



  
**NBTLIFE**  
"Health is in our nature"





## WHO ARE WE?

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NBT PHARMACEUTICALS started its activities on 17 August 2012 with OTC products that can be used in pediatrics and gynecology. With its strong partnerships with the world's leading manufacturers, it has expanded and continues to expand its product range by executing contract manufacturing in accordance with GMP (Good Manufacturing Practices) standards. NBT, which continues its activities with the slogan "Health is in our nature", is an organization that has always respected nature and humans and aims to present what it receives from nature for the benefit of humanity. It is among the main objectives of NBT PHARMACEUTICALS to offer innovative and pioneering products in different fields to serve medicine and to grow by providing health benefits day by day.



	<p>One of the most respected, high quality mineral suppliers in the world, based in Germany. It is used in Nbtlife Magnesium and Nbtlife Magsi.</p>
<p><b>Jungbunzlauer</b></p>	<p>One of the world's leading suppliers of minerals based in Switzerland. It is used in Nbtlife Magnesium and Nbtlife Magsi.</p>
	<p>It is the patented brand of Magnesium L-Threonate form that can pass to the brain at a high rate. It is used in our nbtlife Treon product.</p>
	<p>Magnefer içerisinde kullanılan, hızlı çözünme yeteneğine sahip magnezyum sitrat-malat hammaddesinin tedarikçisi Almanya merkezli Dünya'nın en önemli vitamin, mineral üreticilerindedir.</p>
	<p>Ferrero, based in Spain, is one of the leading pharmaceutical companies. Patented vitamin B12 is only used in Nbtlife Mix12 and Nbtlife HC12 in Turkey.</p>
	<p>It is the patented active Vitamin B12 (methylcobalamin) form of Ferrero based in Spain. It is used in Nbtlife Methylife, Folidays and Gynopol.</p>
	<p>It is the patented active folic acid (methylfolate) form of the Italian company Gnosis. 5-Methyltetrahydrofolate is a 4th generation active folic acid as glucosamine salt. It is in Folidays, Nbtlife Methylife, Gynopol.</p>
	<p>The Netherlands-based LipocellTech is the best powder liposomal supplier worldwide. It is the supplier of Liposomal Vitamin C contained in Lipopure C. There is no taste problem compared to liquid liposomals, it does not require cold chain.</p>
	<p>It is an American-origin vitamin C with fast absorption and high antioxidant capacity with its molecular structure bound to fat metabolites. It is absorbed faster than other forms and remains in the body 233% longer.</p>
	<p>It is the patented Vitamin D of DSM, one of the world's largest vitamin D manufacturers. It has high bioavailability and stability. It is used in Nbtlife Fulllife.</p>
	<p>Norway-based Kappa Bioscience is the innovative leader and first supplier of vitamin K2 (MK 7). It maintains its stability with Vitamin K2 in microencapsulated form for a long time and offers high bioavailability.</p>
	<p>It is the patented active Coenzyme Q10 form of the Slovenian company, Valens. Since Coenzyme Q10 is soluble in both water and oil, it has 4 times more bioavailability than the classic Coenzyme Q10. It is contained in Nbtlife Fulllife.</p>
	<p>It is a fish oil supplier with the world's highest EPA and DHA values, and IFOS and GOED safety certificates. It provides an easy use because it is odorless.</p>

	<p>It is krill oil with high EPA and DHA levels from Norway-based company AkerBiomarine. Krill Oil is used in our product.</p>
	<p>It is a high-quality patented betaine of AGRANA, based in Austria, obtained from 100% plant-based, natural, GMO-free sugar beet molasses. It is used in Nbtlife Methylife.</p>
	<p>It is a proprietary alpha-lipoic acid supplement of the US-based GeroNova Research company. R-Alpha Lipoic acid, which has become a stable molecule thanks to Na salt, provides 21 times more bioavailability than other alpha lipoic acids. It is used in Nbtlife NaRLA.</p>
	<p>It is a patented Silybin araf Phosphatidylcholine complex of "Gnosis by Lesaffre" company based in France with 3.5 times higher bioavailability. It is used in Nbtlife Berliv.</p>
	<p>It is the branded liposomal technology of LaBiotre company based in Italy. Nbtlife Berliv provides 5 times more bioavailability of berberine than normal berberine.</p>
	<p>It is the patented quercetin form of the Italian company, Indena. High bioavailability is achieved by the powder liposomal capsule technology. It is used in Nbtlife Liposomal Quercetin.</p>
	<p>It is a proprietary selenium supplement of Sabinsa, an American company. It provides high bioavailability by being in L-methionine form. It is used in Nbtlife LifeGuard.</p>
	<p>It is the patented zinc form of Lonza company. L-OptiZinc® is a unique mineral chelate with zinc in the form of L-methionine. L-OptiZinc® is better absorbed than other zinc forms and increases faster at plasma levels. It is used in Nbtlife Betacats, Nbtlife LifeGuard and Gynopol.</p>
	<p>It is a Spanish-based company that offers special herbal extracts with high bioavailability, extracted with Full Spectrum technology. The ginger extract in nbtlife Femvit is available here.</p>
	<p>It is based in Denmark and one of the global suppliers of probiotics that provides the production of more than 40,000 microbial strains. It is the raw material supplier of Duobalance Bv probiotic supplement in Turkey.</p>
	<p>Lallemand, one of the world's largest probiotic suppliers, based in Canada, is the raw material source of Duobalance Mood probiotic supplement in Turkey.</p>
	<p>Epicor, the world's number one postbiotic brand, is a dried yeast fermentant obtained from <i>Saccaromyces cerevisiae</i> fermentants. Used in Duobalance Adults probiotic and postbiotic supplement.</p>
	<p>It is a patented prebiotic fiber supplement from Belgium-based Beneo Instute. The all-natural, herbal, GMO-free prebiotic fiber supplement containing high-quality inulin and fructooligosaccharide from chicory root is the raw material of Duobalance Pre supplement.</p>

# Our Special Capsule Technologies

## DRcaps®

Thanks to the special acid-resistant structure that prevents the capsule from dissolving in the stomach, the active ingredients in the capsule are released in the intestine. DRcaps® capsules mask taste and smell.

## Licaps®

Licaps® sealed capsule, free of additives and preservatives, exhibits rapid release; masks the taste and smell, as well as eliminating the air contact of the active ingredient in its content and preventing oxidation. It is a capsule technology specially developed for liquid raw materials.

## Vcaps® Plus

It is a completely herbal capsule that is fast and easily soluble at different pH levels and does not contain additives and is not affected by food ingredients. It has a high shelf life due to its low moisture sensitivity.

