



ACTUALIZACIÓN  
2022

# INTERACTIVE CATALOG NUTRITION

(WITHOUT PRICES)



**emprendere**

DISTRIBUIDOR INDEPENDIENTE



Emprendere is a family business with more than 25 years of experience in the empowerment of women and men seeking a comprehensive solution to their economic and family health through multi-development in Omnilife and Seytu.

Creators of processes and tools focused on the development and individual success of all those who are part of our team.

**emp**rendere

# SUGGESTIONS


These suggestions of use can guarantee the maximum use of this tool that with a lot of dedication we have created for you. We hope you find it very useful.



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Activate the automatic screen rotation so you can view a full page and to take advantage of the interaction

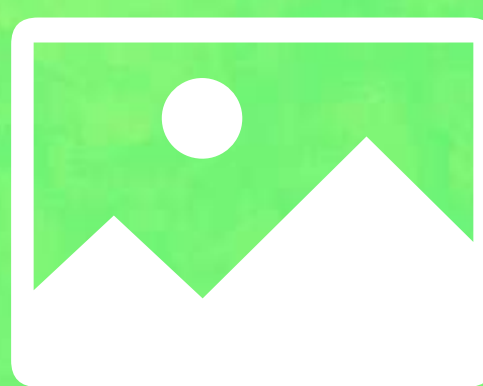
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# NUTRITION PRODUCTS

**S**election, balance, variety, prevention. Nutrition is one of the pillars of health.

"From the moment we are born, we need three things to live: oxygen, water and food". Food "are fuels" that serve us to repair the organism".

Food is "an integral part of a healthy lifestyle. The diet has to be "balanced, varied and sufficient", but it is useless to "eat well" and forget the importance of rest, emotional balance, physical

exercise, not taking drugs, etc."

Omnilife created supplements formulated with proteins, amino acids, vitamins, minerals, antioxidants, herbal and fruit extracts, among other nutrients, using cutting-edge technology, these products are specified below.



# ALOE PIÑA

*Focusing System:* **DIGESTIVE**

## INGREDIENTS::

**ALOE VERA EXTRACT:** The plant contains vitamins A and B, fatty acids (oleic and linoleic). It has a proven potent anti-inflammatory capacity at the cellular level and is a regulator of the immune system. It protects the digestive system and can help chemotherapy patients.

With vitamins C and E as well as Beta-carotene which are powerful antioxidants and regenerators of cellular structures.

## RECOMMENDED TO:

Help with digestive problems, detoxification, de-inflammation, immune system strengthening, kidney and gallbladder cleansing. People who consume many medications or chemotherapy patients.

# AQTÚA SUPREME

Focusing System: *CIRCULATORY*

## INGREDIENTS:

**COENZYME Q10:** A molecule that begins to fade after the age of 25 and that is why supplementation is necessary. It helps to slow down aging, strengthens the immune system and may reduce the risk of death from heart failure. It can help regulate blood pressure and helps those who suffer from fatty liver. It converts fat into energy and supports high-performance athletes.

**L-CARNITINE:** helps metabolize fats deposited in the liver.

**MAGNESIUM:** important mineral in the proper functioning of the heart muscle.

## RECOMMENDED TO:

**Help control high blood pressure, heart failure problems, chronic fatigue, fatty liver and to strengthen the immune system. It is recommended for athletes for a better recovery.**







# CAFETINO DE OLLA

*Focusing System: WEIGHT MANAGEMENT*

## INGREDIENTS:

**COFFEE BLENDS AND CHROMIUM:** Chromium is an essential mineral required by the human body for the metabolism of carbohydrates and fat.

Chromium helps regulate blood sugar levels, so it is a recommended drink not only for people seeking to lose weight, but also for those who have diabetes problems. It does not cause acidity or reflux in people who suffer from it.

## RECOMMENDED TO:

Contribute the burning of body fat and help regulate blood sugar levels.



# CAFEZZINO PLUS

Focusing System: *WEIGHT MANAGEMENT*

## INGREDIENTS:

These coffee beans contain chlorogenic acid, an important antioxidant that helps metabolize fats, especially abdominal fats.

**AGAVE INULIN:** helps control blood pressure, is recommended to prevent colon and stomach cancer and is useful in weight control.

**CHROMIUM POLYNICOTINATE:** important in metabolizing fats and carbohydrates, supports insulin action and stimulates the synthesis

of fatty acids and cholesterol. Sweetened with stevia.

## RECOMMENDED TO:

Help with weight control and fat loss. For those who want to regulate their sugar levels. Contains fibers that avoid stomach irritation.



# EGO 10

*Focusing System:* **ENERGY**

## INGREDIENTS:

**TAURINE:** acts as a neurotransmitter and promotes the alertness of the body.

**RIBOSE:** is a simple sugar present in all living cells, it has a positive effect on cardiovascular health, sports performance, fibromyalgia, chronic fatigue syndrome, etc.

**B COMPLEX VITAMINS:** vitamin B1, B2, B3, B5, B7, B9 and B12. They play an important role in maintaining the best conditions. Each one fulfills a different

function, but all of them help our body to function properly, since they help us to convert food into enough energy to carry out our daily activities.

## RECOMMENDED TO:

**Provide 6 to 8 hours of continuous energy. The elimination of fatigue and improve mood significantly. Its combination of nutrients makes it an excellent ally in stress management.**



# EGO FRUTAS

*Focusing System: DIGESTIVE*

## INGREDIENTS:

**REGALIZ EXTRACT:** herbaceous plant with antioxidant properties. This ingredient can be used by the liver for its proper functioning, helps to relieve dyspepsia or poor digestion.

**VITAMIN B12 (Cobalamin):** stimulates the production of red blood cells, supports the transmission of cellular information and nerve impulses.

**GLYCINE:** important amino acid for brain function, contributes to improve memory, concentration and learning.

## RECOMMENDED TO:

Be used as an excellent digestive, because it accelerates the metabolism of fats and alcohols, so it helps to eliminate the annoying feeling of heaviness that follows a good meal. It is a powerful protector of the liver, reduces liver fibrosis by fatty liver or excess alcohol. The flavor of Ego Frutas is berries.

# EGO LIFE SUPREME

Focusing System: *HYDRATION*

## INGREDIENTS:

**ELECTROLYTES** (potassium and sodium): help the recovery of mineral losses caused by dehydration (exercise, diarrhea, vomiting or exposure to extreme heat). The electrolytes prevent cramps and regulate heart rate.

**VITAMIN B COMPLEX:** help to produce energy in each cell and improves muscle recovery.

## RECOMMENDED TO:

Significantly improve performance during high physical performance sports activities. Athletes, people who work in very hot conditions or activities exposed to the sun.

Supports the recovery of people with strong diarrhea or vomiting and dehydration due to very strong fevers.





# EGO PLANT

*Focusing System:* **KIDNEYS**

## INGREDIENTS:

**HERNIARIA:** herb that helps prevent kidney disorders, bladder, and liver cirrhosis problems.

**EQUISETUM (horsetail):** herb with excellent diuretic properties. Helps to reduce excess uric acid. Helps prevent fluid retention and improvement of uric acid gout.

**LESPEDEZA:** herb that contains flavonoids that stimulate the kidneys and lowers uremia rates in the blood.

It is used in cases of nephritis.

**ORTHOSIFON:** Herb that is used as a helper in the treatment of bacterial infections in the urinary tract and improves renal flow.

## RECOMMENDED TO:

Strengthening, purifying and improving kidney functions. To eliminate kidney stones and reduce inflammation. High levels of uric acid, high blood pressure, heart failure, chronic fatigue, fatty liver and immune system.

# ESTOP PLUS

Focusing System: *METABOLISM*

## INGREDIENTS:

**PHYTOESTEROLS:** lower cholesterol and prevent cardiovascular diseases.

**CANE WAX EXTRACT:** inhibits low density cholesterol and the elevation of triglycerides in the blood.

**ALMOND AND OLIVE OIL:** prevent the oxidation of cholesterol by preventing it from adhering to the walls of blood vessels.

**VITAMIN E:** has an antioxidant function by neutralizing free radicals and inhibits the autoxidation of lipids in the tissues.

**INULIN (dietary fiber):** soluble

fiber that works as a prebiotic and stimulates the growth of beneficial bacteria in the intestine.

## RECOMMENDED TO:

Mainly contribute to the reduction of bad cholesterol (LDL). Increase the production of good cholesterol (HDL). Support balance and prevent atherosclerosis.





