

**SUITABLE AS A SUPPLEMENT OF ALL
REDUCING PROGRAMS OF HERBALIFE**



Fibre is absolutely necessary part of human nutrition. Its advantage is especially the fact that it improves digestion and speeds up the movement of stool in intestines. It is indigestible part of food and it is important to intake it daily. Only vegetable foods contain fibre. Meat, fats, fish, eggs, milk and other milk products and products contained white flour don't contain fibre.

Psyllium is grown in different parts of the world, therefore it can be of different quality and purity. People in India - primary mother-country of Psyllium - have the most extensive plantations and the longest tradition of planting high-quality Psyllium. The traditional Indic medicine-ajurvéda has used it for thousands of years here already. The Dr. Popov company supplies to the Czech market the original Indic Psyllium of the highest quality. It is one of few companies in the Czech republic that has this unique product registered for distribution in the European Union.



PSYLLIUM 200 g

We recommend to add one teaspoon of fibre PSYLLIUM into every Shake. It enlarges its size up to 40x in the digestion tract. Incurred gel absorbs redundant liquid and helps to clean the digestion tract. This makes detoxication of organism caused of the cellular nutrition easier.

Another very important aspect is the fact when Psyllium swells up the feeling of fullness comes. It is important especially in the first days of the cellular nutrition using. It is very important to care about the right drinking regime when Psyllium is used.



Psyllium – Sticks 75 g

Durable salted sticks with the content of Psyllia are healthy alternative of common salted pastry. They have also in additional influence on empowering of health due to the content of fibre. They taste marvellous single, to a soup, spread, yogurt and also as a treatment. **Optimal daily dose is one packet.**

Psyllium Sticks of Dr. Popova also contain wheat wholemeal besides Psyllium and they are mildly tasted by real sea salt.

Psyllium Sticks have these useful properties:

- drive away the feeling of hungry and perfectly clean the digestion tract
- act great at overweight and obesity
- they are excellent at higher cholesterol and sugar blood levels
- protect mucous membrane of the digestion tract
- support act of intestinal micro flora and regulate stool
- support general good condition and quality of skin



Psyllium – capsules 120 pc.

It is possible to substitute Psyllium 200g by this product in the situation when it isn't possible to stir Psyllium with water.

- 100% natural soluble fibre
 - the highest available quality
 - **easy dosing, comfort using**
- it helps keep down feelings of hungry during using of any reduction program by Herbalife.

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

tel. O2: **220 570 220**

tel. UPC: **283 871 324**

(calling of the UPC net is free of charge)

GSM: **777 000 450**

GSM: **603 470 093**

Questions: info@alfafit.cz Orders: objednavky@alfafit.cz

AlfaFIT s.r.o. operator of webpages hl.cz & alfafit.cz