## Vcaps®

Vcaps® capsules are the first-generation vegetarian capsules that are heat and moisture resistant and do not contain GMO, preservative, gluten, and starch.

## DUOCAP™

Duocap™ Capsule-in-Capsule technology prevents mixing of raw materials. The outer capsule and the inner capsule are dissolved in separate phases. The outer capsule, Oceancaps™ is patented and made of fish gelatin. It prevents oxidation with the nitrogen bubble in the capsule. It is sealed and does not allow the penetration of air and moisture.

## Plantcaps®

Plantcaps® capsules made of naturally fermented tapioca are gluten, protective, GMO, starch-free vegan capsules that do not come into contact with air. This technology has been used especially in our orodispersible capsules.



Our supplements do not contain Pesticides, Solvents, GMOs, Allergen, Gluten, Heavy Metals, Coating, Preservatives, Starch, Sugar.



All ingredients of animal origin used in our supplements are halal certified.



All of our capsules are suitable for vegan use except for our supplements containing fish oil and Vitamin D3 (as they are derived from sheep wool).



# nbtlife magsi

90 Vegetarian Capsules



**nbtlife magsi**, contains the active form of vitamin B6, P5P, which increases the absorption of magnesium and produces energy, as well as magnesium citrate, which can reach the muscles well and gives energy. Each capsule contains 125 mg of elemental magnesium. It is also an easy to swallow, additive-free capsule.



Jungbunzlauer

## Benefits

- In muscle cramps
- In muscle, joint, skeletal pain
- In those who exercise,
- In those who complain of constipation,
- In those who have contractions and constipation during pregnancy

## Directions

2 capsules per day 2 hours after meals for adults over 11 years of age

## Supplement facts

- Each capsule contains
- 125 mg elemental magnesium from Magnesium Citrate
  - 2.5 mg Active Vitamin B6 (P5P)



# nbtlife magneffer

30 and 60 Stick Sachets

**Magneffer P5P**, which has a combination for energy metabolism, contains magnesium malate and magnesium citrate, which are the energizing forms of magnesium. There is 200 mg elemental magnesium in 1 stick sachet. In addition, it contains P5P, the active form of vitamin B6, which increases the effect of magnesium, as well as the adenosylcobalamin form of vitamin B12, which is involved in energy production in mitochondria.



 Dr. Paul Lohmann®

## Benefits

- Fibromyalgia patients
- Those who exercise
- Those with muscle cramps and muscle pain
- Those with chronic fatigue problems
- Those with daily energy problems (such as weakness, body pain)

## Directions

1 stick per day 1 hour before or after breakfast for adults over 11 years of age

## Supplement facts

Each stick sachet contains

- A total of 200 mg elemental magnesium, 140 mg from Magnesium Malate and 60 mg from Magnesium Citrate
- 100 µg Adenosylcobalamin (vitamin B12)
- 5 mg Active Vitamin B6



# nbtlife magnesium

60 Vegetarian Capsules

**nbtlife magnesium** is a combination of magnesium glycinate, which can pass well into the brain, and magnesium citrate, which can reach well into the muscles. In addition, it contains P5P, the active form of vitamin B6, which strengthens the effect of magnesium on the brain and other parts of the body. It is also an easy to swallow, additive-free capsule.



MAGNESIA

Jungbunzlauer

## Benefits

- In people with sleep problems,
- In migraine attacks and headaches,
- In hypertension patients,
- In chronic drug users,
- In people with high levels of stress and anxiety,
- To balance the blood sugar levels of patients with Type 2 diabetes; insulin resistance
- To increase the level of vitamin D in individuals with vitamin D deficiency,
- In severe menstrual cramps.

## Directions

2 capsules before bedtime for adults over 17 years of age

## Supplement facts

Each capsule contains

- 125 mg elemental magnesium, 93.75 mg from Magnesium Bisglycinate, 31.25 mg from Magnesium Citrate.
- 2.5 mg Active Vitamin B6 (P5P)



# nbtlife treon

90 Capsules

**nbtlife treon**, contains Magnesium L-Threonate form patented Magtein®, which has been investigated in many clinical studies focusing on Alzheimer's, dementia, cognitive functions, focus, sleep, and anxiety. It facilitates the cross to the brain at a high rate and is found together with vitamin C, vitamin D, vitamin K2, vitamin B1, glycine, and taurine amino acids, which are auxiliary components in clinical studies.



## Benefits

- For attention deficit and focus problems,
- For neurodegenerative diseases including Alzheimer's and dementia,
- For learning and memory difficulties,
- For people who have an active work life,
- During the exam period,
- For the control of stress,
- For sleep problems,
- For anxiety and depression problems,

## Directions

- 2 capsules per day for under 70 kg, and
  - 3 capsules per day for over 70 kg
- are taken 2 hours before bedtime at night.

## Supplement facts

- In 3 capsules
- 150 mg of magnesium L-Threonate.
- 100 mg of Vitamin B1 (Thiamin).
- 90 mg of glycine, 90 mg of Taurine,
- 60 mg of Vitamin C.
- 10 mg of Vitamin B6 (P5P), 75 µg of Vitamin K2,
- 25 µg (1000 IU) of Vitamin D3



## nbtlife treon REM

60 Capsules

**nbtlife treon REM**, contains Magnesium L-Threonate form patented Magtein®. Clinical studies revealed increased sleep quality as a result of taking 1 gram of Magtein® per day. Treon REM contains P5P, the active form of vitamin B6, which increases magnesium absorption, and Valerian and Melissa extracts, which support sleep quality, in addition to 1-gram Magtein® in 2 capsules.

### Benefits

Sleep,  
stress,  
anxiety,  
mood,  
fear



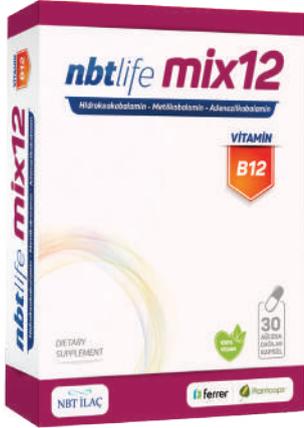
### Directions

Two capsules per day before  
bedtime are recommended.

