



# NATURALNEST

Vitamin | Mineral | Omega 3 | Herb



NATURALNEST

## WHO WE ARE

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As NaturalNest, we produce by utilizing what nature has given us in order to make it possible to lead a natural and healthy life, which is one of the biggest needs of today.

We produce innovative and original products that are renewed day by day, adapt to technology, open to development, and do not compromise on product quality.

We do not offer products that we are not sure of their quality to the consumer, we start production with raw materials that pass various tests and analyzes and bring nutritional supplements to those in need.

“That is why; **“trust in quality”** motto is actually our foundation story in one sentence.”





# NATURALNEST

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## OMEGA 3 CATEGORY

Omega 3 1200 mg Fish Oil  
Fishy Syrup  
Multy Syrup



### Benefits

- Supports heart function and cardiovascular health.
- Supports normal skin functions and helps maintain healthy skin.
- Supports brain functions and neurological health.
- Helps maintain normal vision. Contributes to normal eye and brain development in fetuses and breastfed infants.
- Supports healthy joints. Helps maintain good general and metabolic health.
- Optimizes the immune system.

## OMEGA 3

30-50 and 60 Softgel Capsules

NaturalNest fish oils are produced according to GMP (Good Manufacturing Practice) standards in accordance with international production and quality standards. The quality and content guarantee of NaturalNest fish oils are analyzed by International Fish Oil Standards (IFOS), an independent organization, in each production series. NaturalNest fish oils are analyzed according to the limit values determined by Council for Responsible Nutrition (CRN), World Health Organization (WHO), The Global Organization for EPA and DHA Omega-3s (GOED) and are found sufficient in terms of purity, freshness, and content guarantee parameters in each series. NaturalNest offers international quality and assurance with IFOS 5-star quality approval.

### Directions

As a dietary supplement for adults, take one (1) softgel capsule twice daily, preferably with a meal, or as directed by a healthcare practitioner.

### Supplement facts

Each capsule contains  
Total Omega 3 780 mg, EPA 380 mg, DHA 260 mg.  
Every NaturalNest Omega3 product is non-GMO and third-party tested, surpassing the strictest international standards for purity and freshness.



# FISHY SYRUP

150 ml

NaturaNest Fishy Syrup liquid form is formulated specifically for children. Each full teaspoon of NaturalNest Fishy Syrup provides 1500 mg of omega-3s, including 750 mg EPA and 500 mg DHA, which support heart, brain, vision, and joint health.

## Benefits

- Supports heart, brain, vision, and joint health.
- Supports children's focus, mood, learning, and positive behavior.
- Supports cognitive health and brain function.
- Supports the development of the brain, eyes and nerves in children.

## Directions

As a dietary supplement for infants and kids, take one-half teaspoon daily, with food, or as directed by your healthcare practitioner or pharmacist. Consult a physician about consumption methods for children 8 months and under. For best results, please refrigerate and use within three months after opening. NaturalNest Fishy Syrup doesn't contain vitamins A and D so that it could be used continuously during summer season safely.



# MULTY SYRUP

150 ml

NaturalNest Multy a premium dietary supplement specifically developed for children, contains multivitamins and multiminerals along with Omega 3 fatty acids. NaturalNest Multy is available in honey-orange flavor and free of dairy, soy allergens, fish allergens, high fructose corn syrup, artificial flavors and sweeteners, and aspartame. NaturalNest Multi is sweetened with honey and natural beet sugar.

## Benefits

- Supports the development of the brain, eyes and nerves in children.
- Vitamin A promotes normal growth and development in children, supporting tissue and bone repair and good vision.
  - Vitamin C helps the development of healthy muscles, connective tissue and skin.
  - Vitamin D<sub>3</sub> works to help build bones & teeth, assisting the body in mineral absorption.
  - Vitamin C, vitamin D<sub>3</sub>, and vitamin E aid in immune function.
  - Zinc supports immune function and metabolism.
  - This blend includes vitamin B<sub>2</sub>, B<sub>3</sub>, B<sub>5</sub>, B<sub>6</sub>, and B<sub>12</sub>.

Vitamin B promotes nervous system health, brain development and function, and aids in red blood cell development, while also supporting a healthy metabolism, immune & digestive function, boosts energy, improves mood. Iodine is an essential nutrient for health, modulating thyroid health, metabolism support, stimulating the immune system and moderating the central nervous system.

## Supplement facts

Every 5 ml contains  
 Total Omega 3 1500 mg, EPA 750 mg, DHA 500 mg.  
 Every NaturalNest Fishy syrup product is non-GMO and third-party tested, surpassing the strictest international standards for purity and freshness.

## Directions

As a dietary supplement for infants and kids, take one-half teaspoon daily, with food, or as directed by your healthcare practitioner or pharmacist. Consult a physician about consumption methods for children 8 months and under. For best results, please refrigerate and use within three months after opening. NaturalNest Fishy Syrup doesn't contain vitamins A and D so that it could be used continuously during summer season safely.

