



DIETARY SUPPLEMENT

*the secret of your health*

L'ACTONE life

**COLLAGEN**

**300g**

PLUS POWDER



HEALTHY  
SKIN &  
HAIR



SUPPORTS  
BONES &  
JOINTS



STIRS IN  
& MIXES  
EASILY



## Renew yourself!

### Benefits:

Lactone Hydrolyzed Collagen, Hydrolyzed Collagen plays an important role in a decrease of fine lines and wrinkles, and an increase in hydration of the outermost layer of their skin. It gives effect to heal tissues, fights infection, fatigue, and loss of appetite. It also promote pain relief and promote brain, heart, and gut health, as well as help control weight and keep hair and nails healthy.

## Supplement Facts

Serving Size: 1 Scale

Daily Intake Dose Of  
The Active Ingredient

Quantity  
(mg/1 Scale)

Hydrolyzed Collagen

10000



# MULTIVITAMIN & MINERAL

60

CAPSULES  
678 mg



Stay powerful!

## Benefits:

Lactone Multivitamins and Minerals, help to boost energy, strength the bone, heal wounds, and boost your immune system. They also convert food into energy, and repair cellular damage. As well as support heart and brain health and top up nutrients missing from your diet. Because of vitamin A it contain it protect from blindness. Vitamin C in it protect from Scurvy (gum bleeding and skin bruising). Vitamin D and Vitamin K help in regulating the absorption of calcium and phosphorus, and facilitating normal immune system function. They are also important for normal growth and development of bones and teeth, as well as improved resistance against certain diseases.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Vitamin C	150	300
Vitamin B5	150	300
Calcium	60	120
Vitamin E	81	162
Vitamin B3	17,5	35
Magnesium	37,5	75
Sodium	30	60
Vitamin B2	30	60
Iron	7	14
Boron	3	6
Vitamin B1	15	30
Zinc	2,25	4,5
Vitamin B6	1,5	3 µg
Vitamin K1	30µg	60 µg
Manganese	0,3	0,6
Vitamin B12	450 µg	900 µg
Copper	300 µg	600 µg
Biotin	375 µg	750 µg
Beta Carotene	0,25	0,50 µg
Chromium	54 µg	108 µg
Folic acid	90 µg	180 µg
Vitamin D3	5 µg	10 µg
Selenium	12 µg	24 µg



# CURCUMIN

60

SOFTGEL  
500 mg



## Strengthen your immune system!

### Benefits:

Lactone Curcumin, Black seed, Fig, thanks to Curcumin it contains which has powerful anti-inflammatory effects and is a very strong antioxidant. It also stimulates the body's antioxidant enzymes as well as it boosts levels of the brain hormones which increases the growth of new neurons and fight various degenerative processes in the brain. Curcumin has an important role in prevent heart diseases, cancer, and Alzheimer's Disease. The Black seed oil has been shown to have antioxidant properties. These can help relieve inflammation inside the body and on the skin. The anti-inflammatory effects of black seed oil may extend to improving asthma symptoms, rheumatoid arthritis symptoms, and reducing stomach upset. As well as it plays an important role in reducing high cholesterol, and high blood pressure. Fig, with their powerful antioxidants it neutralizes free radicals, fights diseases, prevents cell damage, and also decreases risk for heart disorders. Fig seed oil possesses a large number of essential minerals besides when consumed orally, it releases its therapeutic properties that protect the heart, regulate kidney and liver functions, lower blood pressure.

## Supplement Facts

Serving Size: 1 Softgel

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Softgel)	Quantity (mg/2 Softgel)
Nigella Sativa Oleum	350	700
Ficus carica seed oil	100	200
Curcumin	50	100



# BETA GLUCAN

**60**CAPSULES  
650 mg

## Keep your quality of life high!

### Benefits:

Lactone Beta Glucan, Reishi Mushroom, Pelargonium Sidaloides, Beta Glucan helps in lowering cholesterol, improving blood sugar management, and boosting the immune system. It also can increase the body's defense against the harmful effects of stress. Reishi mushroom boosts the immune system, it also decreases anxiety and depression as well as improve quality of life. Pelargonium sidoides can help fight upper respiratory tract infections, including the common cold, bronchitis, and sinusitis.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
L-Ascorbic Acid	200	400
Black Seed Extract	100	200
Ginger Extract	100	200
African Geranium	100	200
Beta Glucan	100	200
Ganoderma (Reishi) Mushroom	50	100



L'ACTONE life  
**B-COMPLEX**

**60**

CAPSULE  
500 mg



## Increase your energy!

### Benefits:

Lactone Vitamin B Complex plays a vital role in maintaining good health and well-being. Vitamin B complex helps prevent infections and helps support or promote the cell health, growth of red blood cells, energy levels, good eyesight, healthy brain function, good digestion, healthy appetite, proper nerve function, hormones and cholesterol production, cardiovascular health, and muscle tone.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Vitamin B5	150	300
Vitamin B3	75	150
Vitamin B2	30	60
Vitamin B1	15	30
Vitamin B6	1,5	3
Vitamin B12	450 mcg	900 mcg
Biotin	375 mcg	750 mcg
Folic acid	300 mcg	600 mcg