### Supplement facts

Two capsules contain:  
72 mg Magnesium<sup>1</sup>, 10 mg Vitamin B6,  
160 mg Valerian Extract, 80 mg Melissa Extract

<sup>1</sup>Elemental magnesium derived from  
500 mg Magtein (Magnesium L-Threonate)



# nbtlife mix12

30 Orodispersible Capsules

**nbtlife mix12**; is the combination of 3 forms of vitamin B12 in the body, which are Adenosylcobalamin, Hydroxocobalamin, and Methylcobalamin. It is the only supplement in Turkey that includes all three forms. Using the three forms in a balanced way prevents the risk of hypermethylation. It is suitable for vegetarian use with its oral dispersible vegetable capsule feature. In addition, it is absorbed under the tongue and provides rapid effect.

## Benefits

- In the elimination of B12 Deficiency,
- In those who have memory, focus and energy problems due to B12 deficiency,
- In those who use metformin group medicines To prevent B12 deficiency from developing
- In those with loss of sensation in the nerves due to diabetes
- In patients using stomach medications such as proton pump inhibitors
- To prevent B12 deficiency

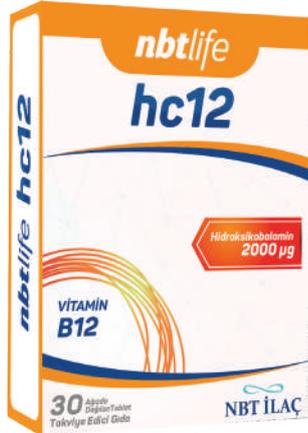


## Directions

1 capsule per day for adults  
over 11 years of age,  
regardless of food

## Supplement facts

Each capsule contains  
350 µg Adenosylcobalamin  
350 µg Methylcobalamin  
300 µg Hydroxocobalamin



## nbtlife hc12

30 Orodispersible Tablets

**nbtlife hc12** contains 2000 µg Hydroxocobalamin in each tablet.

Hydroxocobalamin is the most abundant form of vitamin B12 in the body. It is especially effective for oxidative stress. This is the only Hydroxocobalamin supplement in Turkey.



### Benefits

- In patients using metformin group medicines
- To prevent the development of B12 deficiency,
- It is a good cleaner for people who are quitting or have quit smoking.
- In maintaining elevated B12 levels

### Directions

1 tablet per day for adults over  
11 years of age, regardless of food

### Supplement facts

Each capsule contains  
2000 µg Hydroxocobalamin



## nbtlife Quattro

30 Orodispersible Tablets

**nbtlife Quattro** contains P5P, the active form of vitamin B6, methylfolate, the active form of vitamin B9, methylcobalamin and adenosylcobalamin, the active forms of vitamin B12 and biotin. This orodispersible tablet is absorbed sublingually and mixes directly with the blood, and quickly replenishes the body's stores.



### Benefits

- In vitamin B6, B9, B12 deficiencies
- In vegan and vegetarian diets
- People with skin and nail problems
- People with hair loss problems
- People who experience forgetfulness and difficulty focusing
- People who take diabetes medications like metformin
- People with insulin resistance

### Directions

One tablet is taken per day and dissolved in the mouth before or after a meal.

### Supplement facts

1 tablet contains:  
2.5 mg of Vitamin B6 (P5P),  
400 µg of Vitamin B9 (Methylfolate)  
1000 µg of Vitamin B12  
(500 µg Adenosyl cobalamin,  
500 µg Methyl cobalamin) 400 µg of Biotin



# nbtlife methyllife

30 and 60 DRcaps (Intestinal Release) Capsules

**nbtlife methyllife**, which supports the methylation cycle having many tasks such as clearing homocysteine from the body, energy production, synthesis of neurotransmitters such as serotonin and melatonin, contains inositol, betaine, and zinc picolinate in addition to the active form of all B vitamins. Thanks to the special intestinal-release capsule technology, it is not affected by the stomach content. It is also the only methylation supplement in Turkey that contains 3 forms of vitamin B12



## Benefits

- In those who have active work or business life,
- In patients with chronic fatigue,
- In those with attention deficit, focusing problems,
- In patients with chronic diseases,
- In homocysteine elevation,
- In support of school and exam success in children/teenagers,
- In providing glutathione synthesis.

## Directions

1 capsule during the day for adults over 11 years of age

## Supplement facts

Each capsule contains, 50 mg Vitamin B1, 35 mg Vitamin B2 (R5P), 50 mg Vitamin B5, 10 mg Vitamin B6 (P5P), 1000 µg Vitamin B7, 400 µg Vitamin B9 (Methylfolate), 1000 µg Vitamin B12 (Methylcobalamin, Adenosylcobalamin, Hydroxocobalamin), 50 µg Inositol (Myo&D-Chiro), 10 µg Zinc Picolinate, 500 mg Betaine



## nbtlife vitamin c

30 DRcaps (Intestinal Release) Capsule

**Pureway C** patented vitamin C is a form that absorbs faster than classical ascorbic acids and remains in the tissue for a long time. Citrus bioflavonoids increase antioxidant capacity and protect the body from oxidation. They also provide high bioavailability with intestinal-release capsule technology.

**PUREWAY**  | **DRcaps** 

### Benefits

- In people who are frequently sick and susceptible to infection,
- In those who want to contribute to their immune system,
- In contributing to the increased need for iron in pregnancy,
- In skin health,
- In wound healing,
- In bone health,

### Directions

1 or 2 capsules per day for adults over 11 years of age, regardless of food

### Supplement facts

Each capsule contains 500 mg Pureway C Patented Vitamin C 27 mg Citrus Bioflavonoids



# nbtlife Lipopure C

30 DRcaps (Intestinal Release) Capsule

**nbtlife Lipopure C** contains liposomal Vitamin C in powder form. Thanks to phosphatidylcholine in the liposomal structure, it rapidly transmits vitamin C to the target tissue and choline also participates in the structure and repair of cells in the body. According to liquid liposomal forms, the powder capsule provides stabilization until the end of its shelf life



LipoCellTech™



## Benefits

- To provide greater bioavailability compared with other C vitamins,
- In smokers,
- In skin rejuvenation and health,
- To support the immune system,
- In bone health.

## Directions

1 or 2 capsules per day for adults over 11 years of age, regardless of food

## Supplement facts

Each capsule contains 500 mg Vitamin C  
215 mg Phosphatidylcholine

# nbtlife Vitamin D3

20 mL Drops



Vitamin D3, which does not contain any additives, contains only olive oil and Vitamin D3, has 1000 IU in drop form, and can be preferred in those who have vitamin D deficiency and do not want their vitamin D levels to decrease again.

