



BioLife Nutrition

a comprehensive
range of vitamins
specifically
developed for a
healthier you!



**BOOST YOUR
IMMUNE SYSTEM
BY TAKING
ONE BIOLIFE
MULTIVIITAMIN
DAILY**

www.biolifevitamins.com





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VITAMINS - IT'S WHAT WE DO:

Biolife cc was created in order to introduce into the marketplace a range of products that were quality driven as well as being affordable to a wide range of the population. The flag ship product, Biolife Multivitamin + Anti-oxidants was formulated by Ellis Henen.

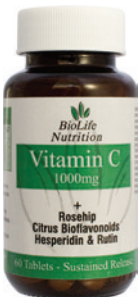
There are many multivitamins on the national and international market. What makes one better than the next? Often one hears the consumer asking if it would be possible to take just one vitamin containing everything. Obviously this would be impossible as the capsule would be so large that one would not be able to swallow it.

It is also believed that the Biolife Multivitamin + Anti-oxidants has more content per ingredient than many other multivitamins. Currently Biolife has many products available in South Africa and they are very competitively priced.

Vitamin C

60 TABLETS
1000mg

Vitamin C is a potent anti-oxidant and is essential for a strong immune system. It stimulates growth of collagen and may prevent viral attack by strengthening connective tissue. It may reduce the incidence and severity of the common cold. It also plays a part in maintaining healthy skin and gums.



HEALTH BENEFITS:

- ✓ Promotes a better immune system (Walji, 1995)
- ✓ Helps to prevent the common cold (Mindell, 1996)

Sustained release tablet
Preservative free • Lactose free
Sucrose free • Gluten free • Iodine free
No flavours or artificial colours added
Suitable for diabetics and vegetarians
Bovine/Porcine free

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Calcium

60 TABLETS
750mg

Supplementation with Calcium has been shown to reduce bone loss in post-menopausal women. Combined with exercise and dietary recommendations it is an effective means of reducing the incidence and severity of bone fractures in later life.



HEALTH BENEFITS:

- ✓ Maintains strong bones and healthy teeth.
- ✓ Aids in the nervous system (impulse transmission).
- ✓ Helps to alleviate leg cramps.

Tablet

Preservative free • Lactose free

Sucrose free • Gluten free • Iodine free

No flavours or artificial colours added

Suitable for diabetics and vegetarians

Bovine/Porcine free

Biotin

60 VEGICAPS
5mg

Biotin is a B group vitamin, often called Vitamin H, because it is thought to be good for healthy hair. It assists in the metabolism of fats, carbohydrates and protein. It's major benefit is believed to be its ability to strengthen hair and nails. Many nutritionists agree that Biotin is one of the important vitamins for supporting hair growth.



HEALTH BENEFITS:

- ✓ Produces healthy hair (Hendler, 1993)
- ✓ Reduces hair loss (Hendler, 1993)

Vegicaps

Preservative free • Lactose free

Sucrose free • Gluten free

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Acetyl-L-Carnitine (ALC)

60 CAPSULES
500mg

Acetyl-L-Carnitine (ALC) is produced in the body in the liver and kidneys and helps to burn fat into energy. ALC is able to cross the blood-brain barrier and acts as a powerful antioxidant which helps to prevent brain cell deterioration.



HEALTH BENEFITS:

- ✓ Helps in the treatment of cardiovascular disease.
- ✓ Important for heart and brain function.
- ✓ Increases cognitive performance.

Gelatine capsules
Preservative free • Lactose free
Sucrose free • Gluten free • Iodine free
No flavours or artificial colours added
Suitable for diabetics

CLA - Conjugated Linolenic Acid

120 SOFTGEL
1000mg

A double blind, randomised placebo-controlled study, published in the Journal of Nutrition found that CLA reduces fat and preserves muscle tissue. The study found that approximately 3.4grams of CLA per day is the level needed to obtain the beneficial effects of CLA on body fat.



HEALTH BENEFITS:

- ✓ Reduces body fat and lowers cholesterol (with regular exercise)

Soft gelatine capsules
Preservative free • Lactose free
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No flavours or artificial colours added
Suitable for diabetics

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Alpha Lipoic Acid

60 VEGICAPS
250mg

Alpha Lipoic Acid (ALA) is a very strong anti-oxidant and is able to recycle Vitamin C, E and Co-enzyme Q10 after they have been neutralized by free radicals and in so doing, restore their anti-oxidant properties. It has been used extensively in Europe to treat short-term memory loss and to help with the control of blood sugar levels in people with diabetes.



HEALTH BENEFITS:

- ✓ Improves mental function.
- ✓ Treats short-term memory loss.
- ✓ Helps in treatment and prevention of cataracts.

Vegicaps

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Sucrose free • Gluten free

No flavours or artificial colours added
Suitable for diabetics and vegetarians

Bovine/Porcine free

Co-Enzyme Q10

30 SOFTGEL
100mg

CO Q10 is found in all cell membranes. Most CO Q10 is found in the mitochondria, the energy producing part of every cell, especially in the heart, brain, kidneys and liver. It is essential in producing ATP or fuel on which the body functions. CO Q10 is also a fat soluble anti-oxidant and therefore helps boost the body's immune system by destroying free radicals.



