

DuoLife

Boost Formula FIZZY EASY Ca + D3 COMPLEX

Food supplement

DuoLife Boost Formula FIZZY EASY Ca + D3 COMPLEX is a food supplement in the form of effervescent tablets, based on active compounds which support maintaining an optimum condition of the motor system, bones, teeth, muscles, functioning of the immune system, nervous system, and promote blood coagulation. The preparation contains calcium and vitamin D3. The product recipe was additionally enriched with BioPerine®* – a reserved, patented formula of natural origin with proven properties enhancing the absorption of nutrients contained in this food supplement.



BioPerine®*



Synergy of action



Convenient form
of application



Complex composition



Multidirectional action



Complementary
application

When to use DuoLife Boost Formula FIZZY EASY Ca + D3 COMPLEX?

Maintaining the motor system, bones, teeth and muscles in optimum condition is a challenge we have to face every day. DuoLife Boost Formula FIZZY EASY Ca + D3 COMPLEX is a solution which caters to the above needs, additionally supports the functioning of the immune and nervous systems and promotes proper blood coagulation processes. Thanks to its recipe containing calcium and vitamin D, it supports calcium metabolism of the body and maintaining proper levels of calcium and vitamin D in the blood. BioPerine®* reserved formula content in the product fosters higher bioavailability of nutrients from this food supplement.

Food supplement DuoLife Boost Formula FIZZY EASY Ca + D3 COMPLEX is intended for supporting optimum functions of organism for:

- ▶ those wishing to maintain normal function of the immune system;
- ▶ those caring for proper condition of their bones and teeth;
- ▶ active people and athletes;
- ▶ women during menopause and the elderly wishing to support bone protection;
- ▶ people wishing to support proper functioning of the immune system;
- ▶ people wishing to support proper functioning of the nervous system;
- ▶ people wishing to support proper functioning of the cardiovascular system;
- ▶ people wishing to support proper blood coagulation processes;
- ▶ people wishing to support maintaining correct calcium and phosphorus levels in the body;
- ▶ people recovering from bone fractures or long-term immobilisation;
- ▶ the youth during puberty.

How does DuoLife Boost Formula FIZZY EASY Ca + D3 COMPLEX work and how to use it?

DuoLife Boost Formula FIZZY EASY Ca + D3 COMPLEX is a food supplement based on high-quality ingredients, including the reserved, patented BioPerine®* formula of natural origin distinguished by its scientifically proven properties improving the absorption of nutrients contained in the product.

DuoLife Boost Formula FIZZY EASY Ca + D3 COMPLEX supports:

- ▶ motor system function, including muscles and bones;
- ▶ immune system function;
- ▶ nervous system function;
- ▶ normal function of heart and cardiovascular system;
- ▶ normal blood coagulation processes;
- ▶ normal hormone secretion;
- ▶ good condition of nails, hair and teeth.

i **Mode 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. Should you have any doubts concerning the use of the formulation, consult a doctor or a pharmacist.

i **DuoLife Boost Formula FIZZY EASY Ca + D3 COMPLEX can be combined with:**

other products from the lines DuoLife Boost Formula FIZZY EASY, DuoLife RegenOil Liquid Gold®, DuoLife Collagen, DuoLife Medical Formula ProStik®, DuoLife Medical Formula ProImmuno®, DuoLife Vita C, DuoLife My Blood Moja Krew.

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.

i **Ingredients:** acidity regulator: citric acid; calcium carbonate; bulking agent: sorbitols; acidity regulator: sodium carbonates; flavours; anti-clumping agent: polyvinylpyrrolidone; acid: malic acid; sweeteners: sucralose, steviol glycosides, cholecalciferol; BioPerine®* – a reserved formula of black pepper (*Piper nigrum*) fruit extract 50:1 standardised for 95% piperine content; colourants: complexes of chlorophylls and chlorophyllines with copper, riboflavins; powdered lemon juice – 0,1%; powdered pineapple juice – 0,1%.

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

Content of ingredients per serving of the product	1 tablet
Calcium	500 mg (62.5% NRV**)
Vitamin D3	12.5 µg = 500IU (250% 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, based 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 Ca + D3 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 Ca + D3 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}.

Calcium

Calcium is a mineral ingredient classified as a macroelement, and it plays an important role in numerous physiological processes. It constitutes a building material of the whole skeletal system, bones, teeth, blood vessels, hair and nails.

Total calcium content in the body of a grown man equals ca. 1200 g, of which almost 99% is contained in bones, and the remaining part is contained in blood and bodily fluids¹¹. Recommended daily intake of calcium for adults is ca. 1000 mg/day. Recommended daily intake is higher for the youth during puberty, women during menopause, and the elderly¹². Calcium deficiency in the body leads to its release from the bones, which leads to osteoporosis and loss of bone mass, as the bones become fragile and prone to fracture¹³. Calcium takes part in the release of neurotransmitters, maintaining proper communication between the nervous cells, reduces sensitivity and irritability of the nerves. Additionally, it is crucial for maintaining the tension and sensitivity of skeletal muscles and releasing muscle contractions, including the myocardium. Calcium plays an important part in the process of blood coagulation and hormonal regulation¹⁵⁻¹⁶.

Vitamin D3

Vitamin D3 has numerous health benefits for the body. Vitamin D3 is responsible for calcium and phosphate metabolism of the body, supports the mineralisation of bone tissue and teeth, increases absorption of calcium and phosphates in kidneys, helps maintain normal calcium levels in blood. It also helps maintain normal function of the immune system, muscles, cardiovascular system and nervous system¹⁷⁻²².

Vitamin D3 is synthesised in the skin under solar radiation only when necessary. People with little sun exposure, susceptible to infections, elderly people and women after the menopause may require vitamin D3 supplementation throughout the year^{23,24}.

What makes DuoLife Boost Formula FIZZY EASY Ca + D3 COMPLEX so special?

- ▶ **Complex composition** supporting normal function of the motor system, immune system, nervous system, cardiovascular system and the well-being of teeth.
- ▶ 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 (lemon-pineapple 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**.

i Reference list for DuoLife Boost Formula FIZZY EASY Ca + D3 COMPLEX formulation can be found in the separate sheet of the binder.