## Benefits

- In the treatment of vitamin D deficiency,
- In immune support,
- In women in menopause,
- In PCOS patients,
- In insulin resistance,
- In people who are prone to depression,
- In bone diseases such as osteoporosis,
- In patients with rheumatoid arthritis,
- In those with weight resistance

## Directions

1 drop after breakfast for  
adults over 11 years of age

## Supplement facts

Each drop contains  
•1000 IU Cholecalciferol  
(Vitamin D3)



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

20 ml Drops

**nbtlife D<sub>3</sub>K<sub>2</sub>**, contains 1000 IU of Vitamin D3 and 15 µg of Vitamin K2 in 1 drop. The microencapsulation of the vitamin K2 ensures that it remains intact with the value indicated on the label until the end of its shelf life. It contains 400 drops.

**Quali-D**  
www.qualityforlife.com  
Quali-D is a trademark of DSM

**K2VITAL**

### Benefits

- Supports the immune system.
- Ensures calcium absorption and bone protection with vitamin K2.
- Protects from atherosclerosis and kidney stones by preventing calcium accumulation in the vessel wall and kidneys.
- In the treatment of vitamin D deficiency,  
In women in menopause,  
In PCOS patients,  
In insulin resistance,
- In people who are prone to depression,  
In bone diseases such as osteoporosis

### Directions

It should be taken after a meal.

### Supplement facts

1 Drop contains  
1000 IU Vitamin D3,  
15 µg Vitamin K2



# nbtlife omegalife 1200

30 capsules

**nbtlife omegalife 1200** contains 900 mg of omega 3, which comes from 1200 mg of fish oil in one capsule. It contains triglyceride fish oil obtained from the body of small fish with high EPA and DHA content. Omega 3 is beneficial on cellular health, cardiovascular health, and metabolism.



## Benefits

- Cardiovascular health,
- Eye and brain health,
- Joint health,
- Cellular health,
- Elevated triglycerides,
- Immune system,
- Cardiovascular health

## Directions

1 capsule after breakfast for adults over 11 years of age

## Supplement facts

Each capsule contains

- 1200 mg fish oil
- 900 mg Total Omega 3
  - 600 mg EPA
  - 240 mg DHA
  - 60 mg Other Omega 3 Acids



# nbtlife omegalife 2400

30x2 capsules

**nbtlife omegalife 2400** contains 1800 mg omega 3 from 2400 mg fish oil in one serving with COMBOTECH patented special blister technology with 2 capsules in one slot. It contains triglyceride fish oil obtained from the body of small fish with high EPA and DHA content.



## Benefits

- Cardiovascular health,
- Eye and brain health,
- Joint health,
- Cellular health,
- Elevated triglycerides,
- Immune system,
- Cardiovascular health

## Directions

1 capsule after breakfast for adults over 11 years of age

## Supplement facts

Contents of 2 Capsules in 1 slot

- 2400 mg fish oil
- 1800 mg Total Omega 3
  - 1200 mg EPA
  - 480 mg DHA
  - 120 mg Other Omega 3 Acids



# nbtlife fullife

30 and 60 Licaps Liquid Capsules

nbtlife fullife offers 3 fat-soluble molecules (vitamins D3 and K2, Coenzyme Q10) in fish oil with special Licaps liquid capsule technology without the risk of leakage and oxidation. It contains Q10Vital, which provides 4 times more absorption than classic Coenzyme Q10, and microencapsulated K2Vital, which can remain intact until the end of its shelf life.



## Benefits

- In support for decreased Coenzyme Q10 after the age of 30,
- In daily energy support,
- In chronic fatigue problems,
- To support athletes,
- In patients using statin and antidepressants,
- In patients with migraine, fibromyalgia,
- In bone and cardiovascular health  
(Thanks to Vitamin K2 and Vitamin D, the absorbed calcium is processed into bones and accumulation in the vascular wall and soft tissue is prevented.)
- To maintain the level of vitamin D in the blood,
- For anti-aging use,
- In smokers,

## Directions

1 capsule after breakfast for adults over 11 years of age

## Supplement facts

Each capsule contains

- 120 µg Vitamin K2
- 25 µg Vitamin D3 (1000 IU)
- 100 mg Coenzyme Q10
- 322 mg Omega 3  
(EPA 150 mg, DHA 102 mg)



## nbtlife KrillOil

30 Licaps Capsules

**nbtlife KrillOil** contains krill oil, which is a source of Omega 3 in phospholipid form. The natural astaxanthin content of krill oil is one of nature's most powerful antioxidants. It contains patented SUPERBABoost raw material that is purified from other components and has an optimized phospholipid ratio. Furthermore, Licaps (liquid capsule) technology, made of fish gelatin, reduces risks such as flowing, bursting, and oxidation.



### Benefits

- Dysmenorrhea (menstruation pain)
- People who prefer Omega 3 with high antioxidant effect
- People who do not want to take fish oil due to taste and smell
- It supports academic success with its choline content
- People who want to take Omega 3 for general health benefits

### Directions

1 or 2 capsules a day on a full stomach is recommended.

### Supplement facts

1 capsule contains:  
500 mg of Krill oil  
280 mg of phospholipid (Phosphatidylcholine)  
35mg of Choline  
135 mg of Omega 3  
75 mg of EPA  
35 mg of DHA  
42.5 µg of Astaxanthin1



## nbtlife NaRLA

30 DRcaps (Intestinal Release) Capsule

Since Na-R Alpha Lipoic acid is combined with sodium (Na), it remains more stable in the body. Therefore, it has 21 times more bioavailability than the classical R form alpha lipoic acids. Because of this, it is sufficient to use 1 capsule (200 mg) per day. In addition, with the special intestinal-release capsule technology, it can reach the intestine without being affected by the stomach content.



### Benefits

- In patients with type 2 diabetes, insulin resistance
- In diabetic foot patients,
- In Polycystic Ovary Syndrome,
- In those who experience nerve damage due to diabetes,
- In providing glutathione synthesis
- For anti-aging activity,
- To clear toxins from the body,
- In people undergoing skin treatment,

### Directions

1 capsule 2 hours before/after meals for adults over 11 years of age

### Supplement facts

Each capsule contains

- 200 mg Sodium R-Alpha Lipoic Acid

# nbtlife Renovate

30 sachets



**nbtlife Renovate**, contains the essential amino acids glycine and L-glutamine. These amino acids are essential for epithelial tissue and help with intestinal epithelial repair. Citrulline malate is a calorie-free energy storage source which provides protection against energy deprivation during the diet period.

## Benefits

- For repair of intestinal epithelium in case of leaky gut
- For prevention of energy deprivation during elimination diet and other diet periods
- Supports glutathione production.
- Contributes to muscle mass in athletes.
- Contributes to daily energy levels.

## Directions

One sachet per day is recommended.

