminars are monthly meetings held across Poland, which regularly gather several hundred people who decide to consciously start their path leading to a real success right now. BDS is an all-day seminar that allows meeting experts in health, personal development and business.

During BDS events:

- ▶ you will learn about modern business trends;
- ▶ you will learn about a ready business plan;
- ▶ you will learn about passive income;
- ▶ we will show you how to apply a time leverage in your life;
- ▶ you will learn how to work less and earn more.

**Each BDS is thematic, and you can gain the above knowledge throughout the whole series of trainings.*

Buy tickets:



DUOLIFE YACHT
LUXURY CATAMARAN

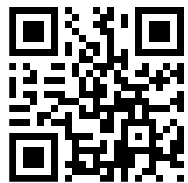
DuoLife Yacht

DuoLife Yacht is one of the most luxurious, 19-metre sailing catamarans in their class (62 feet).

The yacht is dedicated for 10 guests and 3-person crew who will take care about their comfort during weekly cruises around the most beautiful regions of the Carribbean and Greece. An exception is one-day cruises for even 30 guests.

The design of DuoLife Yacht has been enriched with Essense version, thanks to which it gained black framing of windows, mast, boom and the roof of the second deck. A gentle grey colour of the sideboards emphasises impressive easthetics of the catamaran, which distinguishes it from less luxurious vessels.

Scan QR code for
more information

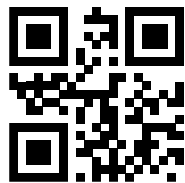




WHLF Foundation

The Foundation was established in 2015 at the initiative of Bartosz Królikowski, Piotr Pacyga, Norbert Janeczek and Łukasz Godyń. The idea that the Founders had was to create an organisation which actively supports actions aiming to improve the society's health, promote active lifestyle and change the surrounding reality to the one that is favourable to people who care about their dreams and health.

Scan QR code for
more information



European Social Campaign 'I Live Consciously'

European Social Campaign 'I Live Consciously' is a movement followed by World Healthy Living Foundation with active participation of specialists from different fields. The objective of the Campaign is to share knowledge, social education, promote conscious lifestyle and seeking optimum solutions which are in harmony with nature, through a holistic approach to human life.



5S strategy

5S Strategy stands for care about general condition of the body through pursuing 5 basic elements of our life. These elements are: Conscious nutrition, Physical fitness, Supplementation, Effective detoxification of the body and Stress Management, i.e. working with your mind.



Healthy Day

Healthy Day is a series of unique events organised by World Healthy Living Foundation. The events gather enthusiasts of healthy lifestyle and promote caring about the health, appropriate nutrition as well as keeping fit, in a responsible way and supported by experts of the Social Campaign 'I Live Consciously'.



Healthy Life Clubs

World Healthy Living Foundation is a patron of the social initiative '**Healthy Life Clubs**'. Under the initiative, local communities across Poland organise meetings in the form of lectures and practical classes which are dedicated to responsible lifestyle.





Scan QR code for
more information



Help Furaha Foundation

Help Furaha Foundation is an organisation supporting the work of Furaha Day Centre in Kenya (furahacentre.org), which runs Day Care Centre for children with cerebral palsy, autism and Down Syndrome.

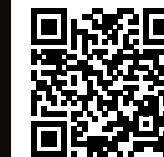
Furaha Centre offers professional day care, games, meals, sensoric integration therapy and activity-based therapy. Furaha Day Centre operates thanks to donations which support implementation of day care programs.

www.helpfuraha.org

Project 'Give me a hand'

Donate 100 PLN / month to finance monthly rehabilitation of a chosen child from Help Furaha Foundation Meru, Kenya.

PLN: Bank ING 96 1050 1445 1000 0090 3179 6551
EUR: Bank ING 96 1050 1445 1000 0090 3179 6569
USD: Bank ING 83 1050 1445 1000 0090 8056 3050



Project 'Buy the Land'

The project objective is to buy a plot of land for Help Furaha Foundation in Meru, Kenya, where a modern rehabilitation centre will be constructed. 'Buy the Land' is an extremely important project from a social point of view.

PLN: Bank ING 73 1050 1445 1000 0090 3179 6577
EUR: Bank ING 95 1050 1445 1000 0090 3179 6569
USD: Bank ING 83 1050 1445 1000 0090 8056 3050



'Project 'Build the Furaha Centre'

Help us build together a rehabilitation centre for children with autism and cerebral palsy in Kenya.

PLN: Bank ING 96 1050 1445 1000 0090 3179 6551
EUR: Bank ING 95 1050 1445 1000 0090 3179 6569
USD: Bank ING 83 1050 1445 1000 0090 8056 3050



BIC SWIFT Code: INGPLPW

Please make a payment with an annotation for which project the payment is.

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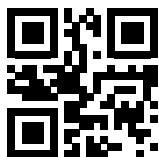


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