

NR-3

MULTIVITAMINS & MINERALS
FOOD SUPPLEMENT

NUTRITIONAL INFORMATION

	Per 2 capsules	% NRV
L-Cystine	159,6 mg	-
L-Methionine	38,6 mg	-
Vitamin C	38,6 mg	48 %
Niacin	12 mg	75 %
MSM (methylsulfonylmethane)	12 mg	-
Zinc	11 mg	110 %
Vitamin E	6,6 mg	55 %
Pantothenic Acid	4 mg	66 %
Vitamin B6	1,4 mg	100 %
Vitamin B2	1 mg	72 %
Copper	1 mg	100 %
Vitamin B1	0,92 mg	84 %
Beta-carotene provitamin A	0,4 mg	50 %
Biotin	0,1 mg	200 %
Folic acid	67 mcg	34 %
Selenium-methionine	56 mcg	102 %
Vitamin B12	1,2 mcg	48 %

*NRVS NOT ESTABLISHED.

INGREDIENTS: L-CYSTINE, L-METHIONINE, VITAMIN C, NIACIN, MSM (METHYLSULFONYLMETHANE), ZINC, GLUCONATE, VITAMIN E, PANTOTHENIC ACID, VITAMIN B6, VITAMIN B2, COPPER GLUCONATE, VITAMIN B1, BETA-CAROTENE, BIOTIN, FOLIC ACID, SELENIUM-METHIONINE, VITAMIN B12. ANTI-CAKING AGENTS: DIBASIC CALCIUM PHOSPHATE, VEGETABLE MAGNESIUM STEARATE.

DIRECTIONS: Take two capsules daily, with food.

STORAGE: Store in a cool, dry place.

KEEP OUT OF REACH OF CHILDREN
MANUFACTURED IN ITALY

10 CAPSULES of 500mg

ALGAE OIL

200 MG DHA OMEGA 3 FOOD SUPPLEMENT

NUTRITION INFORMATION

TYPICAL VALUES	100 g	Serving size: per 0,949 g	%RI*
ENERGY	2267 KJ 550 Kcal	22 KJ 5 Kcal	0 %
TOTAL FAT	57 g	0,5 g	1 %
of which: saturates	21 g	0,2 g	1 %
CARBOHYDRATE	10 g	0 g	0 %
FIBRE	0 g	0 g	
PROTEIN	0 g	0 g	0 %
SALT	0 g	0 g	0 %

*Reference Intake of an average adult (8400 KJ/2000 Kcal)

INGREDIENTS: OIL FROM SCHIZOCHYTRIUM SP. ALGAE (*life's DHA), BOVINE GELATIN, SUNFLOWER OIL, GLYCERIN, PURIFIED WATER, LESS THAN 2 % OF: ROSEMARY OIL, **SOY LECITHIN**, TURMERIC (COLOR), ANNATTO EXTRACT (COLOR).

ALLERGY ADVICE: For allergens, see ingredients in **bold**.

DIRECTIONS: Take one soft gel per serving, with food.

STORAGE: Store in a cool, dry place.

KEEP OUT OF REACH OF CHILDREN
MANUFACTURED IN U.S.A.

1 SOFT GEL of 950 mg

WARNINGS: Do not exceed the recommended daily dose.
The supplements are not intended as a substitute for a varied diet. Keep out of reach of children.

SPEARMINT INFUSION

INGREDIENTS: SPEARMINT LEAVES.

TO BREW: Place 1 tea bag in a mug. Add boiling water and steep for 5-7 minutes.

TO FLAVOR L-DRINK: Follow the instructions to prepare L-DRINK. Add tea bag to the mix in the sport bottle. Steep the tea for as long as desired.

STORAGE: Store in a cool, dry place.

MANUFACTURED IN USA WITH INGREDIENTS
FROM EGYPT.

Net Weight 1,4g e

HIBISCUS INFUSION

INGREDIENTS: HIBISCUS FLOWER

TO BREW: Place 1 tea bag in a mug. Add boiling water and steep for 5-7 minutes.

TO FLAVOR L-DRINK: Follow the instructions to prepare L-DRINK. Add tea bag to the mix in the sport bottle. Steep the tea for as long as desired.

