

DuoLife

Boost Formula FIZZY EASY Mg + K + B COMPLEX

Food supplement

DuoLife Boost Formula FIZZY EASY Mg + K + B COMPLEX is a food supplement in the form of effervescent tablets based on elements, vitamins and active compounds that support the proper functioning of the heart, muscles, cardiovascular and nervous systems. The formula promotes the balance of electrolytes in the body and supports, i.a., those suffering from excessive stress and those experiencing night-time muscle cramps or tingling in the limbs. The product is composed of a complex of as many as 11 top-quality ingredients with synergistic effects. It contains a set of vitamins and minerals to support the physical and mental condition of the body. The product formulation has been further enriched with BioPerine^{®*}, a proprietary patented formula of natural origin with a research-proven effect that promotes the absorption of nutrients contained in the food supplement.



BioPerine^{®*}



Synergy of action



Convenient form of application



Complex composition



Multidirectional action



Complementary application

When to use DuoLife Boost Formula FIZZY EASY Mg + K + B COMPLEX?

Food supplement DuoLife Boost Formula FIZZY EASY Mg + K + B COMPLEX, based on elements, vitamins and active compounds, supports the proper functioning of the heart, muscles, cardiovascular and nervous systems. Due to its unique composition, consisting of a complex of as many as 11 top-quality ingredients with synergistic effects, it promotes the balance of electrolytes in the body and supports, i.a., those suffering from excessive stress and those experiencing night-time muscle cramps or tingling in the limbs. The product has been further enriched with BioPerine^{®*}, a proprietary patented formula of natural origin with a research-proven effect that promotes the absorption of nutrients contained in the food supplement.

The DuoLife Boost Formula FIZZY EASY Mg + K + B COMPLEX food supplement is intended for supporting optimum functions of the body in the case of:

- ▶ those who want to support proper heart function and performance;
- ▶ those who want to support muscle and bone function;
- ▶ those struggling with troublesome muscle cramps, tingling in the limbs, eyelid twitching;
- ▶ those suffering from nocturnal muscle cramps;
- ▶ those experiencing fatigue and irritation;
- ▶ those experiencing doldrums;
- ▶ those who live a busy life or have a stressful job;
- ▶ people dedicated to keeping the nervous and immune systems healthy;
- ▶ people dedicated to keeping the teeth, nails, skin, and hair healthy;
- ▶ people who want to maintain the balance of electrolytes in the body;
- ▶ people who support hydration and mineralization of the body.

How does DuoLife Boost Formula FIZZY EASY Mg + K + B COMPLEX work, and how to use it?

DuoLife Boost Formula FIZZY EASY Mg + K + B COMPLEX is a food supplement based on high-quality ingredients, including a proprietary, patented formula of natural origin, BioPerine[®]*, which is distinguished by its research-proven effect on improving the absorption of nutrients contained in the product.

DuoLife Boost Formula FIZZY EASY Mg + K + B COMPLEX supports:

- ▶ normal heart function;
- ▶ optimal blood vessel function and maintenance of appropriate blood pressure;
- ▶ normal functions of the nervous system and the conduction of nerve impulses;
- ▶ proper muscle function;
- ▶ optimal muscle contractility, helping to prevent night-time cramps, tingling limbs, and twitching eyelids;
- ▶ vitality and stamina;
- ▶ maintenance of optimal mood;
- ▶ reduction of stress;
- ▶ balance of electrolytes in the body;
- ▶ healthy bones, nails, skin, hair;
- ▶ nutrient absorption, including vitamins and minerals.

Method of use: dissolve 1 tablet in a glass (200 ml) of cold water. Use once a day. Consume immediately after preparation. Do not exceed the recommended maximum daily dose. The product should not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are essential for the proper functioning of the body.

The product is not intended for children or infants. In case of any doubts regarding the use of the supplement, please consult a doctor or a pharmacist.