# L'ACTONE life

# GINKGO BILOBA

**60**CAPSULES  
500 mg

## Have a sharp memory now!

### Benefits:

Lactone Ginkgo Biloba, Rhodiola, Resveratrol, Green Tea, Ginkgo contains potent antioxidants that can reduce inflammation. It also increases blood flow by promoting the dilation of blood vessels. As well as it can reduce anxiety, stress, and symptoms associated with Alzheimer's disease and cognitive decline associated with aging. Rhodiola treats anxiety, fatigue, and depression. It also increases mental performance. Resveratrol helps lower blood pressure, decrease LDL cholesterol oxidation, and protecting brain cells from damage. Green Tea reduce wrinkles and the signs of aging. This is because of their antioxidant and anti-inflammatory activities.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Rhodiola Extract	150	300
Green Tea Extract	135	270
Ginkgo	100	200
Resveratrol	20	40
Vitamin B12	450 µg	900 µg



# GLUKOZAMIN KONDROITIN

60

TABLET  
1600 mg



7 426984 560911



## Your joints are stronger now!

### Benefits:

Lactone Glucosamine, Chondroitin, MSM, Boswellia, Collagen, Hyaluronic Acid, Due to Glucosamine and Chondroitin, it contains it reduces inflammation and support the joints. MSM is effective in reducing joint pain, stiffness and swelling, and muscle damage. Boswellia is an effective anti-inflammatory, it can be an effective painkiller and may prevent the loss of cartilage. Collagen provides skin with structure and strengthening the bones. Hyaluronic Acid retains water to keep tissues well lubricated and moist by this it reduces the appearance of wrinkles, fine lines, and makes skin appear smoother and healthier.

## Supplement Facts

Serving Size: 1 Tablet

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Tablet)	Quantity (mg/3 Tablet)
Glucosamine Sulfate	500	1500
Methylsulfonylmethane	300	900
Chondroitin Sulfate	200	600
Turmeric Extract	25	75
Boswellic acid	25	75
Hydrolyzed Collagen	20	60
Hyaluronic Acid	15	45



L'ACTONE life

# IMMUNE COMPLEX

60

CAPSULES  
650 mg



## Strengthen your defense mechanism against viruses!

### Benefits:

Lactone Black elderberry, Aronia, Rhodiola, Reishi, is packed with antioxidants and vitamins that may boost your immune system and reduced fatigue, depression, as well as improved quality of life. They can help tame inflammation, lessen stress, and help protect your heart, too. In addition to help in prevention and ease cold and flu symptoms, it's also been used as a treatment for Constipation, Joint and muscle pain, Infections that affect how you breathe, headaches, fever, kidney problems, epilepsy, minor skin conditions, stress, HIV and AIDS.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Aronia Extract	100	200
Black Elderberry Ext.	100	200
Rhodiola Extract	100	200
Ganoderma (Reishi)	95,89	191,78
Mushroom Extract		
Vitamin C	95	190
Vitamin E	81 (α-TE)	162 (α-TE)
Magnesium	37,5	75
Zinc	6,43	12,86
Vitamin D3	5 µg	10 µg



# HYALURONIC ACID COMPLEX

60

CAPSULES  
665 mg



7 426984 560782



## Get a silky skin!

### Benefits:

Lactone Hyaluronic acid, type II Collagen, Vitamin C, Hyaluronic acid can help increase skin moisture and reduce the appearance of fine lines and wrinkles. It also increase collagen content in the dermis to support skin structure and elasticity. Hyaluronic acid supplements are effective at reducing joint pain in people with osteoarthritis. Collagen reduce inflammation and stimulate collagen synthesis in the body. It also promote pain relief and promote brain, heart, and gut health, as well as help control weight and keep hair and nails healthy. Vitamin C, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Hydrolyzed Collagen	430	860
Vitamin C (L-Ascorbic Acid)	120	240
Chondroitin Sulfate	80	160
Hyaluronic Acid	35	70



# MAGNESIUM GMC

60

CAPSULES  
500 mg



7 426984 560812



## Strengthen your muscles and bones!

### Benefits:

Lactone Magnesium, Vitamin C, Pyridoxine (B6), help in relieving muscle tension, improving the quality of sleep, strengthening the bones, helping to synthesize proteins, replenishing the skin. Due to pyridoxine, it contains, it helps to produce insulin, fight infection, regulate emotions, and mood. It also maintains the health of skin, cartilage, teeth, bone, and blood vessels, Which is the role of Vitamin C that contains.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/3 Capsule)
Vitamin C	150	450
Magnesium	74,5414	223,6242
Zinc	2,25	6,75 mg
Vitamin B6	1,5	4,5 mg
Copper	300 µg	900 µg



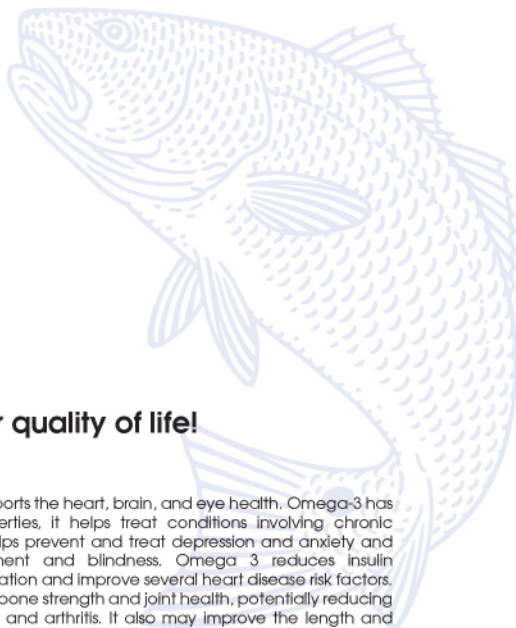
# OMEGA-3 PREMIUM

60

SOFTGEL  
800 mg



7 426984 560775



## Increase your quality of life!

### Benefits:

Lactone Omega-3, supports the heart, brain, and eye health. Omega-3 has anti-inflammatory properties, it helps treat conditions involving chronic inflammation. It also helps prevent and treat depression and anxiety and prevent vision impairment and blindness. Omega 3 reduces insulin resistance, fight inflammation and improve several heart disease risk factors. Omega-3 may improve bone strength and joint health, potentially reducing your risk of osteoporosis and arthritis. It also may improve the length and quality of your sleep.

