

PRODUCT
CATALOGUE



Polski Lek





Polski Lek

Polski Lek Sp. z o.o., part of MASPEX Group, is a manufacturer and supplier of dietary supplements, and medical devices of the highest quality.

Our comprehensive line of products encircles life itself - addressing important health needs from childhood to the golden years.

We are a manufacturer of high quality products that are produced according to GMP guidelines and standards set by IFS and HACCP. At our disposal we have well trained, highly qualified staff, modern, well-equipped premises and high-tech machinery that meet all the requirements of EU regulations and legislation.

Polski Lek offers also first-class, high quality services in the field of contractual manufacturing of foodstuffs, in particular dietary supplements and enriched products in the form of tablets, including effervescent tablets, pills, lozenges, granules and powders.

Our products have received recognition by some of the most demanding customers around the world. We are therefore confident that we will gain yours as well. We offer you the choice of the wide scope of our services and products either under our or your own branding, whichever will be the best solution for you.





LINE FOR PREGNANT WOMEN

Our line of products is specifically designed for pregnant women, those planning pregnancy and lactating. Unique compositions of natural ingredients were selected to be both effective and safe for you and your child. Our line of products allows safe assistance during periods of decreased immunity. Having in mind exceptional demands of women during those 9 months we have created Prenalen, Actifolin and Omegamed Pregna.

PRENALEN SYRUP

DOSAGE: 1 spoon (15 ml) 3 times a day CONTENT: 115 ml FLAVOUR: raspberry

Prenalen Syrup contains biologically active substances from garlic which have antioxidant properties. Prenalen contains raspberry and black currant juice as well as vitamin C and zinc, which support the proper functioning of the immune system. The garlic used in Prenalen is odourless and standardized (allicin, allin)

Content of vitamins, minerals and other active ingredients in a recommended daily intake - 30 ml

DRY GARLIC EXTRACT	
STANDARDIZED INCLUDING:	90 mg
ALLICIN	0,9 mg
ALLIN	1,8 mg
ZINC	10,2 mg
VITAMIN C	80 mg



PRENALEN SACHETS

DOSAGE: 2 sachets a day CONTENT: 14 sachets FLAVOUR: raspberry

Prenalen soluble powder contains dry garlic, zinc and vitamin C which boost the immune system. Garlic used in Prenalen is odourless and standardized (allin, allicin) and known from its antibacterial and antioxidant properties.

Content of vitamins, minerals and other active ingredients in 2 sachets:

GARLIC (ALLIUM SATIVUM L.) STANDARDIZED, DRY EXTRACT INCLUDING:	150 mg
ALLICIN	1,5 mg
ALLIIN	3 mg
ZINC	10 mg
VITAMIN C	80 mg



PRENALEN THROAT

DOSAGE: 1 to 5 lozenges a day CONTENT: 16 lozenges FLAVOUR: raspberry

Prenalen Throat lozenges act beneficially to the mucous membranes of the mouth and the throat. Natural ingredients such as propolis and raspberry fruit + vitamin C, contribute to the proper functioning of the immune system. Each lozenge is of controlled microbiological level and specified pH index.

Content of vitamins, minerals and other active ingredients in 1

VITAMIN C	20 mg	25% NRV*
DRY PROPOLIS EXTRACT	30 mg	-
RASPBERRY JUICE POWDER	15 mg	-

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



PRENALEN MULTIVIT

DOSAGE: 1 tablet daily CONTENT: 30 tablets

Prenalen Multivit is the highest quality combination of minerals and vitamins of guaranteed European origin. The product provides an appropriate amount of active ingredients for you and your baby during pregnancy and months before you plan it. Active ingredients support the circulatory and the nervous systems. Folic acid ensures the proper development of the placenta and fetus.



Content of vitamins, minerals and other active ingredients in 1 tablet:

BIOTIN	50 µg	100% NRV*
FOLIC ACID	400 µg	200% NRV*
PANTOTHENIC ACID	6 mg	100% NRV*
NIACIN	16 mg	100% NRV*
THIAMINE	1,1 mg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
RIBOFLAVIN	1,4 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
VITAMIN C	110 mg	137,5% NRV*
VITAMIN E	12 mg	100% NRV*
VITAMIN D3	5 µg	100% NRV*
IRON	14 mg	100% NRV*
IODINE	150 µg	100% NRV*
ZINC	7 mg	70% NRV*
COPPER	0,6 mg	60% NRV*
SELENIUM	27,5 µg	50% NRV*
MANGANESE	1 mg	50% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PRENALEN MAG-FOL

DOSAGE: 1-2 tablets a day CONTENT: 30 tablets

Prenalen Mag-Fol is an ideal product for pregnant women and breastfeeding mothers. It contains magnesium, folic acid and vitamin B6. Magnesium supports proper functioning of the nervous system, helps to fight muscle spasms and to maintain healthy teeth and bones. Folic acid helps to reduce the risk of occurrence of neural tube defects in child, it contributes to the reduction of tiredness and fatigue. Vitamin B6 contributes to normal red blood cell formation and the functioning of the nervous system.

Content of vitamins, minerals and other active ingredients in 1 tablet:

MAGNESIUM	187,5 mg	50% NRV*
VITAMIN B6	0,7 mg	50% NRV*
FOLIC ACID	200 ug	100% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



PRENALEN RHINITIS

DOSAGE: 1 to 3 dose up to 5 times a day CONTENT: 20 ml

Prenalen Rhinitis is an isotonic solution of sea salt with added hyaluronic acid, D-panthenol and essential oils used in the treatment of dry nose and rhinitis. Prenalen Rhinitis reduces excretions, soothes irritations and makes breathing easier. The isotonic solution of sea salt-cleanses and cares for nasal mucosa and ensures it is properly nourished.

SEA SALT

HYALURONIC ACID

PANTHENOL

EUCALYPTUS ESSENTIAL OIL

PEPPERMINT ESSENTIAL OIL



ACTIFOLIN 0,8 MG / 2 MG

1 tablet a day CONTENT: 30 tablets

Actifolin* contains folic acid and ready for use, better-absorbable form of folates of the IV generation. It's a unique source of folates which guarantees the fastest absorption and the best bioavailability. The preparation is recommended for women in the reproductive age who plan pregnancy and who are pregnant as well as for people who have increased demand for folates, especially for folic acid.

Content of vitamins, minerals and other active ingredients in 1 tablet:

ACTIFOLIN		
FOLIC ACID	400 ug	200% NRV*
ACTIVE FORM OF FOLATE	400 ug	200% NRV*

*NRV - DAILY NUTRIENT REFERENCE (ADULTS)

Content of vitamins, minerals and other active ingredients in 1 tablet:

ACTIFOLIN		
FOLIC ACID	1000 ug	500% NRV*
ACTIVE FORM OF FOLATE	1000 ug	500% NRV*

*NRV - DAILY NUTRIENT REFERENCE (ADULTS)



CHIRO-D

DOSAGE: 1 tablet daily CONTENT: 30 tablets

Chiro-D is dietary supplement in form of easy-to-swallow tablets containing high dose of Vitamin D3. Vitamin D3 supplementation is recommended in case of its deficiency, weakened immunity, osteoporosis and malabsorption of calcium and phosphorus, especially during winter months.

Content of active ingredients in 1 tablet:

VITAMIN D3	50 mcg - 2000 IU
	125 mcg - 5000 IU

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS (ADULTS)



CHIRONEMIA

DOSAGE: 1 tablet a day CONTENT: 30 tablets

Tablets containing iron, lactoferrin, folic acid, vitamin C, B6 and B12. Chironemia contains iron in form of ferrous bisglycinate which contribute to formation of red blood cells and haemoglobin, reduction of tiredness and fatigue and plays a role in normal oxygen transport.

Lactoferrin is a natural protein, a transferrin that regulates the concentration of iron ions in the blood plasma and transports them to the tissues. Lactoferrin stimulates the development of a beneficial intestinal microflora and together with vitamin C supports healthy immune functions.

Vitamin B6 contributes to normal energy-yielding metabolism and regulation of hormonal activity.

Folates contribution to normal psychological functions, maintenance of normal vision and reduction of fatigue.