## Supplement facts

Every 10 ml contains  
 Fish Oil 600 mg, Total Omega 3 160 mg, L-Arginine 250 mg, Vitamin C 80 mg, Vitamin B<sub>3</sub> 16 mg NE, Vitamin E<sub>12</sub> mg α-TE, Zinc 7,5 mg Vitamin B<sub>5</sub> 6 mg, Vitamin B<sub>2</sub> 1,4 mg, Vitamin B<sub>6</sub> 1,4 mg, Vitamin B<sub>1</sub> 1,1 mg, Manganese 1 mg, Vitamin A 500 mcg RE, Folic Acid 300 mcg, Iodine 75 mcg, Selenium 100 mcg, Biotin 50 mcg, Molybdenum 50 mcg, Vitamin D<sub>3</sub> 10 mcg



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## VITAMIN MINERAL CATEGORY

Vitamin D<sub>3</sub> 400 IU Spray  
 Vitamin D<sub>3</sub> 600 IU Spray  
 Vitamin D<sub>3</sub> 1000 IU Spray  
 Vitamin D<sub>3</sub>K<sub>2</sub>  
 Vitamin C / Capsule  
 Vitamin C / Sachet  
 Biotin  
 Vitamin K<sub>2</sub>  
 Vitamin B<sub>12</sub>  
 Methly B<sub>12</sub>  
 Multy Energy Men  
 Multy Energy Women  
 Magnesium  
 Magnesium Plus Tablet  
 Magnesium Plus Sachet



# VITAMIN D<sub>3</sub> 400 IU

10 ml Spray / 66 Doses

NaturalNest contains only vitamin D<sub>3</sub> and pure olive oil. It contains 400 IU of vitamin D<sub>3</sub> in each puff. Vitamin D is a fat-soluble vitamin that has important functions in the body. As we age, our bodies struggle to produce and absorb this important nutrient. That's why vitamin D supplements are important to the maintenance of good health. NaturalNest Vitamin D<sub>3</sub> products do not contain protective additives, colorant, sweetener, artificial flavoring, and added sugar. This "sunshine vitamin" supplement is vital to your healthy diet, which may lack vitamin D.

### Benefits

- Helps to maintain a healthy immune system and good general health.
- Helps to maintain strong bones and teeth.
- Helps to maintain optimal nerve and muscle function.
- Easy to consume and absorb—straight from the spray head or mixed with your favorite beverage.

### Directions

As a dietary supplement, take 1 oral puff or 3 drops daily, or as directed by a healthcare practitioner.

### Supplement facts

Every puff contains  
 Vitamin D<sub>3</sub> 10 µg (400 IU)

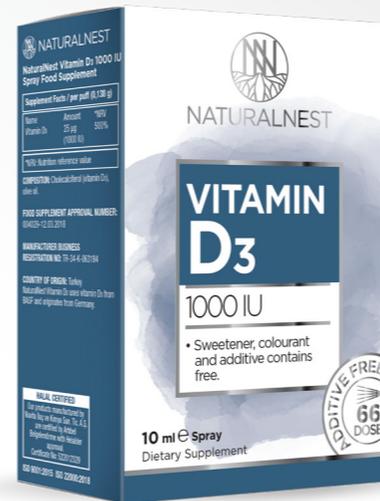


# VITAMIN D<sub>3</sub> 600 IU

10 ml Spray / 66 Doses



NaturalNest Vitamin D<sub>3</sub> 600 IU contains only vitamin D<sub>3</sub> and pure olive oil. It contains 600 IU of vitamin D<sub>3</sub> in each puff. Vitamin D is a fat-soluble vitamin that has important functions in the body. As we age, our bodies struggle to produce and absorb this important nutrient. That's why vitamin D supplements are important to the maintenance of good health. NaturalNest Vitamin D<sub>3</sub> products do not contain protective additives, colorant, sweetener, artificial flavoring, and added sugar. This "sunshine vitamin" supplement is vital to your healthy diet, which may lack vitamin D.



# VITAMIN D<sub>3</sub> 1000 IU

10 ml Spray / 66 Doses

NaturalNest Vitamin D<sub>3</sub> 1000 IU contains only vitamin D<sub>3</sub> and pure olive oil. It contains 1000 IU of vitamin D<sub>3</sub> in each puff. Vitamin D is a fat-soluble vitamin that has important functions in the body. As we age, our bodies struggle to produce and absorb this important nutrient. That's why vitamin D supplements are important to the maintenance of good health. NaturalNest Vitamin D<sub>3</sub> products do not contain protective additives, colorant, sweetener, artificial flavoring, and added sugar. This "sunshine vitamin" supplement is vital to your healthy diet, which may lack vitamin D.

## Benefits

- Helps to maintain a healthy immune system and good general health.
- Helps to maintain strong bones and teeth.
- Helps to maintain optimal nerve and muscle function.
- Easy to consume and absorb—straight from the spray head or mixed with your favorite beverage.

## Directions

As a dietary supplement, take 1 oral puff or as directed by a healthcare practitioner.

## Supplement facts

Every puff contains Vitamin D<sub>3</sub> 15 µg (600 IU)

## Benefits

- Helps to maintain a healthy immune system and good general health.
- Helps to maintain strong bones and teeth.
- Helps to maintain optimal nerve and muscle function.
- Easy to consume and absorb—straight from the spray head or mixed with your favorite beverage.

