



DuoLife pack

Movement System



Recommended use of the food supplements from the pack

Movement System:

In the morning: DuoLife Day – 25 ml with meal,
DuoLife Medical Formula ProStik® - 1-2 capsules with meal,
DuoLife My Blood – 25-50 ml after breakfast.

In the evening: DuoLife Night - 25ml with meal,
DuoLife Fiber – 25-50 ml with meal,
DuoLife Medical Formula ProSelect® - 1-2 capsules.
SHAPE CODE® Protein Shake after training.

The functional pack contains

SHAPE CODE® Protein Shake,
DuoLife Fiber,
DuoLife Collagen,
DuoLife Day and Night,

DuoLife My Blood,
DuoLife Medical Formula ProStik®,
DuoLife Medical Formula ProSelect®.