Content of vitamins, minerals and other active ingredients in 1 tablet:

IRON	40 mg	286 % NRV*
LACTOFERRIN	10 mg	-
FOLIC ACID	400 mcg	200% NRV*
VITAMIN B12	100 mcg	4000% NRV*
VITAMIN B6	15 mg	1071% NRV*
VITAMIN C	40 mcg	50% NRV*

*NRV - DAILY NUTRIENT REFERENCE (ADULTS)



CHIROFOL

DOSAGE: 1 tablet a day CONTENT: 30 tablets

Chirofol in form of easy-to-swallow tablets contains methyl tetrahydrofolate with high dose of vitamins B6 and B12. Vitamin B12 contributes to normal homocysteine metabolism, reduction of tiredness and fatigue and plays a role in the process of cell division.

Vitamin B6 contributes to normal energy-yielding metabolism, normal red blood cell formation and regulation of hormonal activity. Vitamin B6 contributes in prevention of morning sickness.

Content of vitamins, minerals and other active ingredients in 1 tablet:

VITAMIN B6	15 mg	1071% NRV*
VITAMIN B12	20 mcg	800% NRV*
Folic acid of which active folate (6S)-5-methyltetrahydrofolic acid	400 mcg	200% NRV*

*NRV - DAILY NUTRIENT REFERENCE (ADULTS)



CHIROGYN

DOSAGE: 1 sachet daily CONTENT: 30 sachets

Chirogyn is a safe and effective product containing myo-inositol improving insulin resistance for the management of PCOS (polycystic ovary syndrome), glutathione, folic acid and other active ingredients that support woman during menstrual cycles.

Myo-inositol is a safe and effective naturally occurring substance that improves insulin resistance for the management of PCOS.

Zinc- contributes to normal fertility and reproduction, contributes to normal macronutrient metabolism and has a role in the process of cell division

Manganese-contributes to normal energy-yielding metabolism

Vitamin B6- contributes to normal functioning of the nervous system and contributes to the regulation of hormonal activity

Folic acid- contributes to the reduction of tiredness and fatiguee.

Content of vitamins, minerals and other active ingredients in 1 sachet:

MYO INOSITOL	2000 mg	-
ALPHA-LIPOIC ACID	70 mg	-
D-CHIRO-INOSITOL	15 mg	-
FOLIC ACID	400 µg	200% NRV*
MANGANESE	1,8 mg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
CALCIUM	200 mg	25% NRV*
ZINC	10 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
VITAMIN D3	5 µg	100% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



CHIROMAN

DOSAGE: 1 sachet daily CONTENT: 30 sachets

Chiroman is a product containing L-carnitine, L-arginine, N-acetyl L-cysteine (NAC), Tribulus terrestris, Maca root, Ginkgo biloba, vitamin E and complex of minerals recommended for men looking for:

- support for the male body, fertility and vitality
- support in maintaining the balance of male hormones

Zinc contributes to normal fertility and reproduction, contributes to the maintenance of normal testosterone levels in the blood, it has a role in the process of cell division.

Manganese contributes to normal energy-yielding metabolism

Selenium contributes to normal spermatogenesis.

L-carnitine is an amino acid most abundant in muscles. It takes part in lipid metabolism, resulting in the production of energy needed by the body's cells.

L-arginine is an amino acid, it is a precursor in the synthesis of proteins and other compounds of fundamental importance in biochemical transformations, e.g. polyamines (putrescine, spermine, spermidine)

N-acetylcysteine is a simple organic compound, a derivative of the amino acid L-cysteine and a precursor of glutathione - one of the most important antioxidants in the body.

Tribulus terrestris supports sexual abilities.

Maca Root helps maintain natural sexual activity and energy

Content of vitamins, minerals and other active ingredients in 1 sachet:

L-CARNITINE	500 mg	-
L-ARGININE	500 mg	-
N-acetyl L-cysteine (NAC)	250 mg	-
Tribulus terrestris	250 mg	-
MACA root	300 mg	-
Ginkgo biloba	100 mg	-
SELENIUM	50 µg	91% NRV*
MAGNESIUM	350 mg	93% NRV*
VITAMIN E	250 mg	2083% NRV*
ZINC	15 mg	150% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)





PLUSSSZ JUNIOR

PLUSSSZ JUNIOR ELECTROLYTES COMPLEX

Plusssz Junior Electrolytes Complex contains a concentration of important electrolytes (sodium, potassium, magnesium), glucose and a complex of 5 vitamins in amounts ensuring 100% of the daily Reference Intake. Recommended during hot weather, travel, sports activities, mental effort. It quenches thirst and hydrates the body.

Don't forget to drink plenty of liquids!!

Potassium helps in the proper functioning of muscles and the nervous system.

Magnesium helps in the proper functioning of the muscles and helps reduce tiredness and weariness.

Thiamin and Biotin support the proper functioning of the nervous system.

Niacin helps maintain normal psychological functions.

Vitamin B6 and B12 help reduce tiredness and weariness.

Content of active ingredients in 4 tablets:

GLUCOSE	3000 mg	—
SODIUM	580 mg	—
POTASSIUM	400 mg	20% NRV*
MAGNESIUM	240 mg	64% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
THIAMINE	1,1 mg	100% NRV*
BIOTIN	50 µg	100% NRV*
VITAMIN B12	2,5µg	100% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

**CONTENT IN 4 EFFERVESENT TABLETS

DOSAGE: 4 tablets a day

CONTENT: 20 eff. tablets

FLAVOUR: orange



PLUSSSZ JUNIOR CALCIUM COMPLEX

Wild strawberry-dewberry flavoured effervescent tablets with precisely balanced dose of Calcium and vitamin C ideal for child needs. Product contains Calcium which is essential to maintain healthy bones and teeth. Vitamin C supports the immune system. Product designed for children from 3 years of age.

Content of active ingredients in 1 tablet:

CALCIUM	200 mg	25% NRV*
VITAMIN C	80 mg	100% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

DOSAGE: 1 tablet a day

CONTENT: 20 eff. tablets

FLAVOUR: wild strawberry - dewberry



PLUSSSZ JUNIOR MULTIVITAMIN COMPLEX

Plussz Junior Multivitamin Complex with tropical flavour is a preparation intended for the most demanding group of consumers - children. The composition of the product is carefully selected to meet their needs. It contains a complex of 10 most important vitamins. Plussz Junior Multivitamin Complex contains powdered fruit juice and no added sugar.

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: tropical fruit



Content of active ingredients in 1 tablet:

VITAMIN C	60 mg	75% NRV*
NIACIN	12 mg	75% NRV*
VITAMIN E	9 mg	75% NRV*
PANTOTHENIC ACID	4,5 mg	75% NRV*
VITAMIN B6	1,05 mg	75% NRV*
FOLIC ACID	150 µg	75% NRV*
BIOTIN	37,5 µg	75% NRV*
VITAMIN B12	1,875 µg	75% NRV*
THIAMINE	0,825 mg	75% NRV*
RIBOFLAVIN	1,05 mg	75% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ JUNIOR IMMUNITY COMPLEX

Raspberry-strawberry flavoured effervescent tablets containing vitamin C, zinc and rutin that stimulate and strengthen the immune system. Product designed for children from 3 years of age. Plussz Junior Immunity Complex contains powdered fruit juice and no added sugar. Your Immune System is Your SHIELD - TAKE CARE OF IMMUNITY ALL YEAR ROUND!

Content of active ingredients in 1 tablet:

VITAMIN C	80 mg	100% NRV*
ZINC	10 mg	100% NRV*
RUTIN	15 mg	-

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: raspberry-strawberry



Plussz JUNIOR is a specially designed line of diet supplements for kids. Products contain vitamins of the highest quality of European origin and are suitable and safe for children above 3 years old. Carefully chosen dosages, attractive taste and natural ingredients make Plussz Junior the best choice among vitamin products for children.

PLUSSSZ IMMUNITY LOLLIPOPS

DOSAGE: 2 lollipops a day
 CONTENT: 50 lollipops
 FLAVOUR: fruity

2 Plussz IMMUNITY Lollipops contain:

VITAMIN C	80 mg	100% NRV*
ROSEHIP EX.	200 mg	-
RASPBERRY JUICE POWDER EX.	200 mg	-

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ MULTIVITAMIN LOLLIPOPS

DOSAGE: 2 lollipops a day
 CONTENT: 50 Lollipops
 FLAVOUR: raspberry

4 Plussz MULTIVITAMIN Lollipops contain:

VITAMIN C	80 mg	100% NRV*
NIACIN (EN)	16 mg	100% NRV*
VITAMIN E (α-ET)	12 mg	100% NRV*
PANTOTHENIC ACID	6 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
VITAMIN B2 (RIBOFLAVIN)	1,4 mg	100% NRV*
VITAMIN B1 (THIAMINE)	1,1 mg	100% NRV*
FOLIC ACID	200 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



SUGAR FREE !!