## Directions

As a dietary supplement for adults, take 1 oral puff daily, or as directed by a healthcare practitioner.

## Supplement facts

Every puff contains Vitamin D<sub>3</sub> 25 µg (1000 IU)



## VITAMIN D<sub>3</sub> K<sub>2</sub>

10 ml Oral Drops

NaturalNest Vitamin D<sub>3</sub> 1000 IU contains only vitamin D<sub>3</sub>, vitamin K<sub>2</sub> and pure olive oil. Vitamin D is a fat-soluble vitamin that has important functions in the body. As we age, our bodies struggle to produce and absorb this important nutrient. That's why vitamin D supplements are important to the maintenance of good health. Vitamin K contributes to the maintenance of normal bones. NaturalNest Vitamin D<sub>3</sub>K<sub>2</sub> products do not contain protective additives, colorant, sweetener, artificial flavoring, and added sugar. This "sunshine vitamin" supplement is vital to your healthy diet, which may lack vitamin D.



### Benefits

- Helps to maintain a healthy immune system and good general health.
- Helps to maintain strong bones and teeth.
- Helps to maintain optimal nerve and muscle function.
- Easy to consume and absorb—straight from the dropper or mixed with your favorite beverage.

### Directions

As a dietary supplement for adults, take 1 puff daily, or as directed by a healthcare practitioner.

### Supplement facts

Every drop contains  
Vitamin D<sub>3</sub> 25 µg (1000 IU),  
Vitamin K<sub>2</sub> 12 µg (1000 IU).



## VITAMIN C

60 Vegetable Capsules

NaturalNest Vitamin C contains in both capsules 1000 mg vitamin C, 50 mg rosehip extract, 20 mg hesperidin, 50 mg rutin and 65 mg citrus bioflavonoids. Vitamin C is a water-soluble vitamin that helps fight free radicals that can cause oxidative stress. One of its primary functions is collagen formation and functioning of white blood cells, which are important for the immune system. Rosehip extract in the formula may also help to gain a better immune system, brighten the skin and improve anemia.

### Benefits

- Supports the immune system.
- Helps to fight free radicals.
- Promotes brighter and healthier skin.
- Helps to increase the effectiveness of vitamin C with rosehip extract.
- Supports iron absorption.

### Directions

As a dietary supplement for adults, take two (2) capsules daily, or as directed by a healthcare practitioner.

### Supplement facts

Every 2 capsules contain  
Vitamin C 1000 mg, Rosehip Extract 50 mg,  
Hesperidin 20 mg, Rutin 50 mg and 65 mg  
Citrus Bioflavonoids.

# VITAMIN C 1000 mg



20 Sachets

NaturalNest Vitamin C 1000 mg sachets contain 1000 mg vitamin C, 65 mg citrus bioflavonoids and 50 mg rosehip extract. Vitamin C is a water-soluble vitamin that helps fight free radicals that can cause oxidative stress. One of its primary functions is collagen formation and functioning of white blood cells, which are important for the immune system. In addition to this, citrus bioflavonoids included in the formula may also help increase resistance to diseases.



## Benefits

- Supports the immune system.
- Helps fight free radicals.
- Helps brighter and healthier skin.
- Helps to increase the effectiveness of vitamin C with rosehip extract.
- Supports iron absorption.

## Directions

As a dietary supplement for adults, take one (1) sachet daily, or as directed by a healthcare practitioner. Consume by mixing one sachet in a glass of water (200 ml).

## Supplement facts

Each sachet contains Vitamin C 1000 mg, Rosehip Extract 25 mg and Citrus Bioflavonoids 65 mg.

## Benefits

- Supports healthy skin, nails and hair.
- Helps certain enzymes to work properly.
- Supports energy production in the body.

## Directions

As a dietary supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.

## Supplement facts

Each capsule contains Biotin 5000 µg.

# BIOTIN 5000 mcg

30 Vegetable Capsules

NaturalNest Biotin contains 5000 mcg biotin in vegetable capsules. Biotin is a water-soluble B-vitamin and necessary to be taken by food.





## VITAMIN K<sub>2</sub>

30 Vegetable Capsules

NaturalNest Vitamin K<sub>2</sub> contains 100 mcg Menaquinone-7. Mk-7 provides the most bioavailable form of Vitamin K to support strong bones and healthy cardiovascular function. Its duty is to carry calcium directly to the bones.



## VITAMIN B<sub>12</sub> 1000 mcg

60 Sublingual Tablets

NaturalNest Methyl B<sub>12</sub> is a food supplement containing active vitamin B<sub>12</sub> in methylcobalamin form.



### Benefits

- Supports bone strength.
- Promotes healthy cardiovascular function.

### Directions

As a dietary supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.

### Supplement facts

Each vegetable capsule contains Vitamin K<sub>2</sub> (Menaquinone-7) 100 µg.

### Benefits

- Supports energy metabolism.
- Supports nervous system health.
- Required for normal development and regeneration of red blood cells. Red blood cells are responsible for delivering oxygen throughout the body.
- Involved in DNA synthesis and renewal.