STORAGE: Store in a cool, dry place.

MANUFACTURED IN USA WITH INGREDIENTS
FROM EGYPT.

Net Weight 1,4g e

SPEARMINT LEMON INFUSION

INGREDIENTS: SPEARMINT LEAVES, LEMON PEEL, LEMON MYRTLE

TO BREW: Place 1 tea bag in a mug. Add boiling water and steep for 5-7 minutes.

TO FLAVOR L-DRINK: Follow the instructions to prepare L-DRINK. Add tea bag to the mix in the sport bottle. Steep the tea for as long as desired.

STORAGE: Store in a cool, dry place.

MANUFACTURED IN USA WITH INGREDIENTS
FROM EGYPT AND AUSTRALIA.

Net Weight 1,4 g e

prolon®



PROLON®
Imported by
L-NUTRA ITALIA srl,
Via XX Settembre 12/2E
16121 Genova, Italy

NUTRITION INFORMATION

TOMATO SOUP MIX


NUTRITION INFORMATION			
TYPICAL VALUES	100 g	Serving size: per 33 g	%RI* serving size 33 g
ENERGY	1435 KJ 339 Kcal	474 KJ 112 Kcal	6 %
TOTAL FAT of which: saturates	4,2 g 0,9 g	1,4 g 0,3 g	2 % 1,5 %
CARBOHYDRATE of which: sugars	64 g 11 g	21 g 3,7 g	8 % 4 %
FIBRE	12 g	3,8 g	
PROTEIN	5,7 g	1,9 g	4 %
SALT	4,9 g	1,6 g	27 %

*Reference Intake of an average adult (8400 KJ/ 2000 Kcal)

INGREDIENTS: INGREDIENTS: RICE FLOUR, TOMATO*, INULIN, ONION*, SEA SALT, OLIVE OIL (OLIVE OIL, POTATO STARCH, ROSEMARY EXTRACT), WHOLE GRAIN BROWN RICE, YEAST EXTRACT, BASIL*, PARSLEY*, GREEN TEA EXTRACT.

*dried

STORAGE: Store in a cool, dry place.
PRODUCT OF ITALY

Net Weight 33 g 

VEGETABLE SOUP MIX

NUTRITION INFORMATION			
TYPICAL VALUES	100 g	Serving size: per 33 g	%RI* serving size 33 g
ENERGY	1443 KJ 342 Kcal	476 KJ 113 Kcal	6 %
TOTAL FAT of which: saturates	4,0 g 0,9 g	1,3 g 0,3 g	2 % 1,5 %
CARBOHYDRATE of which: sugars	65 g 11 g	21 g 3,7 g	8 % 4 %
FIBRE	12 g	3,8 g	
PROTEIN	5,9 g	2,0 g	4 %
SALT	4,6 g	1,5 g	25 %

*Reference Intake of an average adult (8400 KJ/2000 Kcal)

INGREDIENTS: RICE FLOUR, INULIN, ONION*, TOMATO*, CARROTS*, WHOLE GRAIN BROWN RICE, SEA SALT, OLIVE OIL (OLIVE OIL, POTATO STARCH, ROSEMARY EXTRACT), RED PEPPERS*, LEEKS*, YEAST EXTRACT, SPINACH*, BASIL*, PARSLEY*, GREEN TEA EXTRACT.

*dried

STORAGE: Store in a cool, dry place.
PRODUCT OF ITALY

Net Weight 33 g 

MUSHROOM SOUP MIX

NUTRITION INFORMATION			
TYPICAL VALUES	100 g	Serving size: per 33 g	%RI* serving size 33 g
ENERGY	1464 KJ 345 Kcal	483 KJ 114 Kcal	6 %
TOTAL FAT of which: saturates	3,1 g 0,8 g	1,0 g 0,3 g	1 % 1,5 %
CARBOHYDRATE of which: sugars	69 g 7,6 g	23 g 2,5 g	9 % 3 %
FIBRE	9,6 g	3,2 g	
PROTEIN	5,7 g	1,9 g	4 %
SALT	5,2 g	1,7 g	28 %

*Reference Intake of an average adult (8400 KJ/ 2000 Kcal)

INGREDIENTS: RICE FLOUR, WHOLE GRAIN BROWN RICE, CHAMPIGNON MUSHROOM PIECES AND POWDER (AGARICUS BISPORUS), CARROTS*, ONION*, INULIN, SEA SALT, OLIVE OIL (OLIVE OIL, POTATO STARCH, ROSEMARY EXTRACT), YEAST EXTRACT, PARSLEY*, GREEN TEA EXTRACT.