EFFERVESCENT LINE FOR ADULTS

Plussz is a professional brand and a leader of modern solutions in the category of vitamins and minerals. The Plussz line consists of wide range of products designed to fulfil various needs. Innovative double-layered effervescent tablets, unique compositions and precisely selected doses of vitamins and essential minerals are the qualities that distinguish Plussz among other products on the market.

PLUSSZ 100% ELECTROLYTES ASHWAGANDHA COMPLEX



Content of active ingredients in 3 tablets:

VITAMIN C	200 mg	250% NRV*
MAGNESIUM	187,5 mg	50% NRV*
CALCIUM	200 mg	25% NRV*
CHLORIDE	200 mg	25% NRV*
MANGANESE	0,5 mg	25% NRV*
POTASSIUM	300 mg	15% NRV*
SODIUM	600 mg	—
IODINE	150 mg	100% NRV*
ASHWAGANDHA EXTRACT	60 mg	—
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

Preparation Plussz Electrolytes Ashwagandha Complex contains a special set and concentration of all the most important electrolytes, as well as vitamin C and Ashwagandha extract, all enriched with coenzyme Q10.

In Canada, Ashwagandha root is listed as an active ingredient in approved natural health products (NHPs). The European Food Safety Authority (EFSA) allows a total of 11 health claims for ashwagandha, specifically the following general claims: antioxidant activity, adaptogenic activity, reproduction, rejuvenation, respiration, energy, mental, stress & sleep, skin, cardiovascular health, and cognitive health.

Calcium contributes to the upkeep of proper energetic metabolism.

Magnesium helps in the proper functioning of muscles and contributes to the decrease of the feeling of fatigue and exhaustion.

Potassium helps in the proper functioning of muscles and the nervous system.

A varied diet and healthy lifestyle are important to stay healthy.

DOSAGE: 4 tablets a day
 CONTENT: 24 eff. tablets
 FLAVOUR: pineapple-mango

PLUSSSZ 100% Multivitamin + ELECTROLYTES

Plussz 100% Multivitamin + Electrolytes contains 100% electro complex - a special set and concentration of all the most important electrolytes (sodium, potassium, magnesium, calcium and chlorine), glucose and a complex of 10 most important vitamins in amounts ensuring 100% of the daily Reference Intake for adults. Recommended during hot weather, travel, sports activity, mental effort, physical work, after excessive alcohol consumption, fatigue and weariness. It quenches thirst and hydrates the body.

DOSAGE: 4 tablets a day
 CONTENT: 24 eff. tablets
 FLAVOUR: pineapple-mango



Content of active ingredients in 4 tablets:

GLUCOSE	1600 mg	—
SODIUM	920 mg	—
POTASSIUM	400 mg	20% NRV*
CHLORINE	240 mg	30% NRV*
MAGNESIUM	240 mg	64% NRV*
CALCIUM	240 mg	30% NRV*
VITAMIN C	80 mg	100% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN E	12 mg	100% NRV*
PANTOTHENIC ACID	6,0 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
RIBOFLAVIN	1,4 mg	100% NRV*
THIAMIN	1,1 mg	100% NRV*
FOLIC ACID	200 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)
 **content in 4 effervescent tablets

PLUSSSZ 100% Multivitamin WOMAN COMPLEX

Plussz 100% Multivitamin WOMAN Complex is a specialist preparation containing horsetail extract and guggul root extract as well as a complex of the 10 most important vitamins providing 100% of the daily Reference Intake for adults in 1 tablet. Product contains powdered fruit juice and no added sugar.

Horsetail supports hair, skin and nails. Guggul has a positive effect on the functioning of the immune system.

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: raspberry-orange



Content of active ingredients in 1 tablet:

HORSETAIL EXTRACT	50 mg	—
GUGGUL ROOT EXTRACT	50 mg	—
ZINC	5 mg	50% NRV*
SELENIUM	27,5 µg	50% NRV*
VITAMIN C	80 mg	100% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN E	12 mg	100% NRV*
PANTOTHENIC ACID	6,0 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
RIBOFLAVIN	1,4 mg	100% NRV*
THIAMINE	1,1 mg	100% NRV*
FOLIC ACID	200 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ 100% Multivitamin MAN COMPLEX

Plussz offers vitamins that fully meet the needs of the male body resulting from physical activity stress and stimulation. Plussz Man contains vitamins and minerals enriched with coenzyme Q10 and extract of ginseng and yerba mate to facilitate coping with a hectic modern lifestyle.

Ginseng increases the body's ability to exercise, both physically and mentally. Yerba mate (Paraguay Holly) supports the body in states of fatigue.

Zinc helps in maintaining proper fertility and proper reproductive functions, and helps to maintain the proper level of testosterone in the blood.

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: dewberry-orange



Content of active ingredients in 1 tablet:

GINSENG ROOT EXTRACT	50 mg	—
YERBA MATE LEAF EXTRACT	30 mg	—
ZINC	5 mg	50% NRV*
MANGANESE	1 mg	50% NRV*
SELENIUM	27,5 µg	50% NRV*
VITAMIN C	80 mg	100% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN E	12 mg	100% NRV*
PANTOTHENIC ACID	6 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
RIBOFLAVIN	1,4 mg	100% NRV*
THIAMIN	1,1 mg	100% NRV*
FOLIC ACID	200 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ 100% Multivitamin + IRON

Plussz 100% Multivitamin + Iron is recommended for persons who are particularly vulnerable to iron deficiency, associated with blood loss or malabsorption of this element. Iron strengthens the body, prevents anaemia and helps transport oxygen in the body.

Plussz 100% Multivitamin + Iron contains powdered fruit juice and no added sugar.

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: cherry-orange



Content of active ingredients in 1 tablet:

VITAMIN C	80 mg	100% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN E	12 mg	100% NRV*
PANTOTHENIC ACID	6 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
RIBOFLAVIN	1,4 mg	100% NRV*
THIAMIN	1,1 mg	100% NRV*
FOLIC ACID	200 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
IRON	7 mg	50% NRV*
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ 100% Multivitamin + MAGNESIUM

Plussz 100% Multivitamin + Magnesium is recommended for persons who are particularly vulnerable to deficiencies of magnesium due to stress or improper diet. Magnesium strengthens the nervous system, prevents muscle spasms, and increases resistance to stress.

Plussz 100% Multivitamin + Magnesium contains powdered fruit juice and no added sugar.

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: mango-orange



Content of active ingredients in 1 tablet:

VITAMIN C	80 mg	100% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN E	12 mg	100% NRV*
PANTOTHENIC ACID	6 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
RIBOFLAVIN	1,4 mg	100% NRV*
THIAMIN	1,1 mg	100% NRV*
FOLIC ACID	200 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
MAGNESIUM	187,5 mg	50% NRV*
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ 100% Multivitamin + MINERALS

Plussz 100 % Multivitamin + Minerals is recommended during increased demand for vitamins and minerals, during intense physical and mental activity. The composition of magnesium, calcium, zinc, selenium and potassium contained in one tablet supplements deficiencies in the daily diet.

Plussz 100% Multivitamin + Minerals contains powdered fruit juice and no added sugar.

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: mango-orange



Content of active ingredients in 1 tablet:

VITAMIN C	80 mg	100% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN E	12 mg	100% NRV*
PANTOTHENIC ACID	6,0 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
RIBOFLAVIN	1,4 mg	100% NRV*
THIAMINE	1,1 mg	100% NRV*
FOLIC ACID	200 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
CALCIUM	120 mg	15% NRV*
MAGNESIUM	56,25 mg	15% NRV*
ZINC	1,5 mg	15 % NRV*
SELENIUM	8,25 µg	15% NRV*
COPPER	0,15 mg	15% NRV*
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ 100% Multivitamin + GINSENG

Plussz 100% Multivitamin + Ginseng is recommended for persons who feel general tiredness and fatigue. Ginseng increases stamina and physical endurance, helps to activate the body and slows the aging process.