### Directions

As a dietary supplement for adults, take one (1) sublingual tablet daily, or as directed by a healthcare practitioner. When needed, daily doses can be increased by the healthcare professional.

### Supplement facts

Each tablet contains Vitamin B<sub>12</sub> (Methylcobalamin) 1000 µg.



# METHYL B<sub>12</sub> 1000 mcg

10 ml Sublingual Spray / 66 Doses

NaturalNest Methyl B<sub>12</sub> is a food supplement containing active vitamin B<sub>12</sub> in methylcobalamin form. It provides the advantage of fast and easy use with its spray form.

## Benefits

- Supports energy metabolism.
- Supports nervous system health.
- Required for normal development and regeneration of red blood cells. Red blood cells are responsible for delivering oxygen throughout the body. Involved in DNA synthesis and renewal.

## Directions

As a food supplement for adults, take one (1) sublingual puff daily, or as directed by a healthcare practitioner. When needed, daily doses can be increased by the healthcare professional.

## Supplement facts

Each puff contains Vitamin B<sub>12</sub> (Methylcobalamin) 1000 µg



## Directions

As a dietary supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.

## Supplement facts

Each tablet contains;  
 Calcium 120 mg, Magnesium 60 mg, Vitamin C 80 mg, Korean Ginseng Extract 50 mg, L-Arginine 25 mg L-Glutamine 25 mg, L-Carnitine 25 mg, Choline 10 mg, Zinc 7.5 mg Vitamin E 10 mg α-TE\*, Lycopene 1 mg, Vitamin B<sub>3</sub> 16 mg NE\*, Polyphenols 10 mg Citrus Bioflavonoids 10 mg, Pumpkin Extract 10 mg, Turmeric Extract 10 mg, Vitamin B<sub>5</sub> 6 mg, Manganese 2 mg, Vitamin A 800 µg RE\* Myo-inositol 5 mg, Taurine 5 mg, Lutein 1 mg, Coenzyme Q10 5 mg Saffron Extract 5 mg, Vitamin D<sub>3</sub> 10 µg Copper 1000 µg, Vitamin B<sub>2</sub> 1.4 mg, Vitamin B<sub>6</sub> 1.4 mg, Vitamin B<sub>1</sub> 1.1 mg, Vitamin K 30 µg, Chromium 40 µg, Vitamin B<sub>12</sub> 2.5 µg, Folic Acid 200 µg, Iodine 150 µg, Molybdenum 50 µg, Biotin 50 µg.

# MULTY ENERGY MEN

30 Tablets

NaturalNest Multy Energy Men contains 13 vitamins, 8 minerals, and 15 special supplements. It contains saffron, an important extract for glucose metabolism and mental health. Each tablet contains 50 mg of panax ginseng.

## Benefits

- Supports daily vitamin and mineral needs.
- Acts on free radicals with Lycopene, Lutein, Turmeric, Polyphenols, Citrus bioflavonoids.
- Provides protection against colds, flu and viral infections.
- Supports muscle metabolism with L-Arginine, L-Glutamine, L-Carnitine, Taurine.
- Supports liver health.
- Improves mental performance.
- Supports prostate health.
- Reduces symptoms related to negative mood, stress and anxiety.
- Improves glucose metabolism.
- Increases mood and focus.
- Supports immunomodulatory activity.





# MULTY ENERGY WOMEN



30 Tablets

NaturalNest Multy Energy Women contains 13 vitamins, 10 minerals, 12 special supplements. It contains saffron, an important extract for glucose metabolism and mental health. It contains ALA, Green tea and Caffeine. It contains 14mg of iron in each tablet.

## Benefits

- Supports daily vitamin and mineral needs.
- Acts on free radicals with Lycopene, Lutein, Turmeric, Polyphenols, Citrus bioflavonoids.
- Provides protection against colds, flu and viral infections.
- Reduces symptoms related to negative mood, stress and anxiety.
- Improves glucose metabolism.
- Increases mood and focus.
- Supports immunomodulatory activity.

## Directions

As a dietary supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.

## Supplement facts

Each tablet contains;  
 Calcium 150 mg, Magnesium 80 mg, Vitamin C 80 mg, Green Tea Extract 50 mg, Iron 14 mg, Zinc 7.5 mg, Vitamin E 10 mg α-TE\*, Alpha Lipoic Acid (ALA) 20 mg, Hyaluronic Acid 20 mg, Lycopene 1 mg, Vitamin B<sub>3</sub> 16 mg NE\*, Polyphenols 10 mg, Turmeric Extract 10 mg, Citrus Bioflavonoids 10 mg, Vitamin B<sub>5</sub> 6 mg, Manganese 2 mg, Vitamin A 800 µg RE\*, Myo-inositol 5 mg, Lutein 1 mg, Coenzyme Q10 5 mg, Saffron Extract 5 mg, Vitamin D<sub>3</sub> 10 µg, Copper 1000 µg, Vitamin B<sub>2</sub> 1.4 mg, Caffeine 2 mg, Vitamin B<sub>6</sub> 1.4 mg, Vitamin B<sub>1</sub> 1.1 mg, Vitamin K 30 µg, Chromium 40 µg, Vitamin B<sub>12</sub> 2.5 µg, Folic Acid 200 µg, Iodine 150 µg, Molybdenum 50 µg, Selenium 55 µg, Biotin 50 µg.