# KOLINA

*Focusing System:* **DIGESTIVE**

## INGREDIENTS:

**CAPRYLIC ACID:** octanoic acid very important for the health of the intestinal flora and the control of human bacteria, it is antibiotic and antifungal.

**PINEAPPLE EXTRACT:** contains fatty acids that have nutritional importance, its effect against *Candida albicans* has been mainly studied. These fatty acids act by dissolving the bacterial cell wall facilitating its destruction.

**COCONUT EXTRACT:** contains fatty acids that have nutritional importance, its effect against *Candida albicans* has been mainly studied. These fatty acids act by dissolving the bacterial cell wall facilitating its destruction.

## RECOMMENDED TO:

prevent and control infections caused by *Candida albicans*. Those who seek to strengthen their intestinal flora and immune system. Supports excellent digestion. It also helps women with constant vaginal infections.





# MAGIC SILUET

Focusing System: **WEIGHT MANAGEMENT**

## INGREDIENTS:

**CEREALS:** provide energy, are low in fat and are ideal in a balanced diet (or in diets focused on weight loss). They help to balance the level of sugar in the blood. Due to their fiber content they help to fight constipation.

**DIETARY FIBER:** helps the digestive and intestinal transit and adds volume to the stool. Provides a feeling of satiety that favors weight control. Chocolate coating with more than ten vitamins and minerals.

## RECOMMENDED TO:

People who are on a weight control diet and have cravings for a sweet or snack between meals. Provide important nutrients to the body. To give an excellent rich and healthy treat to children.



# MAGNUS APPLE

Focusing System: *ENERGY / REFRESHING DRINKS*

## INGREDIENTS:

**AMINO ACIDS:** glycine, taurine and caffeine. Mixture of amino acids and vitamins B, E and C. Promotes the production of noradrenaline which is a neurotransmitter that helps eliminate fatigue and improve mood.

**STEVIA:** natural non-caloric sweetener.

## RECOMMENDED TO:

Help eliminate fatigue and improve mood, being an excellent ally against stress. To provide a feeling of cheerfulness and permanent alertness without having a negative effect afterwards.



# MAGNIUS SUPREME

*Focusing System:* **ENERGY**

## INGREDIENTS:

**AMINO ACIDS:** glycine, taurine and caffeine. Mixture of amino acids and vitamins B, E and C. Promotes the production of noradrenaline which is a neurotransmitter that helps eliminate fatigue and improve mood.

**STEVIA:** natural non-caloric sweetener.

**VITAMINS B1, B2, B6, and B12:** participate in the conversion of food into energy in the body. They play a very important role in a human's health.

**PANTOTHENIC ACID:** (also known as vitamin B5). It is important for many functions in the body, especially the manufacture and breakdown of fats.

## RECOMMENDED TO:

Help eliminate fatigue and improve mood, being an excellent ally against stress. To provide a feeling of alertness without having a negative effect afterwards.

# MALTEADA OML

*Focusing System: **WEIGHT MANAGEMENT***

## **INGREDIENTS:**

**OAT AND CORN BRAN:** contain protein and are low in fat and high in carbohydrates.

**SOYBEAN PROTEIN:** high bioavailability protein. Excellent for substituting animal protein consumption.

**LACTOBACILOS:** friendly bacteria that help fight gastrointestinal infections and diarrhea.

**IRON:** mineral that helps in the formation of hemoglobin and red blood cells.

## **RECOMMENDED TO:**

**Improve nutrition for both children and adults. Conditions such as anemia or malnutrition. To supply meals in a healthy way.**



# OML COLA

*Focusing System: REFRESHING DRINKS*

## INGREDIENTS:

Carbonated soft drink created by Omnilife for those who like to enjoy a refreshing cola, sweetened with Monk Fruit and Stevia, low in calories and with natural ingredients.



# OML FEM PLUS

*Focusing System: FEMALE REPRODUCTIVE*

## INGREDIENTS:

**GRAPE SEED:** powerful antioxidant that helps prevent osteoporosis and is of great help to the circulatory system.

**LUPLE FLOWER:** helps reduce hot flashes in menopause, helps restore sexual appetite in women, prevent urinary tract infections and improve sleep quality.

**CURCUMA:** helps regulate menstrual cycles and relieves symptoms prior to the period, is a natural

antidepressant as it stimulates the nervous system and reduces stress levels. It also protects the liver and heart.

Vitamins A, C, D, E complex and minerals such as magnesium and Zinc.

## RECOMMENDED TO:

Women with cysts and fibroids problems, as well as hormonal disorders. To help the well-being of women with colic and pregnancy problems.





# OML FIBER SUPREME

*Focusing System: DIGESTIVE*

## INGREDIENTS:

**SOY FIBER, OAT BRAN:** help to reduce cholesterol levels, are rich in highly digestible proteins, increase beneficial bacteria in the digestive tract.

**CIRUELA, PAPAYA AND BETABEL POWDER:** help to improve intestinal evacuation and activate our defenses.

**AGAVE INULIN:** helps control blood pressure, is recommended to prevent colon and stomach cancer and is useful in weight control.

**LACTOBACILOS:** friendly bacteria that help fight gastrointestinal infections and diarrhea.

## RECOMMENDED TO:

**Promote proper digestion. Helps to absorb excess fats and sugars. Provides friendly bacteria of the digestive tract. People with heartburn, constipation and intestinal infections. To lose weight.**



# OML FOCUS

*Focusing System:* **CEREBRAL**

## INGREDIENTS:

Mainly Choline, Glycine, B complex vitamins and taurine.

**CHOLINE:** Amino acid that promotes the functioning of the nervous system, improves memory and increases concentration. Helps prevent the accumulation of cholesterol in the arteries.

**GLYCINE:** amino acid with properties for the control of overweight and glucose. Promotes the production of cytosine, which synthesizes adipose tissue to reduce inflammation and prevent the formation of plaques in the arteries. It contributes to improve symptoms of tiredness and

drowsiness, since it helps in the production of energy. It also has antioxidant action.

**B COMPLEX VITAMINS:** vitamins B1, B2, B3, B5, B7, B9 and B12, important to keep our body working in the best conditions. It converts food into energy.

**TAURINE:** helps regulate the activity of neurons.

## RECOMMENDED TO:

**Improve concentration and memory. Strengthen brain functions. Those who suffer from nervous system or brain. When you have a lot of stress or intense brain activity.**





# OML HOM PLUS

*Focusing System: MALE REPRODUCTIVE*

## INGREDIENTS:

**CRANBERRY:** contains phenols that help the heart, reduces the levels of "bad" cholesterol (LDL) and prevents urinary tract infections.

**LICOPENE:** improves cholesterol levels, reduces the risk of prostate cancer and increases sperm quality.

**GRAPE SEED EXTRACT:** helps prevent osteoporosis and helps the circulatory system.

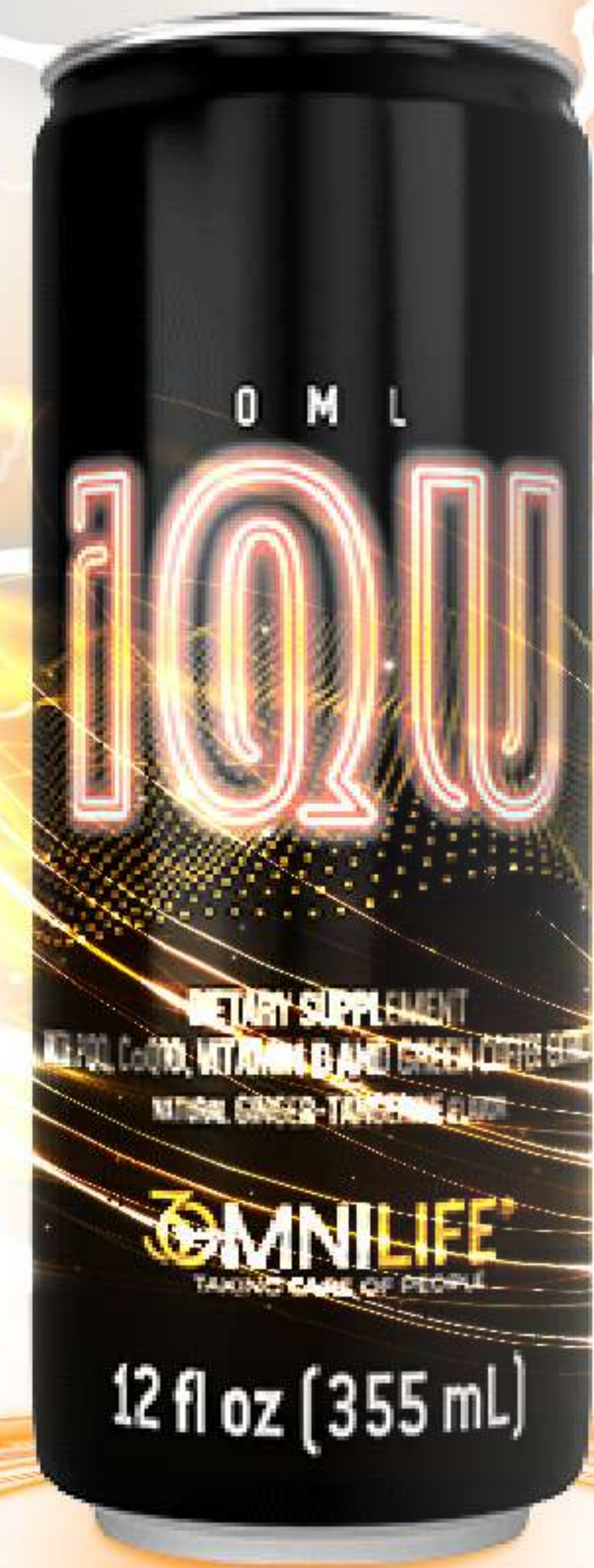
**BORO:** increases testosterone levels and improves reflex thinking and muscle coordination.