Plussz 100% Multivitamin + Ginseng contains powdered fruit juice and no added sugar.

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: forest fruit



Content of active ingredients in 1 tablet:

VITAMIN C	80 mg	100% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN E	12 mg	100% NRV*
PANTOTHENIC ACID	6 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
RIBOFLAVIN	1,4 mg	100% NRV*
THIAMIN	1,1 mg	100% NRV*
FOLIC ACID	200 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
GINSENG EXTRACT	100 mg	—
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ 100% Multivitamin + POTASSIUM

Plussz Multivitamin + Potassium is recommended for persons who are particularly vulnerable to potassium deficiency, caused by improper diet or increased exercise. It prevents muscle spasms and improves their proper functioning. It helps maintain normal blood pressure and plays an important role in metabolism.

Plussz 100% Multivitamin + Potassium contains powdered fruit juice and no added sugar.

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: raspberry-dewberry



Content of active ingredients in 1 tablet:

VITAMIN C	80 mg	100% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN E	12 mg	100% NRV*
PANTOTHENIC ACID	6 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
RIBOFLAVIN	1,4 mg	100% NRV*
THIAMIN	1,1 mg	100% NRV*
FOLIC ACID	200 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
POTASSIUM	300 mg	15% NRV*
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ IMMUNITY 100% COMPLEX

Plussz Immunity 100% Complex is a preparation designed for adults. Contains 100% immuno complex - a special set of ingredients supporting immunity, including zinc, selenium, vitamin D3, C, B12, as well as elderberry and rutin. Plussz Immunity 100% Complex contains powdered fruit juice and no added sugar.

Your Immune System is Your SHIELD - TAKE CARE OF IMMUNITY ALL YEAR ROUND!

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: raspberry-elderberry



Content of active ingredients in 1 tablet:

VITAMIN C	160 mg	200% NRV*
VITAMIN D	25 µg	500% NRV*
ZINC	15 mg	150% NRV*
SELENIUM	55 µg	100% NRV*
RUTIN	25 mg	-
ELDERBERRY EXTRACT	40 mg	-
VITAMIN B12	2,5 µg	100% NRV*
COENZYME Q10	400 µg	-

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ 100% CRAMP COMPLEX

Plussz 100% Cramp Complex contains organic salts of magnesium, providing optimum assimilation of this element in the body. In addition, our product contains 300 mg of potassium which enhances an anti-cramp effect, and a complex of B vitamins, which provides 100% of the daily requirement of vitamin B1, B3, B6 and B12 ensuring better assimilation of magnesium.

Plussz 100% Cramp Complex contains powdered fruit juice and no added sugar.

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: orange-grapefruit



Content of active ingredients in 1 tablet:

MAGNESIUM	187,5 mg	50% NRV*
POTASSIUM	300 mg	15% NRV*
THIAMINE	1,1 mg	100% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ 100% MAGNESIUM FORTE + B COMPLEX

Plussz 100% Magnesium Forte + B Complex is recommended for persons who are particularly vulnerable to magnesium deficiency due to stress, increased physical and mental effort or improper diet. The dose of magnesium (375 mg) contained in one tablet supplements your diet with 100% of the body's daily requirement for this element, a high dose of vitamins of the B group also ensure its better assimilation.

Plussz 100% Magnesium Forte + B Complex contains powdered fruit juice and no added sugar.

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: orange-grapefruit



Content of active ingredients in 1 tablet:

MAGNESIUM	375 mg	100% NRV*
THIAMINE	1,1 mg	100% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ ACTIVE 100% ENERGY COMPLEX

Plussz Active 100% Energy Complex is a specialist preparation containing guarana, bacopa and yerba mate. In addition, it has caffeine, magnesium and a complex of the 10 most important vitamins providing 100% of the daily Reference Intake for adults. Recommended for people who feel tired and weary and in times of increased physical and mental effort. Ingredients accelerate and streamline the processes of memorising, concentration and perception. Yerba mate helps in reducing the feeling of physical and mental fatigue. Bacopa helps improve concentration and memory. Guarana helps in reducing fatigue. Caffeine helps improve concentration.

DOSAGE: 2 tablets a day
 CONTENT: 20 eff. tablets
 FLAVOUR: fruity



Content of active ingredients in 2 tablets:

MAGNESIUM	56,25 mg	15% NRV*
GUARANA EXTRACT	40 mg	—
BACOPA MONIERI EXTRACT	40 mg	—
YERBA MATE EXTRACT	40 mg	—
CAFFEINE	200 mg	—
VITAMIN C	80 mg	100% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN E	12 mg	100% NRV*
PANTOTHENIC ACID	6,0 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
RIBOFLAVIN	1,4 mg	100% NRV*
THIAMINE	1,1 mg	100% NRV*
FOLIC ACID	200 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ 100% MAGNESIUM CITRATE CRAMP

Plussz 100% Magnesium CITRATE Cramp is recommended for persons who are particularly vulnerable to deficiencies of magnesium due to stress or improper diet. Magnesium combined with potassium prevents muscle spasms. Magnesium citrate supplements are generally a lot more readily absorbed by the body than other forms of magnesium. As such, always choose the most bioavailable form of magnesium for the best effects and results.

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: lemon-orange



Content of active ingredients in 1 tablet:

MAGNESIUM	187,5 mg	50% NRV*
POTASSIUM	300 mg	15% NRV*
VITAMIN B6	1,4 mg	100% NRV*
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ 100% MAGNESIUM CITRATE FORTE

Plussz 100% Magnesium CITRATE FORTE is recommended for persons who are particularly vulnerable to deficiencies of magnesium due to stress or improper diet. Magnesium strengthens the nervous system, prevents muscle spasms, and increases resistance to stress. Magnesium citrate supplements are generally a lot more readily absorbed by the body than other forms of magnesium. As such, always choose the most bioavailable form of magnesium for the best effects and results.

DOSAGE: 1 tablet a day
 CONTENT: 20 eff. tablets
 FLAVOUR: orange - maracuja



Content of active ingredients in 1 tablet:

MAGNESIUM	375 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
COENZYME Q10	400 µg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

PLUSSSZ COLD & FLU

Plussz Cold & Flu is recommended during periods of reduced immunity. It supports the proper functioning of the immune system. The product is specifically formulated with powerful anti-oxidant and immune boosting properties to assist the body in fighting the symptoms of cold and flu.

DOSAGE: 1 tablet a day
 CONTENT: 10 eff. tablets
 FLAVOUR: orange-lemon



Content of active ingredients in 1 tablet:

VITAMIN C	1000 mg	1250% NRV*
NIACIN	16 mg	100% NRV*
VITAMIN E	12 mg	100% NRV*
PANTOTHENIC ACID	6 mg	100% NRV*
VITAMIN B6	1,4 mg	100% NRV*
RIBOFLAVIN	1,4 mg	100% NRV*
THIAMINE	1,1 mg	100% NRV*
FOLIC ACID	200 µg	100% NRV*
BIOTIN	50 µg	100% NRV*
VITAMIN B12	2,5 µg	100% NRV*
PELARGONIUM SIDOIDES ROOT EXTRACT	20 mg	—
SAMBUCUS NIGRA FRUIT EXTRACT	20 mg	—
RUTIN	20 mg	—
SELENIUM	55 µg	100% NRV*
ZINC	10 mg	100% NRV*
VITAMIN D	25 µg	500% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

Dr Vitt LINE

Dr Vitt as our second effervescent brand gives a fresh look and surprises with genuine flavors. Get Your tasty drink with active ingredients you require.



DR Vitt IMMUNITY LINE

Dr Vitt line delivers high dosage of vitamin C and other active ingredients that boost the immune system of Your body. For decades vitamin D, zinc, Echinacea or Sambucus have been known to help fighting cold and flu.

Dr VITT IMUN MAX is the best solution for people preferring traditional tablets to swallow.

Easy-to-swallow tablets contain Vitamin C, zinc, vitamin D and elderberry extract. Dr Vitt Imun Max is Your great ally in fight against cold and flu. Active ingredients are commonly known to strengthen the immune system.