# MAGNESIUM

60 Tablets

NaturalNest Magnesium provides 2 magnesium salts, which have several health benefits for adults, in its formulation. Each tablet contains 100 mg of magnesium malate and magnesium glycinate combination. Since it is a combination of high bioavailability and intestinal absorption, it is a product that consumers can get maximum benefit from

## Benefits

- Helps alleviate occasional anxiety and stress.
- Supports healthy and proper sleep.
- Helps with leg cramps.
- Supports bone and muscle health.
- Helps maintain energy levels.

## Directions

As a dietary supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.

## Supplement facts

Each tablet contains  
 \*Magnesium 100 mg  
 \*Elemental magnesium from 333.4 mg Magnesium Malate: 50 mg  
 \*Elemental magnesium from 250mg Magnesium Bisglycinate: 50mg



# MAGNESIUM PLUS

30 Tablets



Contains the combination of ingredients that have synergistic effective with each other. Each tablet contains 200 mg of elemental magnesium citrate, magnesium malate, magnesium biglysinat. Magnesium citrate and magnesium malate are the most effective form in muscles and fibromyalgia, respectively. Magnesium biglysinat is the most abundant amino acid in the brain. Contains the active form of vitamin B<sub>6</sub>, P5P (Pyridoxal 5 phosphate), which is an important cofactor for magnesium. Boron increases the absorption of magnesium element in the body and strengthens the bones. Boron also increases the synthesis of vitamin D. It has a synergistic effect on bone and tooth metabolism with its vitamin D<sub>3</sub>K<sub>2</sub> content.



# MAGNESIUM PLUS

30 Sachets



Contains the combination of ingredients that have synergistic effective with each other. Each sachet contains 200 mg of elemental magnesium citrate. Magnesium citrate is the most successful type to pass into the muscle within 24 hours. Contains the active form of vitamin B<sub>6</sub>, P5P (Pyridoxal 5 phosphate), which is an important cofactor for magnesium. Boron increases the absorption of magnesium element in the body and strengthens the bones. Boron also increases the synthesis of vitamin D. It has a synergistic effect on bone and tooth metabolism with its vitamin D<sub>3</sub>K<sub>2</sub> content. It is in the form of effervescent sachet that dissolves quickly in water. It is delicious and gets its flavor from stevia glycosides. Contains no added sugar and artificial sweeteners.

## Benefits

- Supports bone and muscle health.
- Supports proper sleep.
- Strengthens bone and teeth.
- Helps relieve muscle pain.

## Directions

As a dietary supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.

## Supplement facts

Every tablet contains Magnesium 200 mg, Boron 3 mg, Vitamin B<sub>6</sub> (P5P monohydrate) 10 mg, Vitamin K<sub>2</sub> 25 µg, Vitamin D<sub>3</sub> 25 µg (1000 IU), Selenium 55 mcg.

## Benefits

- Supports bone and muscle health.
- Supports proper sleep.
- Strengthens bone and teeth.
- Helps relieve muscle pain.

## Directions

As a dietary supplement for adults, take one (1) sachet daily, or as directed by a healthcare practitioner. Consume by mixing one sachet in a glass of water (200 ml).

## Supplement facts

Each sachet contains Magnesium 200 mg, Vitamin D<sub>3</sub> 25 µg (1000 IU), Vitamin K<sub>2</sub> 25 µg, Vitamin B<sub>6</sub> 10 mg, Selenium 55 µg, Boron 3 mg.



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## SPECIAL SUPPLEMENTS

Coenzyme Q10  
 Coenzyme QH  
 Hns  
 Suntab  
 Melatonin Complex  
 Glucosamine  
 Bromelain Plus



# COENZYME Q10

30 Softgel Capsules

CoQ10 (or coenzyme Q10) is an essential nutrient for healthy mitochondrial function, a process that produces energy at the cellular level. Therefore, CoQ10 is concentrated in high-energy organs such as your brain, liver, kidneys and heart. Because of this, it could be named as a vital antioxidant found in your heart, liver, and kidneys. CoQ10 also has powerful antioxidant properties, protecting important proteins and mitochondrial DNA from oxidative damage. CoQ-10 levels may decline with age and may be affected by taking statin drugs. Levels are also affected by exercise and environmental stressors.

### Benefits

- Supports healthy aging and heart health with this important dietary supplement.
- Helps to maintain cardiovascular health.
- Provides antioxidant support.
- Supports cellular energy production.
- Vital to organs like the heart, brain and kidneys.

### Directions

As a dietary supplement for adults, take one (1) capsule, preferably with a meal, or as directed by a healthcare practitioner.

### Supplement facts

Each capsule contains  
 Coenzyme Q 10 (Ubiquinone) 100 mg,  
 Black Pepper Extract 5 mg.