**FOLIC ACID:** decreases the risk of heart disease. Helps against Alzheimer's disease and depression. Improves sperm quality to prevent fetal malformations.

**VITAMIN K:** prevents hematomas and bleeding, thanks to its coagulating power.

## RECOMMENDED TO:

Men with hormonal or procreation problems. Prostate problems. Increase testosterone levels and improve sexual function.



# OMLIQU

*Focusing System:* **NERVOUS**

## INGREDIENTS:

**PYROLOQUINOLINE (PQQ):** is a vitamin-like compound found in plant-based foods that has demonstrated a variety of benefits for brain and body function. It stimulates growth and serves as a cofactor for a special class of enzymes involved in cell function, including cell growth and development, differentiation and survival.

**COENZYME Q10:** a natural antioxidant used for growth and maintenance. CoQ10 is found in meats, fish and nuts. However, the amount found in these sources is not sufficient.

**GREEN COFFEE:** obtained from unroasted coffee beans. Its composition is rich in chlorogenic acids with a strong antioxidant power and help the use of fats as energy.

## RECOMMENDED TO:

People suffering from migraines.  
Prevent Parkinson's disease.  
To have a better physical performance.  
Diabetic people.  
Prevent the risk of serious stroke.  
Protect against oxidative damage.



# OML PUMP SUPREME

*Focusing System: MUSCULAR*

## INGREDIENTS:

Protein drink for athletes that promotes muscle mass gain and fat burning. Vegetable protein with zero fat. High bioavailability soy protein.

**L CARNITINE:** helps to use fats as an energy reserve and helps the cell to eliminate toxic wastes.

**CHROMIUM POLYNICOTINATE:** to metabolize fats and carbohydrates. Supports the action of insulin and stimulates the synthesis of fatty acids and cholesterol.

**MANGANESE:** to produce energy and protect cells. Also to strengthen bones,

for reproduction, blood clotting and to maintain a healthy immune system.

**COPPER:** used to produce energy, connective tissues and blood vessels. It helps maintain the nervous system and immune system and activates genes. Also for brain development.

## RECOMMENDED TO:

Increase blood flow and physical performance. Strengthen and generate lean muscle mass (marked), free of fat and in less time. Improve muscle tissue recovery and oxygen supply to the muscle.

# OML SHAKE SUPREME

*Focusing System: WEIGHT MANAGEMENT*

## INGREDIENTS:

**SOYBEAN PROTEIN:**from vegetable origin, complete and high quality.

**FIBER:**promotes digestive and intestinal transit, and adds bulk to the stool. Gives a feeling of satiety which favors weight control. It also has vitamins and minerals.

**FOLIC ACID:**it intervenes in many organs of our body, because it is a nutrient that favors the multiplication of cells.

**BIOTIN:**helps to convert carbohydrates, fats and proteins into energy.

**CALCIUM:**helps to form and protect teeth and bones. May help prevent osteoporosis.

## RECOMMENDED TO:

adequate nutritional intake and lower caloric intake. Nourishment without hunger, headache or weakness. Weight loss. Substitute a healthy breakfast or dinner. Prevent gastritis due to long periods of fasting. Obtain antioxidants. Eat healthy food with low caloric intake and strengthen the nervous system.





# OML STRONG

*Focusing System: OSSEOUS*

## INGREDIENTS:

**VITAMIN C:** allows better use of calcium, reduces bone loss and helps to preserve bone density.

**VITAMIN D:** essential for normal bone and teeth normal formation of bones and teeth and for the absorption of calcium at intestinal level.

**VITAMIN K2:** allows the retention of calcium. Regulates cell growth.

**CALCIUM:** helps the development of strong bones and teeth.

**PHOSPHORUS:** bone and teeth formation. Necessary to produce protein for growth, preservation and repair of cells and tissues.

**ZINC:** improves and balances the immune system, accelerates healing processes. Stimulates tissue regeneration.

This combination helps prevent osteoporosis, heart problems and even cancer.

## RECOMMENDED TO:

**Help with Osteoporosis problems and bone health deficiencies. Those who have suffered fractures, to heal better and faster. Support strengthening of the whole skeleton.**



# OMLVIU SUPREME

*Focusing System: EYE CARE*

## INGREDIENTS:

**LUTEIN:** related to the reduction of degeneration of the ocular macula, which improves eyesight and prevents cataracts.

**ZEAXANTINE:** effective pigment to protect the human retina from ultraviolet radiation from the sun.

**BLACK GROSELLA EXTRACT:** increases ocular blood flow. It is of great help to prevent and improve glaucoma problems.

**DHA (omega 3):** docosahexaenoic acid, from the Omega 3 essential fatty acids family. Necessary especially in the first years of life for good neurological development and optimal visual functioning.

## RECOMMENDED TO:

**Strengthen eyesight and preventing common eye problems due to sun exposure and bad reading habits, as well as the degeneration of tissues typical of old age.**



# OML VK

Focusing System: *CHILDREN NUTRITION*

## INGREDIENTS:

**DHA (omega 3):** docosahexaenoic acid. It belongs to the Omega 3 essential fatty acids family. This type of fatty acids are necessary especially during the first years of life for a good neurological development and an optimal visual functioning.

**SOYA PROTEIN:** protein of high bioavailability. Excellent for substituting animal protein consumption.

**BETA GLUCANES:** elements that strengthen the immune system, helping to fight bacteria and improving the immune response against various infections.

## RECOMMENDED TO:

**Children under 8 years old, but suitable for all. Promotes general nutrition and promotes the correct growth and development of the child who uses it.**

# OML ZEN

*Focusing System:* **NERVOUS**

## INGREDIENTS:

**SWEET ORANGE EXTRACT:** promotes relaxation and helps to avoid anxiety and insomnia. May help fight migraines.

**MAGNESIUM:** mineral that the body needs for multiple activities. More than 75% of the population is deficient in Magnesium. It also helps relaxation and supports various functions of the nervous system.

## RECOMMENDED TO:

**Reduce stress. Help to fall asleep and to have a greater restorative effect.**







# OML PLUS

Focusing System: **IMMUNOLOGICAL**

## INGREDIENTS:

**HERBS AND PLANTS:** Schisandra chinesis, Aloe Vera, Siberian Ginseng, Echinacea, Parsley, Chamomile, Gotu Kola, Guarana.

**SEAWEED:** Spirulina Chlorella (chlorophyll), Kelp.

**MINERALS:** Chromium, Copper, Sodium, Potassium, Selenium, Zinc, Magnesium. Phosphorus.  
**VITAMINS C, D, E AND COMPLEX B (B1, B2, B6, and B12):** all elements not soluble in water, are micellized to allow immediate absorption.

## RECOMMENDED TO:

Increase defenses by strengthening the immune system. Support those suffering from chronic degenerative diseases. Providing minerals, amino acids, vitamins, herbs, seaweed and minerals of excellent absorption, the best nutritional base for people of any age.



# ONE C MIX

Focusing System: *IMMUNOLOGICAL*

## INGREDIENTS:

Contains mainly Glutathione and antioxidant vitamins such as vitamin A, E and C.