## Supplement facts

One sachet contains:  
2500 mg of L-glutamine,  
1000mg of glycine,  
1000 mg of L-Citrulline / DL Malate  
670mg of L-Citrulline.  
330 mg of DL-Malic acid



# nbtlife enzymylife

60 Vegetarian Capsules

**nbtlife enzymylife** contains 500 mg Betaine HCl, 165 mg Pepsin, 50 mg Malic Acid in 1 capsule. Betaine HCl and Pepsin are enzymes that are naturally found in stomach juice and allow their nutrients to be digested. Unlike other supplements, Enzymylife also contains Malic Acid, which contributes to the acidic structure of the stomach.

## Benefits

Supports stomach health and contributes to the regular functioning of the digestive system.

## Directions

1 capsule after breakfast  
for adults over 11 years of age

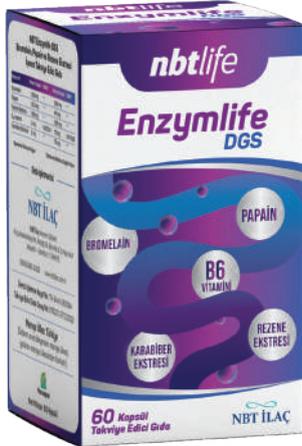
## Supplement facts

Each capsule contains

- 500 mg BetainHCl
- 165 mg Pepsin
- 50 mg Malic Acid

# nbtlife enzymlife DGS

60 Vegetarian Capsules



## Benefits

Helps to relief edema  
In digestive and indigestion problems,  
Cellulite reduction with its anti-cellulite feature,  
In nausea and pain

## Directions

1 or 2 capsules per day is recommended for adults and over 11 years of age.

## Supplement facts

Two capsules contain:  
500mg of Bromelain,  
45mg of Papain,  
300 mg of Fennel Extract,  
10 mg of Vitamin B6,  
10mg of Black Pepper Extract

**nbtlife enzymlife DGS**, Bromelain helps digestion with its enriched contents of papain, fennel extract, black pepper extract, and vitamin B6. Enzymlife DGS with Vcaps herbal capsules has a high bioavailability and contains no preservatives or additives.



# nbtlife enzymlife GOLD

60 Vegetarian Capsules

**nbtlife enzymlife GOLD**, contains a special enzyme mixture including amylase, lipase, protease, cellulase, lactase, and soil group probiotics and provides a powerful combination of support for digestion and absorption, together with black pepper extract and vitamin B1. The acid resistant Drcaps capsule provides a high and effective bioavailability that is not affected by stomach acid.

## Benefits

For the complaints of gas, bloating and indigestion,  
and in the case of SIBO and Candida,  
In biliary and pancreatic insufficiency,  
In lipid metabolism disorders,  
In cases of fatty stool,  
In vitamin and mineral malabsorption

## Directions

1 or 2 capsules per day for adults  
and over the age of 11

## Supplement facts

Two capsules contain:  
27 mg of Amylase, 13.20 mg of Lactase,  
2.86 mg of Cellulase, 1.84 mg of Protease,  
0.30 mg of Lipase, 50 mg of Vitamin B1,  
1x10<sup>10</sup> cfu\*, 10 mg of Black Pepper Extract  
(cfu): Colony forming unit.

# nbtlife TeaMct

30 Sachets



**nbtlife TeaMct**, is a blend of high polyphenol-content green tea extract from matcha tea and medium chain triglycerides (MCT) from coconut. Green tea extract contains high levels of Epigallocatechin Gallate (EGCG) and its sachet form makes it convenient to use.

## Benefits

- Helps with daily energy levels
- For people who are on ketogenic diet
- People who have difficulty focusing
- People who work in jobs requiring intense mental performance
- Helps with losing weight
- Supports fat burn
- People with cholesterol problems

## Directions

One sachet per day is recommended.

## Supplement facts

One sachet per day is recommended.  
One sachet contains:  
3000 mg of Medium Chain Triglycerides  
500 mg of Green Tea Extract



# nbtlife Chromon

90 Vegetarian Capsule

**nbtlife Chromon** is a combination of chromium picolinate and cinnamon. Chromium picolinate mediates the function of insulin. Cinnamon is a herbal supplement regulating the blood sugar. The addition of cinnamon increases the benefit compared to chromium-only supplements. There is cinnamomum zeylanicum (ceylon cinnamon) in it.



## Benefits

- Helps to lose weight,
- Ensures insulin sensitivity,
- In blood glucose control,
- In patients with insulin resistance/diabetes,
- In frequent dessert or food eating episodes,
- In the treatment of polycystic ovary syndrome,
- Helps in times of emotional hunger.

## Directions

1 capsule before or after meals  
for adults over 11 years of age

## Supplement facts

- Each capsule contains
- Elemental Chromium from 1.609 mg Chromium Picolinate
  - 200 µg Chromium Picolinate
  - 450 mg Cinnamon
  - 50 mg Cinnamon Extract



# nbtlife berliv

60 DRcaps (Intestinal Release) Capsule

**nbtlife berliv** is a combination of Liposomal Berberine and Phosphocomplex Silybin. It is effective on metabolic syndrome, diabetes, cholesterol, and liver fat. It provides 5 times more bioavailability than the normal berberine of liposomal berberine. In addition, phosphocomplex silybin provides 3.5 times higher bioavailability than classic milk thistle extracts. nbtlife berliv is the only combination of liposomal berberine and silybin in Turkey.



## Benefits

- In people with weight problems,
- In people who frequently get hungry and are fond of carbohydrates
- In patients with insulin resistance and type 2 diabetes,
- In cholesterol and triglyceride elevation,
- In metabolic syndrome,
- In liver fattening,
- In people who consume alcohol,
- In SIBO support.

## Directions

Half an hour before meals  
2 times a day for adults over  
11 years of age

## Supplement facts

- Each capsule contains
- 600 mg Liposomal Berberine
  - 32 mg Silybin
  - 48 mg Phosphatidylcholine



# nbtlife Liposomal Quercetin

30 Vegetarian Capsules

**nbtlife Liposomal Quercetin** contains a special raw material of the QUERCEFIT brand developed with phytosome technology. It provides more than 20-fold bioavailability compared to ordinary quercetins. nbtlife Liposomal Quercetin contains 250 mg net Quercetin from 668.75 mg Liposomal Quercetin in each capsule.

**phytosome**

**QUERCEFIT**

**Vcaps Plus**

## Benefits

- In protection from Covid-19,
- To prevent virus infections with its antiviral activity,
- In autoimmune diseases with anti-inflammatory properties,
- In daily energy support,
- To provide immune support,
- In the support of the nervous system,
- In protection from diseases with its antioxidant activity,
- In people who want to lose weight
- In anti-aging use,
- In protection from cancer.