It is beneficial to combine DuoLife Boost Formula FIZZY EASY Mg + K + B COMPLEX with: other products from the DuoLife Boost Formula FIZZY EASY line, Shape Code[®] Protein Shake, Shape Code[®] Slim Shake, DuoLife My Mind, DuoLife Chlorofil, DuoLife Day, DuoLife My Blood Moja Krew, DuoLife Medical Formula ProCardiol[®].

Precautions:

- ▶ Hypersensitivity to any of the ingredients of the product.
- ▶ Do not use in children.
- ▶ Do not use in pregnant or breastfeeding women.
- ▶ If you have a chronic condition or are taking medication, consult your doctor before starting the product.

Ingredients: acidity regulator: citric acid; magnesium salts of citric acid; potassium bicarbonate; filling agent: sorbitols; acidity regulator: sodium carbonates; acid: malic acid; flavours; red beet juice concentrate powder; carrot concentrate powder; colouring agent: carotenes; anti-caking agents: polyvinylpyrrolidone, polyethylene glycol; nicotinic acid amide; calcium D-pantothenate; cyanocobalamin; pyridoxine hydrochloride; thiamine hydrochloride; riboflavin; pteroylmonoglutamic acid; D-biotin; BioPerine[®]* – a proprietary 50:1 formula of black pepper fruit extract (*Piper nigrum*) standardised to contain 95% piperine; sweeteners: sucralose, steviol glycosides; raspberry juice powder – 0.1%; lemon juice powder – 0.1%.

*BioPerine[®] is a Sabinsa ingredient protected by the intellectual property (IP) law.

| Content of ingredients per serving of the product | 1 tablet |
|---|----------------------|
| Magnesium | 112.5 mg (30% NRV**) |
| Potassium | 300 mg (15% NRV**) |
| Thiamine | 0.55 mg (50% NRV**) |
| Riboflavin | 0.7 mg (50% NRV**) |
| Niacin | 8 mg (50% NRV**) |
| Pantothenic acid | 3 mg (50% NRV**) |
| Vitamin B6 | 0.7 mg (50% NRV**) |
| Vitamin B12 | 1.25 µg (50% NRV**) |
| Biotin | 25 µg (50% NRV**) |
| Folic acid | 100 µg (50% NRV**) |
| BioPerine®* | 2 mg |

**NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

BioPerine®*, a reserved formula of black pepper (*Piper nigrum*) fruit extract standardised for 95% piperine content

BioPerine®* is a reserved formula of natural origin, basen on black pepper extract, **with a very high content (95%) of the active ingredient – piperine.** Piperine content in a daily serving of DuoLife FIZZY EASY Mg + K + B COMPLEX food supplement is 2 mg and constitutes the highest serving of this ingredient allowed in food supplements in Poland since 2022.

It is proven and documented by scientific tests that **BioPerine®*** properties improve bioavailability of nutrients from food and food supplements¹⁻⁷. Thanks to it, the consumed portions of vitamins, minerals and many other active ingredients are better absorbed, which translates into full health benefits of their supplementation. **BioPerine®*** formula contained in **DuoLife Boost Formula FIZZY EASY Mg + K + B COMPLEX** makes that nutrients, including vitamins, can be absorbed effectively, even if they are consumed in the form of isolated components with no biological background.

The mechanism of **BioPerine®*** formula is based on fostering the process of structural thermogenesis (increase of metabolic activity and heat release), which leads to an increased need for nutrients and their better absorption. Piperine contained in the formula fosters local blood supply to the digestive tract, thus enhancing microcirculation in intestinal villi and improving penetration of nutrients through intestinal wall^{3,8}.

Using this formula is safe, which has been proven in clinical trials. Piperine contained in **BioPerine®*** is most effective in combination with nutrients (at the same time), and has little influence over the absorption of active ingredients taken at time intervals. For that matter, it doesn't modify the absorption and bioavailability of medication, providing an adequate time interval is observed.

Additionally, piperine has protective (anti-oxidising) properties for cells, helps reduce oxidative stress and inflammatory processes^{1,9,10}.