HEALTH BENEFITS:

- ✓ Helps in the production of energy.
- ✓ The "spark-plug" antioxidant.
- ✓ Good for the heart muscles and cardiovascular system.

Soft gelatine capsules

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Fish Oil 1000mg

90 SOFTGEL
1000mg

Fish Oil provides Omega-3 fatty acids in the form of DHA and EPA. The American Heart Association (AHA) in its recommendation suggests that these fatty acids benefit the heart of healthy people and those who have cardiovascular disease. They also recommend eating tofu and other forms of soybeans, canola, walnut and flaxseed and their oils.



HEALTH BENEFITS:

- ✓ Benefits the heart of healthy people.
- ✓ Helps with cognitive development in children.
- ✓ Benefits those with cardiovascular disease.

Soft gelatine capsules
Preservative free • Lactose free
Sucrose free • Gluten free • Iodine free
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Suitable for diabetics

Milk Thistle Extract

60 VEGICAPS
375mg

There are components of Milk Thistle (*Silybum marianum*) known as Silymarin that have traditional herbal use in the protection of the liver, kidney and gall bladder, exclusively done on long-standing use. Silymarin protects the liver from toxins and its antioxidant and anti-inflammatory properties may assist the liver to repair itself by growing new cells.



HEALTH BENEFITS:

- ✓ Help protect the liver from toxins.
- ✓ Stimulates cell regeneration in the kidneys and liver.
- ✓ Helps prevent gallstones and kidney stones.

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Bovine/Porcine free

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Salmon Oil

90 CAPSULES
1000mg

Salmon Oil is a natural source of Omega 3 fatty acids, EPA & DHA. There is growing evidence that shows that the intake of EPA and DHA reduces the risk of cardiovascular disease. The intake of these fatty acids is also important during pregnancy and lactation. They are important for the normal development of the fetus. Omega 3 fatty acids are also important for brain function.



HEALTH BENEFITS:

- ✓ Supports cardiovascular and joint health.
- ✓ Helps to reduce the "bad" cholesterol.
- ✓ Improves concentration in children.

Soft fish gelatine capsules
Preservative free • Lactose free
Sucrose free • Gluten free • Iodine free
No flavours or artificial colours added
Suitable for diabetics
Bovine/Porcine free

Herbal Laxative

60 CAPSULES

Biolife Herbal Laxative contains Psyllium husks which provide much needed fibre in one's diet. It contains a spongy fibre that reduces appetite, improves digestion and cleanses the system. Cramp Bark Powder relaxes the muscles, thus reducing cramping and spasms. Dandelion Root Powder is used in minor digestive problems and is believed to detoxify the liver and gall bladder. Senna is the main ingredient and it encourages bowel movement by stimulating smooth muscle.



HEALTH BENEFITS:

- ✓ Provides fibre in one's diet.
- ✓ Antispasmodic effect.
- ✓ Stimulates bowl movement.

Capsules
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Inositol 500mg

60 VEGICAPS
500mg

Inositol is a B group vitamin and has been found to be useful in dealing with stress, anxiety and panic attacks. It has a lipotropic effect, therefore removing fats (cholesterol) from the liver. It is believed to improve memory and is important for hair growth, skin and eye health. It also induces a calming effect and therefore could improve sleep patterns.



HEALTH BENEFITS:

- ✓ Helps to lower cholesterol levels (Mindell, 1996)
- ✓ Used in treatment of anxiety (Hendler, 1995)
- ✓ Believed to improve memory.

Vegicaps

Preservative free • Lactose free

Sucrose free • Gluten free

No flavours or artificial colours added

Suitable for diabetics and vegetarians

Bovine/Porcine free

Joint Support

60 TABLETS

The Glucosamine complex formula provides a healthy alternative to non-steroidal anti-inflammatory drugs (NSAID). It promotes healthy joints and connective tissues. It strengthens collagen fibres and can reduce the pain associated with osteoarthritis. Along with Glucosamine, Chondroitin is widely used as a dietary supplement for the treatment of osteoarthritis and is an important structural component of cartilage.



HEALTH BENEFITS:

- ✓ Promotes healthy joints and connective tissues.
- ✓ Reduces pain, swelling and stiffness in joints.
- ✓ Known to help arthritis.

Tablet

Preservative free • Lactose free

Sucrose free • Gluten free • Iodine free

No artificial flavours added

Suitable for diabetics

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Lecithin

90 SOFTGEL
1200mg

Lecithin enables fats such as cholesterol and other lipids to be dispersed in water and removed from the body. The vital organs and arteries are thus protected from fatty build-up. Lecithin is a type of lipid that is needed by every living cell in the human body. Cell membranes are largely composed of lecithin.