## Supplement Facts

Serving Size: 1 Softgel

Daily Intake Dose Of The Active Ingredient	mg	Quantity (mg/1 Softgel)	Quantity (mg/3 Softgel)
Fish oil			
Omega-3 Fatty Acids	700		
DHA (Docosahexaenoic acid)	500	600	1800
EPA (Eicosapentaenoic acid)	150		



# L'ACTONE life GOJI BERRY

**60**CAPSULES  
650 mg

## Be more concentrated!

### Benefits:

Lactone Goji Berry, contains healthy antioxidants that boost the immune system and fight free radicals. It is believed to protect against age-related eye diseases and it can promote healthy skin. Goji berries are packed with many vitamins, minerals, and antioxidants. They're associated with many health benefits, including improving blood sugar control, helping with weight loss, fight aging, and protecting against cancer. goji berry improved energy, ability to focus, enhanced athletic performance, mental acuity, and feelings of calmness and contentment as well as improve the quality of sleep.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Goji Berry Extract	600	1200

L'ACTONE life  
BIOTIN

60

CAPSULE  
680 mg



## Have stronger hair and nails!

### Benefits:

Lactone Biotin, Keratin, Saw Palmetto, and Horsetail Extract, Biotin has been linked to improved hair, nails, and skin health and maintaining the proper function of the nervous system. Keratin can make the hair smoother, easier to manage, looks fuller, and glossy. It also makes curly hair less frizzy, easier to style, and straightener in appearance. Mainly it is rebuilding the hair by artificially putting back lost protein in the hair. Saw palmetto can aid in the treatment of health problems including asthma, benign prostatic hypertrophy (BPH), chronic pelvic pain syndrome, colds, coughs, migraine, prostate cancer, and sore throat, as well as alleviate stress. Horsetail extract has good antioxidants and anti-inflammatory properties which give benefits for acne and skin irritation and the anti-aging effect, it is also very beneficial for nails and hair because of its high silica content.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Methylsulfonylmethane	118,68	237,36
Saw Palmetto	100	200
Ginkgo	100	200
Vitamin C	75	150
Hydrolyzed Keratin	50	100
L-Arginine	50	100
Vitamin B5	40	80
Vitamin B3	35	70
Horsetail	30	60
L-Cysteine	20	40
Zinc	7,5	15
Biotin	2500 µg	5000 µg
Folic acid	300 µg	600 µg



# L'ACTONE life SPIRULINA

# 60

CAPSULES  
650 mg



## Increase your body defense!

### Benefits:

Lactone Spirulina, has powerful antioxidant and anti-inflammatory properties, by this it protects the body from heart diseases, cancer, and general fatigue. It also can lower triglycerides and "bad" LDL cholesterol and raise "good" HDL cholesterol. Spirulina improves immune function and increases the hemoglobin content of red blood cells by this it reduce the symptoms of anemia.

## Supplement Facts

Serving Size: 1 Tablet

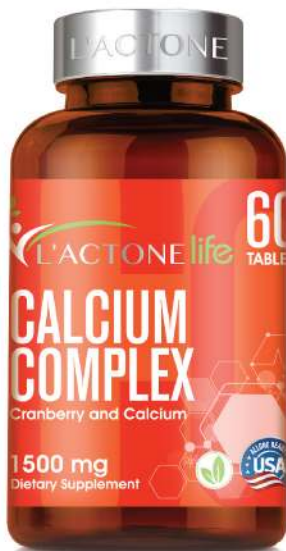
Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Tablet)	Quantity (mg/2 Tablet)
Spirulina	500	1000

L'ACTONE life

# CALCIUM COMPLEX

60

TABLET  
1500 mg



## Have stronger bones now!

### Benefits:

Lactone Calcium and Cranberry, Calcium is essential for the development, growth, and maintenance of bone. It also helps regulate muscle contraction and regulate the cholesterol level in the body. Cranberry is a powerhouse of antioxidants that help boost immunity. Other than this, it is also essential for the maintenance of skin, muscles, and bone. It can reduce inflammation, and regulate the cholesterol level in the body, cranberries treat bladder and kidney diseases, poor appetite, stomach complaints,

## Supplement Facts

Serving Size: 1 Tablet

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Tablet)	Quantity (mg/2 Tablet)
Calcium	375,405	750,81
Cranberry Extract	100	200
Zinc	7,5	15
Vitamin D3	6,25 µg	12,5 µg



L'ACTONE life  
**COENZYME Q10**

**30**

CAPSULE  
350 mg



## Increase your energy!

### Benefits:

Lactone Coenzyme Q10, improve heart and brain function, increasing energy production and limiting oxidative damage. It also helps in reducing inflammation and decrease fatigue. Coenzyme Q10 improve sperm quality and reduce the decline in the number and quality of eggs in women by this it increase the fertility in men and women. It also increase insulin sensitivity and improve blood sugar levels by this it play an important role in improving diabetic symptoms.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)
Coenzyme Q 10	100



# ARONIA

60

CAPSULE  
650 mg



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## Live with powerful body!