## Directions

1 capsule per day for adults  
over 11 years of age,  
regardless of food

## Supplement facts

Each capsule contains  
250 mg Quercetin from  
668.75 mg Liposomal Quercetin.



## nbtlife LifeGuard

30 DRcaps (Intestinal Release) Capsule

**nbtlife LifeGuard** supports your natural and acquired immunity with a combination of zinc, copper, iodine, and selenium, creating an antibody response. In addition, it supports T4 & T3 conversion in thyroid hormone production or in those using thyroid medication. Thanks to the special intestinal-release capsule technology, it reaches the intestine without being affected by the stomach content. It contains high absorption forms in the form of zinc methionine and selenomethionine.



### Benefits

- To increase the effectiveness of vaccination in people who have been vaccinated,
- In creating antibody response,
- In thyroid diseases,
- In the regulation of immunity,
- In autoimmune diseases,

### Directions

1 capsule per day for adults  
over 11 years of age,  
regardless of food

### Supplement facts

Each capsule contains

- 15 mg Zinc
- 1500 µg Copper
- 100 µg Selenium
- 150 µg Iodine

# nbtlife iyotic & iyotic duo

30 mL and 50 mL drops



**nbtlife iyotic** and iyotic duo drops contain both iodine and selenium. While iyotic contains 150 µg iodine and 50 µg selenium, iyotic duo contains 150 µg iodine and 10 µg selenium. Those who want to reach a high number of drops can prefer iyotic duo. In iyotic duo, potassium iodide and iodine are combined as in the Lugol solution. 20 drops of iyotic duo correspond to 3% Lugol solution.

## Benefits

- In goiter patients,
- In iodine deficiency in pregnant women,
- In hair loss,
- In Hashimoto thyroiditis,
- In immune support,
- For those who have a Lugol prescription.

## Directions

1 drop in the morning on an empty stomach for adults over 11 years of age.

## Supplement facts

### Each drop of nbtlife iyotic contains

- 150 µg Iodine
- 50 µg Selenium

### Each drop of nbtlife iyotic duo contains

- 150 µg iodine (potassium iodide/iodine)
- 10 µg Selenium (L-selenomethionine)

# nbtlife betacat's

30 and 60 DRcaps (Intestinal Release) Capsule



**nbtlife betacat's** contains beta glucan, which supports immunity, and cat's claw, which has very important immune benefits. In addition, it contains vitamins and minerals that need the immune system with immunomodulatory properties



## Benefits

- In people who are frequently sick,
- In the elderly, especially those with low natural immunity,
- In protection from Covid 19,
- In the relief of muscle joint pain caused by influenza infections,
- To strengthen the immune system,

## Directions

1 or 2 capsules during the day for adults over 11 years of age.

## Supplement facts

- Each capsule contains
- 50 mg Beta Glucan
  - 250mg Cat's Claw
  - 500 mg Vitamin C
  - 12.5 µg Vitamin D3 (500 IU)
  - 7.5 mg Zinc
  - 750 µg Copper
  - 55 µg Selenium

# nbtlife imunca

20 Duo Capsules (Capsule-in-Capsule Technology)



**nbtlife imunca** supports your immune system during all seasons with capsule-in-capsule technology. Eucalyptus, thyme, and rosemary essential oils in the outer capsule refresh the airways with the capsule bursting in the stomach. The pure propolis and African geranium extract in the inner capsule releases in the intestine and provides immune benefits.



## Benefits

- In seasonal transitions and preventing colds,
- To strengthen the immune system,
- In upper-lower respiratory tract diseases.

## Directions

1 or 2 capsules during the day on an empty stomach for adults over 11 years of age.

## Supplement facts

- Each capsule contains
- 50 mg Pure Propolis (8.21%)
  - 25 mg Eucalyptus Oil
  - 20 mg Rosemary Oil
  - 20 mg African Geranium extract
  - 5 mg Thyme Oil



# nbtlife Black Cumin Oil

30 Licaps Capsules

**nbtlife Black Cumin Oil**, contains black cumin oil with high thymonquinone ratio, obtained by cold pressing method. It has licaps (liquid capsule) feature. In this way, risks such as leakage, explosion and oxidation are minimized. It also has a capsule obtained from fish gelatin.

## Benefits

- Especially in the pollen allergy period and in all other allergic conditions,
- Supporting body resistance,
- Diabetes and metabolic syndrome,
- To support weight loss,
- Support the immune system

## Directions

It is recommended to consume 1 or 2 licaps capsules a day, on a full stomach.

## Supplement facts

500 mg of black seed oil in 1 capsule



## bovelax

30 DRcaps (Intestinal Release) Capsule

**Bovelax** contains medicinal peppermint oil. Medicinal mint oil prevents spasm by blocking the calcium channels in the intestine. It provides relief in IBS symptoms. It also reaches the intestine thanks to the special intestinal-release capsule technology. It is the first and only supplement in Turkey.



### Benefits

- In IBS and SIBO,
- In case of swelling, gas, spasm after meals,
- In intestinal motility complaints  
(e.g. diarrhea one day, constipation the next day)
- In bowel problems during travel

### Directions

Half an hour before meals for  
adults over 11 years of age.

### Supplement facts

Each capsule contains  
112.84 mg of Medicinal  
Mint Oil

# duobalance pre

30 and 60 Stick Sachet



**Duobalance PRE** contains inulin and fructooligosaccharide (FOS), which are obtained by purely natural methods from chicory root. These two fibers, which act synergistically with each other, act on different layers of the intestine and provide an effect on the whole intestine. Duobalance PRE in stick sachet form can be used by mixing with all food and beverages regardless of hot and cold.

beneo  
institute

prebiotic™

Orafti® Synergy1

## Benefits

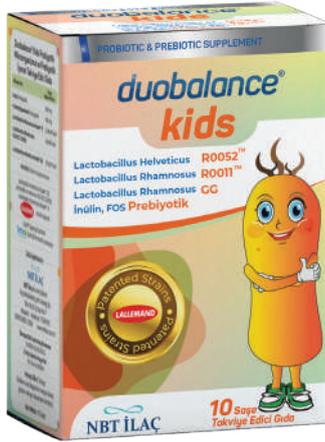
- In case of constipation complaints,
- In individuals who are often hungry and have a high desire for dessert,
- In individuals who want to lose weight,
- In insulin resistance,
- In providing daily fiber support,
- In addition to probiotics in increasing the effect of probiotics,
- To increase calcium and magnesium absorption,

## Directions

1 or 2 stick sachets per day  
on an empty stomach  
for adults over 11 years of age.