HEALTH BENEFITS:

- ✓ Lowers blood cholesterol levels (Hendler, 1993)
- ✓ Supports cardiovascular, brain and liver functions.
- ✓ Protects against heart disease (Hendler, 1993)

Soft gelatine capsule
Preservative free • Lactose free
Sucrose free • Gluten free • Iodine free
No flavours or artificial colours added
Suitable for diabetics

Organic Flaxseed Oil

90 VEGICAPS
1000mg

Flaxseed Oil capsules are an excellent source of essential fatty acids. It is one of the richest sources of Omega 3 fatty acids, but also contains Omega 6 and Omega 9 fatty acids. Essential Fatty Acids contribute to a healthy skin and have successfully been used for dry skin conditions.



HEALTH BENEFITS:

- ✓ Promotes healthy hair and nails.
- ✓ Helps in lowering cholesterol.
- ✓ Believed to help with acne and psoriasis.

Vegicaps
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L-Lysine

60 TABLETS
1000mg

L-Lysine is an essential amino acid. It is required for tissue repair and growth. Shingles lesions are painful due to the reactivation of the varicella-zoster virus. It appears to help treat the eruption of shingles. L-Lysine inhibits the herpes virus and is therefore of help in reducing and inhibiting the severity of cold sores. It is also of help with type 2 herpes, which manifests itself around the genital area.



HEALTH BENEFITS:

- ✓ Possesses an anti-herpes effect (Hendler, 1993)
- ✓ Inhibits herpes (Mindell, 1996)

Tablet

**Preservative free • Lactose free
Sucrose free • Gluten free • Iodine free
No flavours or artificial colours added
Suitable for diabetics and vegetarians
Bovine/Porcine free**

Vitamin B Complex

60 VEGICAPS

This formulation is a very powerful Vitamin B Complex. B vitamins have the function of converting protein, glucose and carbohydrates into energy. They may also be necessary to maintain healthy skin and muscle tone as well as enhancing the immune system functions. The B content displayed is far greater than most formulae available.



HEALTH BENEFITS:

- ✓ Assists in energy production.
- ✓ Promotes healthy hair, skin and nails.
- ✓ Protects the nervous system.

Vegicaps

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Multivitamin + Anti-Oxidants

180 FISH GELATIN

30 FISH GELATIN

Biolife Multivitamin formula is unique in that it has been specially formulated for Biolife to contain generous amounts of vitamins, minerals, anti-oxidants and essential fatty acids in the form of Linoleic Acid (Omega-6) contained in the carrier oil, soya bean. Antioxidants are natural compounds that help protect the body from harmful free radicals. Besides the usual antioxidants such as Beta-carotene, Vitamin E, Vitamin C, Selenium and Zinc, Biolife has added Alpha Lipoic Acid and Lycopene.

Homocysteine: Elevated levels of homocysteine, an amino acid produced in the body, are associated with hardening and narrowing of the arteries (atherosclerosis). This can increase the risk of heart attacks and strokes. Homocysteine levels can be lowered by taking Folic Acid, Vitamin B6 and B12 all contained in generous amounts in this formulation.



Biolife Multivitamin capsule is larger than most vitamin capsules due to its content. Its fill material is in excess of 1000mg. Starting your day with a Biolife Multivitamin will improve your immune system's ability to prevent disease.

We do however still suggest that extra supplementation may be necessary depending on the individual. Consult your Healthcare Professional.



HEALTH BENEFITS:

- ✓ Boosts the immune system.
- ✓ Reduces the incidence of disease.
- ✓ Combats free radicals.

Fish gelatine capsules
Preservative free • Lactose free
Sucrose free • Gluten free
No flavours or artificial colours added
Suitable for diabetics



BioLife Nutrition

Alkaline Base Powder and pH Strips

POWDER
250g



A diet that is predominantly alkaline forming is essential to the maintenance of sustained health. Biolife Alkaline Base Powder may be used to neutralise acid levels in the body and maintain a healthy alkaline level. Biolife Alkaline Base powder contains Aquamin Soluble which is a natural calcium source produced from mineralised seaweed. The seaweed is harvested from the seabed off the north west coast of Ireland from clear, pollution free mineral rich Atlantic waters.

Alkaline Base Powder

- Preservative free
- Lactose free
- Gluten free



Biolife Nutrition pH Testing Strips are simple self-test strips which allow you to effortlessly determine your pH level in the privacy of your own home. Biolife Nutrition pH Testing Strips test the pH level of both urine and saliva, providing a pathway to maintaining a healthy alkaline balance.

Quality Guarantee

All Biolifes products are manufactured with the finest, most qualitative raw materials sourced from the most trusted suppliers. Biolife specialises in complex formulations of coated tablets, Vegicaps, Herbal capsules, Softgels and Fish gelatine capsules.

Biolife products are manufactured in Medicines Control Council (MCC) approved factories which meet international quality standards. These factories comply with Good Manufacturing Practices (GMP), ISO 9001 and ISO 22000 Regulations.

Medical Aids

Biolife products have official NAPPI codes which are provided once they have been supplied registry numbers by the Department of Health. The products can then be submitted to one's medical aid for payment unless they are a specific exclusion.