### Benefits:

Lactone Aronia contains high levels of antioxidants which defend the body cells from damage caused by free radicals. It also strengthens and supports the immune system.

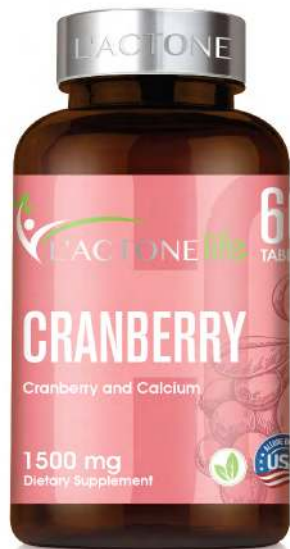
## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Aronia Extract	100	200
Black Elderberry Ext.	100	200
Rhodiola Extract	100	200
Ganoderma (Reishi)	95,89	191,78
Mushroom Extract		
Vitamin C	95	190
Vitamin E	81(α-TE)	162(α-TE)
Magnesium	37,5	75
Zinc	6,43	12,86
Vitamin D3	5 µg	10 µg



# L'ACTONE life CRANBERRY

**60****TABLET**  
1500 mg

## Say goodbye to disease!

### Benefits:

Lactone Cranberry is a powerhouse of antioxidants that help boost immunity. Other than this, it is also essential for the maintenance of skin, muscles, and bone. It can reduce inflammation, and regulate the cholesterol level in the body. Cranberries treat bladder and kidney diseases, poor appetite, stomach complaints, blood disorders, and scurvy.

## Supplement Facts

Serving Size: 1 Tablet

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Tablet)	Quantity (mg/2 Tablet)
Calcium	375,405	750,81
Cranberry Extract	100	200
Zinc	7,5	15
Vitamin D3	6,25 µg	12,5 µg



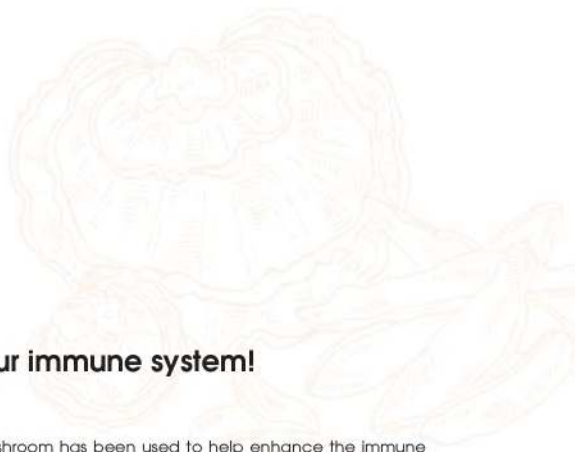
# REISHI MUSHROOM

60

CAPSULE  
650 mg



7 426984 561079



## Protect your immune system!

### Benefits:

Lactone Reishi mushroom has been used to help enhance the immune system, reduce stress, improve sleep, and lessen fatigue. It's also used as a treatment for Respiratory infections, kidney and liver problems, stress, HIV, and AIDS.



## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Aronia Extract	100	200
Black Elderberry Ext.	100	200
Rhodiola Extract	100	200
Ganoderma (Reishi) Mushroom Extract	95,89	191,78
Vitamin C	95	190
Vitamin E	81 (α-TE)	162 (α-TE)
Magnesium	37,5	75
Zinc	6,43	12,86
Vitamin D3	5 µg	10 µg



# AFRICAN GERANIUM

60

TABLET  
1500 mg



7 426984 561048



## Stay healthy!

### Benefits:

Lactone African geranium helps fight viruses and stimulates the immune system it also fights upper respiratory tract infections, including the common cold, bronchitis, and sinusitis. It can alleviate illness symptoms and reduce the duration of it.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
L-Ascorbic Acid	200	400
Black Seed Extract	100	200
Ginger Extract	100	200
African Geranium	100	200
Beta Glucan	100	200
Ganoderma (Reishi) Mushroom	50	100



# L'ACTONE life GRAPE SEED OIL

**60**CAPSULE  
650 mg

7 426984 561000



## Natural miracle of radiant skin!

### Benefits:

Lactone Grape Seed contains high antioxidant content, it can help prevent disease and protect against oxidative stress, tissue damage, and inflammation. Grape Seed extract reduces swelling caused by injury and helps in relief eye disease related to diabetes.

## Supplement Facts

Serving Size: 1 Softgel

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Softgel)	Quantity (mg/2 Softgel)
Nigella Sativa Oleum	300	600
Thyme (Carvacrol) Oil	200	400
Vitis Vinifera Seeds Oleum	100	200



# GREEN TEA

**60**CAPSULE  
500 mg

## Increase your fat burning!

### Benefits:

Lactone Green Tea contains caffeine and amino acid L-theanine, which can work to improve brain function. It also boosts metabolic rate and increases fat burning and due to the strong antioxidant and anti-inflammatory activities it has, green tea protect body cells from damage which makes the body healthier.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Rhodiola Extract	150	300
Green Tea Extract	135	270
Ginkgo	100	200
Resveratrol	20	40
Vitamin B12	450 µg	900 µg



# BLACK CUMIN

60

SOFTGEL  
500 mg



7 426984 561093



## Remove your cholesterol problem!

### Benefits:

Lactone Black Cumin has been shown to have antioxidant properties. These can help relieve inflammation inside the body and on the skin. The anti-inflammatory effects of black seed oil may extend to improving asthma symptoms, rheumatoid arthritis symptoms, and reducing stomach upset. As well as it plays an important role in reducing high cholesterol, and high blood pressure.