## Supplement facts

Each stick sachet contains  
Inulin in the amount by  
percentage of 50, amount by  
weight of 2.3 g  
• Amount by weight 2.3 g  
Fructooligosaccharide Total Amount  
100% Amount by  
Weight 4.6 g



# duobalance kids

10 sachets

**duobalance kids** The symbiotic (probiotic + prebiotic) content makes Duobalance kids a powerful combination for children. It consists of probiotic strains of Lactobacillus Rhamnosus GG, which has been studied in more than 250 clinical studies, Lactobacillus Rhamnosus R001, which has been studied in 26 clinical studies, and Lactobacillus Helveticus R0052. Furthermore, with its inulin and fructooligosaccharide combination, which is effective on the intestines, it has more benefits than other prebiotic fiber supplements. The strawberry and banana flavors make it easy to use for children.



## Benefits

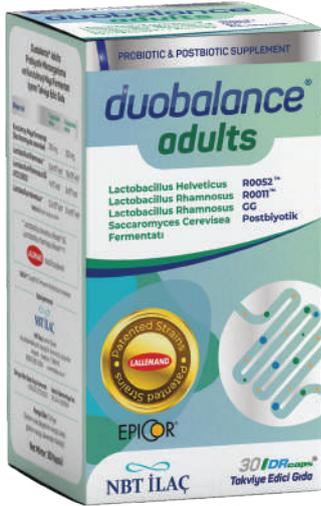
In the prevention of acute diarrhea,  
In supporting immunity, in the treatment of atopic dermatitis,  
In reducing allergy symptoms, and in cow's milk allergy  
In lactose intolerance,  
Helicobacter pylori infection,  
supporting stomach and intestinal health,

## Directions

It can be taken once a day on an empty stomach in the morning or before bedtime by mixing it with 1 tea glass of water or any non-hot beverage or it can be taken directly in those over the age of 11 years.

## Supplement facts

One sachet contains:  
500 mg of inulin (prebiotic),  
500 mg of fructooligosaccharide (prebiotic),  
2.28x10<sup>9</sup> cfu Lactobacillus Rhamnosus R001,<sup>™</sup>  
0.6x10<sup>9</sup> cfu Lactobacillus rhamnosus  
GG ATCC 531043,  
0.12x10<sup>9</sup> cfu Lactobacillus Helveticus R0052<sup>™</sup>



# duobalance adults

30 capsules

**duobalance adults**, is a combination of probiotics and postbiotics for adults. It contains the probiotic strains Lactobacillus Rhamnosus GG, which has more than 250 clinical studies, Lactobacillus Rhamnosus R0011, which has 26 clinical studies, and Lactobacillus Helveticus R0052. It also contains the world's number one postbiotic brand Epicor®. This postbiotic is a fermentate of Saccaromyces Cerevisae, and supports the immune system with its high nutritional profile.



## Benefits

- In the prevention of acute diarrhea,
- In supporting the immune system,
- In the treatment of atopic dermatitis,
- In reducing the allergy symptoms and cow's milk allergy
- In lactose intolerance,
- Helicobacter pylori infection,
- supporting stomach and intestinal health,

## Directions

One or two capsules per day is recommended.

## Supplement facts

Two capsules contain:  
 500 mg of Dried Yeast Fermentate (Saccharomyces cerevisiae),  
 7.6x10<sup>9</sup> cfu Lactobacillus Rhamnosus ..  
 2x10<sup>9</sup> cfu\* Lactobacillus Rhamnosus GG ATCC 53103,  
 and 0.4x10<sup>9</sup> cfu Lactobacillus helveticus.  
 \*cfu: Colony forming unit



# duobalance mood

## 30 DRcaps (Intestinal Release) Capsule

**Duobalance Mood** contains 3 special strains; these special probiotic strains, which have an effect on the brain-intestinal axis, increase the amount of serotonin in the body and reduce intestinal symptoms due to stress and anxiety. It also provides benefits on mood. Thanks to the special intestinal-release capsule technology, the probiotics reach the intestine.



### Benefits

- In irritable bowel syndrome,
- In inflammatory bowel diseases (ulcerative colitis, Crohn's disease, etc.)
- In stress-induced gastrointestinal complaints,
- In cases of anxiety, stress,
- In focus problems,
- During periods of emotional hunger, diet motivation.

### Directions

1 capsule 1 hour before bedtime for adults over 11 years of age.

\*cfu: colony forming units

### Supplement facts

Number of living microorganisms in 1 capsule (cfu/408 mg) • 3.596x10<sup>9</sup> cfu\*  
Lactobacillus Helveticus R0052  
• 0.4x10<sup>9</sup> cfu\*  
Bifidobacterium Longum R0175  
• 1.322x10<sup>9</sup> cfu\*  
Lactobacillus Rhamnosus R0011



# duobalance meta

30 capsules

**duobalance meta**, contains the Lactobacillus Rhamnosus HA-114 strain, which is effective on metabolic syndrome, diabetes, insulin resistance, and obesity. Its DRcaps enteric capsule technology allows the probiotic to reach the intestine without being affected by the stomach contents.

**LALLEMAND**

**DRcaps**

## Benefits

- Metabolic syndrome
- Diabetes
- Insulin resistance
- Fatty liver
- Cholesterol problems
- Eating disorders
- Obesity

## Directions

One capsule per day before bedtime is recommended.

## Supplement facts

One capsule contains:  
1x10<sup>10</sup> cfu\* Lactobacillus Rhamnosus HA-114  
\*cfu: Colony forming unit



# duobalance bv

## 14 Vegetarian Capsules

**Duobalance BV** provides benefits in urogenital infections and vaginal flora balancing with patented strains specific to women's health in the Probiotic Guides of America, Canada, and Turkey. Used orally, BV reaches the vagina by becoming colonized in the intestine through perineal neighborhood, contributing in particular to the dissolution of the biofilm layer, the most important cause of treatment resistance and recurrent infections.



CHR HANSEN

### Benefits

- In urogenital infections such as bacterial vaginosis, candida,
- In dryness and pH balancing during menopause,
- In the regulation of vaginal flora in virgins,
- In urogenital infections during pregnancy,
- In microbiota support from the mother to the baby
- In breast milk quality

### Directions

1 or 2 capsules in the morning or evening on an empty stomach for adults over 11 years of age.

