



NATUFARMA



OUR PRODUCTS

Well-being is promoted by means of natural products to prevent and reduce the risks of a sedentary lifestyle, to enhance the benefits found in healthy living and to help improve and preserve physical aesthetics.





dietary
supplement



CHÍA

OMEGA 3



TRADITIONALLY USED TO DECREASE TRIGLYCERIDES AND CHOLESTEROL

DESCRIPTION

Polyunsaturated fatty acids (Omega 3) constitute a family of acids that are characterized by not being synthesized by our body. The lack of these acids produces deficiency effects that disappear if they are added to the diet; that is the reason why they are called essential. There are fatty acids of animal origin, such as fish oil and those of vegetable origin, among which the chia seed stands out. The chia seed is distinguished by its richness in polyunsaturated fatty acids, where 60% of these acids are constituted by the Omega 3 alpha-linolenic acid, which is the precursor of DHA and EPA.

RECOMMENDED INTAKE

Children between 2 and 12 years of age: 1 capsule a day. Adults, pregnant and lactating women: 1 or 2 capsules a day, always half an hour before any of the main meals.



MAGNESIUM 100

TRADITIONALLY USED FOR MUSCLE FATIGUE

DESCRIPTION

Magnesium is an essential mineral that can be found in almost all of the cells in the human body.

Magnesium is the usual component of bones and teeth; 60% can be found in bones, and the remainder in different body fluids and tissue. The causes that lead to a magnesium deficiency are diverse: insufficient intake, severe vomiting, the use of diuretics, chronic diarrhea and especially when the individual is in a state of physical and mental stress.

RECOMMENDED INTAKE

Adults, pregnant and lactating women: Take 1 capsule before breakfast and 1 capsule before lunch. Children between 7 and 9 years of age: Take 1 capsule before lunch.

Magnesium can be used in periods of pregnancy, lactation and in children over 7 years of age.

VALERIAN

& VITAMIN B1



SEDATIVES

DESCRIPTION

Valerian is a well-known plant that is used for the treatment of nervous disorders. The most characteristic components of valerian are obtained from its roots: valepotriates and valerenic acids. These acids have a unique, penetrating, and unpleasant odor reminiscent of foot perspiration.

Vitamin B1 or thiamine is a water-soluble vitamin that is part of the B complex.

RECOMMENDED INTAKE

Take 1 to 3 tablets a day, preferably at the following times: 1 tablet before lunch and 1 or 2 tablets 1 hour before bedtime. The suggested dose of this dietary supplement exceeds the Reference Daily Intake (RDI) for vitamin B1.

OMEGA 3

FISH OIL



TRADITIONALLY USED TO DECREASE TRIGLYCERIDES AND CHOLESTEROL

DESCRIPTION

Omega 3s are polyunsaturated fatty acids. There are Omega 3s of vegetable origin and short chain and of marine origin and long chain. The latter are mainly extracted from cold-water, deep-sea fish such as salmon, tuna, mackerel, sardines, etc. The most important Omega 3s are eicosapentaenoic (EPA) and docosahexaenoic (DHA).

Omega 3s are considered to be essential because they are not synthesized by our bodies. They are essential for the development and protection of the body; therefore, it is crucial to incorporate them through diet or food supplements.

RECOMMENDED INTAKE

Children between 2 and 12 years of age: 1 capsule a day with lunch. Adults and pregnant women: 2 capsules with lunch, or 1 capsule with lunch and 1 capsule with dinner.

SOY ISOFLAVONES

CALCIUM & VITAMIN D3



MENOPAUSE

DESCRIPTION

Isoflavones are a set of molecules whose chemical structures are similar to estrogens, which are the substances made by the ovaries in the fertile period of women; for this reason, they are often called "plant estrogens".

The main dietary source of isoflavones is soy; in order of importance by quantity, we can find genistein, followed by daidzein and finally glycitein. The content of these isoflavones varies depending on the variety of soybeans, the cultivation and growth conditions and year of harvest, as well as the process said isoflavones have undergone. Natufarma standardizes the isoflavone content, always presenting the same concentration in the final product.

RECOMMENDED INTAKE

Take 1 tablet with breakfast and 1 tablet with dinner. The suggested dose of this dietary supplement exceeds the Recommended Daily Intake (RDI) for vitamin D3. This product can cause toxic effects due to the accumulation of fat-soluble vitamin D; therefore, this product should not be consumed again without consulting your doctor.