**GLUTATION:** master antioxidant with the ability to potentiate all antioxidants, and must be present in every cell. It protects cells and is important for liver health. It has antioxidant function.

**VITAMIN A:** helps in the formation and maintenance of healthy teeth, soft and bone tissues, mucous membranes and skin. It produces the pigments in the retina of the eye. Promotes good vision especially in dim light. Ideal for a healthy pregnancy

and lactation.

**VITAMIN C:** important for the formation of collagen, promotes iron absorption and wound healing. It has antioxidant properties and is necessary for the immune system.

## RECOMMENDED TO:

**Those who want to improve their immune and respiratory system. Improve the appearance of your skin, hair and nails. Helps with liver problems and eye problems.**





# POWER GAIN

Focusing System: **MUSCULAR**

## INGREDIENTS:

Contains L Arginine, Choline, Taurine and vitamin C.

**L-ARGININE:** amino acid that increases the production of collagen and muscle mass. Stimulates the hypophysis benefiting the processes of cell regeneration and healing. Supports the elimination of uric acid. Complements the regeneration process of the heart, veins and arteries.

**ARGININE, CHOLINE AND OTHERS:** help to firm muscle mass, strengthen body tissues and muscles, form cell membranes and help to delay fatigue caused by intense exercise.

**PROTEIN AND CALCIUM:** are essential for bone health. The vitamins and minerals contained in this product strengthen the bone system.

Arginine, choline, glycine, zinc and vitamins C and E, and many other components contained in this product, contribute to this important function.

**RECOMMENDED TO:**  
**Promote rejuvenation. Improve healing and increase muscle mass. Bring benefits to the circulatory system as well as sexual function.**

# STARBIEN

Focusing System: **NERVOUS**

## INGREDIENTS:

Contains mainly Folic Acid, apple fiber, beta carotene, and a powerful blend of vitamins A, B, B12 and C. It also contains several essential minerals such as calcium, chromium, copper, zinc and potassium.

**FOLIC ACID:** promotes cellular health, strengthens the heart and nervous system, and is essential for the proper formation of the fetus during pregnancy.

**POTASSIUM:** maintains fluid balance and helps proper muscle contraction, prevents cramps and regulates blood pressure and heart rate.

**APPLE FIBER:** provides a high fiber content favoring digestive problems.

**VITAMIN B12:** is important for cells, blood formation, brain and plays an important role in the breakdown of fatty acids, DNA formation, protection, nerve regeneration and cell division.

## RECOMMENDED TO:

**Pregnant women, people suffering from stress, anxiety, tiredness or fatigue. Colitis and nervous gastritis.**





# TEATINO LIMÓN

*Focusing System: **WEIGHT MANAGEMENT***

## INGREDIENTS:

**BLACK TEA EXTRACT:** tea is a source of caffeine (a methyl xanthine) that stimulates the central nervous system, relaxes smooth muscles in the ducts of the lungs (bronchioles), stimulates the heart, and acts as a diuretic.

**CHROMIUM POLYNICOTINATE:** this mineral is responsible for maintaining the normal functioning of the metabolism of proteins, fats and carbohydrates. In addition, combined with Niacin,

it effectively helps to control blood sugar levels by facilitating the release of insulin in the various organs of the body. Sweetened with stevia.

## RECOMMENDED TO:

Promote the elimination of corporal fat and support the control of blood sugar levels.



# TEATINO MARACUYÁ

*Focusing System: **WEIGHT MANAGEMENT***

## INGREDIENTS:

**GREEN COFFEE:** obtained from unroasted coffee beans. Its composition is rich in chlorogenic acids with a strong antioxidant and helps the utilization of fats as energy.

**L-CARNITINE:** it is a transporter of fatty acids (lipids) to the mitochondria, in charge of the cell, but it is also the place where these fatty acids are converted into energy.

**L-TYROSINE:** tyrosine is an amino acid essential for the production of important neurotransmitters such as dopamine and noradrenaline. It

increases the body's resistance and reduces fatigue. It is a precursor of thyroid hormones so it improves metabolism helping to burn body fat, increases the feeling of well-being and can help with depression problems.

## RECOMMENDED TO:

**Promote the elimination of body fat and support the proper functioning of the thyroid.**

# UNDÚ

*Focusing System: MUSCULAR / OSSEOUS*

## INGREDIENTS:

**GLUCOSAMINE:** natural element used in the treatment of arthritis and osteoarthritis, it is a precursor of substances that promote the development and re-building of cartilage.

**CONDROITIN:** nutrient that helps to provide elasticity in the cartilages and helps to prevent their degradation.

**L-ARGININE:** amino acid that increases collagen production and

muscle mass, causes better tissue regeneration and healing.

## RECOMMENDED TO:

People with injuries and athletes. Strengthen cartilage and ligaments. Prevent injuries and produce collagen.





# UZO SUPREME

*Focusing System: IMMUNOLOGICAL*

## INGREDIENTS:

**OATS FIBER:** soluble fiber rich in b-glucans that reduce cholesterol levels and have powerful antioxidant effects.

**RICE BRAN:** increases the activity of NK (Natural Killer) cells, lymphocytes and macrophages that destroy tumor elements and cells infected by certain viruses.

**SELENIUM:** helps neutralize free radicals, induces apoptosis (programmed brain death), stimulates the immune system and intervenes in the functioning of the thyroid gland.

**NIACINAMIDE:** water-soluble vitamin of the B complex. It participates in the

metabolic processes of food, it is also a vasodilator substance, and improves blood circulation.

## RECOMMENDED TO:

Help to prevent and treat cancerous processes. Increase the body's immune resistance by strengthening the NK cells. Combat foreign agents in the body and is a great support in degenerative diseases.





# VIA DULCE SUPREME

Focusing System: **METABOLISM**

## INGREDIENTS:

**GREEN COFFEE GRAINS:** these grains contain chlorogenic acid, an important antioxidant that helps the metabolism of fats, especially abdominal fats.

**CHROMIUM POLYNICOTINATE:** Important in the metabolism of fats and carbohydrates, supports the action of insulin and stimulates the synthesis of fatty acids and cholesterol.

**DIETARY FIBERS:** oat and rice bran, apple and acacia fibers that help the absorption of ingested sugars and promote weight loss as well as colon cleansing.

## RECOMMENDED TO:

People with diabetes or hypoglycemia. People looking to lose weight, or have cholesterol or triglyceride problems in the blood. Pre-diabetics and people with metabolic disorders.



# VIA DULCE TABLETS

*Focusing System:* **METABOLISM**

## **INGREDIENTS:**

**GREEN COFFEE GRAINS:** these grains contain chlorogenic acid, an important antioxidant that helps the metabolism of fats, especially abdominal fats.

**CHROMIUM POLYNICOTINATE:** Important in the metabolism of fats and carbohydrates, supports the action of insulin and stimulates the synthesis of fatty acids and cholesterol.

**DIETARY FIBERS:** oat and rice bran, apple and acacia fibers that help the absorption of ingested sugars and promote weight loss as well as colon cleansing.

## **RECOMMENDED FOR:**

**People with diabetes or hypoglycemia. People looking to lose weight, or have cholesterol or triglyceride problems in the blood. Pre-diabetics and people with metabolic disorders.**



# HUMAN BODY SYSTEMS

**O**ur body is the union of more than 30 million cells, with them are formed 14 different types of tissues that build 80 organs which are the pieces that form the 13 systems of the human body, can you imagine? In this sense, the systems are sets of organs that have been organized among themselves to develop several complex biological functions.

There are many organ systems in the human body and each one of them is essential for us. Like workers on a production line, the

organs must work together for the system to function as a whole.

Just as the organs of an organ system work together to accomplish their task, so do the different organ systems cooperate to keep the body functioning.