# COENZYME QH

30 Softgel Capsules



CoQ10 (or coenzyme Q10) is an essential nutrient for healthy mitochondrial function, a process that produces energy at the cellular level. Therefore, CoQ10 is concentrated in high-energy organs such as your brain, liver, kidneys and heart. Because of this, it could be named as a vital antioxidant found in your heart, liver and kidneys. CoQ10 also has powerful antioxidant properties, protecting important proteins and mitochondrial DNA from oxidative damage. CoQ-10 levels may decline with age and may be affected by taking statin drugs. Levels are also affected by exercise and environmental stressors. Coenzyme Q10 is transformed into coenzyme QH after it is ingested to involve mitochondrial functions. Therefore, coenzyme QH is ready to use in the form of the coenzyme Q10, which means higher bioavailability. Patented Kaneka ubiquinol is highly bioavailable, which means it's easy for the body to absorb.

## Benefits

- Supports healthy aging and heart health with this important dietary supplement.
- Helps to maintain cardiovascular health.
- Provides antioxidant support.
- Supports cellular energy production.
- Vital to organs like the heart, brain and kidneys.
- 3x higher bioavailability than coenzyme Q10.

## Directions

As a dietary supplement for adults, take one (1) capsule, preferably with a meal, or as directed by a healthcare practitioner

## Supplement facts

Each capsule contains  
 \*Coenzyme QH (Ubiquinol) 100 mg  
 \*Ubiquinol is a patented active Coenzyme Q10 source belonging to Kaneka company.



# HNS

60 Tablets

NaturalNest Hns is a dietary supplement containing collagen peptides, alpha lipoic acid, resveratrol, maritime pine extract, lycopene, astaxanthin, blueberry extract, hyaluronic acid, horsetail extract, 6 vitamins, and 4 minerals in each tablet.

## Benefits

- Supports hair, skin and nail health.
- Supports collagen synthesis in the skin.
- Helps to increase skin moisture.

## Directions

As a dietary supplement for adults, take two (2) tablets daily, or as directed by a healthcare practitioner.

## Supplement facts

Every 2 tablets contain  
 Hydrolyzed Collagen 200 mg, Resveratrol 20 mg, Alpha Lipoic acid 100 mg, Horsetail Extract 80 mg, Lycopene 70 mg, Vitamin C 60 mg, Iron 17 mg, Coenzyme q10 50 mg, Astaxanthin 1 mg, Blueberry Extract 30 mg, Zinc 7.5 mg, Hyaluronic Acid 10 mg, Vitamin E 10 mg α-TE, Coast Pine Extract 20 mg, Vitamin A 800 µg RE, Vitamin D<sub>3</sub> 10 µg (400 IU), Vitamin B<sub>12</sub> 2.5 µg, Folic Acid 200 µg, Biotin 160 µg, Selenium 50 µg.



# SUNTAB

30 Tablets

NaturalNest Suntab contains Polypodium leucotomos and other ingredients. Polypodium leucotomos is effective for defending the skin from sun (ultraviolet radiation) damage.

## Benefits

- Prepares the skin for sun exposure.
- Strengthens the skin's defense against sun rays.
- Helps prevent sunburn.
- Removes free radicals caused by UVA-UVB rays.
- Provides a healthier tan.
- Shows strong antioxidant activity against sun rays.
- Creates a synergistic effect with topical sunscreens.

## Directions

As a dietary supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.

## Supplement facts

Each tablet contains  
 Leukotomos Fern 240 mg, Green Tea Extract 50 mg, Vitamin C 80 mg, Vitamin E 45 mg α-TE,  
 Zinc 15 mg, Lycopene 2 mg, Conjugated Linoleic Acid (CLA) 10 mg, Beta Carotene 6mg,  
 Beta Glucan (Yeast Source) 1 mg, Copper 1 mg.  
 α-TE: α-Tokoferol equivalent



# MELATONIN COMPLEX

60 Sublingual Tablets

NaturalNest Melatonin Complex is a food supplement containing Melatonin, L-theanine and Vitamin B<sub>6</sub>. Melatonin is a well-known neurotransmitter hormone that regulates circadian rhythm. L-theanine, an amino acid found in green tea leaves, plays a role in the anxiety mechanism. Vitamin B<sub>6</sub> contributes to normal energy-yielding metabolism, and reduction of fatigue and tiredness.

## Benefits

- Assists in relaxation and helps to moderate occasional stress.
- Helps improve the sleep-wake cycle.
- Provides antioxidant support.
- Supports immune system health.
- Supports gastrointestinal function.

## Directions

As a food supplement for adults, take one (1) sublingual tablet daily, or as directed by a healthcare practitioner.

## Supplement facts

Each tablet contains  
 Melatonin 3 mg, L-theanine 25 mg and  
 Vitamin B<sub>6</sub> 5 mg.





# GLUCOSAMINE CHONDROITIN CURCUMIN&MSM



60 Tablets

NaturalNest Glucosamine Chondroitin Curcumin&MSM is ideal for anyone seeking nutritional support for the cartilage and joints. Also, the formula contains curcumin extract that ensures the anti-inflammatory effect. Type II collagen meets the need of the cartilage by increasing the effectiveness of the product.