Content of active ingredients in 1 tablet:

VITAMIN C	375mg
VITAMIN D	50 mg
ZINC	10 mg
SAMBUCUS NIGRA EX.	50 mg

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

DOSAGE: 1-2 tablets a day
CONTENT: 30 tablets



VITAMIN C	1000 mg	1250% NRV*
VITAMIN D	50 mcg	1000% NRV*
ELDERBERRY EX.50 mg		-
ZINC	10mg	100% NRV*

DOSAGE: 1 tablets a day
CONTENT: 20 eff. tablets
FLAVOUR: orange



ELECTROLYTES

HYDRATION COMPLEX DRINK

Carbonated multi-fruit beverage with mango and lemon flavor,
enriched with mineral ingredients.

Pasteurized, contains sweetener, without added sugar.

Contains naturally occurring sugars

	Masgnesium	Potassium	Chloride	Sodium
ENERGETIC VALUE		In 100 ML		In 250 ML (CAN)
ENERGY		38 kJ 9 kcal		95 kJ 23 kcal
FAT		0 g		0 g
SATURATED		0 g		0 g
CARBOHYDRATES		2,2 g		5,4 g
SUGAR		2,2 g		5,4 g
PROTEIN		0 g		0 g
SALT		0,05 g		0,125 g
POTASSIUM		120 mg (6 %**)		300 mg (15 %**)
CHLORIDE		48 mg (6 %**)		120 mg (15 %**)
MAGNESIUM		22,5 mg (6 %**)		56,25 mg (15 %**)

SPORT ACTIVITY

MENTAL EFFORT

FATIGUE

PHYSICAL LABOR

EXCESSIVE ALCOHOL CONSUMPTION

HEAT

TRAVEL

Plussz

ELECTROLYTES
HYDRATION COMPLEX DRINK

Mg K Cl

WITH FRUIT JUICES

NO SUGAR ADDED

OFFICIAL PARTNER OF
RUNMAGEDDON
2023



ACTIVE

CONCENTRATION COMPLEX DRINK

Carbonated energy multi-fruit beverage with mango and passion fruit flavor, enriched with guarana, caffeine (100 mg), magnesium, and vitamins.

Pasteurized, contains sweetener.

No added sugars. Contains naturally occurring sugars.

Not recommended for children, pregnant women, and breastfeeding mothers.

Caffeine Magnesium Guarana Vit. B Complex

ENERGETIC VALUES

	in 100 ML	in 250 ML
ENERGY	37 kJ 9 kcal	93 kJ 23 kcal
FAT	0 g	0 g
SATURATED	0 g	0 g
CARBOHYDRATES	2,1 g	5,3 g
SUGAR	2,1 g	5,3 g
PROTEIN	0 g	0 g
SALT	0 g	0 g
W VITAMIN A	48 µg (6 % ^{**})	120 µg (15 % ^{**})
THIAMINE	0,066 mg (6 % ^{**})	0,165 mg (15 % ^{**})
NINIACIN	0,96 mg (6 % ^{**})	2,4 mg (15 % ^{**})
VITAMIN B6	0,084 mg (6 % ^{**})	0,21 mg (15 % ^{**})
VITAMIN B12	0,15 µg (6 % ^{**})	0,375 µg (15 % ^{**})
MAGNESIUM	22,5 mg (6 % ^{**})	56,25 mg (15 % ^{**})

FATIGUE

ACTIVE
CONCENTRATION COMPLEX DRINK

- GUARANA
- VITAMINS B COMPLEX
- CAFFEINE
- MAGNESIUM

WITH FRUIT JUICES

NO SUGAR ADDED

OFFICIAL PARTNER OF
RUNMAGEDDON
2023

MENTAL EFFORT



VERBASCON

Verbascon is innovative product line developed to effectively combat cold and flu. The complementary range of products is based on natural ingredients including extracts from common mullein and African geranium which have proven antiviral, antibacterial, anti-inflammatory, immunostimulant and antioxidant effect. A carefully selected set of ingredients helps to alleviate symptoms and speed up the recovery process.



VERBASCON KIDS

DOSAGE: 1 or 2 sachets CONTENT: 10 sachets FLAVOUR: raspberry
per day

Verbascon Kids is specially developed formulation that is safe for kids. Verbascon formula is a unique combination of plant extracts enriched with active substances like zinc and vitamin C. Composition is based on action of natural ingredients such as elderberry, mullein and echinacea, which help to mitigate problems with respiratory system such as cough and throat irritations.

Content of active ingredients in 1 sachet:

COMMON VERBENA HERB EXTRACT (VERBENA OFFICINALIS L.)	30 mg	—
ELDERBERRY FLOWER EXTRACT (SAMBUCUS NIGRA L.)	20 mg	—
GREAT MULLEIN FLOWER EXTRACT (VERBASCUM THAPSUS L.)	20 mg	—
ECHINACEA PURPUREA HERB EXTRACT (ECHINACEA PURPUREA L.)	20 mg	—
VITAMIN C	40 mg	50% NRV*
ZINC	5 mg	50% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



VERBASCON

DOSAGE: 2 sachets per day CONTENT: 10 sachets FLAVOUR: raspberry

Verbascon is your ally in the fight against colds, flu and coughs. Verbascon formula is the unique combination of plant extracts enriched with active substances like selenium, zinc and vitamin C. Composition is based on an action of natural ingredients such as elderberry, mullein and verbena, which help to mitigate problems with the respiratory system such as coughs and throat irritations.

Content of active ingredients in 1 sachet:

COMMON VERBENA EXTRACT (VERBENA OFFICINALIS L.)	60 mg	—
ECHINACEA PURPUREA HERB EXTRACT (ECHINACEA PURPUREA L.)	20 mg	—
ELDERBERRY FLOWER EXTRACT (SAMBUCUS NIGRA L.)	20 mg	—
GREAT MULLEIN FLOWER EX (VERBASCUM THAPSUS L.)	20 mg	—
VITAMIN C	250 mg	312,5% NRV*
ZINC	5 mg	50% NRV*
SELENIUM	27,5µg	50% NRV*
RUTIN	12,5 mg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



VERBASCON RHINITIS

CONTENT: 20 ml

Verbascon Rhinitis Nasal spray is an isotonic solution of sea salt with the addition of natural and safe ingredients such as hyaluronic acid, D-panthenol and essential oils, intended for the treatment of dry nose and rhinitis. Spray cleans the nasal mucosa and cares of its adequate moisture, soothes irritations associated with inflammation and swelling in the nose.

SEA SALT

HYALURONIC ACID

D-PANTHENOL

EUCALYPTUS ESSENTIAL OIL

MINTS ESSENTIAL OIL



VERBASCON SINUS

DOSAGE: 2 tablets a day

CONTENT: 30 tablets

Your ally in combat against problems with sinusitis that also helps to relieve upper respiratory tract problems. Verbascon contains a unique Sinuplant complex composed of effectively acting plant extracts.

Content of active ingredients in 1 tablet:

EXTRACT FROM HERB OF ANDROGRAPHIS PANICULATA	20 mg
SINUPLANT COMPLEX:	
COMMON MULLEIN FLOWER EXTRACT	40 mg
ELDERBERRY FLOWER EXTRACT	40 mg
COMMON VERBENA HERB EXTRACT	60 mg
ECHINACEA PURPUREA HERB EXTRACT	20 mg
COMMON COWSLIP FLOWER EXTRACT	20 mg



VERBASCON THROAT MED

DOSAGE: up to 5 lozenges a day

CONTENT: 24 tablets

FLAVOUR: orange-grapefruit

Verbascon throat is a medical device in form of orange-grapefruit flavored candy lozenges. The composition is based on the action of natural origin ingredients, such as propolis extract, marshmallow extract, mint and eucalyptus oil + menthol, which brings relief in case of irritation of a throat and larynx.

Content of active ingredients in 1 lozenge:

PROPOLIS EXTRACT	33 mg	—
MARSHMALLOW EXTRACT (Althea officinalis)	35 mg	—
PEPPERMINT OIL (Mentha arvensis)	2,5 mg	—
EUCALYPTUS OIL	3 mg	—
MENTHOL	3,5 mg	—



EMS LOZENGES SALT/ EMS LOZENGES ORANGE

DOSAGE: up to 5 chewable tab.

CONTENT: 12 chewable tab.

FLAVOUR: salt/orange

MEDICAL DEVICE CLASS 1

Ems tablets contain combination of cations and anions and a balanced pH. Our product soothes symptoms connected with dry throat and pain accompanying these problems.