# RESPIRATORY SYSTEM

**W**e breathe about 21,000 times a day and circulate more than 8,000 liters of air.

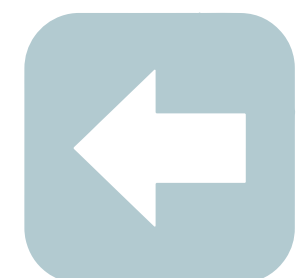
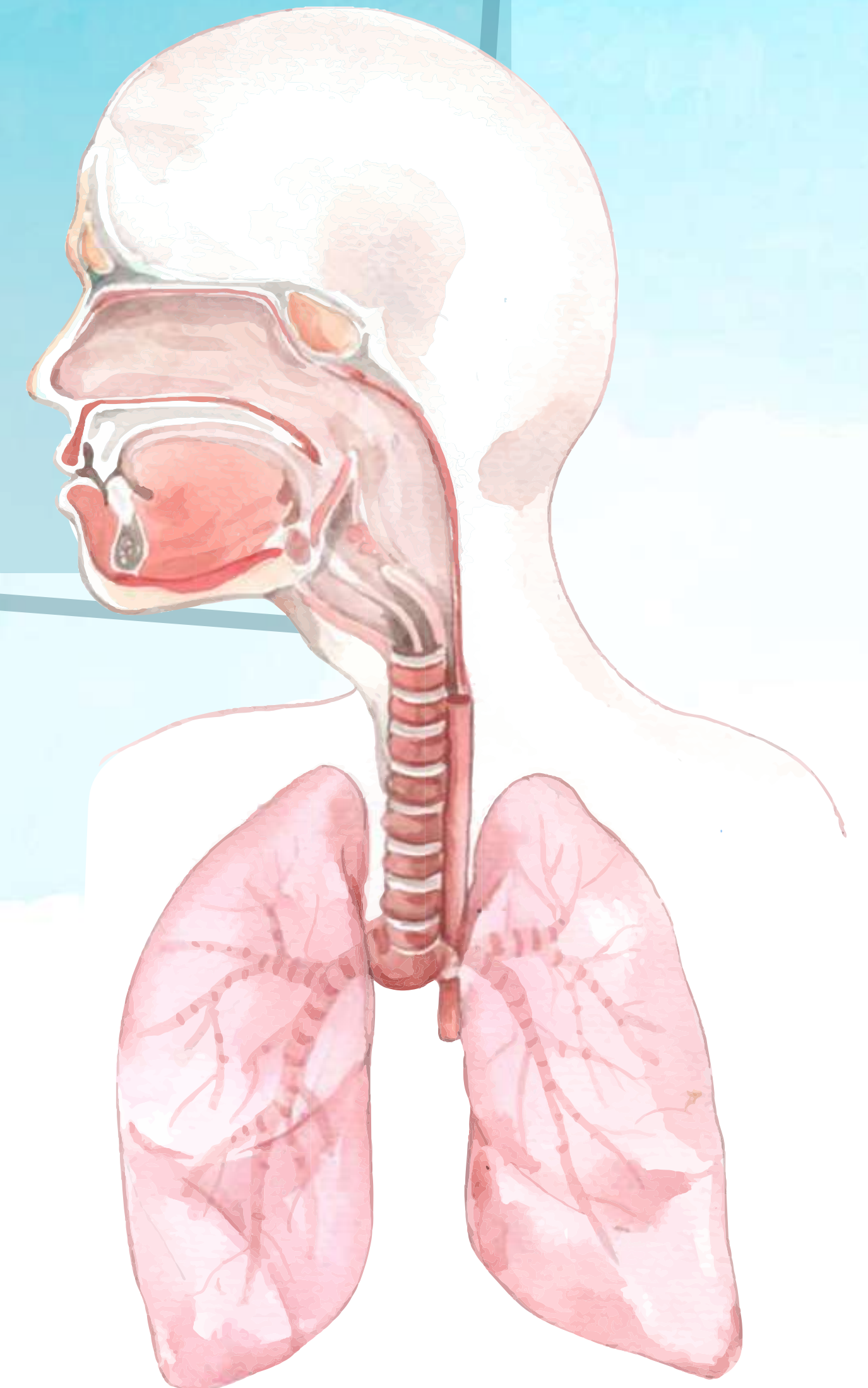
Our lungs and all the organs of the system never stop and are in charge of oxygenating all the organs of the body and eliminating the carbon dioxide that is toxic to our cells.

## CONDITIONS

- Respiratory insufficiency
- Sinusitis
- Pharyngitis
- Laryngitis
- Bronchitis
- Asthma
- Cystic fibrosis
- Pneumonia
- Tuberculosis
- Pulmonary emphysema
- COPD
- Apnea syndrome
- Pertussis

## RECOMMENDED OMNILIFE PRODUCTS:

- Oml Plus
- One C Mix
- Aqtúa
- Power Gain
- Aloe Piña
- Uzo



## CONDITIONS

- Varicose veins
- High or low blood pressure
- High cholesterol or triglycerides
- Sclerosis
- Cardiac infarction
- Heart attacks and strokes
- Heart failure
- Lymph node inflammation

# CIRCULATORY SYSTEM

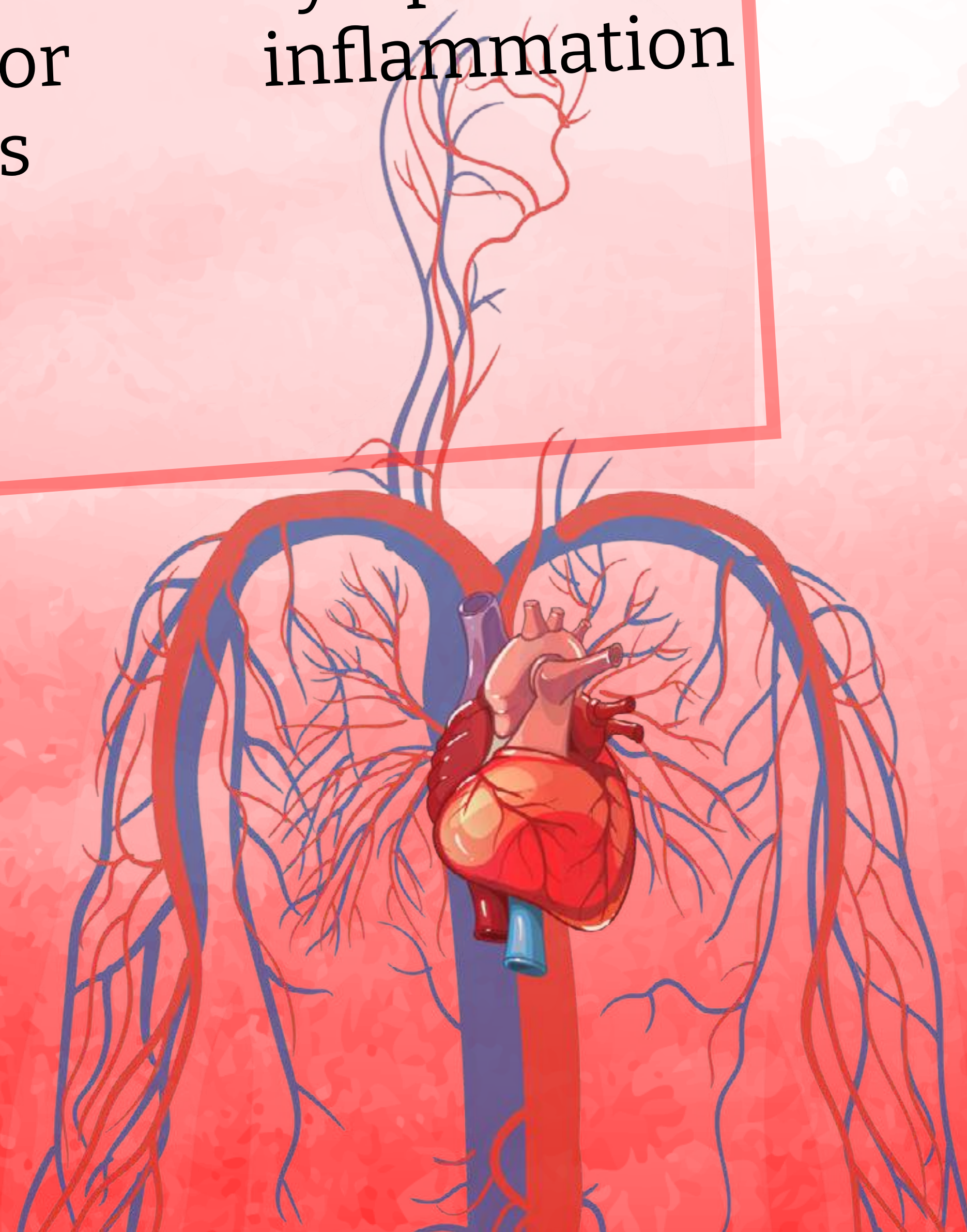
It allows the transport of everything in the body through the blood: oxygen, nutrients, hormones, carbon dioxide. It is composed of the heart and the blood vessels which are the arteries, veins and capillaries.

The heart is a muscle that pumps 7,000 liters of blood per day. In a lifetime it will beat more than three million times. It is the strongest muscle in the human body.

A large proportion of deaths are due to cardiovascular diseases.

