



AlfaFit
zdroj Vašeho zdraví a krásy

HERBALIFE

FORMULA 1 EXPRESS

► package 7 x 56 g: 399 CZK ◀



Formula 1 Express – nutrition bars are convenient food on the road, balanced and delicious. They provide you all the essential nutrients you require from a healthy meal on the road. The bar contains only 207 kcal. and has a low glycemic index (GI). **Formula 1 Express bars** are high in fiber and protein, add your energy and promote satiety for a longer period of time. They contain soya protein. When you include at least 25 grams of soya protein daily as a part of a low saturated fat diet, this can help you maintain healthy cholesterol levels.

The bars contain essential vitamins and minerals that your body needs. They are suitable for vegetarians.

Flavour: chocolate, fruit with yogurt

PROTEIN BARS

► package 14 x 56 g: 379 CZK ◀



It is a convenient snack on the road, balanced and delicious. The bar contains all the necessary nutrients and you can be sure that you have always handy an excellent fast and mainly healthy snack. Do not take common caloric chocolate bars, but try the **Protein bars**, that we offer you. This healthy snack can be enjoyed in a number from one to two bars a day and you maintain your weight yet.

The Protein bars of all three flavours are low in calories – one of Herbalife Protein bars contains just 140 kcal., has a high protein content and a full range of vitamins B. The bars are very tasty and suitable as an everyday snack.

Enjoy three of the highest quality experience with our delicious protein bars with real chocolate.

Flavours: vanilla-almond, chocolate-peanuts and lemon.

THERMO COMPLETE

► 90 tablets: 830 CZK ◀



Thermo Complete is a revolutionary herbal complement made of effective and with care chosen herbs mix serving for support of weight regulation process.

Effects of these herbs are coordinated in the way to support fat fission process and to help to provide natural feeling of refreshment and to enable organism to equalize the change of food regime.

Thermo Complete is a successor of **Thermojetics Green & Beige** tablets. It is possible to combine it with other products that support weight reduction as Thermojetics Herbal Concentrate – tea, Cell Activator, Aminogen or PPP.

Recommended dosage of Thermocomplete: Use 1 tablet a day after main course.

CELL ACTIVATOR

► 90 capsules: 670 CZK ◀



Cell Activator supports cells of organism to work on maximum. So you can get maximal benefit by nutrients that you receive.

Plant and herbal extracts, B-vitamins and minerals contained in **Cell Activator** support to transport essential nutrients of food and food complements just to the single cells.

Cell Activator can help you twice to lose weight – first provides necessary energy to the organism that you can be without and second - and this is maybe more important – helps to the body to utilize to the limit all nutrients that the body needs. This effect is especially important and helps to eliminate well-known yo-yo effect that is caused just by lack of nutrients during reduction.

What is this product by the way contained of?

Chlorea – this sea-weed is thought as absolutely unique resource of food by many experts. It contains high quantity of beta-carotene, vitamin B, iron and protein.

Mushroom Shitake – contains high quantity of vitamins B1, B2 and B6 that are essential at production of cell energy.

Cayenne pepper – contains oil capsaicin that is a heat component of Cayenne pepper helping and supporting effective absorption of nutrients of food.

Zinc, Manganese, Copper – these are minerals having important function at keeping of cell energy.

Recommended usage of Cell Activator: Use 1 capsule 3x daily after meal.



GUARANA TABLETS

► 60 tablets: 470 CZK ◀



Guarana – a legendary sacred plant of South American Indians

The word guarana is an expression of South American Indians of Maués tribe and it means a bush that grows with the support of other plants. Today it is used for mark of fruits of Paullinia Cupana plant of genus Sapindaceae. Among Maués Indians and other Brazilian Indian tribes guarana is a legendary plant that considers as an elixir and they believe that this plant is sacred and sent from the gods as food and medicine. They prepare energy drink of its fruits and they also used this stimulant to appease hunger, to treatment for fever and for soothing of aches.

Guarana contains stimulating substance similar to caffeine called guaranin. Guarana seeds also contain high amount of fat, oil and resin that together prevent the substance from resolving in water properly. That is probably cause of the thing that stimulating substances are absorbed very slowly in the digestive tract and the effect of one dose is often evident for whole six hours. It is really likely that both nutritious value of these fat compounds and relatively slow course of stimulating alkaloid absorption celebrated the guarana plant as a healthy pick-me-up and nutritious substitution for food during the time of forced or voluntary slimming.

Nowadays medical ways of guarana using that were researched, clinically tested and many scientific works inform about them make an imposing list. There aren't any doubts then that guarana is really a plant with wide spectrum of application at wide variety of problems. These are the most significant beneficial effects that are possible to achieve at use of guarana:

- 1. acts as universal tonic especially at feeling of exhaustion**
- 2. at treatment of diarrhoea and dysentery**
- 3. it is indicated at nerve depression and recovery after long-time diseases**
- 4. acts in soothing way at algomenorrhea**
- 5. acts positively at nerve and muscular system and prevents from fatigue**
- 6. stimulates brain functions and supports cerebation**
- 7. its universal effect appears like alleviative, releasing ache and generally soothing**
- 8. enables easier endurance of high temperatures**
- 9. has aphrodisiac property**

Therewithal thanks to effects of guarana the stronger and more effective blood circulation means a considerable advantage at all types of sports because release of lactic acid of muscles proceeds more intensively and due to this fatigue is declined. The other of big advantages of this substance is the property that after using doesn't come short stimulation that would be followed by feeling that it is necessary to use another dose. That is guarana effects in the whole organism and not only in some of the systems. It is ideal then at performing of any systematic activity that needs centralize and concentration or ability to react immediately (some sports – tennis, motoring, automobile long-distance traffic, etc.). **The last and indispensable property of guarana is its absolute safety**, usage of higher dose doesn't make a trouble, although (or just therefore) the effect of higher dose is identical with a recommended dose. Guarana is really a herbal preparation of modern times, guarana really "functions", restrainedly, guarana is modern pick-me-up.

*** taken of the press

Recommended dosage of guarana tablets:

From one to four tablets daily, due to a need. The effect is individual. First test dose – 4 tablets.

Above prices are for informational purposes only. Current prices are posted on the website www.alfafit.cz

Closer information about our latest products and other actualities: **www.alfafit.cz**

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