Content of active ingredients in 1 chewable tablet

CATIONS:

MG ⁺⁺	0,31 mg
K ⁺	1,3 mg
NA ⁺	45 mg

ANIONS:

SO ₄ ⁻	1,22 mg
HCO ₃ ⁻	67 mg
HPO ₄ ⁻	0,06 mg
CL ⁻	30,0 mg





BOBOLEN

Bobolen is a line of products designed specifically for infants and toddlers needs. The ingredients are of the highest quality and purity. Vitamins contained in products are exclusive of European origin and from the most reputable suppliers. Twist capsules allow the convenient serving of the preparation even to the youngest children.

BOBOLEN MARSHMALLOW SYRUP

DOSAGE: 1 teaspoon (3-5 ml) CONTENT: 115 ml FLAVOUR: raspberry
4 times a day

Bobolen Cough syrup is a medical device containing glycerol and marshmallow extract, recommended for use in dry irritant cough, sore throat, irritation and dryness of the throat mucous membranes, and hoarseness caused by excessive load on the vocal cords. Bobolen dry cough syrup is created for children over 1 year of age and adults.
No added: sugar, dyes, flavors.

GLYCEROL

MARSHMALLOW ROOT EXTRACT DER 3-4:1 (0,55% m/m)



BOBOLEN ICELANDIC MOSS SYRUP

DOSAGE: 1 teaspoon (5 ml) CONTENT: 120 ml FLAVOUR: raspberry
1 to 2 times a day

Bobolen Cough syrup is a medical device containing Icelandic moss extract, recommended for use in dry irritant cough, sore throat, irritation and dryness of the throat mucous membranes, and hoarseness caused by excessive load on the vocal cords.

ICELANDIC MOSS EXTRACT

ZINC

RASPBERRY JUICE





DAILY SUPPLEMENTATION

VITAMIN D3 2000/ 5000

DOSAGE: 1 tablet a day

SUNDOVIT D3 is dietary supplement in form of easy-to-swallow tablets containing high dose of Vitamin D3. Vitamin D3 supplementation is recommended in case of its deficiency, weakened immunity, osteoporosis and malabsorption of calcium and phosphorus, especially during winter months.

Content of active ingredients in 1 tablet:

VITAMIN D3	50 mcg - 2000 IU
	125 mcg - 5000 IU

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



SUNDOVIT VITAMIN D3 2000 IU

DOSAGE: 1 capsule a day CONTENT: 60 soft capsules

Sundovit D3 2000 is a dietary supplement in form of soft gel capsules containing high dose of Vitamin D3. Supplementation is recommended in case of vitamin D3 deficiency, weakened immunity, osteoporosis and malabsorption of calcium and phosphorus. Product especially recommended during winter and autumn months.

Content of active ingredients in 1 capsule

VITAMIN D3	50 mcg - 2000 I.U.	1000% NRV*
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*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



SUNDOVIT Mg+B6+D3+K2

DOSAGE: 1 tablet a day CONTENT: 30 tablets

Sundovit Mg+B6+D3+K is a complex product containing magnesium, vitamin B6, D3 and K. That active ingredients help to maintain healthy bones and teeth. They supports proper functioning of muscles and the immune system. Vitamin D3 play s very important role in the process of cell division.

Vitamin K maintains healthy bones and helps blood to congeal.

Magnesium helps to fight fatigue and exhaustion, vitamin B6 supports the nervous system.

Content of active ingredients in 1 tablet:

MAGNESIUM	150 mg	40% NRV*
VITAMIN D	50 mg	1000 % NRV*
VITAMIN K (MK-7)	11,25 mg	15 % NRV*
VITAMIN B6	1,4 mg	100 % NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



VITAMIN D3 + K2

DOSAGE: 1 tablet a day CONTENT: 30 tablets

SUNDOVIT D3 + K2 is dietary supplement in form of easy-to-swallow tablets containing high dose of Vitamin D3 and Vitamin K2. Vitamin D3 supplementation is recommended in case of its deficiency, weakened immunity, osteoporosis and malabsorption of calcium and phosphorus. Product especially recommended during winter and autumn months. Vitamin K helps to maintain healthy bones and contributes to proper blood coagulation.

Content of active ingredients in 1 tablet:

VITAMIN K2 - MK7	75 mcg	100% NRV*
VITAMIN D3	50 mcg - 2000 I.U.	1000% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



SOLBABY AROMA PATCHES

CONTENT: 5 patches

Adhesive aroma patches containing a special composition of essential oils. Unique layered construction provides slow release of soothing scent up to 8 hours.

Patches are soaked with following oils:

- eukalyptus oil
- pepper mint oil
- pine oil
- lemon oil
- orange oil
- rosemary oil
- anise oil
- clove oil



ACETYLCYSTEINE EFF. TABLETS

-acetylcysteine (NAC) is a stable form of the non-essential amino acid cysteine. It is an amino acid that contains sulfur aiding in the production of glutathione. Glutathione is a potent antioxidant that scavenges free radicals.

DOSAGE: ½ tablet in 100 ml of cold water
CONTENT: 10 eff. tablets
FLAVOUR: cherry

Content of active ingredients in a recommended daily intake- ½ tablet (% of NRV):

N-ACETYL-L-CYSTEINE	300 mg	—
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FINSLA - JELLY PASTILLES

Composition of FINSLA is based on ingredients of natural origin, such as Iceland moss, marshmallow and small-leaved mullein. Iceland moss extract has a protective and coating effect on the mucous membranes of the respiratory tract by reducing cough reflexes.

Ingredients of Finsla help to restore the mucous membrane's original protective function, alleviate the symptoms of dry throat, hoarseness and dry cough, improve the voice emission, especially by people straining the vocal cords (singers, lecturers, teachers and lecturers), and alleviate irritation caused by breathing dry air (e.g. in heated and air-conditioned rooms).

DOSAGE: 1 tablet 1-4 times a day
CONTENT: 24 pastilles
FLAVOUR: black currant

Content of active ingredients in 1 pastille:

ICELAND MOSS EXTRACT (CATERIA ISLANDICA)	25 mg
MARSHMALLOW EXTRACT (ALTHAE OFFICINALIS)	305 mg
SMALL-LEAVED MULLEIN EXTRACT (VERBASCUM THAPSUS)	10 mg
HYALURONIC ACID	1 mg



MAGNESIUM + B6 STRESS FREE

DOSAGE: 2 tablets a day CONTENT: 60 tablets

Magnesium Stress Free is especially recommended for those who feel fatigue, irritability, and in periods of intense intellectual work. Magnesium strengthens the nervous system, fights stress, improves concentration and mood. Magnesium Stress Free alleviates the feeling of fatigue and improves sleep rhythms.

Content of active ingredients in 2 tablets:

MAGNESIUM	112,5 mg*	30% NRV*
VITAMIN B6	2,8 mg*	200% NRV*
EXTRACT FROM HERB OF LEMON BALM	120 mg*	-

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



MAGNESIUM + B6 CRAMP FREE

DOSAGE: 5 tablets a day CONTENT: 60 tablets

Magnesium Cramp Free is recommended for persons with increased demand for magnesium and potassium, especially in states of deficiency of these elements in the body, with accompanying symptoms of fatigue and irritability during periods of intense work, and physical training. Magnesium Cramp Free affects the maintenance of regular blood pressure and the body's electrolyte balance, supports the cardiac system and prevents muscle spasms.

Content of active ingredients in 5 tablets:

MAGNESIUM	140,6 mg*	37,5% NRV*
VITAMIN B6	1,4 mg *	100% NRV*
POTASSIUM	300 mg*	15% NRV*

*content in 5 tablets

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



MAGNESIUM + B6 FORTE

DOSAGE: 2 tablets a day CONTENT: 30/60 tablets

Magnesium FORTE is recommended for persons having deficiencies of magnesium due to stress or improper diet. Magnesium strengthens the nervous system, prevents muscle cramps and weakness, vitamin B6 ensure its better assimilability of magnesium.

Content of active ingredients in 2 tablets:

MAGNESIUM	187 mg	50% NRV*
VITAMIN B6	0,7 mg	50% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



MAGNESIUM + B6

DOSAGE: 1 tablet a day CONTENT: 30/60 tablets

Magnesium + Vitamin B6 is recommended for persons who have deficiencies of magnesium due to stress or improper diet. It strengthens the nervous system, prevents muscle cramps and supports the nervous system.