## RECOMMENDED OMNILIFE PRODUCTS

- Aqtúa
- Power Gain
- One C Mix
- Estop
- Aloe Piña
- Oml Plus



# NERVOUS SYSTEM

## CONDITIONS

- Stress
- Depression
- Scattered attention deficit and hyperactivity
- Memory lapses or concentration problems
- Multiple sclerosis
- Neuropathies
- Tumors
- Epilepsy
- Lateral sclerosis
- Meningitis
- Alzheimer's
- Parkinson's
- Guillan Barre Syndrome

## RECOMMENDED OMNILIFE PRODUCTS

- Oml Focus
- Oml Plus
- Oml Zen
- Starbien
- Magnus
- Ego 10
- Oml Iqu

The most complex system of the human body. Through the generation and transmission of electrical impulses, all the organs of the body are under the control of the brain.

The brain has more than 100,000 million neurons, consumes more than 300 calories daily and sends information at more than 360 km/h.

Stress affects it, makes it smaller and laughing makes us think more clearly.



# IMMUNOLOGICAL SYSTEM

The immune system is our body's natural defense against infection, as it generates a response to kill germs before they can do harm.

Formed especially by specialized immune cells, each of them, in a phase of recognition or neutralization of pathogens (B lymphocytes, T lymphocytes, Natural Killer cells, macrophages, etc.), but also involves the blood, lymph, bone marrow, thymus, spleen and lymph nodes.

## CONDITIONS

- Lupus
- Lupus
- Rheumatoid arthritis
- Dermatomyositis, skin and muscle lesions
- Allergies
- Asthma
- Eczema
- Cancers of the immune system
- Leukemia
- HIV
- Scleroderma

## RECOMMENDED OMNILIFE PRODUCTS

- Oml Plus
- One C Mix
- Uzo
- Aloe
- Aqtúa
- Malteada Oml



# DIGESTIVE SYSTEM

Its function is to digest food and absorb its nutrients. It is composed of structures that transform the molecules of food that will be absorbed to feed our cells throughout the body.

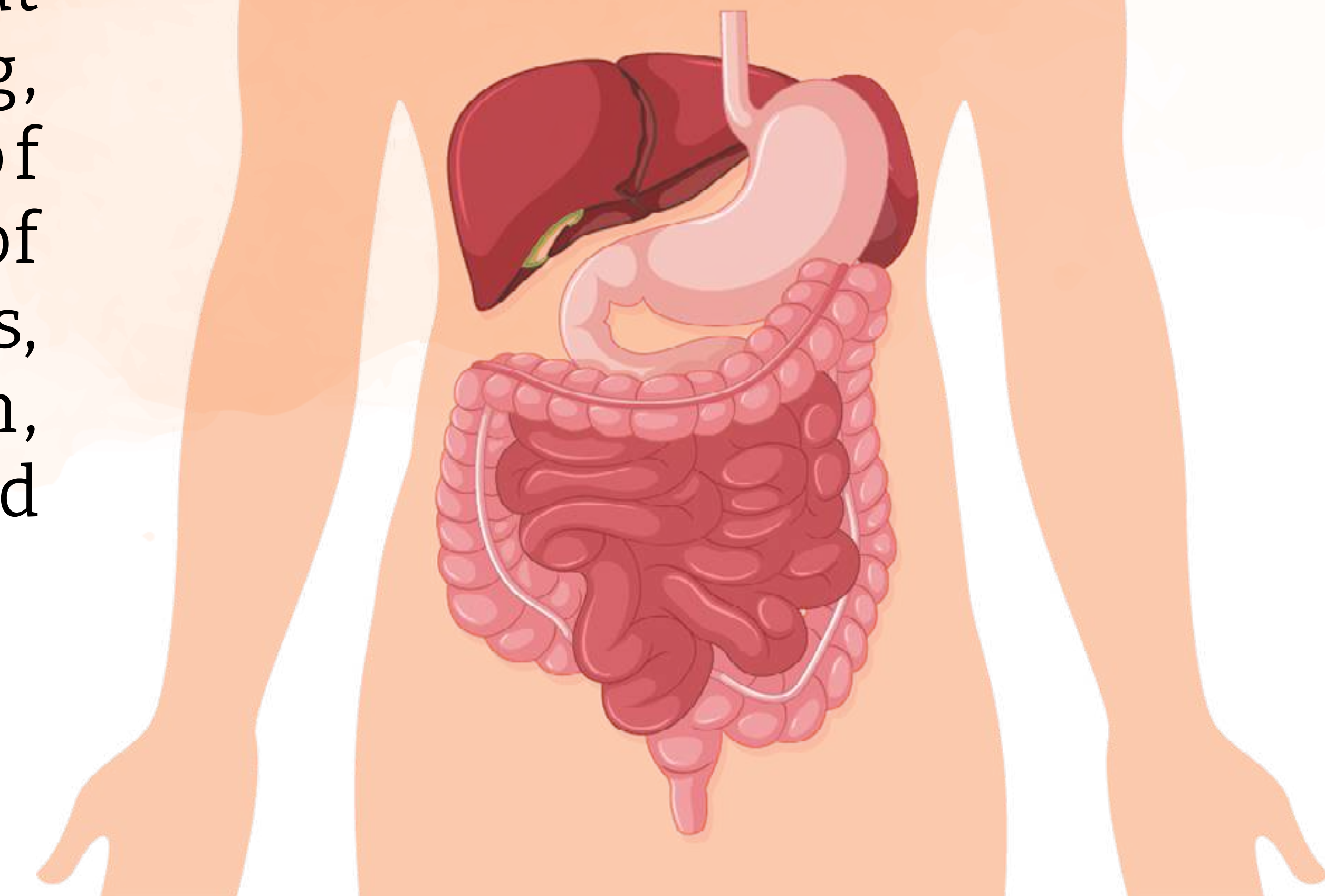
It is formed by those organs that participate in the swallowing, digestion or absorption of nutrients. They are composed of the mouth, tongue, salivary glands, pharynx, esophagus, stomach, liver, pancreas, small intestine and large intestine.

## CONDITIONS

- Gastroesophageal Reflux
- Biliary stones
- Celiac or celiac disease
- Crohn's
- Ulcerative colitis
- Irritable bowel syndrome
- Hemorrhoids
- Diverticulitis

## RECOMMENDED OMNILIFE PRODUCTS

- Aloe
- Ego Frutas
- Oml Fiber
- Kolina
- Oml Plus





## CONDITIONS

- Osteoporosis
- Bone cancer
- Osteomyelitis
- Osteogenesis imperfecta
- Paget's disease
- Osteomalacia
- Acromegaly
- Rickets
- Bone fracture
- Perthes disease

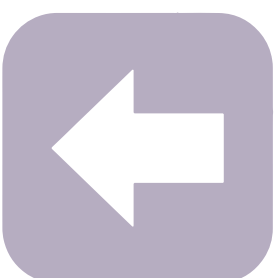


# OSSEOUS SYSTEM

The osseous or skeletal system is formed by the structures that provide protection, serve as support points for muscles, protect internal organs, contain fatty acid reserves, produce blood cells and store phosphorus and calcium, the two most abundant minerals in the body.

## RECOMMENDED OMNILIFE PRODUCTS

- Power Gain
- Undú
- Oml Strong
- Malteada Oml
- Oml Fem
- Oml Homo



# MUSCULAR SYSTEM

**S**et of more than 600 muscles that corresponds to approximately 50% of the body weight, stabilizes the position of the body, produces movement, regulates the volume of the organs and produces heat.

This system is made up of three types of muscles which are cardiac, skeletal and smooth.

Muscle diseases can cause pain, weakness and even paralysis.