## Supplement Facts

Serving Size: 1 Softgel

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Softgel)	Quantity (mg/2 Softgel)
Nigella Sativa Oleum	350	700
Ficus carica seed oil	100	200
Curcumin	50	100





# RHODIOLA

60

CAPSULE  
500 mg



## Get rid of anxiety, fatigue and depression!

### Benefits:

Lactone Rhodiola treats anxiety, fatigue, and depression. It also increases mental performance. Rhodiola extracts might help protect cells from damage, regulate heartbeat, and have the potential for improving learning and memory.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Rhodiola Extract	150	300
Green Tea Extract	135	270
Ginkgo	100	200
Resveratrol	20	40
Vitamin B12	450 µg	900 µg



# MSM

## 60

SOFTGEL  
1600 mg



## Renew your body!

### Benefits:

Lactone MSM (Methylsulfonylmethane) is effective in reducing joint pain, stiffness, and swelling of muscles, as well as reduce inflammation and boost immunity. MSM may help reduce pain, muscle damage, and oxidative stress after intense exercise, helping the body to recover more quickly.

## Supplement Facts

Serving Size: 1 Tablet

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Tablet)	Quantity (mg/3 Tablet)
Glucosamine Sulfate	500	1500
Methylsulfonylmethane	300	900
Chondroitin Sulfate	200	600
Turmeric Extract	25	75
Boswellic acid	25	75
Hydrolyzed Collagen	20	60
Hyaluronic Acid	15	45



# MULTI-MINERAL

# 60

CAPSULE  
780 mg



## Eliminate your iron deficiency!

### Benefits:

Lactone Multi-Mineral (Calcium, Iron, Phosphorus, Iodine, Magnesium, Zinc, Selenium, Sodium, Boron, Copper, Manganese, Chromium, Potassium) which play a major role in keep the body healthy. Calcium and Phosphorus maintain healthy bones. Sodium provide a proper balance of water in the body. Iron is important in perfect ferrying of oxygen throughout the body. Potassium decreases the risk of stroke, lowers blood pressure, protects against loss of muscle mass, preserves bone mineral density, and reduces the formation of kidney stones. Zinc is essential for cell growth and division, immune function, enzyme reactions, DNA synthesis and protein production.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Vitamin C	150	300
Vitamin B5	150	300
Calcium	60	120
Vitamin E	81	162
Vitamin B3	17,5	35
Magnesium	37,5	75
Sodium	30	60
Vitamin B2	30	60
Iron	7	14
Boron	3	6
Vitamin B1	15	30
Zinc	2,25	4,5
Vitamin B6	1,5	3 µg
Vitamin K1	30µg	60 µg
Manganese	0,3	0,6
Vitamin B12	450 µg	900 µg
Copper	300 µg	600 µg
Biotin	375 µg	750 µg
Beta Carotene	0,25	0,50 µg
Chromium	54 µg	108 µg
Folic acid	90 µg	180 µg
Vitamin D3	5 µg	10 µg
Selenium	12 µg	24 µg



L'ACTONE life  
**VITAMIN C**

**60**

CAPSULE  
665 mg



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## Always be ready!

### Benefits:

Lactone Vitamin C is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Hydrolyzed Collagen	430	860
Vitamin C (L-Ascorbic Acid)	120	240
Chondroitin Sulfate	80	160
Hyaluronic Acid	35	70



# RESVERATROL

60

CAPSULE  
500 mg



## The magic of your young!

### Benefits:

Lactone Resveratrol helps lower blood pressure, decrease LDL cholesterol oxidation, and protecting brain cells from damage due to potent antioxidant and anti-inflammatory compound that contains.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Rhodiola Extract	150	300
Green Tea Extract	135	270
Ginkgo	100	200
Resveratrol	20	40
Vitamin B12	450 µg	900 µg



# BLACK ELDERBERRY

**60**

CAPSULE  
650 mg



7 426984 561024

## Have better quality of life!

### Benefits:

Lactone Black elderberry is packed with antioxidants and vitamins that may boost your immune system and reduced fatigue, depression, as well as improved quality of life. They can help tame inflammation, lessen stress, and help protect your heart, too. As well as it helps in prevention and ease cold and flu symptoms



## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Aronia Extract	100	200
Black Elderberry Ext.	100	200
Rhodiola Extract	100	200
Ganoderma (Reishi)	95,89	191,78
Mushroom Extract		
Vitamin C	95	190
Vitamin E	81 (α-TE)	162 (α-TE)
Magnesium	37,5	75
Zinc	6,43	12,86
Vitamin D3	5 µg	10 µg



# L'ACTONE life

# VITAMIN B6

# 60

CAPSULE  
500 mg



## Feed your body need!

### Benefits:

Lactone Vitamin B6 helps to produce insulin so it improve the blood sugar level. B6 is effective in improve emotions and mood disorders.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/3 Capsule)
Vitamin C	150	450
Magnesium	74,5414	223,6242
Zinc	2,25	6,75 mg
Vitamin B6	1,5	4,5 mg
Copper	300 µg	900 µg



L'ACTONE life  
**HORSETAIL**

**60**  
CAPSULE  
680 mg



## The power of health!

### Benefits:

Lactone Horsetail Extract has good antioxidants and anti-inflammatory properties which give benefits for acne and skin irritation and the anti-aging effect, it is also very beneficial for nails and hair because of its high silica content. Horsetail Extract inhibits the break down of bone and handles the bone synthesis.