*dried

STORAGE: Store in a cool, dry place.
PRODUCT OF ITALY

Net Weight 33 g 

KALE CRACKERS

NUTRITION INFORMATION			
TYPICAL VALUES	100 g	Serving size: per 33 g	%RI* serving size 33 g
ENERGY	2387 KJ 576 Kcal	788 KJ 190 Kcal	10 %
TOTAL FAT of which: saturates	47 g 4,9 g	15 g 1,6 g	21 % 8 %
CARBOHYDRATE of which: sugars	12 g 3,3 g	4,1 g 1,1 g	2 % 1 %
FIBRE	15 g	5,0 g	
PROTEIN	19 g	6,3 g	13 %
SALT	1,3 g	0,4 g	7 %

*Reference Intake of an average adult (8400 KJ/2000 Kcal)

INGREDIENTS: ALMONDS, SESAME SEEDS, TAPIOCA FLOUR, CHIA SEEDS, FLAX SEEDS, SUNFLOWER OIL, KALE, SEA SALT, COCONUT SUGAR, COCONUT VINEGAR, ONION POWDER, CHILI PEPPER, CUMIN SEED, BLACK PEPPER, ANTI-OXIDANT: TOCOPHEROL-RICH-EXTRACT, GARLIC, OREGANO, ACID: CITRIC ACID.

ALLERGY ADVICE: For allergens, see ingredients in **bold**.

STORAGE: Store in a cool, dry place.
PRODUCT OF USA

Net Weight 33 g 

MINESTRONE SOUP MIX

NUTRITION INFORMATION			
TYPICAL VALUES	100 g	Serving size: per 35 g	%RI* serving size 35 g
ENERGY	1366 KJ 323 Kcal	478 KJ 113 Kcal	6 %
TOTAL FAT of which: saturates	3,2 g 0,7 g	1,1 g 0,3 g	2 % 1 %
CARBOHYDRATE of which: sugars	54 g 9,7 g	19 g 3,4 g	7 % 4 %
FIBRE	15 g	5,4 g	
PROTEIN	12 g	4,1 g	8 %
SALT	5,8 g	2,0 g	33 %


*Reference Intake of an average adult (8400 KJ/2000 Kcal)

INGREDIENTS: POTATO FLAKES, RICE FLOUR, WHITE BEANS, PEAS*, CARROTS*, INULIN, SEA SALT, ONION*, LEEKS*, CABBAGE*, OLIVE OIL (OLIV OIL, POTATO STARCH, ROSEMARY EXTRACT), TOMATO*, **CELERY***, YEAST EXTRACT, SPINACH*, PARSLEY*, TURMERIC, GREEN TEA EXTRACT.

*dried

ALLERGY ADVICE: For allergens, see ingredients in **bold**.

STORAGE: Store in a cool, dry place.
PRODUCT OF ITALY

Net Weight 35 g 

MINESTRONE WITH QUINOA SOUP MIX

NUTRITION INFORMATION			
TYPICAL VALUES	100 g	Serving size: per 35 g	%RI* serving size 35 g
ENERGY	1364 KJ 323 Kcal	477 KJ 113 Kcal	6 %
TOTAL FAT of which: saturates	2,7 g 0,5 g	1,0 g 0,2 g	1 % 1 %
CARBOHYDRATE of which: sugars	57 g 12 g	20 g 4,3 g	8 % 5 %
FIBRE	13 g	4,7 g	
PROTEIN	11 g	3,8 g	8 %
SALT	2,9 g	1,0 g	17 %


*Reference Intake of an average adult (8400 KJ/2000 Kcal)

INGREDIENTS: QUINOA, RICE FLOUR, POTATO FLAKES, PEAS*, CABBAGE*, CARROTS*, ONION*, COURGETTE*, TOMATO*, INULIN, **CELERY***, SEA SALT, GARLIC*, BASIL*, LEEKS*, OLIVE OIL (OLIVE OIL, POTATO STARCH, ROSEMARY EXTRACT), YEAST EXTRACT, BROCCOLI*, SPINACH*, **CELERY SEEDS**, TURMERY, GREEN TEA EXTRACT.