## CONDITIONS

- Injuries
- Sprains
- Cramps
- Tendinitis
- Muscular dystrophy
- Fibromyalgia
- Multiple Sclerosis
- Myositis



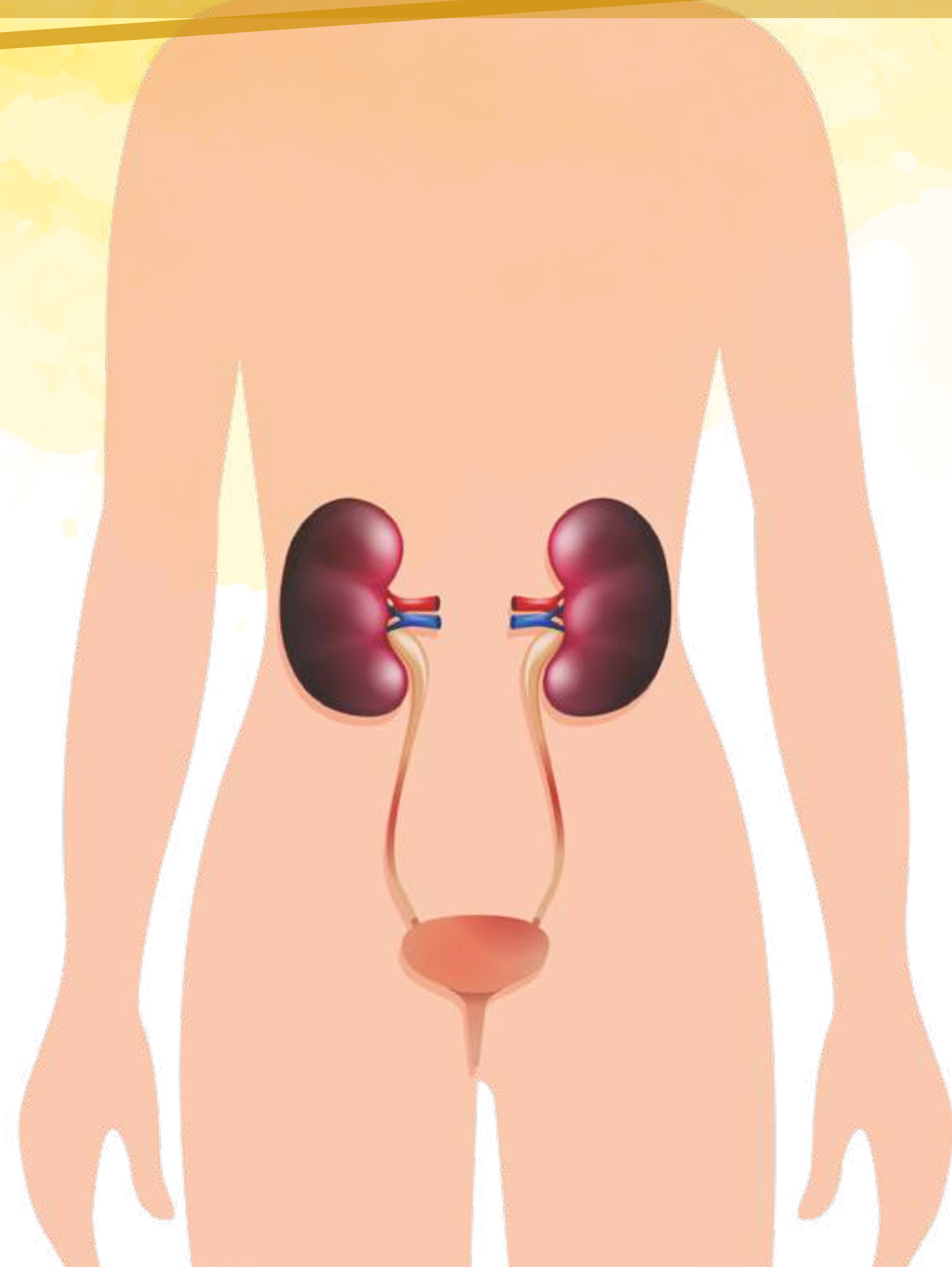
## RECOMMENDED OMNILIFE PRODUCTS

- Power Gain
- Oml Pump
- Aqtúa
- Starbien
- Oml Plus



## CONDITIONS

- Cystitis
- Urethritis
- Incontinence
- Renal insufficiency
- Nocturia
- Pyelonephritis
- Syndrome Nephrotic syndrome



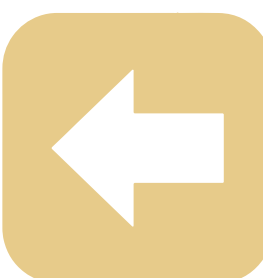
# URINARY SYSTEM

The human urinary system is a set of organs responsible for the production, storage and expulsion of urine, through which we eliminate various wastes such as urea, creatinine, uric acid, and other toxic substances.

It is composed of: kidneys, organs that produce urine; the ureters, are ducts that go from the kidneys to the bladder. The urinary bladder accumulates urine and the urethra is the channel through which urine exits from the bladder.

## RECOMMENDED OMNILIFE PRODUCTS

- Ego Plant
- Aloe Piña
- Oml Plus
- One C Mix



# FEMALE REPRODUCTIVE SYSTEM

## CONDITIONS

- Uterine cancer
- Endometriosis
- Uterine fibroids
- Candidiasis
- Ovarian cysts
- Dermatitis
- Premenstrual syndrome

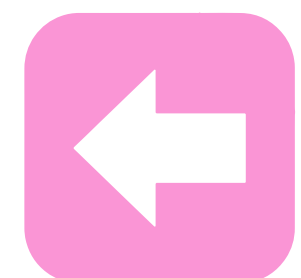
## RECOMMENDED OMNILIFE PRODUCTS

- Oml Fem
- Power Gain
- Oml Plus
- Starbien
- Aqtúa

The main functions are the production of eggs and hormones, which make it possible for a woman to develop and provide the appropriate conditions for the growth and development of the baby.

The ovaries release an egg every 28 days as part of the female reproductive cycle.

This system consists of the uterus, ovaries, cervix, fallopian tubes and vagina.



# MALE REPRODUCTIVE SYSTEM

This system is in charge of guaranteeing reproduction in male persons. It is made up of internal and external organs.

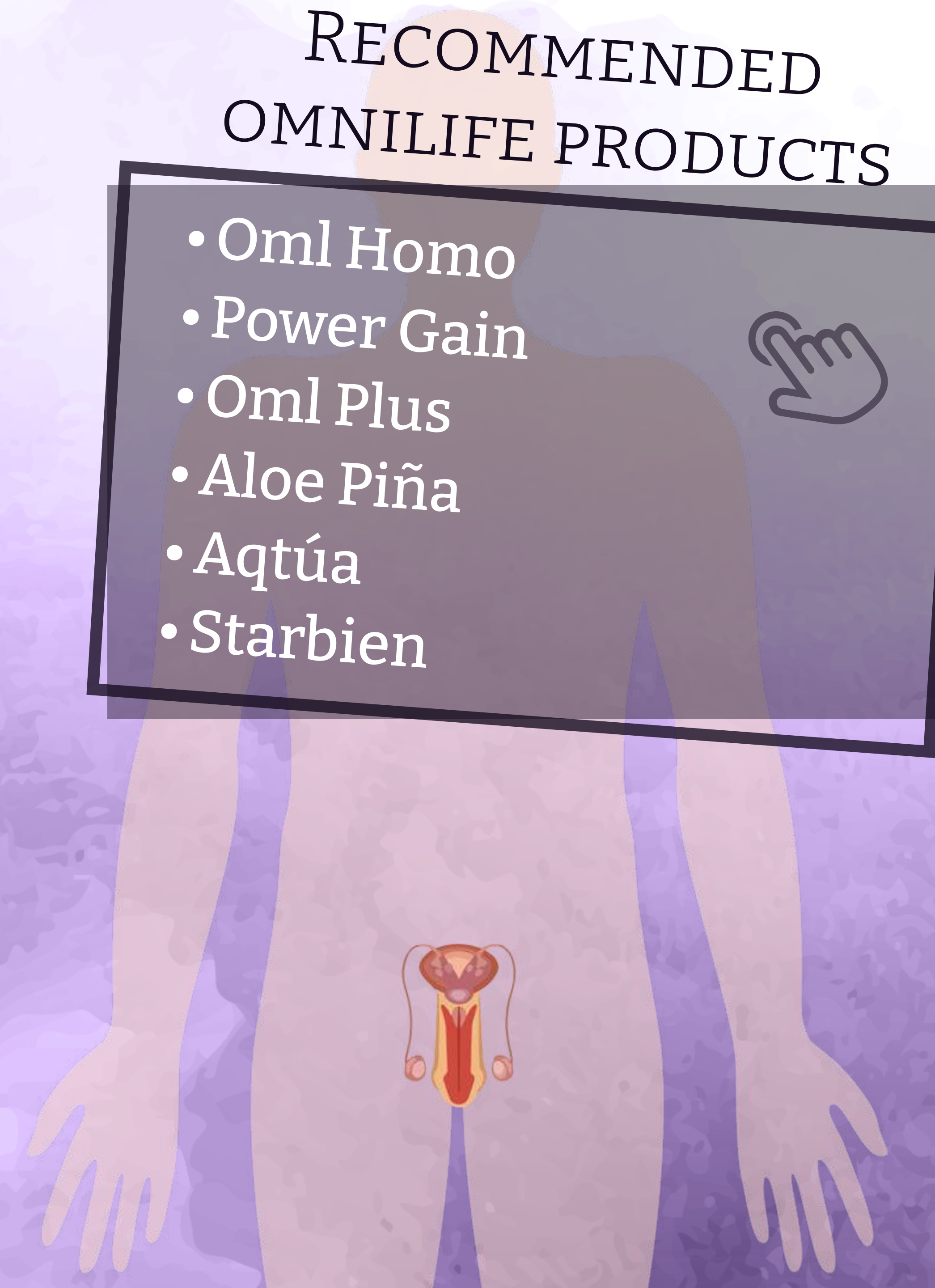
The main external organs are the testicles, the epididymis and the penis. On the other hand, the internal organs include the prostate and the urethra.