## Supplement Facts

Serving Size: 1 Capsule

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Capsule)	Quantity (mg/2 Capsule)
Methylsulfonylmethane	118,68	237,36
Saw Palmetto	100	200
Ginkgo	100	200
Vitamin C	75	150
Hydrolyzed Keratin	50	100
L-Arginine	50	100
Vitamin B5	40	80
Vitamin B3	35	70
Horsetail	30	60
L-Cysteine	20	40
Zinc	7,5	15
Biotin	2500 µg	5000 µg
Folic acid	300 µg	600 µg





# L'ACTONE life FIG SEED OIL

**60**SOFTGEL  
500 mg

7 426984 561130



## The power of antioxidants

### Benefits:

Lactone Fig Seed Oil, with their powerful antioxidants it neutralizes free radicals, fights diseases, prevents cell damage, and also decreases risk for heart disorders. Fig seed oil possesses a large number of essential minerals besides when consumed orally, it releases its therapeutic properties that protect the heart, regulate kidney and liver functions, lower blood pressure.

## Supplement Facts

Serving Size: 1 Softgel

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Softgel)	Quantity (mg/2 Softgel)
Nigella Sativa Oleum	350	700
Ficus carica seed oil	100	200
Curcumin	50	100

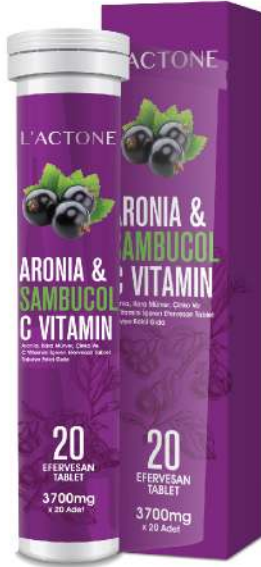
# ARONIA & SAMBUCOL & C VITAMIN

20

EFFERVESCENT  
TABLET



8 681734 014048



## Strengthen your immune system!

### Benefits:

Lactone Aronia, Black Elderberry, Zinc, Vitamin C, thanks to Aronia contained in it which is pack in high levels of antioxidants that protect your cells from damage and benefit your body health. Black Elderberry treats cold and flu symptoms, support heart health, and fights inflammation and infections. It also considered an excellent source of antioxidants that fight the free radicals that harm the body. Zinc is vital for a healthy immune system, correctly synthesizing DNA, promoting healthy growth, and healing wounds. It also has a crucial role in regulating how neurons communicate with one another, affecting how memories are formed and how we learn. Vitamin C is a strong antioxidant that can boost your blood antioxidant levels. This may help reduce the risk of chronic diseases like heart disease. It also has been found to lower blood pressure, cholesterol, and triglycerides. Vitamin C can help improve the absorption of iron from the diet. As a result, vitamin C may help reduce the risk of anemia among people prone to iron deficiency.

Günlük Alım Dozunda Etken Madde	Miktar (mg/1 Tablet)
Sodyum	100
Vitamin C	75
Aronia Extract	36,07
Kara Mürver Ekstresi	10
Çinko	3,07

L'ACTONE life

# CARVACROL (KEKİK)

60

SOFTGEL  
800 mg



## Keep the viruses away!

### Benefits:

Lactone Carvacrol, Black seed, Grapeseed, it enhances the immune system and protects against toxins because of the Carvacrol it contains, which has antiviral, antibacterial, antifungal activity. It considered a potent antioxidant. It also provides a pain relief effect. The Black seed oil has been shown to have antioxidant properties. These can help relieve inflammation inside the body and on the skin. The anti-inflammatory effects of black seed oil may extend to improving asthma symptoms, rheumatoid arthritis symptoms, and reducing stomach upset. As well as it plays an important role in reducing high cholesterol, and high blood pressure. The grape seed oil contains high antioxidant content, it can help prevent disease and protect against oxidative stress, tissue damage, and inflammation.

## Supplement Facts

Serving Size: 1 Softgel

Daily Intake Dose Of The Active Ingredient	Quantity (mg/1 Softgel)	Quantity (mg/2 Softgel)
Nigella Sativa Oleum	300	600
Thyme (Carvacrol) Oil	200	400
Vitis Vinifera Seeds Oleum	100	200



# CARVACROL HERBAL CONCENTRATED TEA

Raspberry Flavored



50g



## Support your immunity!

### Benefits:

Carvacrol Herbal Tea Concentrate, it enhances the immune system and protects against toxins because of the carvacrol it contains, which has antiviral, antibacterial, antifungal activity. It also provides antioxidant support and boosts the feeling of energy.

### Instructions For Use:

- Mix 250 ml hot water with 1/2 tsp of Carvacrol Herbal Tea Concentrate. enjoy your Herbal Tea !
- There is no need to add sugar. Use it once daily.

Besin Ögesi	100 gr	1 Porsiyon (1,5 gr)
Enerji (kcal)	346,67	5,20
Enerji (kj)	1450,45	21,76
Yağ (g)	0,00	0,00
Karbonhidrat (g)	86,67	1,30
Lif (g)	0,00	0,00
Protein (g)	0,00	0,00

L'ACTONE life

# CARVACROL 5 IN1 IMMUNE SUPPORT

12

SACHET



5in1

**Kekik**  
**Kara Mürver**  
**Afrika Sardunyası**  
**Vitamin C**  
**Çinko**

**Support your immunity!**

**Benefits:**

Carvacrol 5 in 1 Immune Support, It enhances the immune system and protects against toxins because of the carvacrol it contains, which has antiviral, antibacterial, antifungal activity. It also provides antioxidant support and boosts the feeling of energy.