Content of active ingredients in 1 tablet:

MAGNESIUM	56,25 mg	15% NRV*
VITAMIN B6	1,4 mg	100% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



MAGNESIUM CARDIO

DOSAGE: 2 tablets a day CONTENT: 60 tablets

Magnesium Cardio is recommended for people with magnesium deficiency and elevated levels of LDL cholesterol. Magnesium strengthens the nervous system, exerts a protective effect on heart muscle, preventing it from ischemia and hypoxia. The Vitis Vinifera extract contains polyphenols which improve blood flow and inhibit oxidation of LDL-cholesterol particles.

Content of active ingredients in 2 tablets:

MAGNESIUM	90 mg	24% NRV*
VITAMIN B6	1 mg	71% NRV*
RUTINOSIDE (POLYPHENOL)	100 mg	-

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



MAGNESIUM + B6 ANTI-FATIGUE

DOSAGE: 3 tablets a day CONTENT: 60 tablets

Magnesium Anti-Fatigue is especially recommended for people feeling tired and exhausted. Magnesium helps to reduce the feeling of fatigue and contributes to maintain proper energy metabolism. It helps in the proper functioning of the nervous system. Yerba Mate contributes to physical endurance and mental fatigue, due to its stimulating and toning properties. Ginseng helps to maintain intellectual and physical performance in cases of weakness, exhaustion, fatigue and reduced concentration.

Content of active ingredients in 3 tablets:

MAGNESIUM	168,mg	45% NRV**
VITAMIN B6	4,2 mg	300% NRV**
YERBA MATE EXTRACT	105 mg	—
KOREAN GINSENG EXTRACT	52 mg	—

**NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



MEDISTAV REBUILD

DOSAGE: 1 sachet a day CONTENT: 30 sachets FLAVOUR: blackcurrant

Medistav Rebuild is a special formula designed for people at risk of overloading the joints and wanting to strengthen the muscles, bones and joints. The formulation has been developed together with the people who practise sports and experts in the field of pharmacology and arthopaedics.

Content of active ingredients in 1 sachet:

BOSWELLIA SERRATA EXTRACT CONTAINING BOSWELLIC ACIDS	300 mg	—
AQUAMIN (FROM CALCAREOUS ALGAE LITHOTHAMNION SP.) INCLUDING CALCIUM	400 mg	—
HYDROLYZED COLLAGEN	120 mg	15% NRV*
HYALURONIC ACID	1000 mg	—
VITAMIN C	2 mg	—
VITAMIN D3	80 mg	100% NRV*
ZINC	5 mcg	100% NRV*
MANGANESE	10 mg	100% NRV*
	2 mg	100% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



REUMIN

DOSAGE: 1 tablet a day CONTENT: 20 tablets FLAVOUR: orange

One tablet of Reumin contains a high dose of glucosamine, chondroitin, manganese, collagen, nettle leaf extract and vitamin C. Glucosamine is commonly used as a dietary supplement to treat joint disorders like osteoarthritis.

Product is recommended to supplement the diet with manganese, which helps in proper creation of connective tissue and supports the maintenance of healthy bones and Vitamin C which supports collagen synthesis and proper functioning of cartilages.

Content of active ingredients in 1 tablet:

GLUCOSAMINE SULPHATE	1350 mg	—
CHONDROITIN SULPHATE	10 mg	—
NETTLE LEAF EXTRACT (URTICA DIOICA L.)	10 mg	—
COLLAGEN	10 mg	—
VITAMIN C	12 mg	15% NRV*
MANGANESE	1 mg	50% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



TRAVELOK!

DOSAGE: 1 tablet a day CONTENT: 30 tablets

TravelOK! is a dietary supplement in form of small tablets for people who feel discomfort when travelling regardless of the means of transport. TravelOK! contains ginger (Zingiber officinale Roscoe) which reduces discomfort (vomiting, dizziness) during travel by car, plane or boat.

Content of active ingredients in 1 tablet:

GINGER EXTRACT	150 mg
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SYLIMARIN

DOSAGE: 1/2 tablets a day CONTENT: 30 tablets

Sylimarin is a dietary supplement for people suffering from digestive discomfort. It helps in proper functioning of the liver and maintenance of physiological cleansing functions. Silymarin has a protective impact and facilitates regeneration of liver cells.

Content of active ingredients in 1 tablet:

MILK THISTLE EXTRACT	100 mg
INCLUDING SYLIMARIN	70 mg



GASTRIMAX

DOSAGE: up to 3 tablets a day, when needed CONTENT: 12 chews FLAVOUR: mint

Gastrimax mint lozenges alleviate symptoms associated with hyperacidity such as heartburn, indigestion, nausea, a feeling of fullness or heaviness in the stomach. Calcium and magnesium contained in the product quickly neutralise hydrochloric acid in the stomach. Inulin, a natural prebiotic, supports the proper functioning of the digestive system.

Content of active ingredients in 1 chew:

CALCIUM	300 mg	37,5% NRV*
MAGNESIUM	60 mg	16% NRV*
INULIN	100 mg	—

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



CLIMESTON

DOSAGE: 1 tablet a day CONTENT: 30 film-coated tablets

Climeston is a dietary supplement containing red clover extract and osteo complex which help women to cope with symptoms of menopause, maintain healthy bones and help in proper functioning of digestive enzymes.

Content of active ingredients in 1 tablet:

EXTRACT FROM LEAVES AND FLOWERS OF RED CLOVER (TRIFOLIUM PRATENSE L.)	200 mg	—
INCLUDING ISOFLAVONES	80 mg	—
VITAMIN K2 - MK-7	7,5 µg	50% NRV*
VITAMIN D3	50 µg	1000% NRV*
CALCIUM	120 mg	15% NRV*

*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)



ACTIFEROL-BIOABSORBABLE IRON

Actiferol is a unique line of Iron products with unique technology of micronized and dispersible ferric pyrophosphate which shows good tolerance and high efficiency – 2 x higher bioabsorption without side effects. Actiferol is not released in the stomach, it is slowly released into the duodenum, which assures high assimilation. Product comes in form of white powder, which does not change the taste of the drink and meal and does not color the teeth. Actiferol comes in 4 different dosages.

Actiferol START for newborns, infants and adults:

- born prematurely
- of low birth weight
- with a physiological anemia

1 SACHET CONTENT:

BIOABSORBABLE IRON	7 mg
VITAMIN B6	25 mg
VITAMIN C	20 mg
COMPLEX OF FOLIATES:	
FOLIC ACID	100 µg
ACTIVE FOLATE	100 µg








Actiferol: 15mg and 30 mg for newborns infants and adults:

- to ensure the right supply of iron,
- to support hematopoietic processes,
- in states of iron deficiency and anemia

1 SACHET/CAPSULE CONTENT:

BIOABSORBABLE IRON	15 mg, 30 mg, 60mg
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	Actiferol Fe START	Actiferol Fe 15 mg	Actiferol Fe 30 mg sachet	Actiferol Fe 30 mg capsules	Actiferol Fe Forte
					
CONTENT OF ACTIVE INGREDIENTS	In 1 sachet: IRON: 7 mg VITAMIN B6: 1,4 mg VITAMIN B12: 2,5 µg VITAMIN C: 20 mg FOLIC ACID : • 100 µg folic acid • 100 µg active folate	IRON: 15 mg in 1 sachet	IRON: 30 mg in 1 sachet	IRON: 30 mg in 1 capsule	In 1 capsule: IRON: 30 mg FOLIC ACID: 200 µg: • 100 µg folic acid • 100 µg active folate
RECOMMENDED DAILY INTAKE	1 sachet	1 sachet	1 sachet	1 capsule	1 capsule
FOR WHOM ?	for infants, children and adults	for infants, children and adults	for pregnant women	for pregnant women	for pregnant women
PACKAGING	30 sachets	30 sachets	30 sachets	30 capsules	60 capsules

omegamed[®]
Your conscious choice

ACCORDING TO PEDIATRICIANS
THE MOST EFFECTIVE
PREPARATIONS TO STRENGTHEN
CHILDREN IMMUNITY

DHA from SEA ALGAE
in different forms
suitable for You and Your family

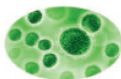


OMEGAMED

DHA contained in Omeamed is directly extracted from marine algae *Schizochytrium sp.*, which are the primary and safe source of DHA. This results in a better taste, smell and also higher efficacy and excellent tolerance.