## Benefits

- Helps to increase the amount of fluid in the joints.
- Helps to maintain flexibility, mobility and comfortable movement.

## Directions

As a dietary supplement for adults, take two (2) tablets daily, or as directed by a healthcare practitioner.

## Supplement facts

Every 2 tablets contain  
 Glucosamine Sulfate Potassium Chloride 1500 mg,  
 Chondroitin Sulfate 800 mg, Methylsulfonylmethane (MSM) 120 mg,  
 Boswellia Extract 100 mg, Curcuminoid 40 mg,  
 Type II Collagen Peptides 20 mg.



# BROMELAIN PLUS

60 Capsules

NaturalNest Bromelain Plus contains 500 mg bromelain, 10 mg papain and 100 mcg chromium in each capsule. It has high digestive efficiency and provides rapid efficacy. Suitable for vegan and vegetarian use.

## Benefits

- Helps control appetite.
- Reduces carbohydrate cravings.
- Helps with digestive problems.
- Provides anti-inflammatory and wound healing effects.
- Supports the speed of weight loss.
- Helps to increase edema excretion.
- Supports metabolic rate.
- Helps to reduce postoperative pain and edema.

## Directions

As a dietary supplement for adults, take one (1) or two (2) capsules daily, or directed by a healthcare practitioner.

## Supplement facts

Each capsule contains  
 Bromelain 500 mg (1,200 GDU), Papain 10 mg (500,000 USP U), Chromium 100 mcg.



NATURALNEST



## IMMUNITY CATEGORY

- Beta Glucan
- Immy Sambucus / Capsule
- Immy Sambucus / Sachet
- Immy Syrup
- Probiotic / Capsule
- Probiotic / Sachet



## BETA GLUCAN

30 Capsules

NaturalNest Beta Glucan, which contains beta glucan 1.3/1.6, contributes to the reduction of tiredness and fatigue and the normal function of the immune system with Vitamin C and Zinc in its composition. It is offered for sale in vegetable capsules.

### Benefits

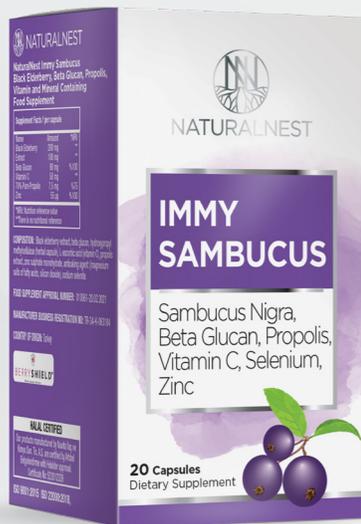
- Helps to strengthen and protect the immune system.
- Provides antioxidant support.
- Supports relieving fatigue and weakness.

### Directions

As a dietary supplement for adults, take one (1) tablets daily, or as directed by a healthcare practitioner.

### Supplement facts

Each capsule contains Beta Glucan 1.3/1.6 50 mg, Vitamin C 80 mg, Zinc 10 mg.



# IMMY SAMBUCUS

20 Capsules

The black elderberry fruit extracts in NaturalNest Immy Sambucus are produced with BerryShield™ Technology, an innovative proprietary powder processing method that extracts and protectively encloses delicate fruit components that are easily destroyed in conventionally processed products. Each capsule of NaturalNest Immy Sambucus contains Propolis, Beta Glucan, Black Elderberry Extract, Vitamin C, Selenium, Zinc.



# IMMY SAMBUCUS

20 Sachets

The black elderberry fruit extracts in NaturalNest Immy Sambucus are produced with BerryShield™ Technology, an innovative proprietary powder processing method that extracts and protectively encloses delicate fruit components that are easily destroyed in conventionally processed products. NaturalNest Immy Sambucus each sachet contains 400 mg Black Elderberry Extract .



## Benefits

- Supports the immune system.
- Has antiviral and antimicrobial properties.
- Supports relieving fatigue and weakness.

## Directions

As a dietary supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.

## Supplement facts

Each capsule contains  
 Black Elderberry Extract 200 mg,  
 Beta Glucan 100 mg, Vitamin C 80 mg,  
 70% Purity Propolis 50 mg, Zinc 7,5 mg,  
 Selenium 55 mcg.

## Benefits

- Supports the immune system.
- Has antiviral and antimicrobial properties.
- Supports relieving fatigue and weakness.

## Directions

As a dietary supplement for adults, take one (1) sachet daily, or as directed by a healthcare practitioner.

## Supplement facts

Each sachet contains  
 Black Elderberry Extract 400 mg,  
 Vitamin C 500 mg, Vitamin D<sub>3</sub> 10 µg  
 (400 IU), Zinc 7.5 mg.



# IMMY SYRUP

150 ml

NaturalNest Immy contains Black Elderberry 1,3/1,6 Beta Glucan, Vitamin C and Zinc in every 5 ml. NaturalNest Immy contains beta glucan derived from yeast.

## Benefits

- Supports protecting and strengthening the immune system.