Besin Ögesi	100 gr	1 Porsiyon (2,5 gr)
Enerji (kcal)	304,00	7,6
Enerji (kj)	1271,94	31,80
Yağ (g)	0,00	0,00
Karbonhidrat (g)	76,00	1,90
Lif (g)	0,00	0,00
Protein (g)	0,00	0,00
Vitamin C (mg)	3200,00	80,00
Çinko (mg)	50,00	1,25
Kekik Ekstresi (mg)	1000,00	25,00
Kara Mürver Ekstresi (mg)	1000,00	25,00
Afrika Sardunyası Ekstresi (mg)	800,00	20,00

L'ACTONE life  
**CARVACROL  
MOUTH SPRAY**

30ml



**Protect yourself against viruses!**

**Benefits:**

Carvacrol Mouth Spray, it enhances the Immune system and protects against toxins because of the carvacrol it contains, which has antiviral, antibacterial, antifungal activity. It also provides antioxidant support and boosts the feeling of energy.

L'ACTONE life

# HIGH WOMEN

30  
SACHET

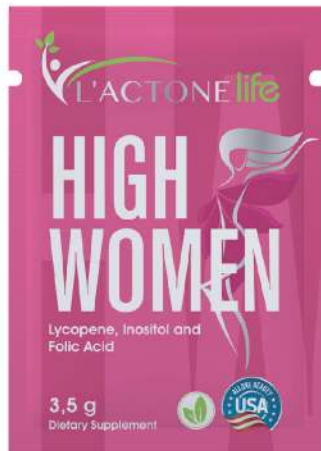


## Increase your performance!

(Lycopene, Inositol, and Folic Acid)

### Benefits:

Lactone Lycopene, Inositol, and Folic Acid, Lycopene is a strong antioxidant that can protect your body against oxidative stress and offer some protection from certain environmental toxins and chronic diseases. It also may help increase your skin's defense against sunburns and damage caused by UV rays. Inositol has many roles in the body and impacts behavior and mood. It can be beneficial for treating some forms of anxiety disorders, such as panic disorders. As well as it improves several aspects of reproductive function in women with polycystic ovary syndrome (PCOS), including menstrual cycle regularity, ovulation, and fertility. Folic acid helps your body produce and maintain new cells, and also helps prevent changes to DNA that may lead to cancer. Folic acid is sometimes used in combination with other medications to treat pernicious, aplastic, or normocytic anemia.



L'ACTONE life

# HIGH MAN

30

SACHET

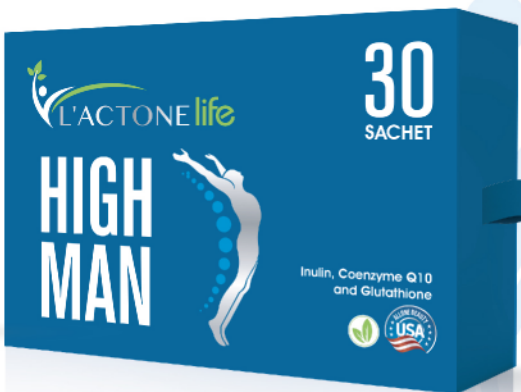


## Increase your performance!

(Inulin, Coenzyme Q10, and Glutathione)

Benefits:

Lactone Inulin, Coenzyme Q10, and Glutathione, due to Inulin that contain it may improve digestive health, relieve constipation, regulate weight as it helps to promote a feeling of fullness and control appetite, improved blood markers of health (such as cholesterol and glucose), and help in controlling diabetes, as well as it can improve calcium and magnesium absorption, resulting in improved bone density. Because of the antioxidant properties of Coenzyme Q10 that it has it helps in reducing inflammation, lower oxidative damage, and decrease fatigue. It also seems to improve heart function and protect brain cells. CoQ10 may improve sperm quality, activity and concentration in men by increasing antioxidant protection. Glutathione is an antioxidant that can protect against multiple diseases such as diabetes, cancer, and rheumatoid arthritis. It also help reduce symptoms of Parkinson disease.







# NUTRITIONAL SHAKE MIX FOR HEALTHY NUTRITION AND WEIGHT MANAGEMENT



8 681734 014000



## Benefits:

Lactone Slimming Kit, It replaces meals for weight control. Lactone Meal replacing nutrient shake mixture is used instead of the meal as part of the energy-reduced diet you use to reach your target weight. You can consume 1 or 2 meals a day. Lactone powder mixture is formulated as a special combination of protein, vitamins, and minerals. Contains B complex vitamins. It contains less than 250 pounds of calories in a meal.

Aronia Thermo Tea energizes and refreshes the body and stimulates metabolism and helps to burns fat.

## Instructions For Use:

The daily recommended consumption is 1 or 2 portions. One serving is equivalent to one meal. Drink 2 tablespoons (27 g) of Lactone powder at each meal with 250 ml of semi-skimmed milk (1.5% fat). You can support your diet by eating unsweetened tea, coffee and non-calorie drinks between meals or by drinking Lactone Aronia Thermo Tea. Does not contain preservatives. Keep out of the reach of children. Consult your doctor in case of pregnancy and lactation, disease or medication. Keep the product closed in a cool and dry place without exposing it to direct sunlight.