SKIN, HAIR & NAILS



CONTRIBUTES TO SKIN, HAIR AND NAILS CARE

DESCRIPTION

A supplementation with minerals, vitamins and amino acids contribute to maintain the level needed in the body to provide skin moisture, softness and resistance. In addition, nails are nourished, enabling their elasticity, growth and smoothing while hair gains volume and shine. Minerals and vitamins act as catalysts and modulators in metabolic processes. Amino acids act by increasing tissue growth (proteins), stimulating the immune system and invigorating the neurological system.

INGREDIENTS:

Horsetail (Equisetum arvense) provides silicon, which is a mineral that helps to recover the structure of hair and nails.

Cystine is a fundamental amino acid for hair and nails.

Vitamin A, E and B complex are essential to prevent skin flaking and cellular aging.

Copper, manganese, iron, iodine and zinc:
their antioxidant action helps strengthen hair.

RECOMMENDED INTAKE

Adults: two tablets daily, preferably away from meals.

Do not use in case of pregnancy, lactation or in children.

Línea geneo®



healthy skin

CONTRIBUTES TO SKIN CARE

DESCRIPTION

The dermis, which forms the foundation of the skin, is closely involved in the elasticity and flexibility of the skin. Collagen is the main component of the dermis. The key to a beautiful skin is maintaining the right amount of collagen. Glycine, proline, alanine and hydroxyproline are the main constituents of collagen; replenishing these constituent amino acids is necessary to maintain the right amount of collagen. Coenzyme Q-10, (known as ubiquinone, a term that indicates its presence in all the cells of our body), helps to promote the production of the energy necessary to maintain the vital processes of the body, to protect the skin from external aggressions and thus delay its aging. Over time, our body progressively reduces the production of Coenzyme Q-10 which, added to the decrease in collagen and elastin, leads to the formation of wrinkles and dryness of the skin.

RECOMMENDED INTAKE

Take 8 g (two tablespoons) a day dissolved in a glass of water (250 ml), preferably away from the main meals.

beauty

CONTRIBUTES TO SKIN, HAIR AND NAILS CARE

DESCRIPTION

The combination of L-cystine, sodium hyaluronate, resveratrol, coenzyme Q10 and vitamins is designed to contribute to the comprehensive care of the body by means of vitamins and antioxidants such as resveratrol, which helps to prevent the deterioration of the body produced by the passage of time and external factors. Likewise, it helps skin care by means of sodium hyaluronate and coenzyme Q10, maintaining its firmness and elasticity. As a complement, L-cystine helps to improve skin, hair and nails characteristics. This achieves a unique combination that helps to prevent premature aging, to preserve skin, hair and nails characteristics, and to maintain a lush and healthy appearance.

RECOMMENDED INTAKE

Take 1 or 2 tablets a day, preferably away from the main meals. The maximum suggested dose exceeds the RDI for vitamins A, B1, B2, B6, B12, D3, D-Biotin and zinc.

This product can cause toxic effects due to the accumulation of fat-soluble vitamins A and D; therefore, this product should not be consumed again without consulting your doctor.

LINE

ENERGY



MAGNESIUM SPORT

MAGNESIUM, VITAMINS & MINERALS.

DESCRIPTION

Magnesium is an essential mineral necessary for the body to function since it is involved in more than 300 metabolic and enzymatic reactions that take place in the body. Magnesium has an essential role in obtaining energy and in the nervous system, in muscle relaxation, in the assimilation of other vitamins and minerals, and in the formation of proteins. Scientific literature indicates that magnesium levels below normal can cause cramps stemming from excessive nervous excitement, as well as joint injuries and slow muscle recovery. In addition to magnesium, vitamins and minerals should be part of the diet of all athletes in order to meet their physical exercise needs.

RECOMMENDED INTAKE

Take 2 tablets a day, preferably with breakfast. The suggested dose of this dietary supplement exceeds the Recommended Daily Intake (RDI) for magnesium, zinc, vitamin B8, and vitamin B12.



MAGNESIUM, VITAMINS & MINERALS.

DESCRIPTION

Recent research shows the revitalizing and energizing capacity for both the mind and the body of the following components: yerba mate, guarana, ginseng, ginkgo biloba and aspartic acid. In addition, soy lecithin, vitamins and minerals provide benefits to the body.

RECOMMENDED INTAKE

Take 1 tablet a day, preferably with breakfast.



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