## Directions

As a dietary supplement, take 5 ml for 4 to 10-year-old children and 10 ml for adults on a full stomach daily, or as directed by a healthcare practitioner.

## Supplement facts

Every 5 ml contains Vitamin C 80 mg, Black Elderberry 50 mg, 1,3/1,6 Beta Glucan 50 mg, Zinc 7.5 mg.



# PROBIOTIC

10 Capsules

NaturalNest Probiotic is a probiotic food supplement containing a total of 10 billion CFU Saccharomyces boulardii, Lactobacillus acidophilus, Bifidobacterium longum, Bifidobacterium bifidum, Lactobacillus rhamnosus, Lactobacillus casei strains in NaturalNest Probiotic capsule content. In addition, each sachet contains 200 mg of inulin as a prebiotic.

## Benefits

- Supports immune health.
- Helps to regulate the digestive system.
- Helps maintain the right kind of gut flora balance.
- Provides gentle gut care for your child.
- Helps with dysvitaminosis- which is the imbalance of production and assimilation of vitamins.
- Works as effective diarrhea management.

## Directions

As a dietary supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.

## Supplement facts

Each capsule contains Saccharomyces boulardii (5x10<sup>9</sup> cfu/day) 250 mg, Probiotic mix (5x10<sup>9</sup> cfu/day) (Lactobacillus acidophilus, Bifidobacterium longum, Bifidobacterium bifidum, Lactobacillus rhamnosus, Lactobacillus casei) 34.5 mg, Prebiotic (Inulin) 25 mg.





# PROBIOTIC

10 Sachets



NaturalNest is a probiotic food supplement containing 5 billion CFU Lactobacillus gasseri, Lactobacillus salivarius, Bifidobacterium infantis, Bifidobacterium bifidum, Bifidobacterium longum, Bifidobacterium breve, Lactobacillus rhamnosus, Lactobacillus casei, Lactobacillus paracasei, Bifidobacterium lactis strains in NaturalNest Probiotic sachet content. In addition, each sachet contains 200 mg of inulin as a prebiotic.

## Benefits

- Supports the immune health.
- Helps to regulate the digestive system.
- Maintains the right kind of gut flora balance.
- Provides gentle gut care for your child.
- Helps with dysvitaminosis- which is the imbalance of production and assimilation of vitamins.
- Works as effective diarrhea management.

## Directions

As a dietary supplement for adults, take one (1) sachet daily, or as directed by a healthcare practitioner. A pack of sachet can be mixed with water, milk, or fruit juice.

## Supplement facts

Each sachet contains Probiyotik mix ( $5 \times 10^9$  cfu/day) (Lactobacillus gasseri, Lactobacillus salivarius, Bifidobacterium infantis, Bifidobacterium bifidum, Bifidobacterium longum, Bifidobacterium breve, Lactobacillus rhamnosus, Lactobacillus casei, Lactobacillus paracasei, Bifidobacterium lactis) 34.917 mg, Prebiotic (inulin) 140 mg.



## COLLAGEN CATEGORY

Collagen Plus / Liquid  
Collagen / Sachet  
Collagen Peptide & hyaluronic Acid / Tablet



NATURALNEST

# COLLAGEN PLUS

14 - 30 Tubes

NaturalNest Collagen contains bovine-sourced type 1 collagen peptide and vitamin, mineral complex in each sachet. Each sachet contains 5,000 mg collagen peptides.



# COLLAGEN

30 Sachets

NaturalNest Collagen contains bovine-sourced type 1 collagen peptide and vitamin, mineral complex in each sachet. Each sachet contains 5,000 mg collagen peptides.

## Benefits

- Made with collagen hydrolysate, which is easier to digest and absorb.
- Helps to reduce the appearance of wrinkles.
- Provides ease of use with its ready-to-drink liquid form.
- Halal and Kosher certified.
- Does not contain gluten.
- Does not contain added sugar.

## Directions

As a dietary supplement for adults, take one tube (40 ml) daily, or as directed by a healthcare practitioner.

## Supplement facts

Each tube contains Collagen Peptides 10.000 mg, Vitamin C 300 mg, Hyaluronic Acid 100 mg, Grape Seed Extract 40 mg, Coenzyme Q10 20 mg, Zinc 10 mg, Vitamin E 6 mg α-TE, Vitamin B5 3 mg, Vitamin B6 1 mg, Biotin 2500 mcg, Selenium 50 mcg.

## Benefits

- Made with collagen hydrolysate, which is easier to digest and absorb.
- Helps to reduce the appearance of wrinkles.
- Supports the immune system with its vitamins and minerals.
- Halal and Kosher certified.
- Does not contain gluten.
- Does not contain added sugar.

## Directions

As a dietary supplement for adults, take one (1) sachet daily, or as directed by a healthcare practitioner. One sachet is consumed by adding to a glass of water (200 ml) and mixing.

## Supplement facts

Each sachet contains Collagen Peptides 5.000 mg, Vitamin C 150 mg, Hyaluronic Acid 50 mg, Vitamin B3 16 mg NE, Zinc 10 mg, Vitamin B5 6 mg, Vitamin B6 1.4 mg.







# NATURALNEST



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