Pure Algae *Schizochytrium sp.* are cultured under controlled conditions outside the contaminated marine areas. This ensures no contact with potentially dangerous pollutants which occur in the environment, such as: dioxins, methyl mercury, polychlorinated biphenyls (PCBs).

Ideal High efficacy and safety of DHA are confirmed by clinical trials and long tradition of its use.



Marine algae - the primary source of DHA cultured under controlled conditions, outside of polluted water areas.



Algae oil extracted in technological process, source of DHA

omegamed[®]
Tęń Szwalcowny Wybor

Natural, pure, ideal DHA

OMEGAMED OPTIMA START FOR WOMEN PLANNING PREGNANCY

DOSAGE: 1 capsule a day CONTENT: 30 capsules

Omegamed® Optima START is especially for women planning pregnancy and in the first months of pregnancy. Designed in partnership with specialists, Omegamed® Optima START provides your daily dose of ingredients vital for the proper development of brain and eyes in foetus and breastfed infants.

Content of active ingredients in 1 capsule:

DHA	200 mg
VITAMIN D	2000 IU
IODINE	200 µg
FOLATE:	
FOLIC ACID	400 µg
ACTIFILON	400 µg



OMEGAMED OPTIMA FOR PREGNANT WOMEN

DOSAGE: 1 capsule a day (OPTIMA capsule) CONTENT: 30 capsules
1 capsule a day (DHA capsule)

Omegamed® Optima for women planning pregnancy and in the first months of pregnancy. Designed in partnership with specialists, Omegamed® Optima provides your daily dose of ingredients vital for the proper development of brain and eyes in foetus and breastfed infants.

Content of active ingredients in 1 capsule:

DHA	200 mg
VITAMIN D	2000 IU
IODINE	200 µg
FOLATE:	
FOLIC ACID	400 µg
ACTIFILON	400 µg
IRON	30 mg



OMEGAMED OPTIMA FORTE FOR PREGNANT WOMEN

DOSAGE: 1 capsule a day (OPTIMA capsule) CONTENT: 60 capsules
3 capsules a day (DHA capsule)

Omegamed® Optima Forte is a preparation designed specially for pregnant women. The optimal content was prepared with the participation of specialists and ensures a daily portion of ingredients which are important for the development of the brain and eyes in foetuses and breastfed infants*.

Content of active ingredients in 3 capsules:

DHA	600 mg
VITAMIN D	2000 IU
IODINE	200 µg
FOLATE:	
FOLIC ACID	400 µg
ACTIFILON	400 µg
IRON	30 mg



OMEGAMED PREGNA

DOSAGE: 1 capsule a day CONTENT: 60 capsules

Omegamed® Pregna gives a daily portion of DHA (docosahexaenoic acid) for pregnant women and breastfeeding mothers. DHA, the best from Omega-3, supports the proper development of brain, eyes and nervous system in foetus and breastfed infants*.

Content of active ingredients in 1 capsule:

DHA	200 mg
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OMEGAMED BABY +D 0+/6M+

DOSAGE: 1 capsule a day CONTENT: 30 or 60 capsules

Omegamed® Baby+D provides the daily portion of DHA (docosahexaenoic acid from Omega-3 group) and vitamin D accordingly to current expert recommendations.

Omegamed® Baby+D contains unique form of DHA from algae (Life's DHA®).

DHA contained in products Omegamed®:

- marine-based formula derived from sustainably sourced microalgae to deliver a beneficial amount of DHA in small capsules. This means better taste and smell as well as good absorption and tolerance.

- is clean. The algae is planted in controlled conditions, away from marine tanks.

It means no risk of contact with potentially dangerous pollution which may appear in the natural environment, such as dioxin, methylated mercury, polychlorinated biphenyls (PCB).

- is perfect. The effectiveness and safety are confirmed by research* and a long history of use. It means that it has been checked and perfectly adjusted to needs of the most demanding and sensitive to insufficiency of this ingredient consumers.

Content of active ingredients in 1 capsule BABY+D 0m+

DHA	150 mg
VITAMIN D3	10 µg

Content of active ingredients in 1 capsule BABY+D 6m+





DHA	150 mg
VITAMIN D3	15 µg



OMEGAMED IMMUNITY

OMEGAMED IMMUNITY is a series of products supporting children immunity in different forms: syrup, chewable capsules and chewable jelly pastilles.



SYRUP	JELLY	SYRUP	SYRUP																												
IN A BOTTLE	PASTILLES	IN SACHETS	IN CHEWING CAPSULES																												
																															
<table border="0"> <tr><td>DHA</td><td>100 mg</td></tr> <tr><td>VITAMIN D</td><td>600 IU</td></tr> <tr><td>VITAMIN C</td><td>23 mg</td></tr> <tr><td>HONEY</td><td>5g - 75%</td></tr> </table>	DHA	100 mg	VITAMIN D	600 IU	VITAMIN C	23 mg	HONEY	5g - 75%	<table border="0"> <tr><td>DHA</td><td>100 mg</td></tr> <tr><td>VITAMIN D</td><td>600 IU</td></tr> </table>	DHA	100 mg	VITAMIN D	600 IU	<table border="0"> <tr><td>DHA</td><td>130 mg</td></tr> <tr><td>VITAMIN D</td><td>1200 IU</td></tr> <tr><td>VITAMIN C</td><td>23 mg</td></tr> <tr><td>HONEY</td><td>5g - 75%</td></tr> </table>	DHA	130 mg	VITAMIN D	1200 IU	VITAMIN C	23 mg	HONEY	5g - 75%	<table border="0"> <tr><td>DHA</td><td>100 mg</td></tr> <tr><td>VITAMIN D</td><td>600 IU</td></tr> <tr><td>VITAMIN C</td><td>20 mg</td></tr> <tr><td>ZINC</td><td>10 mg</td></tr> </table>	DHA	100 mg	VITAMIN D	600 IU	VITAMIN C	20 mg	ZINC	10 mg
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ZINC	10 mg																														
over 3 year of age	over 3 year of age	over 3 year of age	over 5 year of age																												
5 ml (1 teaspoon) a day	1 jelly pastille a day	1 sachet a day	1 capsule a day																												

Did You know that about POLAND ?

30% of the country's land is covered by forests

Poland has **the oldest constitution** in Europe and is also the second oldest country to have a constitution formed (after the USA constitution)

Poland is the **biggest exporter of Amber** in the world

Poland is home to the world's oldest restaurant. Piwnica Swidnicka is a popular **restaurant** among the tourists in Wroclaw, which has been **open since 1275**.

Polish are among the most educated people in Europe. 90% of them complete secondary school and 50% have a degree.

Nicolaus Copernicus, the first person to state the theory that the Earth was not the centre of the universe is one of the famous among the Polish. **Hevelius** is also a Polish astronomer, who created first maps of the Moon.

Frédéric Chopin (Fryderyk Szopen), is Poland's most famous composer.

Poland is home to the **world's biggest castle**

The Castle of the Teutonic Order in Malbork is the largest castle in the world by land area. Originally built in the 13th century as a Teutonic castle and fortress, it's also a UNESCO World Heritage Site. Speaking of which, Poland is home to a remarkable 15 UNESCO World Heritage Sites!

Poland has one of the **world's oldest salt mines**

Have you ever been inside a salt mine? When you visit Poland with Trafalgar, we'll take you to see the 800-year-old Wieliczka Salt Mine, one of the oldest in the world. It's famed as the Underground Salt Cathedral of Poland and you'll see chambers, sculptures, salt chandeliers, and an entire chapel carved from rock salt when you venture 135 metres (440 feet) below the ground with your guide.

Europe's heaviest animals live in Poland

The endangered European bison, or the wisent, is the heaviest land animal in Europe, weighing over 600kg on average. They can be found roaming on the 150,000 hectares of the Białowieża Primeval Forest in Poland – the last primaeval forest in Europe, that once sprawled across the continent thousands of years ago.

University is free in Poland

Higher education in Poland is free for Polish citizens. International students usually have to pay a very low tuition to study in Poland. The oldest university in Poland - The Jagiellonian University - was founded by King Casimir III in 1364.





The background of the image is a white wooden surface with a visible grain. Several bright green leaves are scattered around the edges, with their veins clearly visible. The leaves are positioned in the top-left, top-right, and bottom-right corners, framing the central white space.

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