*dried

ALLERGY ADVICE: For allergens, see ingredients in **bold**.

STORAGE: Store in a cool, dry place.
PRODUCT OF ITALY

Net Weight 35 g 

PREPARATION INSTRUCTIONS (TOMATO SOUP MIX / VEGETABLE SOUP MIX / MUSHROOM SOUP MIX):

Open the package and pour its contents into 250 ml of water. Stir to mix. You may adjust water volume to your taste.

STOVE TOP: Heat gently over medium heat in a saucepan. When boiling, stirring occasionally, cook for 2 minutes.

MICROWAVE: Microwave on HIGH for 2 minutes. Wait 1 minute. Stir well and microwave for 1 additional minute. Stir before serving.

PREPARATION INSTRUCTIONS (MINESTRONE SOUP MIX / MINESTRONE WITH QUINOA SOUP MIX):

STOVE TOP: Open the package and pour its contents in a pot. Add 300 ml of water, stir and bring to a boil. Reduce heat to medium low and simmer for 15 minutes. Set aside of the heat for 1 minute before serving.

DO NOT MICROWAVE

L-BAR CHOCO CRISP BAR

NUTRITION INFORMATION			
TYPICAL VALUES	100 g	Serving size: per 23 g	%VNR serving size 23 g
ENERGY	1804 KJ 430 Kcal	412 KJ 99 Kcal	5 %
TOTAL FAT of which: saturates	21 g 3,4 g	4,5 g 0,8 g	7 % 4 %
CARBOHYDRATE of which: sugars	43 g 9,9 g	8,2 g 3,3 g	4 % 3 %
FIBRE	12 g	5,3 g	
PROTEIN	11 g	2,1 g	5 %
SALT	0,2 g	0,06 g	1 %

*Reference Intake of an average adult (8400 KJ/2000 Kcal)

INGREDIENTS: INULIN, ALMOND BUTTER, BROWN RICE CRISPY, COCOA POWDER, ALMONDS, CHOCOLATE CHIPS (CANE SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER), ROLLED OATS, BROWN RICE SYRUP, FLAXSEED OIL, RICE DEXTRIN, GRAPE JUICE, SALT.

ALLERGY ADVICE: For allergens, see ingredients in **bold**.

STORAGE: Store in a cool, dry place.
MANUFACTURED IN USA

Net Weight 23 g 

L-BAR NUT-BASED BAR

NUTRITION INFORMATION			
TYPICAL VALUES	100 g	Serving size: per 46 g	%RI* serving size 46 g
ENERGY	2258 KJ 546 Kcal	1038 KJ 251 Kcal	13 %
TOTAL FAT of which: saturates	43 g 7,8 g	20 g 3,6 g	29 % 18 %
CARBOHYDRATE of which: sugars	22 g 19 g	10 g 8,5 g	4 % 9 %
FIBRE	11 g	4,9 g	
PROTEIN	13 g	5,8 g	12 %
SALT	0,37 g	0,17 g	3 %

*Reference Intake of an average adult (8400 KJ/2000 Kcal)

INGREDIENTS: MACADAMIA NUTS, HONEY, PECAN NUTS, ALMONDS, ALMONDS BUTTER, DESICCATED COCONUT, INULIN, FLAXSEED, COCONUT OIL, COCONUT FLOUR, SEA SALT, NATURAL FLAVOUR, ANTI-OXIDANT: TOCOPHEROL-RICH-EXTRACT, ACID: CITRIC ACID, ANTI-OXIDANT: ASCORBIC ACID.

ALLERGY ADVICE: For allergens, see ingredients in **bold**.