Magnesium

Magnesium promotes optimal nervous system function, helps improve nerve cell function and contributes to proper communication between neurons. Magnesium deficiency in the body can manifest itself, among other

things, in increased neuromuscular excitability (muscle cramps, especially at night, or twitching of the eyelids and lips), weakness, easy fatigue, heart abnormalities, excessive nervousness, decreased mood, but also increased hair loss, brittle nails and night sweats associated with decreased immunity¹¹. Magnesium contributes to the normal function of the cardiovascular system, supports normal heart health, promotes vascular functioning and helps maintain optimal blood pressure. Magnesium provides support in the functioning of the nervous system: it has a calming and relaxing effect, reduces the hyperactivity of nerve cells, contributes to improving memory and concentration¹²⁻¹⁵.

Potassium

Potassium is one of the most important electrolytes, responsible for maintaining the difference in electrical potential inside and outside cells, which ultimately affects their functionality. One of the most important functions of potassium is to support the work of muscles, including the heart muscle. Its deficiency in the body is conducive to the appearance of muscle cramps¹⁶. Potassium participates in the conduction of nerve impulses, and has a supportive effect on the normal course and frequency of heart muscle contractions. It is also involved in maintaining optimal blood pressure. Potassium supports the acid-base balance of body fluids and regulates their osmotic pressure^{17, 18}. Excessive decrease in blood potassium concentration manifests itself in weakness, fatigue, muscle cramps and may also contribute to arrhythmias¹⁸.

Vitamin B6 (pyridoxine)

Vitamin B6 (pyridoxine) promotes blood pressure regulation, proper heart function and muscle contraction. It contributes to the proper functioning of the nervous system, helping to minimise the adverse effects of excessive stress and maintain an optimal mood. In addition, vitamin B6 supports the immune system functioning, contributes to the healthy skin appearance and promotes proper iron metabolism. Importantly, vitamin B6 promotes the efficient absorption of magnesium from the gastrointestinal tract, helping to improve its bioavailability¹⁹.

Group B vitamins – vitamin B1 (thiamine), B2 (riboflavin), PP (niacin), B5 (pantothenic acid), B12 (cyanocobalamin), B7 (biotin), B9 (folic acid)

Group B vitamins are a group of hematopoietic vitamins; especially B2, B6 and B12 are essential for the proper production of erythrocytes, promoting the maintenance of optimal blood condition^{18, 20}. In addition, vitamin B complex supports the optimal function of the nervous system and muscles, promoting the physical and mental health of the body. Group B vitamins are some of the most important substances for body to function properly. They help regulate metabolism and well-being. Vitamin B complex minimises the destructive impact of stress on the condition of neurons, boosts concentration and focus, supports memory and helps diminish the sensation of tiredness and fatigue. In addition, supplementation with B vitamins promotes the maintenance of healthy teeth, nails, skin, hair and bones²⁰⁻²⁵.

What makes DuoLife Boost Formula FIZZY EASY Mg + K + B COMPLEX special?

- ▶ **A comprehensive composition of as many as 11 active ingredients**, including vitamins and minerals **that support the heart, muscles, nervous system and electrolyte balance, as well as the good condition of the skin, bones, hair, and nails.**
- ▶ Contains **an absorption booster** – the composition of this food supplement has been enriched with **BioPerine®*** – a reserved, patented formula of plant origin with **properties enhancing the absorption of nutrients** from this food supplement proven with scientific research.
- ▶ **Synergic** action of all ingredients.
- ▶ **Additional substances limited to those necessary from the technological point of view.**
- ▶ **Only natural colourants.**

- ▶ **Comfortable to use** – effervescent tablets which serve to prepare a refreshing, fruit-flavoured drink (raspberry and lemon flavour).
- ▶ The product **CONTAINS NO lactose** and is **GMO free**.
- ▶ The product is **GLUTEN-FREE** – can be used by people with gluten intolerance.
- ▶ The product is **suitable for vegans and vegetarians**.

❶ *Reference list for DuoLife Boost Formula FIZZY EASY Mg + K + B COMPLEX formulation can be found in the separate sheet of the binder.*