## COCONUT FLAVORED



Enerji ve besin öğeleri	100 g için	% RA*	1 Portiyon (27 g ürün + 250 ml yarım yağlı süt (%1,5 yağ))	% RA*
Enerji (k ve kkal)	1607 kJ / 381 kkal	% 19	864 kJ / 212 kkal	% 11
Yağ (g)	5,54 g	% 9	4,73 g	% 7
- Doymuş yağ (g)	2 g	% 10	2 g	% 10
- Unsaturated yağ (g)	3,07 g	-	1 g	-
Karbonhidrat (g)	35,57 g	% 14	21,39 g	% 6
- Şekerler (g)	10,04 g	% 11	6,96 g	% 7
LF (g)	13g	% 52	3,9 g	% 14
Protein (g)	45 g	% 90	19,15 g	% 38
Tuz (g)	1,7 g	% 27	0,432 g	% 7
<b>Vitamin ve Mineraller</b>				
		<b>% BRD*</b>		<b>% BRD*</b>
Vitamin A	776 µg RE	% 97	210 µg RE	% 26
Vitamin C	6,56 µg	% 111	1,5 µg	% 20
Vitamin E	11,12 mg α-TE	% 93	3 mg α-TE	% 25
Vitamin K	50 mg	% 62	13,5 mg	% 17
Vitamin B1	1,29 mg	% 119	0,33 mg	% 30
Vitamin B2	1,78 mg	% 127	0,48 mg	% 34
Vitamin B3	20 mg NE	% 125	5,4 mg NE	% 34
Vitamin B6	11,01 mg	% 119	0,45 mg	% 32
Folik asit	222,23 µg	% 111	60 µg	% 30
Vitamin B12	1,56 µg	% 62	0,42 µg	% 17
Biyotin	27,78 µg	% 55	7,5 µg	% 15
Vitamin B5	4,34 mg	% 56	0,9 mg	% 15
Potasyum	1029 mg	% 96	521 mg	% 24
Kalsiyum	778 mg	% 97	490 mg	% 61
Fosfor	2112 mg	% 97	126 mg	% 26
Magnezyum	206,26 mg	% 56	56,5 mg	% 15
Demir	17,78 mg	% 127	4,8 mg	% 34
Çinko	10,6 mg	% 108	2,85 mg	% 28
Bakar	1,32 mg	% 139	0,35 mg	% 35
Manganez	1,11 mg	% 55	0,3 mg	% 15
Selenyum	61,12 µg	% 111	16,5 µg	% 20
Krom	1,70 µg	% 435	45,9 µg	% 116
İyot	148,15 µg	% 99	40 µg	% 27
Sodyum	638,89 mg	*	172,5 mg	*

\*% RA = Ortalama beş yaşlardan büyük bireşimlerin (RA) miktarı (%RDA)(0,00282)  
% BRD = Ortalama beş yaşlardan büyük bireşimlerin (BRD) miktarı (%RDI)(0,00161)  
% 100 = Ortalama beş yaşlardan büyük bireşimlerin (100) miktarı (%RDI)(0,00161)  
% 50 = Ortalama beş yaşlardan büyük bireşimlerin (50) miktarı (%RDI)(0,00161)

AMINO-ASIT PROFİLİ	100g*	14,5 g** (27 g üründe)
Amino-asit Ada	3710 mg	537 mg
Alanin	1620 mg	234 mg
Asparik asit	2520 mg	363 mg
Glutamik asit	13360 mg	1928 mg
Glycin	1430 mg	209 mg
Histidin	1310 mg	190 mg
Isoleucin (BCAA)	4960 mg	716 mg
Leucin (BCAA)	6730 mg	975 mg
Lisin	6420 mg	933 mg
Metionin	2190 mg	317 mg
Prolin	5320 mg	771 mg
Serin	4210 mg	610 mg
Valerin	6340 mg	918 mg
Triptofan	1890 mg	272 mg
Valin (BCAA)	4530 mg	656 mg
Sistein + Metin	1440 mg	210 mg
Metionin	1010 mg	146 mg
Hiprotan	1300 mg	174 mg

\*100 g Whey Protein (Peynirlik Suyu) Konsantresinde 0,8 amino-asit bulundu. \*\*Her öğüne eşit olarak tüketim için (Peynirlik Suyu) Konsantresinin 1 çamçokağı yeterlidir.  
Peynirlik Suyu Konsantresinin 1 çamçokağı yeterlidir.  
Fenilalanin içerir.

# ARONIA FLAVORED TEA

## HERBAL TEA WITH ARONIA EXTRACT



Thanks to the concentrated herbal extracts in Lactonelife thermo tea, it dissolves easily in water and revitalizes, energizes and refreshes you with its taste suitable for you.

Following your tea consumption, it activates your metabolism and helps fat burning. You can gain maximum benefit by consuming the nutritious shake mixture that replaces the L'Actonelife meal with its low calorie between meals.

To use the Aronia Thermo Tea add 1 teaspoon (5 g) of tea powder in 200 ml hot water and drink it. You can drink it between the Lactone powder mixture meals to improve the slimming effect. Do not use it more than 3 times a day.

200 ml  
Hot water



A Teaspoon of  
Aronia Thermo



Mix and drink





DIETARY SUPPLEMENT

[www.lactone.com.tr](http://www.lactone.com.tr)

Product owner/ Ürün sahibi:  
LACTONE KOZMETİK SAN. DIŞ. TİC. ŞTİ.  
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[www.lactone.com.tr](http://www.lactone.com.tr)

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