\* kob (cfu): koloni oluşturan birim

### Supplement facts

Number of living microorganisms in 1 capsule (cfu/317 mg)  
•2.5x10<sup>9</sup> cfu\*  
Lactobacillus Rhamnosus GR-1  
•2.5x10<sup>9</sup> cfu\*  
Lactobacillus Reuteri RC-14  
Total 5x10<sup>9</sup> cfu\*



# duobalance bv Cran

14 Vegetarian Capsules

**Duobalance BV Cran** provides benefits in urogenital infections and vaginal flora balancing with patented strains specific to women's health in the Probiotic Guides of America, Canada, and Turkey. It also helps to eliminate E.coli bacteria, which is the most common cause of urinary tract infections, with the cranberry extract it contains.



**CHR HANSEN**

## Benefits

- Proanthocyanidins (PAC) in cranberry allow E.coli bacteria, the most common cause of urinary tract infection, to be excreted in the urine and prevent adhesion to the urinary tract epithelium.
- The addition of probiotics with special strain codes increases the benefit obtained.

## Directions

1 or 2 capsules in the morning or evening on an empty stomach for adults over 11 years of age.

\*cfu: colony forming units

## Supplement facts

- Each capsule contains
- 3.95x10<sup>9</sup> cfu\*
  - Lactobacillus Rhamnosus GR-1
  - 3.95x10<sup>9</sup> cfu\*
  - Lactobacillus Reuteri RC-14
  - 15 mg Crane nut extract



# Folidays

30 and 90 Vegetarian Capsules

**Folidays** contain active folic acid in the form of Quatrefolic patented methylfolate. It provides benefits by reacting without being affected by the defect in the MTHFR enzyme especially in the pre-pregnancy period and in the first 3 months of pregnancy. It also contains active B12 in the form of methylcobalamin, vitamin D, iodine, and vitamin B6. It is produced with vegetable capsule technology and does not contain any additives.



## Benefits

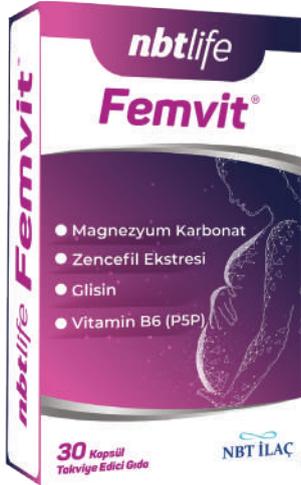
- In those who are planning for pregnancy,
- In the first trimester of pregnancy,
- In the prophylaxis of neural tube defect,
- In preventing congenital anomalies,
- In preventable mental retardation,
- In tooth and skeletal development.

## Directions

1 capsule during the day  
for adults over 11 years of age.

## Supplement facts

- Each capsule contains
- 400 µg 5-Methylfolate
  - 2.5 µg Methylcobalamin
  - 10 µg Vitamin D3 (400 IU)
  - 10 mg Vitamin B6
  - 150 µg Iodine



## nbtlife Femvit

30 Capsules

**nbtlife Femvit**, is a special combination developed for the problem of nausea and vomiting during pregnancy. The ginger extract in it is a natural preservative that can be used during pregnancy. In addition, its effect is strengthened with the active form of vitamin B6, P5P. While the magnesium carbonate form reduces stomach complaints; Glycine provides calmness and sedation.



### Benefits

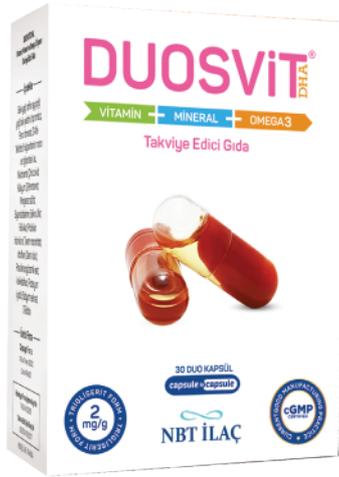
In nausea and vomiting during pregnancy,  
Anxiety and sleep problems  
Stomach complaints during pregnancy

### Directions

It is recommended to use  
1 or 2 capsules per day.

### Supplement facts

500 mg HCl, 165 mg Pepsin,  
50 mg Malic Acid in 1 capsule



# Duosvit

30 Duo Capsules (Capsule-in-Capsule Technology)

**Duosvit** prevents the oxidation of omega 3 with capsule-in-capsule property and offers high bioavailability of omega 3 multivitamins without mixing with each other. It contains all the vitamins and minerals that the mother and the baby need during both pregnancy and breastfeeding. It also supports the brain and eye development of the baby with its Omega 3 content with high DHA.



## Benefits

- To meet the multivitamin needs of the mother during pregnancy,
- In the brain, eye, and nerve development of the baby with the support of Omega 3,
- To enrich the breast milk during breastfeeding and to meet needs,
- To provide support for school success in school children,

## Directions

1 capsule during the day for adults over 11 years of age.

## Supplement facts

Each capsule contains

- 420 mg Fish Oil (EPA 42 mg, DHA 231 mg)
- 14.7 mg Vitamin B3, 14 mg Iron, 13.2 mg Vitamin E, 10 mg Zinc, 7.2 mg Vitamin B5, 2 mg Manganese, 1.92 mg Vitamin B2, 1.8 mg Vitamin B6, 1.66 mg Vitamin B1, 1 mg Copper, 480 µg Folic Acid, 150 µg Iodine, 60 µg Biotin, Selenium 55 µg, 13 µg Vitamin D3, 3 µg Vitamin B12

# Gynopol

20 and 60 Stick Sachet



**Gynopol** provides support in PCOS symptoms and ovulation quality with its Active B groups, Zinc, Vitamin D3, and Prebiotic support as well as Inositol. Vitamins B6, B12 and B9 in its content are in active form. Inositol provides extra benefits compared to supplements containing only myo inositol with the combination of myo and D-Chiro.

L-OptiZinc®

Quatrefolic®

MecobalActive®

Orafti® Synergy1

DSM

## Benefits

- In polycystic ovarian syndrome,
- In menstrual irregularity,
- In insulin resistance,
- In male-type hair loss (hirsutism),
- In ovulation support in IVF treatments,
- In gestational diabetes,

## Directions

2 stick sachets during the day for adults over 11 years of age.

## Supplement facts

Each Stick Sachet contains

- 2000 mg Myo and D-Chiro Inositol
- 500 mg Inulin
- 500 mg Fructooligosaccharide
- 7.5 mg Zinc
- 5 mg Vitamin B6 (P5P)
- 2.5 µg Vitamin B12
- 200 µg Methylfolate
- 12.5 µg Vitamin D3 (500 IU)



# NBT LIFE

“Health is in our nature”



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