## CONDITIONS

- Prostate cancer
- Penile cancer
- Testicular hernia
- Balanitis
- Human papilloma
- Balanitis
- Priapism

## RECOMMENDED OMNILIFE PRODUCTS

- Oml Homo
- Power Gain
- Oml Plus
- Aloe Piña
- Aqtúa
- Starbien



## CONDITIONS

- Diabetes
- Hyperthyroidism
- Hypothyroidism
- Addison's disease
- Cushing's disease
- Acromegaly
- Dwarfism
- Gigantism

# ENDOCRINE SYSTEM

The activity of this system is responsible for maintaining the chemical balance and controlling the functioning of the organs, the metabolism of nutrients, sexual function, mood, sleep, brain activity and other processes.

Each endocrine gland (thyroid, hypothalamus, pancreas, testicles, ovaries, etc.) is specialized in the synthesis and release of hormones, which collaborate in the function of multiple activities necessary for a healthy development.

## RECOMMENDED OMNILIFE PRODUCTS

- Oml Plus
- Oml Focus
- Via Dulce
- Teatino de Maracuyá
- Power Gain
- Oml Fem
- Oml Hom



## CONDITIONS

- Fatigue
- Anemia (including iron deficiency anemia)
- Depression or grief
- Iron deficiency (without anemia)
- Persistent pain
- Medications

such as sedatives or antidepressants

- Sleep disorders, such as insomnia, obstructive sleep apnea, or narcolepsy.

# ENERGY

## RECOMMENDED OMNILIFE PRODUCTS

- Magnus
- Starbien
- Teatino Limón
- Teatino Maracuyá
- Cafezzino Plus
- Ego 10
- Oml Focus
- Aqtúa
- Oml Iqu

**E**nergy is the fuel that every human being needs to live and be productive; the energy that the body needs is acquired through food, which is fundamental for our subsistence, and through chemical energy by means of metabolic processes.

The scientific definition of a calorie is the amount of energy required to raise the temperature of one kilogram of water by one degree Celsius (Celsius) from 15 degrees to 16 degrees in a pressurized atmosphere. One kilocalorie is equal to one thousand calories.



# WEIGHT MANAGEMENT

**W**eight control is complex and is linked to several systems such as the digestive system, the endocrine system, our metabolism and even the energy we have.

On average we ingest 50 to 70 tons of food in our lifetime, you have to eat healthy to maintain a healthy weight. We also have to keep our body systems that are in charge of digesting and using this energy in good condition to have a healthy life.



## CONDITIONS

- Obesity
- Malnutrition
- Diabetes
- Cancer (colon)
- Hypertension
- Dyslipidemia (high cholesterol and triglycerides)
- Cardiovascular problems

## RECOMMENDED OMNILIFE PRODUCTS

- Oml Fiber
- Aloe Piña
- Vida Dulce
- Malteada Oml
- Oml Shake
- Teatino Limón
- Teatino Maracuya
- Cafezzino Plus
- Oml Plus





# SUGAR AND FAT METABOLISM

## CONDITIONS

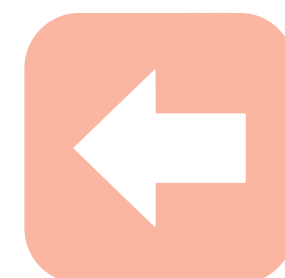
- Glucose
- Cholesterol
- Triglycerides
- Diabetes
- Obesity

## RECOMMENDED OMNILIFE PRODUCTS

- Oml Fiber
- Aloe Piña
- Vida Dulce
- Cafezzino Plus
- Aqtúa
- Teatino limón

In general, the inadequate consumption of sugars affects the metabolism process and it also depends on the capacity of each individual whether the sugars are converted into fats that are difficult to digest and eliminate.

The consumption of foods with sugars (doughnuts, french fries, hamburgers and mainly processed foods, called junk food) lead the body to convert them into sugars and fats when they pass through the digestive process.



# PREGNANCY AND BREASTFEEDING

## CONDITIONS

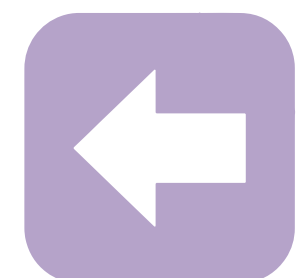
- Preeclampsia
- Hair loss
- Damage to teeth
- Risk of miscarriage

**E**nergy and nutritional needs during pregnancy and lactation are higher than normal. Among the many things needed for a healthy process are folic acid, iron, vitamin C, vitamin E and calcium, as there is a loss of these substances in teeth and hair.

It's not about eating twice as much, it's about giving your body and baby the nutrition they need.

## RECOMMENDED OMNILIFE PRODUCTS

- Aloe Piña
- Power Gain
- Malteada Oml
- One C Mix
- Starbien
- Oml Plus
- Oml Fiber



# EYE CARE

## CONDITIONS

- Cataracts
- Myopia
- Glaucoma
- Astigmatism
- Eyestrain



## RECOMMENDED OMNILIFE PRODUCTS

- Oml Viu
- Power Gain
- Aloe Piña
- Oml Plus

The eyes are formed by different structures that work in a perfectly synchronized way, allowing the functionality of one of the most incredible senses: sight.

Human eyes are able to capture light signals and transform them into electrical impulses. These signals travel through the nervous system until they reach the brain, where the electrical information is transformed into the projection of images that give rise to sight.



## CONDITIONS

- Sprains and strains
- Knee injuries
- Muscle inflammation
- Dislocations
- Tibial bone pain
- Achilles tendon traumas
- Fractures (broken bones)

In sports, nutrition is of prime importance for people in general, and in particular for athletes, since food provides the source of energy necessary to carry out physical activity.

An athlete must include supplements in his daily diet. It is of great help to complete a healthy diet full of vitamins and minerals that give us the necessary strength to cope with the workouts we undergo daily.

# SPORTS

## RECOMMENDED OMNILIFE PRODUCTS

- Undú
- Oml Strong
- Power Gain
- Malteada Oml
- Oml Pump
- Starbien
- Aqtúa
- Ego Life



# CHILDREN NUTRITION

## CONDITIONS

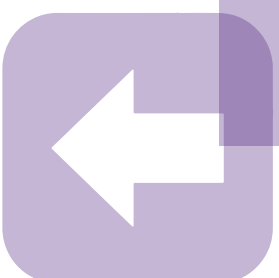
- Physical problems
- Intellectual and learning disabilities
- Growth problems
- Metabolic deficiencies
- Loss of muscle mass
- Hypotonia and decreased energy
- Bone fragility
- Immune weakening
- Anemia
- Renal problems
- Pancreatic and hepatic dysfunction
- Cognitive impairment

## RECOMMENDED OMNILIFE PRODUCTS

- Oml Plus
- Malteada Oml
- Oml Vk
- Oml Focus
- Oml Strong
- One C Mix

**H**ealthy eating consists of eating a variety of foods that provide the nutrients needed to maintain health, well-being and energy.

Good child nutrition reduces the occurrence of some diseases such as obesity, anemia, tooth decay and school learning problems, heart disease, high blood pressure, diabetes and cancer. Child malnutrition is very serious, since it hinders physical and intellectual development.



# REFRESHING BEVERAGES

**M**oderate consumption of refreshing beverages facilitates hydration. The basis of a refreshing drink is water, to which different ingredients are added, giving rise to a diversity of products, flavors and sensations.

In addition to hydrating, refreshing beverages can have other properties, depending on the ingredients they contain

RECOMMENDED  
OMNILIFE PRODUCTS

- Blu Life
- Oml Cola