STORAGE: Store in a cool, dry place.
PRODUCT OF USA

Net Weight 46 g 

L-DRINK LEMON FLAVOUR

NUTRITION INFORMATION			
TYPICAL VALUES	100 ml	Serving size: per 60 ml	%RI* serving size 60 ml
ENERGY	308 KJ 74 Kcal	184 KJ 44 Kcal	2,2 %
TOTAL FAT of which: saturates	0 g 0 g	0 g 0 g	0 % 0 %
CARBOHYDRATE of which: sugars	30,8 g 0 g	18,4 g 0 g	7 % 0 %
FIBRE	0 g	0 g	
PROTEIN	0 g	0 g	0 %
SALT	0 g	0 g	0 %

*Reference Intake of an average adult (8400 KJ/2000 Kcal)

INGREDIENTS: WATER, VEGETABLE GLYCEROL, FLAVOURING, PRESERVATIVE: POTASSIUM SORBATE.

STORAGE: Store in a cool, dry place.

PRODUCT OF ITALY

Net Weight 120 ml 

PREPARATION INSTRUCTIONS (L-DRINK):

1) Using the weight scale, pour contents from this bottle into the large 950 ml sports bottle provided, until remaining fluid matches your weight. Discard remaining contents.

2) Add water to fill the entire 950 ml bottle and mix gently.

3) Drink the 950 ml mix throughout the day.

Formulated to provide 50 kcals per 45 KG of body weight.

L-DRINK ORANGE FLAVOUR


NUTRITION INFORMATION			
TYPICAL VALUES	100 ml	Serving size: per 60 ml	%RI* serving size 60 ml
ENERGY	308 KJ 74 Kcal	184 KJ 44 Kcal	2,2 %
TOTAL FAT of which: saturates	0 g 0 g	0 g 0 g	0 % 0 %
CARBOHYDRATE of which: sugars	30,8 g 0 g	18,4 g 0 g	7 % 0 %
FIBRE	0 g	0 g	
PROTEIN	0 g	0 g	0 %
SALT	0 g	0 g	0 %

*Reference Intake of an average adult (8400 KJ/2000 Kcal)

INGREDIENTS: WATER, VEGETABLE GLYCEROL, FLAVOURING, PRESERVATIVE: POTASSIUM SORBATE.

STORAGE: Store in a cool, dry place.

PRODUCT OF ITALY

Net Weight 120 ml 

OLIVES

GREEN PITTED, SEA SALT FLAVOURED

NUTRITION INFORMATION			
TYPICAL VALUES	100 g	Serving size: per 20 g	%RI* serving size 20 g
ENERGY	395 KJ 95 Kcal	79 KJ 19 Kcal	1 %
TOTAL FAT of which: saturates	6,8 g	1,4 g	2 %
of which: monounsaturates	1,1 g	0,2 g	1 %
polyunsaturates	5,2 g 0,6 g	1 g 0 g	
CARBOHYDRATE	7,1 g	1,4 g	0 %
FIBRE	0,8 g	0 g	
PROTEIN	1,1 g	0 g	0 %
SALT	2,4 g	0,47 g	8 %

*Reference Intake of an average adult (8400 KJ/2000 Kcal)

INGREDIENTS: OLIVES, OLIVE OIL, SEA SALT, ACID: LACTIC ACID.

May contains pits or pits fragments

STORAGE: Store in a cool, dry place.
Refrigerate after opening.

PRODUCT OF SPAIN

Net Weight 20 g 

OLIVES

GREEN PITTED, GARLIC FLAVOURED

NUTRITION INFORMATION			
TYPICAL VALUES	100 g	Serving size: per 20 g	%RI* serving size 20 g
ENERGY	604 KJ 145 Kcal	114 KJ 28 Kcal	1 %
TOTAL FAT of which: saturates	15 g	3 g	4 %
of which: monounsaturates	2,4 g	0,5 g	3 %
polyunsaturates	11 g 1,5 g	2,2 g 0 g	
CARBOHYDRATE	2,1 g	0 g	0 %
FIBRE	0,9 g	0,0 g	
PROTEIN	1 g	0 g	0 %
SALT	2,7 g	0,54 g	9 %

*Reference Intake of an average adult (8400 KJ/2000 Kcal)

INGREDIENTS: OLIVES, OLIVE OIL, SEA SALT, ACID: LACTIC ACID, GARLIC AND THYME.

May contains pits or pits fragments

STORAGE: Store in a cool, dry place.
Refrigerate after opening.

PRODUCT OF SPAIN

Net Weight 20 g 